

Ma. Subramanian Minister for Health, Medical Education and Family Welfare, Govt. of Tamil Nadu Launches SIMS Hospital's Hello Doctor - 2001 2001

"At SIMS, we are committed to ensure patients get the care they need - Ravi Pachamuthu, Chairman - SRM Group

Chennai, March 30 2022: SIMS Hospital, one of the leading best hospitals in Chennai from the house of SRM Group, today announced the launch of Hello Doctor – 2001 2001 in the presence of the Chief Guest Thiru Ma. Subramanian, Minister for Health, Medical Education and Family Welfare, Government of Tamil Nadu along with Dr. J. Radhakrishnan IAS., Principal Secretary Health and Family Welfare, Government of Tamil Nadu and Dr. P Ravi Pachamuthu, Chairman of SRM Group.

Providing both home healthcare services as well as acute hospital care at home, Hello Doctor – 2001 2001 is designed specially to provide continuous SIMS hospital-level health care in the comfort of their homes to the residents of Chennai with proper monitoring and treatment protocols, supplemented with virtual care. While the program is launched to serve mainly elderly patients and children, the treatment for more than 50 different acute conditions can be treated appropriately and safely in home settings with timely in-person care from a team led by a doctor and nurse practitioner. Through the Hello Doctor service, SIMS Hospital also aims to provide post discharge care for patients at the comfort of their home. In an effort to offer precise guidance and treatment, the hospital also encourages citizens to use Hello Doctor service to understand about various medical ailments and get timely consultation from doctors.



Commenting on the launch Thiru Ma. Subramanian, Minister for Health, Medical Education and Family Welfare, Government of Tamil Nadu, said, "SIMS Hospital has been at a new level of leveraging latest innovations and technology to ensure patients get the care they need. Now with the launch of Hello Doctor – 2001 2001 initiative, SIMS is set to provide its proven quality hospital-level services beyond its existing walls and stays

committed to ensure patients get the care they need in their home too. In addition to being helpful to the senior citizens, I am confident that Hello Doctor-2001 2001 will play a critical role in treating more than 50 acute conditions safely in home settings with proper treatment protocols."

Mr. Ravi Pachamuthu, Chairman - SRM Group added, "At SIMS, we are committed to ensure patients get the care they need, and we have designed



and developed the Hello Doctor – 2001 2001 program based on the feedback we have received from the patients. It's a people's preference program equipped with a perfect combination of our best healthcare professionals and best of the technology to ensure the patient is not suffering any adverse consequences by maintaining oversight of him or her all the time. The program provides both home healthcare services as well as acute hospital care at home, and it is the patient's choice to receive these services in the home or our hospital setting."

As part of Hello Doctor – 2001 2001, SIMS Hospital has launched four wheeler vehicles equipped with all the necessary features and equipment. The hospital also has created a special call centre facility with more than 20 trained professionals specifically to manage the Hello Doctor – 2001 2001 program.

President of India present 3rd National Water Awards and launches the Jal Shakti Abhiyan: catch the rain campaign 2022

Chennai, March 30 2022: The President of India, Shri Ram Nath Kovind, presented the third National Water Awards and launched the Jal Shakti Abhiyan: Catch the Rain campaign 2022 in New Delhi today (March 29, 2022).

Speaking on the occasion, the President said that presentation of National Water Awards for exemplary work in the field of water management, and expansion of water campaign to underline the importance of water in our daily life and on the planet Earth, is commendable.

The President said that it gives him immense pleasure to launch 'Jal Shakti Abhiyan: Catch the Rain 2022'. He urged everyone to work on the focused interventions of this edition of the campaign. He said that district magistrates and village sarpanchs would have to play a crucial role in motivating the local populace for active participation of each individual in water conservation work. He urged everyone to take a pledge that just as the largest vaccination drive in history is being carried out in India, in the same way we all would make this campaign the biggest water conservation campaign in the history.

The President said that it is quite appropriate to say that 'water is life'. Nature has blessed humanity with water resources. It has provided us with vast rivers, on whose banks great civilizations flourished. Rivers have special significance in the Indian culture and are worshipped as Mother. We have dedicated places for worship of the rivers - for Ganga and Yamuna in Uttarakhand, for Narmada in Madhya Pradesh and for Ganga-Sagar in Bengal. Such religious practices kept us connected with nature. The construction of ponds and wells were considered a



virtuous act. Unfortunately with the advent of modernity and industrial economy, we have lost that connect with nature. Population growth is also one of the factors. We find ourselves cut off from nature that has sustained us. We make the difficult journey to Yamunotri to express our gratitude and offer prayers to the Yamuna. But when we return to the capital Delhi, we find that the same river has become extremely polluted, and is no longer useful in our city life.

