



## P&G Health India hosts the first "Women in Healthcare" Summit to encourage more women to join the Healthcare and Pharma Sectors

Nearly 1000 participants from 14 leading pharmacy colleges came together with eminent women leaders to learn and discuss opportunities and careers in healthcare. Announced scholarships to encourage women to pursue careers in pharmacy.

Chennai, April 21 2022: Aligned to its commitment to Equality & Inclusion, Procter & Gamble Health Limited announced its first "Women in Healthcare" Summit, bringing together nearly 1000 students from across 14 pharmacy colleges to learn from a discussion on opportunities and careers in healthcare with eminent women leaders and the P&G Health Leadership Team.

Mr. Milind Thatte, Managing Director, P&G Health India said, "Statistics show that the average representation of women in sales is relatively low, in the healthcare industry. At P&G Health, we are committed to foster a culture of equality and inclusion in the company which also extends to our work in the industry. It is our constant endeavor to ensure we provide equal opportunities at the workplace. The 'Women in Healthcare' Summit is an effort towards this initiative. Through the newly instituted 'P&G Scholarship Program', we will also be providing an opportunity to deserving girl students, thereby facilitating their choice of careers in the sector."



Eminent women healthcare leaders from the industry covered a wide range of topics ranging from Breaking the Bias to sharing their experiences at the workplace under the section, My Story.

The engagement with the participating pharmacy colleges began with a competition inviting participants to share innovative and implementable solutions for some real-world challenges that either prevent women from joining the workforce or limit their career growth in the Healthcare and Pharma sectors such as access to health and hygiene resources on the go, physical safety, psychological safety etc. The below participants won awards for their novel ideas:

Winners College Name Solution Track  
Gourang Hari Gupta  
Vaidehi Bhavsar  
Ashish Sahu

National Institute of Pharmaceutical Education and Research, Ahmedabad Health & Hygiene Pratiksha Jadhav Anand More National Institute of Pharmaceutical Education and Research, Ahmedabad Physical

Sneha Kumari Soudarya Thanvi Vivekanand Education Society's College of Pharmacy Health & Hygiene

In addition to facilitating discussions and perspective sharing on careers in healthcare at the summit, P&G Health also announced a scholarship program for deserving women pursuing pharmaceutical courses in partnership with the Centre for Civil Society. Apart from providing financial support to deserving students from participating colleges,

this scholarship will also provide for mentoring opportunities to high-potential students to help them build rewarding careers in the sector.

Speaking on P&G Health's E&I vision Bhargavi Kakunuri, Director - Human Resources, P&G Health India stated, "At P&G Health, we have a proactive action plan called i-RISE which focuses on Recruiting more women in partnership with colleges, Institutionalising growth by identifying and training women talent to take up leadership positions, Stepping up to inclusion by creating an environment of security for women in sales, and Enabling accountability within the workplace, thereby continuously employing interventions to encourage more women across roles and hierarchies. We are also currently working with start-ups to explore safety and sanitation measures to help women in sales. Further, through P&G Health's GABLE program we also seek to attract, retain and enable better productivity amongst LGBTQ+ employees through a culture of inclusion and on-ground support and networks."

## Walmart and Flipkart Present a Roadmap for Indian Sellers to Export via Cross-border e-Commerce

650 Sellers attend Seller Summit in New Delhi to explore the opportunity for export growth on Walmart Marketplace in the U.S.

Chennai, April 21 2022: Walmart is now offering Indian manufacturers and trading companies an opportunity for international expansion as cross-border sellers on Walmart Marketplace, where they could reach a growing market of more than 120 million U.S. consumers each month. Along with Flipkart and cross-border commerce company Payoneer (NASDAQ: PAYO), Walmart laid out a detailed roadmap for local sellers with export ambitions at the recent Walmart Global Seller Summit in New Delhi. The roadmap is part of Walmart efforts to expand its sourcing from India to \$10 billion a year by 2027.

Attending the Summit alongside 650 invited Indian sellers, Michelle Mi, Walmart Vice President, Emerging Markets and Business Development - Global Sourcing, said "Now is the ideal time for sellers from India to get started as exporters on Walmart Marketplace. It's already one of the top online marketplaces in the U.S., and we're investing heavily to help new sellers bring great

products and service to the platform. As one of the first batch of Indian sellers on the Marketplace, those who join us now will have a great opportunity to find success in the U.S. as part of a curated community of trusted sellers."

