

SRMIST Vadapalani felicitates Asiad Gold Medalist cheers the crowd
 Harini Ravi, Correspondent of SRM Valliammi College of Engineering and SRM College of Arts and Sciences presented the award
 Alumni of SRMIST Vadapalani and Asiad Gold Medal winner advises students to go for healthy, drug free life

Chennai, Oct 14 2023: SRMIST Vadapalani had its field day today when it rose to the occasion to felicitate its former student and Asian Games Gold Medal Winner R Prithviraj Tondaiman. The auditorium on the institution's premises was filled with the thunderous applause as the sports person received honours in the presence of Harini Ravi, Correspondent, SRM Valliammai Engineering College and SRM Arts and Science College. Prof S Ponnusamy, Registrar of SRMIST also



things like drugs, said Gold Medal Winner. He also recollected his days at the college. R Prithviraj was the student of MBA course at SRMIST Vadapalani (2012 batch). I finished my BBA from France. It was after an interaction with the Chancellor of SRMIST

Dr T R Paarivendhar, said there were about 12,000 athletes that took part. Moving along with ace sports persons like Neeraj Chopra and P V Sindhu who had proved their mettle was indeed a cherishing experience. A cake was cut on the occasion to mark the achievement of R Prithviraj in the Asian Games. Dr R Mohana Krishnan, Director (Sports), SRMIST welcomed the gathering. Dr V Sasirekha, Dean (Faculty of Management Studies) at SRMIST Vadapalani proposed vote of thanks.

Special Teams have been formed to monitor and take action against violations of conditions imposed in the Government Order relating screening of 'LEO' movie - Commissioner of Police
 Daily 5 shows including a Special show from morning 09.00 a.m. to early morning 01.30 a.m. from 19.10.2023 to 24.10.2023

Chennai, Oct 14 2023: The Government of Tamil Nadu has issued a Government Order today (13.10.2023) imposing certain conditions for the screening of LEO, Tamil movie, in theatres. Orders have been issued to screen the LEO movie daily five shows including a special show from morning 09.00 a.m. to early morning 01.30 a.m. from 19.10.2023 to 24.10.2023. Theatre owners who have got permission to screen the movie, have been directed to ensure adequate security arrangement for the public, adequate vehicle parking space and ensure free flow of traffic. Tickets should not be sold at exorbitant rates. Further, in the Government Order it has been mentioned in



the Government Order that special teams have been formed to monitor the screening of the movie and also Commissioner of Police, Greater Chennai Police and also Districts Collectors have to monitor.

Government Orders and also ensure safety and security of the public and adequate parking facility. Further, the CoP said that theatre owners should comply with the timings mentioned in the G.O. i.e., from 09.00 a.m. to 01.30 a.m. and action would be taken against the theatre owners if tickets are sold at an exorbitant rate. The CoP has further informed that special teams have been formed to monitor the screening of the movie, and action would be taken the theatre owners who violate the conditions imposed in the Government Order. Further, the CoP has warned that action would be taken against those who indulge in

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The notion of democracy is that a thousand voices should be heard: P. Thiaga Rajan

Chennai, Oct 14 2023: "The notion of democracy is that a thousand voices should be heard. We should try and figure out policies; if that doesn't work, we should recalibrate and readjust.", P. Thiaga Rajan, Hon'ble Minister of Information Technology & Digital Services, Tamil Nadu, remarked advocating for federalism in India at ABP Network's "The Southern Rising" Summit.

In the session titled "State of the Union: Why India Needs Federalism," Mr. Rajan shares his insights on the importance of a federal structure in India's governance, said, "When you get economic development, we need to devolute power so that money can go to the local body."