The President said that water sources like ponds and lakes, which provide water to cities throughout the year, have also disappeared under the pressure of urbanization. It has turned water management upside down. The quantity of ground water is decreasing and its level is also going down. On one hand, cities have to draw their water from faraway places and, on the other hand, streets are flooded in monsoons. He said that scientists and activists have also been expressing their concern about this paradox of water management during the last few decades. In India, this problem becomes more serious because our country has about 18 percent of the world's population, while we have only 4 percent of the fresh water resources. The availability of water is uncertain and depends to a large extent on rainfall.

The President said that the issue of water is a part of an even larger crisis of climate change. As climate

changes, flood and drought conditions are becoming more frequent and more severe. The Himalayan glaciers are melting, and the sea level is rising. The serious consequences of such changes are coming to the fore, which are having an even worse impact on the lives of farmers, women and the poor.

The President said that today the water crisis has become an international crisis and it can take dire forms. Some defense experts have even said that in future it can become a major cause of international conflict. We all have to be alert to save humanity from such situations. He expressed happiness that the Government of India is taking effective steps in this direction.

The President said that facing the impact of climate change and protecting our Earth is an epic challenge before all of us. To meet this challenge, Government of India has adopted a new approach and methodology. The Government of India gave an early indication of change in 2014 by renaming the Ministry of Environment and Forests and incorporating 'Climate Change' in it. Moving forward in this direction, in the year 2019, by merging two ministries, the Ministry of Jal Shakti was formed to work in an integrated and holistic manner on the issue of water and to give it the highest priority.

The President was happy

to note that India has taken effective steps to reduce the effects of climate change and ensure water security through efficient use of water, conservation of water sources, minimizing pollution and ensuring sanitation. He said that in recent years, the policies of the Government have included rejuvenation of rivers, holistic management of river basins, expeditious completion of long pending irrigation projects to strengthen water security in a sustainable manner and rejuvenation of existing dams.

The President said that in order to make water everyone's business and to make the Jal Andolan a Jan Andolan - a mass movement, the Government of India in 2019 launched the 'Jal Shakti Abhiyan'. And in the same year 'Jal Jeevan Mission' was also launched. Last year on 22nd March, on 'World Water Day', the 'Jal Shakti Abhiyan: Catch the Rain' campaign was launched by the Prime Minister which was taken up in all districts in rural as well as urban areas of the country during the pre-monsoon and monsoon period. He appreciated state governments for their commendable contribution in the success of this campaign amidst the challenges of the corona pandemic.

Noting the exemplary work done by the National Water Award-winners for water management in their respective fields, the President said that on the basis of such examples, we could find hope for a water-secure future. He congratulated all of them and urged them to continue being exemplars and source of motivation for all of us. He expressed confidence that these Awards would usher in a water consciousness in the minds of people of India and would help in bringing about a behavioural change.

Chennai, March 30 2022: The Prime Minister, Shri Narendra Modi addressed Matua Dharma Maha Mela 2022 at ShreedhamThakurnagar, Thakurbari, West Bengal on the occasion of 211th birth anniversary of Shree ShreeHarichand Thakur ji, today via video conferencing.

The Prime Minister recalled his happiness on being able to pay his obeisance at OrakandiThakurbari in Bangladesh in March 2021 also February 2019 when he had the opportunity to visit Thakurnagar.

The Prime Minister emphasized that Matua Dharma Maha Mela is an occasion to bow to the Matua tradition, foundation of which was laid by Shree ShreeHarichand Thakur ji and further nurtured by Guruchand Thakur ji and Boro Ma. The Prime Minister also credited his Council of Minister colleague Shri Shantanu Thakur for taking forward



the great tradition.

Shri Modi termed the Maha Mela a reflection of Ek Bharat Shreshtha Bharat. The Prime Minister said that our culture and civilization is great due to its continuous flow and continuity and has a natural tendency to self-regenerate. Noting the social work of the leaders of the Matua community, the Prime Minister talked about New India's effort to provide cleanliness, health, and self-confidence to the daughters of the country. "When we see our sisters and daughters in every sphere of society contributing to nation building along with sons, then it feels like true tribute to great

personalities like Shree ShreeHarichand Thakur ji", the Prime Minister added.