Walmart Marketplace is a well-established and growing pillar of the U.S. retail landscape offering nearly 170 million unique items to a loyal base of customers. Walmart is seeking to bring 40,000 new sellers onto the Marketplace this year and to expand the assortment on offer to over 200 million items. Walmart sees particular potential for India-made products in highly searched categories like furniture, bedding, home décor and more.

"Digitalization and e-commerce are the gateway to amazing opportunities here in India and in markets around the world," Rajneesh Kumar, Chief Corporate Affairs Officer, Flipkart Group, said. "Over the past decade, Flipkart has helped build a strong supply chain ecosystem in India, enabling hundreds of thousands of local businesses to begin

selling online as part of India's digital retail revolution. This is not only great for local consumers and companies, but also expands the pool of export-ready Indian businesses that can now take advantage of this opportunity on Walmart Marketplace."

At the grassroots level, Walmart and Flipkart are providing training and support to Micro, Small and Medium Enterprises (MSMEs) with export ambitions via the Walmart Vriddhi supplier development program. A cross-border trade training program is now being developed under Vriddhi to help sellers prepare to begin leveraging the digital supply chain to sell overseas.

Indian sellers on Walmart Marketplace will be guided every step of the way by a new Walmart Cross Border Trade team in India. Sellers will have a dedicated account manager to help them onboard and take advantage of tools like Walmart Fulfillment Services, which lets sellers offer two-day delivery to most of the

U.S., with Walmart handling warehousing and delivery, as well as returns. India sellers will also be able to use the Walmart Connect media platform to help run impactful advertising and marketing campaigns.

In addition, they will be able to call upon an ecosystem of solutions providers like Payoneer. As a global digital commerce enabler, it offers multi-currency payments solutions and India-focused innovations like automated Foreign Inward Remittance Certificate (FIRC), along with access to legal, tax and compliance support, global shipping and logistics services, and more.

Gaurav Shisodia, Country Manager, Payoneer, said "Walmart's Global Seller Summit in India is a great example of Payoneer's endeavour to connect cross-border sellers with marketplaces so that they can thrive in the global digital economy. We are delighted to help high-quality Indian sellers in our ecosystem to gain direct access to the world's largest omnichannel retailer."

## KRAFTON, Inc. unveils BATTLEGROUND MOBILE INDIA webtoon content localized in Indian languages

Chennai, April 21 2022: South Korean video game company and maker of BATTLEGROUND MOBILE INDIA (BGMI), KRAFTON, Inc. announced the release of three webtoons based on BGMI on April 21st, 2022. This comes in partnership with Pratilipi, India's largest digital storytelling platform.

The webtoons that will go live include the first six episodes of Night of Silence, Retreats and 100, each portrayed in different genres: thriller, fantasy, and action, respectively. The webtoons each tell different stories surrounding the world based on the well-renowned battle royale game, BGMI, allowing KRAFTON, Inc. to provide its fans with an immersive experience beyond the game. The webtoons will be released in multiple Indian languages including Hindi, Bengali, Tamil, and Marathi. Users will be able to access this localized content on Pratilipi Comics App.

Already gaining immense popularity globally in countries like Taiwan, United States and France, KRAFTON, Inc.'s webtoons are garnering much anticipation from BGMI fans prior to its launch in India. The release is in line with KRAFTON, Inc. and Pratilipi's partnership to offer



# KRAFTON

exciting and original content in a range of regional languages to Pratilipi's audience of 30 million monthly readers including India's biggest BGMI fans.

Sean Hyunil Sohn, CEO, KRAFTON, Inc. India says, "At KRAFTON, our core focus lies in giving our fans an interesting and exclusive gaming experience through our characters, storytelling, and various in-games practices. We have an extremely dedicated fan base that takes deep interest in following the worlds we create. Our association with Pratilipi is an extension of our vision of providing stimulating experiences to the fans. We are happy to partner with Pratilipi and look forward to reaching these readers with interesting content that enables them to stay

connected with our universe."

