# Former Russian Propaganda News Anchor Accused of Terrorism by Kremlin



**Former Russian Propaganda News Anchor Declared Terrorist by Kremlin**

Farida Kurbangaleyeva, formerly a prominent news anchor on Russia’s Rossiya 1 TV, has revealed details about the inner workings of Russia's state-controlled media. Kurbangaleyeva, of Tatar origin, fled Russia in 2014 following the annexation of Crimea, relocating to Czechia. She is now wanted in Russia on allegations of "inciting terrorism." Currently, she works for Current Time, a media outlet critical of Russian government policies.

Kurbangaleyeva described the propaganda process, where verbal directives from the Kremlin are passed down through VGTRK, the state-owned media conglomerate. "For example, we were told to refer to the Ukrainian government as a 'junta,'" she said, illustrating the control over editorial content. The culture within VGTRK is described as quasi-military, with strict adherence to hierarchical directives.

Despite her perilous situation, Kurbangaleyeva continues her journalistic efforts, emphasizing the importance of truth-telling amidst widespread misinformation.

**Ukraine’s First Lady Faces Mental Strain Amid Ongoing Conflict**

Olena Zelenska, Ukraine’s First Lady and wife of President Volodymyr Zelensky, has spoken about the mental toll the war in Ukraine has taken on her. In an interview with the Telegraph, Zelenska, 46, shared her experiences since the Russian invasion in February 2022, including living separately from the president for safety reasons.

Zelenska spoke about sustaining her composure for the benefit of their 19-year-old daughter, Oleksandra, and 11-year-old son, Kyrylo, as well as the Ukrainian public. She admitted to moments of psychological burnout, often feeling the pressure to be a pillar of strength. Despite the stress, her coping mechanisms include tasks like cleaning to help maintain focus and calm.

Throughout the conflict, Zelenska has supported her country while managing personal challenges and striving to maintain her mental health amid the ongoing war.