The Prime Minister said "When the government takes the government schemes to the people on the basis of SabkaSaath, Sabka Vikas, Sabka Vishwas, and when, SabkaPrayas drives the development of the nation, then we move towards building an inclusive society". Remembering Shree ShreeHarichand Thakur ji's emphasis on duty alongside the divine love, the Prime Minister stressed the role of duties in the civic life. "We have to make this sense of duty as the basis for the development of the nation. Our constitution

gives us many rights. We can protect those rights only when we perform our duties honestly", the Prime Minister said.

The Prime Minister called upon the Matua community to raise awareness to remove corruption at every level in society. "If anyone is being harassed anywhere, then definitely raise your voice there. It is our duty towards the society and also towards the nation", said the Prime Minister. The Prime Minister further said "It is our democratic right to participate in political activities. But because of political opposition, if someone intimidates someone with violence, then it is a violation of the rights of others. Therefore, it is our duty that if the mentality of violence, anarchy exists anywhere in the society, then it should be opposed.

The Prime Minister reiterated his call for swachhta, vocal for local and mantra of -Nation First.

இ-சேவை மையம்
 ஸ்டார் ரெயின்போ சர்வீசஸ்
 11, SOUTH PERUMAL KOIL STREET, VADAPALANI, CHENNAI - 600 026.
8148231942 / 8144337349
வாது இ-சேவை மையம்
ALL ONLINE SERVICES

PM's address during 'Grih Pravesh' of PM Awas Yojana-Gramin beneficiaries in Madhya Pradesh

Chennai, March 30 2022: Namaskar ji! Chief Minister Shri Shivraj Singh ji Chouhan, my colleagues in the Union Cabinet, Ministers in the Madhya Pradesh government, my colleagues in Parliament, MLAs of Madhya Pradesh, other dignitaries and my dear brothers and sisters of Madhya Pradesh!

Today, about 5.25 lakh poor families of Madhya Pradesh are getting the pucca house of their dreams. In a few days, the New Year, Vikram Samvat 2079, is going to start. The 'Grih Pravesham' (entry into a new house) ahead of New Year is a priceless moment of life in itself. I wish you all the very best.

Friends,
 Some political parties in our country raised many slogans to eradicate poverty, but not much was done to empower the poor. It is my belief that once the poor are empowered, they get the courage to fight poverty. When efforts of an honest government and the empowered poor come together, poverty is also defeated. Therefore, whether it is the BJP government at the Center or the BJP governments in the states, they are engaged in empowering the poor following the mantra of 'Sabka Saath-Sabka Vikas'. Today's program is part of this campaign. These 5.25 lakh houses built in villages under the Pradhan Mantri Awas Yojana are not just a figure. These 5.25 lakh houses have become the hallmark of the empowered poor in the country. These 5.25 lakh houses are an example of the sense of service of the BJP government. These 5.25 lakh houses are a reflection of the campaign to make the poor women of the village 'lakhpati'. These houses are being given to the poor in remote villages and tribal areas of Madhya Pradesh. I congratulate the people of Madhya Pradesh for these 5.25 lakh houses.

Brothers and sisters,
 This campaign to give pucca houses to the poor is not just a government scheme. This is a commitment to entrust the villages and the poor. This is the first step to lifting the poor out of poverty and encouraging them to fight poverty. When the poor have a solid roof over their head, they are able to devote their full attention to the education of their children and other work. When the poor get home, there comes stability in their life. With this thinking, our government is giving top priority to the PM Awas Yojana. Those in the previous government had built only a few lakh houses during their tenure before I took over, whereas our government has given about 2.5 crore houses to the poor and two crore of those houses have been built in villages. Despite the Corona challenges in the last two years, this work was not slowed down. In Madhya Pradesh too, out of about 30.5 lakh sanctioned houses, more than 24 lakh houses have been completed. It is also greatly benefiting those sections of the society like Baiga, Sahariya and Bhabra, who could never even dream of a pucca house.

Brothers and sisters,
 The specialty of the BJP governments, wherever they are, is that they are grounded and work relentlessly to fulfill the needs and interests of the poor. In the PM Awas Yojana also, we took care that the houses provided to the poor should also be able to meet their other needs as well. Every house has a toilet, electricity connection under the Saubhagya scheme, LED bulbs under the Ujala scheme, gas connection under the Ujjwala scheme and water connection under the Har Ghar Jal Yojana. That is, the poor beneficiaries no longer need to visit government offices for these facilities. This thought of serving the

poor is making the life of every countryman easier today.