"One of the first things that excited me about the webtoons is the author's ability to create vast new universes a reader could get lost in. We are delighted to be able to offer BGMI IP based universe content exclusively on Pratilipi and enable Indian gamers to explore the lore and history of the BGMI Universe. Webtoons are a creative way of storytelling and are gaining immense interest but by localizing content for Indian audiences, we are pleased to offer this vast universe of content to regional language audiences." Ranjeet Pratap Singh, Founder, Pratilipi

The Night of Silence is a mystery thriller revolving around the story of Leah who suspects the sudden

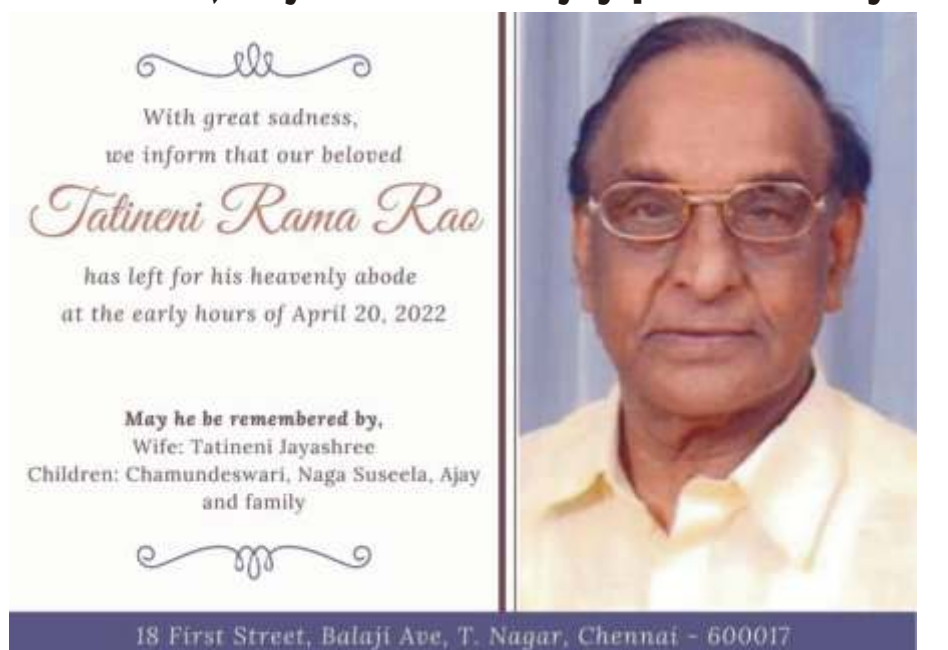
demise of her father is the result of foul intentions and digs deeper to unravel the mystery. 100 is a survival-action webtoon that begins with a National Intelligence Service agent trying to find a missing lawmaker participating in a survival game on an abandoned island where the chance of survival is just one percent. The Retreats - The Prince and the Pauper is a fantasy

webtoon about a Retreat resident who loses his identity and how he overcomes a variety of struggles to fight back and recover all that he has lost through the way.

Prior to the launch of its webtoons, KRAFTON, Inc. also unveiled eight localized videos in partnership with Pratilipi including Ground Zero, a live-action short film; Mysteries Unknown, an investigative "docu-series" offering conversations with insiders and experts to explore the backstory behind the Battlegrounds; and videos offering gamers lore of the islands of Erangel and Miramar. Alongside video content, Pratilipi also hosts comic series and short stories including the Sanhok Saga and The Ghosts of Miramar.

## Veteran producer-director T Rama Rao who made films with Amitabh Bachchan, Rajinikanth & Vijay passes away

Chennai, April 21 2022: Veteran director-producer T Rama Rao, who had helmed 70 films in Telugu and Hindi besides bankrolling blockbusters in Tamil, passed away in Chennai during the early hours of today (April 20). He was 83. A resident of First Street, Balaji Avenue, T Nagar, Rama Rao died at around 12.30 am due to age related illness. His last rites will be held at Kannamapet crematorium at 4 pm today. He is survived by wife Tatineni Jayashree and children Chamundeswari, Naga Suuseela and Ajay. Rama Rao had worked with many top stars like NTR, ANR, Shoban Babu, Krishna, Balakrishna, Sridevi, Jayapradha, Jayasudha etc. and directed films like Navarathri, Jeevana Tarangalu, Bramachari, Aalumagalu, Yamagola, Presidenti Gari Abbayi, Illalu, Pandani Jeevitham, Pachani Kaapuram, etc., in Telugu. He entered the Hindi film



industry in 1979 and worked with top actors like Amitabh Bachan, Jeetendra, Dharmendra, Sanjay Dutt, Anil Kapoor, Govinda, Mithun Chakraborty. He has the distinction of introducing Superstar Rajinikanth in Hindi with movie Andhaa Kanoon. He made super hit movies in Hindi like Judai, Jeevan Dhara, Ek Hi Book, Andhaa Kanoon, Inqulaab, Insaf Ki Pukar, Watan Ke Rakhwale, Dosti Dushmani, Nache Mayuri, John Jani