"There's an opportunity cost especially in the post-pandemic years, when



there is a global demand for investment locations and trading partner to replace China that India should be doing a lot more to capitalize upon the opportunity." P. Thiaga Rajan asserted, speaking on the economic growth of India. He further added, "There has been more of rhetoric and not enough on delivery. The outside investors should see India as a level playing field." "Governance culture of Southern states is different. We have better outcomes

because we have different Governance," P Thiaga Rajan remarked. Further echoing the voice of the Southern States, the MLA from Madurai Central, said, "The South has disparate outcomes and disparate problems; it needs disparate solutions." Sharing his observation upon the shared belief of religion in the South, P. Thiaga Rajan, expressed, "Belief in God doesn't mean putting someone down" 'The Southern

Rising' Summit was conceptualized and instituted by ABP Network as a tribute to the exceptional growth, cultural opulence, and societal harmony exemplified by the southern states of India. It aims to celebrate the spirit and richness of southern states, united on a singular mission of driving a transformative journey for India. The summit will see keen deliberations and sharing of insights by the movers and shakers of South Indian states and Union Territories.

Digital content creators discuss opportunities and challenges of social media influencers at The Southern Rising Summit

Chennai, Oct 14 2023: Popular digital content creators Chaithania Prakash, Ardhra Sajan, and Deepika Venkatachalam participated in a session titled "Social Media: Playground or Business School?" at ABP Network's The Southern Rising Summit. They gathered to share their insights on the evolving digital landscape and to discuss the opportunities and challenges faced by social media influencers.

Chaithania Prakash, a digital content creator, shared her perspective, saying, "As influencers, we have a responsibility to ensure that nothing negative impacts our followers. We make sure the content we provide is of high quality to avoid any negative influence on our followers."

Ardhra Sajan, another Digital Content Creator, spoke about her journey, stating, "Initially, we didn't know what to do on



social media. Our follower count gradually increased, which brought a sense of responsibility. I started promoting products, but I received negative comments. So, I became more selective in my promotions to be a trusted influencer. The number of followers doesn't matter; what's important is the value we provide and our personal growth. Negative comments about physical appearance don't bother me. What truly matters is my self-perception, which is what I want to convey to my followers."

Highlighting

challenges, Deepika Venkatachalam, a digital content creator said, "Some influencers are promoting betting apps, which negatively affect people's lives, and I find this distressing. Everything is becoming digital, and people are seeking shortcuts. We have a responsibility to follow laws and use hashtags for paid collaborations to make it clear to viewers that it's a promotional partnership. I believe this is a positive initiative from the government. More than just the numbers, what matters is engagement. Building confidence and engaging with

followers is more important." The Southern Rising Summit was conceptualized and organized by ABP Network as a tribute to the exceptional growth, cultural richness, and societal harmony exemplified by the southern states of India. The summit aimed to celebrate the spirit and diversity of the southern states, united in a common mission to drive a transformative journey for India. The event featured profound discussions and insights from influential figures in South Indian states and Union Territories.

"Governors cannot sit within four walls" Governor Dr. Tamilisai Soundararajan at the "The Southern Rising" Summit

Chennai, Oct 14 2023: We as governors can't sit within our four walls, we can't just be a rubber stamp, said Dr. Tamilisai Soundararajan, the Governor of Telangana and Lieutenant Governor of Puducherry at ABP Network's "The Southern Rising" Summit.

At the event, Tamilisai Soundararajan said, "As more talented and dynamic people have been appointed as governors, their function has changed. Can't sit within four walls, can't just be a rubber stamp."

She said, it is worrisome that the schemes launched by governors who want to do good for the people are being "opposed for political reasons".

She added, "Politicians and state governments should not oppose governors for political purposes. The Governor is a bridge and a bridge not only to the central and state governments but also to the people."

Soundararajan's primary goal from the



outset has been to act as a catalyst in making resources accessible to the people, emphasizing a humanitarian approach over a political one. As a governor, she engaged with the public by organizing a 'Mahila Darbar,' demonstrating a strong connection to the people's needs. She made it clear that her decisions are rooted in the best interests of the people, as she aims to serve them. She also introduced a redressal mechanism as a 'sister of Puducherry,' emphasizing the role of governors as public servants rather than provocateurs.