Friends,
 India is a country that worships Shakti. Navratri is going to start in a few days. Our goddesses annihilate the enemies and have been the worshippers of weapons. Our goddesses are the inspiration of knowledge, art and culture. Drawing inspiration from them, India of the 21st century is busy empowering itself and its women power. The Pradhan Mantri Awas Yojana is an important part of this campaign. Women also have ownership rights on about two crore houses built under the PM Awas Yojana. This ownership right has also strengthened the participation of women in other economic decisions of the household. This in itself is a study matter for the major universities of the world and the universities of Madhya Pradesh should also study it.

Brothers and sisters,
 We have also taken the initiative to provide water to every household to relieve the women of problems. In the last two-and-a-half years, more than six crore families across the country have got pure drinking water connections under this scheme. When the scheme was launched, only 13 lakh rural households in Madhya Pradesh had piped water supply to their homes. Today we are very close to the milestone of providing piped water to 50 lakh families. We are committed to providing piped water to every rural household of Madhya Pradesh.

Friends,
 Today I want to assure all those poor people of the country, including Madhya Pradesh, that the campaign to build houses is going on rapidly. Still, some people have not got pucca houses. I am fully aware of this. I want to tell you that a provision has been made to



allocate money to build more than 80 lakh houses across the country in this year's budget. And lakhs of families of Madhya Pradesh are also set to benefit. So far, more than 2.25 lakh crore rupees have been spent on this scheme. This money has been spent in the villages and it has given strength to the rural economy. When a house is built, those involved in the business of bricks, sand, bars, cement and the labourers are local. Therefore, the PM Awas Yojana is also creating new employment opportunities in the villages.

Friends,
 Our country has seen many governments for decades after independence. But for the first time, the people of the country are seeing such a government that is with them shoulder to shoulder by becoming their companion in their happiness and woes. During the Corona crisis, the BJP government proved how sensitively it works for the poor, be it free vaccinations for the poor or free ration to the poor. Just now Shivraj ji described it in great detail. It was only two days ago that we decided that the Pradhan Mantri Garib Kalyan Anna Yojana would be continued for the next six months, so that the stove of the poor's house keeps burning. Earlier the world faced problems due to Corona, and today the entire world is on the battlefield. As a result, there is a new crisis in different economic systems. Efforts are on to minimize the burden and provide help to the citizens of India as much as possible.

Brothers and sisters,
 Our government has spent 2.60 lakh crore rupees for free ration to the poor during this biggest pandemic in 100 years. In the next six months, 80,000 crore rupees will be spent on this. Those who used to rob the people's earnings earlier and fill their chests with that money continue to make fun of this scheme, spreading lies and confusion. Today I want to share something with the country. You too listen to it carefully.

Friends,
 The people in the previous governments created fake names of four crore beneficiaries who were never born to loot the ration of the poor. Four crore is a huge figure. These four crore fake names were created on paper and the free ration was picked in the name of these four crore fake people and sold in the market through the backdoor. This money through illegal means would go into black accounts. Since we formed the government in 2014, we started searching for these fake names and removed them from the ration cards so that the poor could get their dues. Just imagine, they were looting crores of rupees every month by snatching morsels from the mouths of the poor. We installed modern machines in the ration shops to ensure that the ration for the poor does not get stolen. As you know, they also made fun of the campaign that we launched to install these machines at ration shops. They knew that the truth would come out if people would put their thumb impression on these

machines. In order to prevent this, they spread lies that people would contact Corona if they used their thumb impressions. Our government put an end to all these fake games, and therefore, these people are now angry. Can you imagine what would have happened to the poor during the Corona crisis if transparency was not introduced in ration shops and these four crore fake names were not removed? The BJP government dedicated to the poor works day and night for the poor.

Brothers and sisters,
 It is our endeavor to make available the basic facilities to every beneficiary faster during this 'Amrit Kaal' of freedom. On the strength of such efforts, we are working on the resolve to make the saturation of schemes i.e. 100% of each scheme should reach the beneficiaries. We are committed to ensuring that every beneficiary of any scheme should get the benefits at his doorsteps. The biggest advantage of this goal of saturation is that no poor will be left out of the benefits of the schemes and the government will reach everyone. This will not leave the possibility of any discrimination or corruption. 'Sabka Saath and Sabka Vikas' will be possible when there is a policy and intent to provide benefits to the poor sitting in the last row in society.