Janardhan, Raavan Raj, Muqabla, Hathkadi, Jung etc., According to Encyclopedia Britannica, Rama Rao was "the man who established the 'Madras movie', or Hindi films funded primarily by southern capital, as a viable commercial option in the all-India market.

He has received many awards and recognitions for his outstanding contribution to the Indian Film Industry. He made Tamil films under the

banner Sri Lakshmi Productions and produced movies with leading actors like Vikram, Vijay, Jayam Ravi, Vishal. He made super hit movies like Dhil, Youth, Arul, Something Something Unakum Enakum and Malaikotai. He was also the Chairman of Madras Hydraulic Hose Pvt Ltd., a leading manufacturer of Stainless Steel Flexible Corrugated Hoses in India with worldwide exports.

## Get ready to go on an emotional yet inspirational journey of a father and mother as Zee Tamil launches Thavamai Thavamirundhu from 18th April onwards

Chennai, April 21 2022: Zee Tamil is back with yet another power-packed, emotional drama - Thavamai Thavamirundhu. Premiering on 18th April and airing every Monday to Saturday at 7 pm, the show follows the emotional yet inspirational story of a father and mother. Starring renowned actors 'Pasanga' Sivakumar and Anitaportraying the role of Markandeyan and Parvathi respectively, Thavamai Thavamirundhu will not only be relatable, but it will also entertain and inspire people to face all the challenges that life throws at them.

The story will primarily revolve around Markandeyan and Parvathi, who have



devoted all their life in bringing up their four children - Revathy, Rajendran, Ravi and Malar. As all parents do, they also provide everything selflessly for their children, throughout their life. But after Markandeyan's retirement, he and his wife are abandoned by the children. How the couple fearlessly face the situation

while their younger daughter becomes their beacon of hope for her parents. She supports her parents in making their second innings in life as a successful one forms the crux of the story.

Speaking about the show, Mr. Siju Prabhakaran, Chief Cluster Officer - South, ZEEL, said, "Zee

Tamil always intends to provide its viewers with shows that not only entertain, but also inspire them. We are proud to present Thavamai Thavamirundhu which will truly have a positive impact on society as it intends to break the ageist thoughts that are prevalent in society. The show is further aimed at strengthening the channel's prime time band and we are hopeful that our viewers will enjoy it thoroughly."

To watch the heart-warming and inspirational tale of Markandeyan and Parvathi, tune in to Thavamai Thavamirundhu which premieres on 18th April and airs every Monday to Saturday at 7 pm, only on Zee Tamil

## Tamil Moj creators shake a leg with superstars Ashwin Kumar and Losliya Mariyanesan on the popular track Baby Nee Sugar In collaboration with Sony Music South, 13 Moj creators were given the opportunity to recreate the hook dance of Baby Nee Sugar alongside celebrities

Chennai, April 21 2022: Moj, India's number one short-video platform, recently collaborated with Sony Music South and prominent Kollywood stars Ashwin Kumar, Losliya Mariyanesan, who just released their single "Baby Nee Sugar." 13 popular Tamil Moj creators, including Niharika Ranjith, Darwin Spiritoe, Manikandan K, and Gracy, were given the opportunity to record the hook step with Ashwin and Losliya that is now live on Moj.



Kumar. From collaborating with big studio films to featuring in music videos, Moj is known for providing a platform for all talented creators from all over India. This collaboration, in turn, provides multiple avenues for creators to gain recognition and monetise their effort.