Soundararajan praised Ayushman Bharat and reiterated



her unwavering dedication to the welfare of the people, promising to act in their best interests. She also mentioned that - "there should be a good relationship between the CM and Governor."

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Cinematic Trailblazers Suhasini Maniratnam and Kushboo Sundar Illuminate ABP Network's 'The Southern Rising' Summit

Chennai, Oct 14 2023: "There are people who don't think about Box Office. In our generation we used to work for success and not for money. I want the smaller, meaningful films to reach the masses," renowned actress Suhasini Maniratnam, said sharing her observation around changing trends in film industry at the ABP Network's 'The Southern Rising' Summit.

On being asked if things have changed for women in the industry, Suhasini remarked, "The world of cinema is the same. Women have changed. They have begun standing-up for themselves."

Speaking at the session, "Making New Myths - Recreating the Old", Suhasini recalled how Maniratnam made the historic epic Ponniyin Selvan. "I asked him not to make this film. After the failure of some of the politic-historic films we make, I was uncertain, if this idea



would work," she revealed and further added, "The thing that worked for the success of PS, was the fact that the story of Ponniyin Selvan has been there in our culture. People loved it even before we made it."

Speaking at the session, 'Reinvention and Resurgence - Staying Alive in the Movies', celebrated actress turned politician, Kushboo

Sundar, shared a reflection from her personal life, "I slept like a log after coming out in open of being a victim of child sexual abuse. There's nothing for me to be ashamed off."

"We are yet to arrive in the South and it will rule and provide when it arrives." Kushboo said, sharing her perspective on BJP's role in the south. She

further remarked, "Change takes time. Economy is booming. You cannot blame a party which is ruling for 9 years for unemployment."

The 'Southern Rising' Summit is a convergence of the old and the new, a space where cinematic legends share their wisdom, and emerging talents find inspiration. Conceptualized and instituted by ABP Network, 'The Southern Rising' Summit is a tribute to the exceptional growth, cultural opulence, and societal harmony exemplified by the southern states of India. It aims to celebrate the spirit and richness of southern states, united on a singular mission of driving a transformative journey for India. The summit thus witnesses profound deliberations and sharing of insights by the movers and shakers of South Indian states and Union Territories.

Whose New India? Past, Imperfect, or Fast Forward: Political Heavyweights Clash in Spirited Debate

Chennai, Oct 14 2023: Political heavyweights engaged in a spirited debate at ABP Network's "The Southern Rising" Summit. The debate took place during a session titled "Whose New India? Past, Imperfect, or Fast Forward." The panel, which included John Brittas, Narayanan Thirupathy, and M V Rajeev Gowda, presented a mosaic of contrasting viewpoints.



Observing the freedom of media in the nation Narayanan Thirupathy, Vice President of the BJP said, "Everyone in India now has the freedom to speak on any issue". He further adds, "Many say BJP can't have a foothold in Tamil Nadu. In the last 60 years, it is the BJP that has been growing in the state more than other parties. We have done very well, our booth committee is very strong. There is a big vacuum in the absence of Jayalalitha and Karunanidhi, and BJP will definitely fill the vacuum. Definitely, the BJP is going to form the government in 2026."

John Brittas, a Member of Parliament (CPIM), said, "India is

a multi-religious country and you can only have democracy when you have free and independent media." He further adds, "India has a rich history of welcoming all cultures and boasts a diverse heritage. South India is the home of reformists. With 18% of the population, we contribute 35% to the GDP.

Contributing to the discussion and presenting a unique angle M V Rajeev Gowda, Vice Chairperson, State Institute for Transformation of Karnataka and Ex-Member of Parliament, Rajya Sabha (INC) said "We are experiencing a BJP-free South India. In Karnataka, we saw corruption. The

contractors wrote letters to the PM complaining about corruption. We need to provide people with fair prices and a safety net. This is something Congress will continue in the country. The Nyay scheme is also a safety net for people. We are expected to win Rajasthan, Madhya Pradesh, and Chhattisgarh in a spectacular way."