Friends,
 We are also expanding the role of villages continuously. The economy of the village was only confined to agriculture for a long time. We are encouraging agriculture, farmers, herdsmen towards modern technology like drones and ancient systems like natural farming besides improving other capabilities of the villages. For a long time, economic activity in village households and on village

land has been very limited, because the record of village property was not organized. Therefore, it was very difficult to secure loans from banks for business and set up industries and enterprises in the villages. Now legal documents of houses in villages are being prepared under the Swamitva Yojana. The survey is being done in more than 50,000 villages in all the districts of Madhya Pradesh. About three lakh property cards have been handed over to villagers. Such provisions will minimize disputes related to land and houses and it will be easier to take help from banks when needed.

Friends,
 Today I want to congratulate Shivraj ji's government on another milestone. MP has done a wonderful job, has set a new record and has left many states of the country behind in the government procurement of food grains. Today more money is being transferred to the bank account of farmers in MP than before and the number of government procurement centers has also increased. The PM Kisan Samman Nidhi is also helping small farmers a lot. More than 13,000 crore rupees have been given to about 90 lakh small farmers of MP for their small expenses.

Friends,
 The country is celebrating the Amrit Mahotsav of its independence. Millions of brave sons and daughters of Mother India sacrificed their lives and comforts to ensure freedom for us. Their sacrifice has given us an independent life. We should also resolve during this Amrit Mahotsav to give something to our coming generations. It is very important that our efforts during this period become an inspiration for future generations and remind them of their duties. For example, together we

can do one thing. I will definitely ask for a resolution when I am talking to lakhs of families in Madhya Pradesh. Let us resolve to develop 75 Amrit Sarovar (ponds) in every district on the occasion of the Amrit Mahotsav of Independence for our future generations from the New Year which is starting in the next two-four days till the next New Year. We have 12 months, 365 days. And if possible, I would like the Amrit Sarovar to be new and bigger in every district and the MNREGA money that comes from the government can be utilized for their construction. The construction of 75 Amrit Sarovar in every district during the Amrit Mahotsav of Independence will be very useful for the coming generations. It will benefit our mother earth a lot. Our mother earth is thirsty. We have drawn so much water that it becomes our duty as children of this mother earth to quench her thirst. As a result, new energy will be infused into the life of nature. This will benefit small farmers and women and besides, it will be an act of kindness to animals and birds. That is, the construction of 75 Amrit Sarovar in every district is a great act of humanity, which we must do. I urge all the state governments, local bodies and panchayats to work in this direction.

Friends,
 This is the time to build a bright future for India. The bright future of India is possible only when the poor family has a better future. May this new house give a new direction to your family, give you the strength to move towards a new goal, infuse knowledge, skill and confidence in your children! With this wish, I congratulate all the beneficiaries for the 'Grih Pravesham'.

Thanks!

Centre extends import of Tur and Urad under 'Free category' for another year, till 31st March, 2023

Chennai, March 30 2022: In yet another proactive and pre-emptive measure to augment domestic availability and stabilize prices of essential food commodities, the Centre today notified the decision to keep the import of Tur and Urad under 'Free category' till March 31, 2023.

The decision has put to rest the speculations regarding the import policy regime for Tur and Urad in the coming

financial year (2022-23) and it also signals a stable policy regime which will benefit all the stakeholders. The measure will ensure seamless import of these pulses to augment the domestic availability. It is expected that sufficient availability of these pulses will make them available to the consumer at affordable prices.

The Government had allowed the import of Tur, Urad, and Moong under

the 'Free category' w.e.f May 15, 2021, till October 31, 2021, in order to ensure smooth and seamless imports. The Free regime in respect of import of Tur and Urad was thereafter extended till March 31, 2022. This policy measure has been supported with facilitation measures and close monitoring of its implementation by the concerned Departments/organization.

As per the official statistics of the

Department of Consumer Affairs (DoCA), the All India Average Retail Price of Tur Dal as reported on 28.03.2022 is Rs.102.99 per kilogram, which is a drop of 2.4% from the price of Rs. 105.46 per kilogram on 28.03.2021. The All India Average Retail Price of Urad Dal as reported on 28.03.2022 is Rs. 104.3 per kilogram, which is 3.62% less than the price of Rs.108.22 per kilogram on 28.03.2021.

PLI scheme for Bulk Drugs

Chennai, March 30 2022: In total 239 applications have been received for the 36 products spread across the 4 Target Segments for the PLI schemes for Bulk Drugs from all over the country in two rounds of applications. Out of these, 49 applications have been approved by the Government till date.