The peppy beats of the track had the creators dancing their hearts out and the catchy vibe of the song created a storm on the platform. The creators' content has been well received, and viewers are recreating their own versions in a variety of genres. Apart from recording the hook step with the popular actors, the aspiring creators had the opportunity to meet and interact with the charming duo Losliya Mariyanesan and Ashwin

Regarding the collaboration with Moj creators, popular sensation Losliya Mariyanesan and Ashwin Kumar said, "The entertainment industry is continuously evolving, and the chance to work with up-and-coming and creative Moj creators on our most recent single, Baby Nee Sugar, was quite refreshing. As creators, we understand the hardships of brilliant young people that work tirelessly day in and day out to achieve their goals. Such opportunities assist individuals in evolving and hastening their path. We had a terrific time working with the Moj creators and were able to share our knowledge and experience with them. We are in awe of their talent and wish them the best of luck in their future endeavors."

Moj creator Darwin

Spiritoe said, "I had a great time working with Ashwin and Losliya for this initiative. They were fantastic role models for us. They not only recreated the hook step with us, but they also gave some amazing ideas and tactics to help us improve our content creation skills. I'd like to thank Moj for giving us such life-changing opportunities and their unwavering support as we showcase our ability and skills to the world. #BabyNeeSugar offered an excellent opportunity for all of us to learn more and improve our content creation expertise. I hope to have many more opportunities like this."

This was an incredible opportunity for all of the aspiring creators to come together and create collaborative and entertaining content with superstars in Tamil. So, if you want to start your creator journey, learn from some of the top creators in their field, and network with other ambitious creators, simply join the Moj For Creators program and get the rewards.

## Shell India unveils the new Shell Advance Fuel Save 10W30, to deliver enhanced fuel economy

Chennai, April 21 2022: Shell, the global market share leader in finished lubricants, has launched the Shell Advance Fuel Save 10W-30 at a virtual event, in the presence of consumers and trade partners. As the name suggests, the Shell Advance Fuel Save 10W30 is engineered to enhance fuel economy and deliver monetary savings. The product provides savings of approx. Rs 2500 annually for daily riders who clock higher running hours/distance on the road. Consumers can ride an additional 5kms per litre on same amount of fuel and minimize their running cost.



Spiti, Thane Malvan and Chennai Himachal.

With Shell's global, cutting-edge formulation, Advance Fuel Save has been introduced in India in the 10W30 viscometrical grade, which meets highest specifications, including the American Petroleum Institute (API) SN and Japanese Automotive Standards Organization (JASO) MA2 specifications. The Shell Advance Fuel Save 10W-30, blended with the Shell PurePlus™ Technology-derived base oils (known as Gas-To-Liquid or GTL) is expertly engineered to give extra mileage of 5 km per litre fuel. Its molecules are uniformly sized and are easier to slide over when compared to conventional base oil with irregular dimensions. It is meant for customers who are daily riders with higher running hours on the road and need an engine oil that consumes less fuel and gives extra mileage. Its technology enables high temperature protection and no power loss at the end of 12000 kms. The product keeps pistons and engines clean and provides superior wear protection while retaining horsepower. Priced at MRP INR 670/litre, the lubricant is available in 1L packs across markets pan India.

The unveiling of the fuel save packs is part of Shell's larger customer centric campaign Shell Advance Outriders Trail. The campaign is the extension of the brand's promise to its bikers, to relentlessly pursue their passion of biking, irrespective of the challenges, the pandemic related uncertainty and the changing world dynamics that have impacted fuel prices. This campaign not only honours bikers' love for riding, but also rewards their spirit by giving a chance to three lucky bikers to try this new product themselves while riding with India's top professional bikers.

Speaking at its launch, Ms. Debanjali Sengupta,

Country Head, Shell Lubricants India, said,

As the world's leading lubricants supplier, we are driven by market demand, detailed insights, and the commitment to deliver high quality products suited to our consumers' evolving needs. This product is a solution for value conscious daily bike riders for whom mileage or reducing the running cost is an important consideration amidst rising fuel prices. At Shell, it's our priority to reduce carbon emissions through sustainable solutions. Our new product, Fuel Save is expertly engineered to give extended fuel economy to our consumers and

contribute to sustainability by reducing per km fuel consumption.