Countering to that John added, "The BJP can maintain its optimism, as everyone has the right to dream of coming to power in Tamil Nadu in 2026."

The compelling dialogue in the session left the audience with a sense of urgency, underscoring the vital need to strike a delicate

balance between history, the present, and the future in order to shape a prosperous and harmonious India.

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"Women Should Be Given Importance in Party Responsibilities": Jothimani Sennimalai

Chennai, Oct 14 2023: In an empowering address at ABP Network's 'The Southern Rising' Summit, Jothimani Sennimalai, a Member of Parliament in the Lok Sabha (Congress), placed a spotlight on the importance of prioritizing women in pivotal party roles. During the enlightening



session, "Women in Politics: A Different Kind of Leader," Ms. Sennimalai's insights not only ignited inspiration but also catalyzed transformative change.

Highlighting her personal journey, Ms. Sennimalai said, "From the time I contested panchayat elections 25 years ago till now, Politics has always been considered as a male-dominated arena. It's been a continuous learning experience in the political realm. However, progressive parties are beginning to see more women in parliamentary roles."

The challenges she faced and the triumphs

she celebrated as a woman in Indian politics. She highlighted the importance of reservation for women. Adding to this she said "For the last 70 years' men have been going to parliament and legislatures. No one questioned them. But if only women contest the elections, they ask, what are you going to do? This is why reservation for women is necessary".

Ms. Sennimalai further emphasized that "To empower women in politics, there's a need for fundamental changes in the party structure. At the party level, men are present

in various positions starting from the local government to the district level. If such opportunities are given especially to women they can perform better even when they come to power".

The session left an indelible mark, not only celebrating Ms. Sennimalai's journey but also serving as a source of motivation for aspiring women leaders in politics. "In politics, women have to first fight for their gender, and then the issues follow so be brave and follow your instincts." She

concluded. 'The Southern Rising' Summit was conceptualized and instituted by ABP Network as a tribute to the exceptional growth, cultural opulence, and societal harmony exemplified by the southern states of India. It aims to celebrate the spirit and richness of southern states, united on a singular mission of driving a transformative journey for India. The summit thus witnesses profound deliberations and sharing of insights by the movers and shakers of South Indian states and Union Territories.

AI cannot judge or feel the pulse of the audience: Musicians Mahesh Raghvan and Nandini Shankar

Chennai, Oct 14 2023: AI cannot judge or feel the pulse of the audience, and seeing original music garnering millions of views on YouTube is very encouraging, said the musician couple Mahesh Raghvan and Nandini Shankar at ABP Network's The Southern Rising Summit. The couple, who rose to fame with their musical video, "The Kapi Dance," shared their musical journey and how they found love while collaborating on the song during a session titled 'Making Music: Crafting A New Style' at the Summit.



"I started with music when I was 3. Later, I discovered an app on my iPad that allowed me to play Indian notes. Kapi is a raga in Carnatic music, which is equivalent to raga Mishra Pilu in Hindustani music which became the inspiration for The Kapi Dance," said Mahesh.

Talking about whether AI technology

will spoil creativity, he said, "AI cannot judge or feel the pulse of the audience. In every profession, you have certain tools to help you, but in the end, what matters is how much you learn, how much knowledge you have. What truly matters is how much the audience loves your music, and that completely depends on the musician."

Adding to this, Nandini elaborated, "We shot the video in Chennai, and it is an original song. Seeing such support, appreciation, and getting over a million views is definitely encouraging for us."

Apart from finding success in their musical careers, Mahesh and Nandini also found love

while collaborating on their common passion – music. Speaking about their first meeting, Shankar said, "I first followed her on Instagram. After talking, we decided to meet a few months later to collaborate on the song. Later, we became friends and eventually decided to get married."