The Government promoted the Scheme by

holding meetings with the Industry associations, manufacturers & investors. It also held interactions with number of state governments as well as foreign embassies. The Guidelines of the Scheme were also uploaded on the Department's website for wider dissemination. The Scheme was also promoted through print and electronic media as

well as social media handles.

The selected 49 applications are from 33 companies, Out of these 33 companies, 13 are Micro, Small and Medium Enterprises (MSMEs) besides some newly incorporated entities. The scheme provides for minimum domestic value addition to be achieved by each approved applicant.

Thus, these large number of projects approved under the Scheme will also accelerate domestic procurement, which will further strengthen the eco system and marketplace for MSME sector.

The information was given by the Minister of State for Chemicals and Fertilizers, Shri Bhagwanth Khuba in a written reply in the Rajya Sabha today.

Import of fertilizers in the country

Chennai, March 30 2022: It is informed that Government of India has mandated revival of Ramagundam, Gorakhpur, Sindri and Talcher units of Fertilizer Corporation of India (FCIL) and Barauni Unit of Hindustan Fertilizer Corporation Ltd (HFCL) through Joint Venture Company (JVC) of nominated CPSEs for setting up gas based ammonia-urea plants of 12.7 LMTA capacity each.

On operationalization of these plants would add 63.5 LMTA urea production capacity in the country.

Government of India has also notified the New Urea Policy (NUP) - 2015 for existing 25 gas based urea units with the objective of maximizing indigenous urea production; promoting energy efficiency in urea production; and



rationalizing subsidy burden on the Government. The implementation of NUP-2015 has led to additional production from the existing gas based urea units due to which the actual production of urea has increased by 20-25 LMTA in comparison to the actual production during 2014-15.

For Potassic & Phosphatic fertilizers, Govt. of India has taken following steps to reduce import:

Department of Fertilizers granted permission to Madhya Bharat Agro product

cr. Commissioning in June, 2024.

On exploration of minerals for raw materials for DAP & other fertilizers in India, discussion is in place with Ministry of Mines, GSI, MECL & PDIL.

PDM or Potash Derived from Molasses (0-0-14.5-0) which is 100% indigenously manufactured has been included under Nutrient Based Subsidy (NBS) scheme.

The availability of fertilizers has remained comfortable across the country during the ongoing Rabi 2021-22 season. However, in between the season, some states highlighted shortfall of DAP fertilizer, particularly in few district. Accordingly, based on the requests of State Governments, DAP rakes were moved to meet the requirement.

A new DAP/NPK Plant by RCF with annual capacity of 5 LMT and investment of 950 crore in Thal, commission in 2024.

A new DAP/NPK Plant by FACT with annual capacity of 5.5 LMT at a cost of Rs 537

Ministry of Defence and M/s Bharat Electronics Limited, Hyderabad sign Contract for Instrumented Electronic Warfare Range

Chennai, March 30 2022: The Ministry of Defence (MoD) of India and Bharat Electronics Limited, Hyderabad signed a Contract for Instrumented Electronic Warfare Range (IEWR) for the Indian Air Force, here today. The contract is a significant step towards enhancing the capabilities of IAF to



prepare for future of the contract is warfare. The overall cost estimated to be ₹ 1109 Cr.

The IEWR will be used to test and evaluate airborne Electronic Warfare (EW) equipment and validate their deployment in an Operational Scenario. The Project essentially embodies the spirit of Atmanirbhar Bharat and will help facilitate realising the journey towards self-reliance.

COMMISSIONING CEREMONY OF INAS 316 ON 29 MAR 22

Chennai, March 30 2022: Indian Naval Air Squadron 316, Indian Navy's second P-8I aircraft squadron has been commissioned into the Indian Navy today 29 Mar 22. The impressive ceremony was conducted at INS Hansa, Goa on 29 March 2022. Adm R Hari Kumar, the Chief of the Naval Staff was the Chief Guest for the event.



operate the Boeing P-8I aircraft, a multi-role Long Range Maritime Reconnaissance Anti-Submarine Warfare (LRMR ASW) aircraft, that can be equipped with a range of Air-to-Ship Missiles and Torpedoes. The 'Game Changer' aircraft is a potent platform for Maritime Surveillance and strike, Electronic warfare missions, Search and Rescue, providing targeting data to Weapon platforms, providing time-critical surveillance information for IA and IAF and is also the platform of choice for detecting and neutralising enemy ships and

submarines in Indian Ocean Region. The squadron has been specifically commissioned to be the home for the four new P-8I aircraft procured under the Option Clause contract and to 'Detect, Detect and Destroy' any threat in the IOR. These aircraft have been operating from Hansa since 30 Dec 2021 and the squadron is integrated with full spectrum surface and subsurface Naval Operations.