Shell Advance Fuel Save is a superior fully synthetic product made of pure plus technology that brings cost economy by improving bike mileage to unleash the maximum potential of the bikes. The Shell Advance Outriders Trail campaign has been created to offer riders an avenue to share an exciting biking experience while using the Fuel Save product and allows them to share their experiences alongside celebrated influencers - Biker for Good, Story on Wheels and Gowtaman. Scheduled from May '22 onwards, the expedition will cover several popular trails including Delhi

## Vijay Deverakonda, Samantha, Shiva Nirvana, Mythri movies's Family Entertainer Grandly Launched

Chennai, April 21 2022: Tollywood is set to witness another stellar combination. Tollywood heartthrob Vijay Deverakonda, successful director Shiva Nirvana, and star actress Samantha are set to come together for a family entertainer. The film was launched in a grand manner on Thursday. At the launch event, the first clap is sounded by Harish Shankar, the camera is switched on by Buchi Babu Sana, the script is handed over by Mythri producers to Shiva Nirvana. The first shot is directed by Shiva Nirvana. Vijay is currently awaiting the release of powerful action entertainer, Liger. He previously collaborated



with Samantha for Mahanati and he is set to share the screen with her again for a family entertainer. Mythri Movie Makers had previously worked with Vijay for Dear Comrade and the new project will mark their coming together again. Same with Samantha, they worked for Rangasthalam and now coming together

again. The first shooting schedule will commence in Kashmir in a couple of days. Post this schedule, the unit will be moving to Hyderabad, Vizag and Alleppey for the forthcoming schedules. Cast - Vijay Deverakonda, Samantha, Jayaram, Sachin Khedekar, Murali Sharma, Lakshmi, Ali, Rohini, Vennela Kishore,

Rahul Ramakrishna, Srikanth Iyengar, Saranya Makeup, Basha Costume Designers: Rajesh, Harman Kaur and Pallavi Singh Art: Utthara Kumar, Chandrika Fights: Peter Heins Writing assistance: Naresh Babu PPRO: GSK MEDIA Publicity: Baba Sai Marketing: First Show Executive Producer: Dinesh Narasimhan Editor: Prawin Pudi Music: Hesham Abdul Wahab CEO: Cherry DOP: G Murali Producers: Naveen Yerneni, Ravishankar Yalamanchili Story, Screenplay, Dialogues Direction: Shiva Nirvana.

## The Chennai Angels announces an investment of Rs. 6 Crores in Jidoka

Chennai, April 21 2022: The Chennai Angels (TCA), one of India's leading angel investment groups, has invested INR 3 Crores in Jidoka, a company involved in automation of visual defects and audio testing, based out of Chennai. A follow-on investment of INR 3 Crores has also been committed for a second tranche, later this year.

Jidoka specializes in automating the detection of visual defects and audio testing - processes that are highly subjective by nature across industries such as

automotive, packaging, pharmaceuticals, electronics, FMCG and general manufacturing. After establishing a Product-Market Fit in India across industries, Jidoka will invest funds to enhance their product for international markets and grow to North America and subsequently to Europe.

Jidoka Technologies make the digital transformation journey in quality control seamless for manufacturers by aligning to Industry 4.0. The goal is that manufacturing companies should work

smarter, not harder when it comes to inspection activities. In other words, manufacturing companies should use their expertise to manage exceptions and not waste it on mundane repetitive tasks.

Mr. Sekar Udayamurthy, Co-Founder & CEO, Jidoka Technologies said, "We have been approaching multiple VCs over the last quarter. Rather than it being Q&A grilling sessions, TCA have been a partner in our journey of fund raising. They not only helped us position

ourselves better with Angel investors but are also starting to help us structure our forward-looking business plan and help us with challenges that we will see in the next stage of growth of the company. Our sincere thanks to TCA and its experienced leadership for their mentorship and commitment and we are excited and looking forward to the continued journey with them. We also would like to thank Sathish, Kabita, Sunitha for their thoughtful guidance during the funding process.

## Emirates' honour for actor Nasser

Chennai, April 21 2022: Nasser, one of the veteran and popular actors in Indian cinema, has acted in various languages including Tamil, Telugu, Kannada, Malayalam and Hindi. Actor Nasser, who recently went to the United Arab Emirates, has been granted a Golden Visa by the government of that



country. Attached are the photos of actor Nasser getting Golden Visa with Wasim Adan, an Indian businessman living in Dubai, who made arrangements for actor Nasser to get this visa. Nasser has thanked the UAE government and businessman Wasim Adan for the Golden Visa.