Meanwhile, Nandini, who is also a Chartered Accountant and comes from a family of musicians, has also worked as an investment advisor for a bank. Sharing about how she decided to make music her career, she said, "The importance of education was never undermined in my family. I topped my school and chose to become a Chartered

Accountant. I worked as an investment advisor for a bank, but since I was working five days a week with the bank and performing during the weekend, it was then I decided to pursue music."

The musical couple performed a classical rendition of their popular music video, "The Kapi Dance," and enthralled the audience with their musical talent at the Summit.

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"The Southern States Are Showing the Way": Gurcharan Das

Chennai, Oct 14 2023: "A lot of people, like me, are in the middle of the political spectrum; and I am a liberal", said, noted public intellectual, author, and commentator, Gurcharan Das, sharing his thoughts on the Southern Rising Summit at ABP Network's "The Southern Rising" Summit. "Being a liberal, you are on a lonely road, as there's no one to vote for."

Speaking on the session, "In Search of Freedom: The Personal and Political," Gurcharan Das elaborated upon the history of India in his lifetime. "The big change is that we were economically challenged for the first 40 years," he remarked. "The nation was shackled for a period of 40 years, and as the world witnessed Japan's rise, it was imperative that decisive action be taken at that time"



On education system, Gurcharan Das said today "Even today 80% of Indians do not have access to quality education. Only 20 percent of people have access to quality education. They can make a Silicon Valley city like Bengaluru and revolutionize the IT industry."

"Education is not about rote learning, it's about questioning. My advice to youths will be to live and examine life," the author said.

When discussing the growth of southern states, he observed that

"Tamil Nadu possesses a magic, with a well-established governance system. Its per capita income has witnessed a remarkable doubling. Overall, in terms of growth the southern states are showing the way."

Speaking about his memoir, Gurcharan Das, shared a message for the youth, "The good reason to write your memoir is to re-live your life. My mother taught me to make a living; my father taught me to make a life"

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Swiggy's Match Day Mania Returns for the Biggest Cricketing Event of the Year - Here's Your Chance to Win free snacks combos, iPhones, Tournament Tickets, and even a Skoda Car!

Chennai, Oct 14 2023: Swiggy, India's leading on-demand convenience delivery platform, today announced the return of Swiggy "Match Day Mania" for the biggest cricketing extravaganza of 2023.

Match Day Mania which offers exciting discounts and benefits to users across food delivery, Instamart, Dineout and more is gearing up to make this cricketing extravaganza even more special.

From October 11th to November 19th, 2023, cricket enthusiasts can enjoy an array of exciting offers across Swiggy's food delivery, Instamart, and Dineout, like a 'FLAT 150 off on orders' during match hours.

Match Day Mania Championship with a Free Hit

This Cricket season, go beyond cheering for India to scoring runs right there on Swiggy! Users can score runs by using Swiggy during the championship, win big upon crossing milestones.

Users can earn 2 runs on their food order on Swiggy or purchase groceries from Instamart. Additionally, while dining out and settling their bill through Dineout Pay will reward them with 4 runs. For those looking for even more runs, applying for the Swiggy HDFC Credit Card will result in an impressive 6 runs.

Daily Swiggy Money Bonanza: Users have the opportunity to win INR 10,000 Swiggy Money

SWIGGY MATCH DAY MANIA CHAMPIONSHIP
 08th OCT - 19th NOV

0 RUNS | 6 RUNS | 12 RUNS

Your score will be updated upon order completion.

RUNS: 0 | ORDERS: 0

MILESTONE REWARDS
 SCORE RUNS TILL NOV 19 & UNLOCK

6 RUNS Swiggy Money 1 winner daily	12 RUNS Stay at Taj 1 winner daily	18 RUNS Tanishq Voucher 1 winner daily
24 RUNS iPhone 15 1 winner daily	30 RUNS Trip to Maldives 1 lucky winner	36 RUNS Skoda Car 1 lucky winner

DAILY REWARDS
 UNLOCK DAILY BY SCORING MIN 2 RUNS A DAY

₹1000 Swiggy Money 100 lucky winners daily	ICC Men's CWC Tickets 1 lucky winner daily
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daily by scoring at least 6 runs.