Addressing the gathering, Adm R Hari Kumar stated that India is the 'Preferred Security Partner' in the Indian Ocean region which reflects our country's ability to play an effective strategic role in the region, and need to expand its operational reach. The Indian Navy is integral to this commitment and in pursuance of this objective, commissioning of INAS 316 marked yet another

milestone towards enhancing maritime security and surveillance in the Indian Ocean Region.

operate the Boeing P-8I aircraft, a multi-role Long Range Maritime Reconnaissance Anti-Submarine Warfare (LRMR ASW) aircraft, that can be equipped with a range of Air-to-Ship Missiles and Torpedoes. The 'Game Changer' aircraft is a potent platform for Maritime Surveillance and strike, Electronic warfare missions, Search and Rescue, providing targeting data to Weapon platforms, providing time-critical surveillance information for IA and IAF and is also the platform of choice for detecting and neutralising enemy ships and

operate the Boeing P-8I aircraft, a multi-role Long Range Maritime Reconnaissance Anti-Submarine Warfare (LRMR ASW) aircraft, that can be equipped with a range of Air-to-Ship Missiles and Torpedoes. The 'Game Changer' aircraft is a potent platform for Maritime Surveillance and strike, Electronic warfare missions, Search and Rescue, providing targeting data to Weapon platforms, providing time-critical surveillance information for IA and IAF and is also the platform of choice for detecting and neutralising enemy ships and

operate the Boeing P-8I aircraft, a multi-role Long Range Maritime Reconnaissance Anti-Submarine Warfare (LRMR ASW) aircraft, that can be equipped with a range of Air-to-Ship Missiles and Torpedoes. The 'Game Changer' aircraft is a potent platform for Maritime Surveillance and strike, Electronic warfare missions, Search and Rescue, providing targeting data to Weapon platforms, providing time-critical surveillance information for IA and IAF and is also the platform of choice for detecting and neutralising enemy ships and

INDO-UZBEKISTAN JOINT EXERCISE "EX DUSTLIK" CONCLUDES AT YANGIARIK IN UZBEKISTAN

Chennai, March 30 2022: The 3rd edition of Indo-Uzbekistan Joint Field Training Exercise "EX DUSTLIK" concluded at Yangiariq, Uzbekistan on 29 March 2022. The joint exercise provided an opportunity for both the contingents to train in Counter Terrorism operations in a semi-urban environment. The last two days of the exercise was dedicated to a



validation exercise where both contingents jointly conducted simulated operations over extremist groups under a United Nations Mandate.

training & combat conditioning in field conditions, to sports and cultural exchanges has been a grand success. "Exercise DUSTLIK" will enhance the level of defence cooperation between both the Armies and will act as a catalyst for many such joint programs in future to further consolidate the traditional bond of friendship between India and Uzbekistan.

The conduct of this exercise, which covered a vast spectrum from cross

Second batch of Padma awardees 2022 visits National War Memorial; Pays homage to the fallen heroes of India

Chennai, March 30 2022: The second batch of Padma awardees 2022 paid a visit to the iconic National War Memorial (NWM) in New Delhi on March 29, 2022. President Shri Ram Nath Kovind had conferred two Padma Vibhushan, nine Padma Bhushan and 54 Padma Shri awards for the year 2022 at the Civil Investiture Ceremony-II held in Rashtrapati Bhavan on March 28, 2022. Among those who visited NWM were Padma Vibhushan recipient Dr Prabha Atre, who laid wreath and paid homage to the fallen heroes at NWM. Padma Shri winners Prof (Dr) Maria Krzysztof Byrski of Poland, Dr Chirpat Prapandvidya of



Thailand, Smt Basanti Devi, Shri Dhaneswar Engti, Guru Tulku Rinpoche, Dr (Prof) Harmohinder Singh Bedi, Sadguru Brahmeshanand Acharya Swamiji and Shri Abdulkhadar Imamsab Nadakattin were also present.