## The Impact Of Exercise On Liver Disease

Article authored by **Dr. Swati Raju, Hepatologist & Liver Transplant Physician**  
**Fortis Hospital, Vadapalani, Chennai**

Chennai, April 21 2022: It is a commonly accepted notion that exercise works wonders on the health and wellbeing of any individual. Keeping the mind and body in good health is of utmost importance. While we are all aware that exercise boosts heart and lung functions, nourishes muscles and bones and increases energy levels, it also reduces the risk of developing one of the most common conditions known as fatty liver disease. It was found that even 60 mins of hard physical activities in a week lowers the risk of non-alcoholic fatty liver disease (NAFLD), compared to no physical activity.

Studies suggest that prevalence of NAFLD is around 9% to 32% of general population in India. This silent condition is more prevalent among overweight men than women, especially with diabetes patients. NAFLD can clog arteries, cause stroke and lead to heart failure. Let's explore how regular exercise works wonders for your liver.

How does exercise impact liver health?

An Inactive or sedentary lifestyle causes weight gain, increased cholesterol levels and uncontrolled sugars. This coupled with unhealthy eating habits causes fat molecules to accumulate in the liver cells. This results in "Fatty Liver Disease". Over a period, the fat starts to cause inflammation along with



scarring of the liver tissue. If this goes unchecked, the liver becomes shrunken (cirrhosis) and can lead to many other complications which can endanger the life. This cascade of complications can be prevented by simply maintaining a healthy body weight with regular exercise and good diet.

What type of exercise?

Any form of exercise is beneficial. It can be something as simple as brisk walking to aerobic exercises, yoga and resistance training. Exercise works by burning fat and improving insulin resistance. Special importance should be given to reduce belly fat. It is worthwhile to note that whether weight loss transpires or not, exercise definitely helps to maintain a good basal metabolic rate thereby causing reduction in fat accumulation in the liver.

Regular physical activity helps to keep the blood sugar and cholesterol levels within normal levels, further minimizing the risk of

developing fatty liver.

Examples of exercise

Aerobic Dancing, Tennis, Cycling, Swimming, Brisk walking, Jogging, or Running

Resistance Training Dumbbells, Weight training etc.

How much exercise is good?

Consistent, high intensity exercise training is most beneficial for good results. You can start with whatever you are comfortable with and try to achieve multiple days a week with a minimum target of 150 min/week of physical activity. The core idea is to make regular exercise a daily habit and lifestyle choice rather than something that is imposed.

The diet question:

Exercise and healthy diet go hand in hand when one thinks of a healthy lifestyle. A well-balanced diet is the key one that contains fresh fruits, vegetables, whole grains, protein, fiber, and healthy fats. It is not advisable to omit any of these

components, as our body requires all in the right proportion for it to perform its core functions. Good water intake is also an essential part of having a healthy diet. Foods to be avoided are the one with high sugar, salt, saturated fat and processed food as it not only affects the liver, but also predisposes to Diabetes Mellitus, Hypertension and high cholesterol. Alcohol consumption and smoking must be strictly avoided.

There are certain foods that help the body in detoxification. Here's a quick list of food that you can eat as a part of your diet

- Grapes
- Nuts of any kind
- Moderate amount of coffee/tea
- Blueberries and cranberries
- Beetroot juice
- Prickly pears
- Cruciferous vegetables like broccoli sprouts, and mustard greens
- Olive oil
- Fatty Fish

Always choose the exercise you enjoy. Regardless of whether the exercise is low-to-moderate or moderate-to-high intensity, the take home message is "Exercise Regularly". Physical activity not just helps in shedding the excess fat, but also changes the way you feel about yourself. So, be it Zumba or simple walking or jogging, commit to it and live healthy.

## Myths and Facts About Liver Disease

**Dr. Swati Raju**  
**Hepatologist & Liver Transplant Physician**  
**Fortis Hospital, Vadapalani**

Chennai, April 21 2022: The liver is one of the most complex organs in the human body, with over 500 functions. Some of its salient functions include filtering out blood toxins, storing energy, synthesizing hormones and proteins, and regulating cholesterol and blood sugar. It is important to know the facts to ensure that you are living the healthiest lifestyle for your liver. There are so many misconceptions about liver disease and liver health. Read on to know the myths about liver disease and find out why we are busting them!

1. MYTH: Fatty Liver only affects obese people

FACT: Non-Alcoholic Fatty Liver Disease (NAFLD) is an emerging, major health concern affecting both developed and developing countries alike. In India there has been a paradigm shift in the dynamics of liver cirrhosis with over 10 lakh new cases identified every year. It is becoming more widespread among young people. Along with Obesity, there is a genetic predisposition to developing NAFLD. Hence anyone can develop NAFLD. It can signal a wide range of metabolic problems including heart disease, high BP, Diabetes, Renal disease, Sleep apnea and more as well as an increased chance of cirrhosis and liver cancer.