Daily Luxurious Getaways: Users can secure a chance to win a magnificent INR 30,000 Taj Couple Stay Voucher by scoring a minimum of 12 runs.

Bejeweled Daily Delights: Swiggy users aiming for elegance can

win an INR 50,000 Tanishq voucher by scoring a minimum of 18 runs.

Daily Chance to Win the latest iPhone 15: One lucky Swiggy user will take home an iPhone 15 daily by scoring a minimum of 24 runs.

Exclusive Paradise Getaway: For those

aiming high, one fortunate Swiggy user will have the chance to embark on an enchanting Maldives trip with a couple voucher, attainable by scoring a minimum of 30 runs.

Grand Prize: Swiggy users can set their sights on the ultimate prize - a brand-new Skoda car - by achieving a minimum of 36 runs.

Special Offer on Swiggy Dineout:

For those who may have missed out on securing stadium tickets for the biggest cricketing event of the year, Swiggy Dineout has a special treat in store.

With Swiggy Dineout, customers can avail a hefty 40% discount on their booking, ensuring that they enjoy a 100% stadium-like experience right at their favorite restaurant, sports bar, or eatery. Say goodbye to FOMO and embrace #ApnaSwiggyDineoutApnaStadium.

Customers can also avail of 10% cashback on Swiggy on all transactions via the Swiggy x HDFC Credit Card. Lastly, one can also apply for Swiggy HDFC Bank Credit Card and stand a chance to win ODI tournament tickets for India matches, Semi-finals and Finals.

Join the cricketing frenzy with Swiggy's "Match Day Mania" and make this cricket season one to remember. Don't wait; participate now and stand a chance to score big.

Lok Sabha delimitation exercise a big conspiracy to punish high-performing South Indian states: Udhayanidhi Stalin

Chennai, Oct 14 2023: Udhayanidhi Stalin, Minister for Youth Welfare and Sports Development, Tamil Nadu, delivered the keynote address on 'The Tamil Nadu Model: What India Can Learn,' at the Southern Rising Summit by ABP Network. In his address, he spoke extensively about the rise of South Indian states, their economic progress, industrial development, welfare schemes, and issues like the Delimitation exercise of Lok Sabha constituencies.

Regarding the delimitation exercise, he said, "A bigger conspiracy is being hatched to punish the Southern states for their good performance through the impending delimitation exercise of Lok Sabha constituencies. In the 1970s, the Union government promoted the population control measures. The South Indian states implemented these measures effectively. Their population growth rate slowed in comparison to states that did not implement them well, whose population continued to grow at a higher rate. This effectively reduced the population share of the South Indian states. Today, this is being used against us. As you all would know, the Constitution mandates



that each state must receive seats in proportion to its population, and constituencies should be of roughly equal size to the population."

He added, "Tamil Nadu will lose its Lok Sabha seats from 39 to 31. This is a clear attempt to silence our voice. The Union government is trying to centralize power and encouraging disparities in terms of revenue sharing. For every 1 rupee Tamil Nadu pays, the state receives only 29 paise. Since 2014, it has paid to the tune of Rs 5 lakh crore but received only Rs 2 lakh crore in return. The South is paying higher taxes to the Union government. We are among the first to contribute to national development."

The Minister further highlighted how the state of Tamil Nadu has been making significant strides in terms of economic progress and

development.

He said, "The South is rising. It has attained greater heights in food security, health, education, and infrastructure sectors. South Indian states have grown faster in the last 50 years. Tamil Nadu is the first state in India to frame an IT policy and introduced a need-based computer education in the state. Our people have gone places, from NASA to Silicon Valley. Tamilians have occupied significant positions. Our state has educated scientists who have made substantial contributions to space projects in ISRO. The state has produced the best talent in the space sector."

In his keynote address, he mentioned that about 1 crore 6 lakh women are receiving financial aid of Rs 1000 per month. He also talked about various nutrition and transportation programs that have benefited the people and how other states

have replicated these schemes.