As the awardees went around the NWM, they were informed about the gallant deeds of the Armed

Forces by the service personnel. The awardees appreciated the Government's initiative of organising the visit to the NWM, saying that the monument radiates the values of patriotism, devotion to duty, courage and sacrifice of the soldiers. They urged people, especially the youth, to visit the monument and learn about the heroic stories of the

soldiers. "It was a great honour for us to come here and pay respects to our soldiers. We are really proud of them because they are protecting us and taking our Nation forward," said Padma Vibhushan winner Dr Prabha Atre, a renowned Indian classical vocalist.

The first batch of Padma awardees 2022, including Padma Bhushan winners Shri Devendra Jhahharia & Shri Sachchidanand Swami and Padma Shri winners Sardar Jagjit Singh Dardi, Shri Kaajee Singh & Pandit Ram Dayal Sharma, had visited the iconic monument on March 22, 2022.

Samsung Revamps Galaxy A Series; Unveils Five New Smartphones in India

- Announces Galaxy A73 5G with flagship-like 108MP OIS camera
- The new Galaxy A series features sleek and trendy design and flagship-like features including OIS camera, IP67 rated durability, powerful performance and a host of ecosystem offerings

Chennai, March 30 2022: Samsung, India's most trusted smartphone brand, today announced the addition of five new models (Galaxy A13/A23/A33 5G/A53 5G/A73 5G) to its portfolio. This is a revamp to the Galaxy A series with stylish and durable designs, refreshing new colours and flagship-like features. These smartphones are aimed at offering a complete package of the latest Galaxy innovations at an affordable price, making awesome technology accessible for everyone.



Galaxy A73 5G comes with flagship-level 108MP camera with Optical Image Stabilisation (OIS), enhanced durability with IP67 rating for water and dust resistance, powerful Snapdragon 778G 5G processor and Super AMOLED+ display at 120Hz refresh rate.

Galaxy A73 5G has a chic body and comes with a slim (7.6mm thin) and sleek design, making it convenient to hold and carry around. The design is enhanced with three beautiful colours: Awesome Mint, Awesome Gray, and Awesome White.

Galaxy A73 5G is IP67 certified for spill, splash and dust resistance while Corning Gorilla Glass 5 protection on the display makes it tougher and less prone to scratches.

Galaxy A73 5G comes with 6.7-inch FHD+ Infinity-O Super AMOLED+ display with peak brightness up to 800 nits. It supports 120Hz refresh rate which ensures smooth scrolling and superior gaming performance. The Super AMOLED+ screen with slimmer bezels, delivers immersive viewing experience. Additionally, Galaxy A73 5G offers enhanced outdoor visibility during the day due to Ambient light adaptive Tone Control (ATC).

Galaxy A73 5G is powered by Snapdragon 778G 5G processor that makes multitasking a breeze. It features RAM Plus with which you can expand RAM up to 16GB. It comes in 2 variants: 8GB + 128GB and 8GB + 256GB with expandable storage up to 1TB.

Galaxy A73 5G ensures top-notch security with Samsung's



Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Galaxy A73 5G comes with 5G support, out-of-the-box Android 12 and supports software updates up to 4 years and 5 years of security updates.

Brahma Murtha An auspicious time to rediscover yourself!!!

Chennai, March 30 2022: We all once in a while would have thought to wake up from bed early morning? But how many of us would have set an intention and prioritised ourself on that to set a goal? Definitely a handful!!! In the competitive world, we try to accomplish many things being in professional or in personal life. But in order to put forth we really need a couple of major components such as refined thought, calm mind, being energetic and finally self-motivation. "Brahma Murtha" existing since from our Vedic period and eventually it is also considered as "Time of creator" where every one wishes to be healthy throughout their life, but it all depends how they spend their day. A self-controlled habit with the strong mind are considered as essential imposters throughout the life to have healthy and happy life. In the era of advanced technologies, we have medicines available for most of the health related issues and eventually for stabilizing mood "Melatonin", which acts as mood stabilizer. But we all really fail to understand one, we all go behind medication, when there is nature ease of mood stabilizer "ie: Brahma Murtha time" to enjoy the eternal bliss. Finally turn on your biological clock early morning for healthy lifestyle which helps even for reverse ageing. Obviously Once the habit is established, there will be no difficulty to rediscovering yourself in a better manner!!!



Dr. Aravindh Babu, MDS, FICD (USA), Professor in Oral Pathology & Assistant Director of Centre of Oral Cancer Research, Sree Balaji Dental College and Hospital, Pallikaranai, Chennai and Dr. Jayalalitha S (PhD in Biotechnology) works for an MNC in India.