2. MYTH: Fatty liver is irreversible

FACT: Fatty liver grading is done with a Fibroscan which detects the amount of fat present in the liver. Early stages of fatty liver are reversible. Alcohol related fatty liver can be reversed if the person stops drinking. This is because, liver has a unique and remarkable ability to self heal. Helping the liver bounce back and return to an optimal state of health

3. MYTH: Only alcohol damages liver

FACT: Indeed, alcohol does damage the liver, however, there are other ways a liver can sustain damage. An unhealthy diet, uncontrolled diabetes, obesity, certain drugs and toxins, viral hepatitis (Hepatitis A, B, C and E) and autoimmune disorders are all major causes of liver disease.

4. MYTH: I only take occasional alcohol,



so I cannot get liver disease.

FACT: Alcohol is a direct hepatotoxic agent and those who have pre-existing liver diseases are more prone to the toxic effects of alcohol. A person who consumes alcohol regularly and has had any type of hepatitis faces a higher chance of developing further liver problems. As alcohol is broken down in the liver, several potentially dangerous by-products are generated which contribute to liver damage. Each time the liver filters alcohol, some of the liver cells die. Although the liver is capable of regenerating itself, prolonged alcohol abuse over years can reduce its ability to regenerate.

5. MYTH: I don't have any symptoms so there is no way I could have cirrhosis

FACT: Liver disease can vary from a simple fatty liver to liver scarring and fibrosis (cirrhosis) to end stage liver failure. Fatty liver disease can be slowly progressive or non progressive. It is possible to have cirrhosis of the liver and not know it. Many patients who have cirrhosis still have enough liver function to support their body's routine functions and have no symptoms. Fatigue is a common symptom of cirrhosis, but feeling tired can be caused by many things. It's only when liver dysfunction or failure sets

6. MYTH: I might have cirrhosis, but the liver will regenerate and heal itself naturally

FACT: The liver is a highly regenerative organ but only if it is healthy enough to do so without having extensive scar tissue. Once cirrhosis is present, the regeneration capacity is limited and the disease can only be kept stable and not be reversed to its normal state.

7. MYTH: A diagnosis of cirrhosis means a liver transplant will be needed.

FACT: The liver can still perform all the routine functions for a long time even after becoming cirrhotic or shrunken. However, having cirrhosis means there is a higher risk of developing end stage liver failure and liver cancer. If the symptoms are not adequately controlled by medical therapy or if there is advanced liver failure or early liver cancer, a liver transplant may be needed.

8. MYTH: You probably don't spend a lot of time thinking about your liver. It doesn't growl like your stomach, wheeze like your lungs or itch like your skin. It goes along quietly doing its job: cleaning toxins out of your blood; making bile for digestion; metabolizing proteins, carbohydrates and fats; and hundreds of other essential activities. When your liver is in trouble, you can't ignore it.

## Southern Railway observes 131st Dr.B.R Ambedkar's Jayanthi



**Chennai, April 21 2022: Southern Railway observed the 131st Birth Anniversary of Bharat Ratna Dr.B.R. Ambedkar today, 18th April, 2022 at the Southern Railway Headquarters, Chennai.**

**During the function, Shri B.G. Mallya, General Manager (I/C), Southern Railway garlanded the portrait of Dr.Ambedkar and paid floral tributes in the presence of Principal Heads of Departments, Senior Officers, Staff and Members of recognized Trade Unions/Associations and paid homage to the architect of the Indian Constitution.**

## SRMIST Basketball Women Team won Gold Medal in 3rd level state level basketball championship @ Theni

Chennai, April 21 2022: 3rd level state level basketball championship, Theni.

14 to 17 April 2022  
 Match results - League Results SRM IST Beat MOP College (B team) Score - 51-20 SRM IST Beat MOP College (A team) Score - 34-17 Semi finals SRM IST Beat Vels IST Score - 57-40 Finals SRM IST Beat MOP College (A team) Score - 61-39 Promising player - Rajeshwari.S ( trophy , 4 gram gold coin ) Best player award - Harshitha K B ( trophy, 2000 cash prize)