"The Gross Enrollment Ratio (GER) in Tamil Nadu is 60%, which is better than that of the United States of America. We advocate a system where the Union government acts as an enabler to support the state in forming government policies according to its own needs," he concluded.

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'Tiger can take on an army of people with his bare hands!' : Salman Khan

Chennai, Oct 14 2023: Superstar Salman Khan is set to unveil the trailer of Yash Raj Films' Tiger 3 on October 16th. The makers revealed the time of the trailer drop to be 12 noon through an unseen image of Salman aka Tiger ready to tear apart his opponents with his iron chain-clad bare hands! Salman reveals that the action of the film will be 'raw, realistic yet spectacular' and the new image sets the tone for what to expect from the trailer - Tiger will be on the hunt to destroy his nemesis with brute force. The YRF Spy Universe film, Tiger 3 is set to release on the big Diwali window. Salman says, "The action in Tiger 3 is raw, realistic yet spectacular. It is simply out of the world. What I love about the Tiger franchise is that the hero is presented as the larger-than-life Hindi film hero who can take on an army



of people with his bare hands! He is ok to shed blood and still keep standing till everyone around him is finished." He adds, "The heroism (of Tiger) is in him taking the challenge

head on and not back down just as a real-life tiger would do when he hunts his prey. My character, Tiger, will never retreat from a fight. He will never give up till he is breathing and he will

be the last man standing for his country." He says, "I like how Tiger has been presented on the big screen by YRF and that's what has caught the fancy of the audience. They like to see Tiger in action because they know they will get to see some of the most gritty and coolest action sequences ever. I hope they love the trailer of Tiger 3 because it has some mad moments of outrageous action that people have seen to date." The internet is in a frenzy with anticipation of the trailer of Tiger 3, directed by Maneesh Sharma. This film is set to reveal the next chapter of how Aditya Chopra is shaping the YRF Spy Universe that has so far delivered a 100 percent blockbuster result at the box office. The YRF Spy Universe films so far are Ek Tha Tiger, Tiger Zinda Hai, War, Pathaan and now Tiger 3.

ONGC Takes Proactive Steps to Ensure Well Safety in Periyakudi, Kariyamangalam Village

Chennai, Oct 14 2023: Oil and Natural Gas Corporation Limited (ONGC) is going to carry out a controlled reopening of a relief well (Well PD#2) in Periyakudi, Kariyamangalam village, Tiruvarur district. This is being done using a drilling rig to protect the well and the surrounding community. It is a safer option compared to abandonment of the well. With support of the District Administration and the State Government, ONGC is hopeful of the necessary permissions for well intervention.

There is absolutely

no reason for alarm, as ONGC is continuously and diligently monitoring the situation at Well PD#2. ONGC's operations strictly adhere to Standard Operating Procedures (SOPs) and international safety standards. Since the enactment of the "Tamil Nadu Protected Agricultural Zone Development Act 2020," ONGC has not drilled any new wells, ensuring strict compliance with the Act.

In 2012, ONGC commenced the spudding of this Well PD#2 after securing all necessary statutory

clearances from the Tamil Nadu Pollution Control Board (TNPCB). The well's construction was completed in 2013, and during production testing, a high-pressure flow necessitated the well's temporary closure.

Despite earnest attempts in 2014 and 2016 to explore alternative zones within the well, technical challenges hindered progress. Recognizing the imperative of ensuring the well's safety and the welfare of Kariyamangalam's residents, ONGC approached the District Administration in 2022

to propose workover operations. A peace meeting convened at the RDO office in Mannargudi on 2 August 2022, unfortunately concluded without consensus due to local resistance stemming from misunderstandings and limited understanding of the operation's principles.

As a responsible corporate citizen, Energy Maharatna ONGC remains dedicated to serving the people of Tamil Nadu and contributing significantly to the state and nation's progress.

CEAT LIMITED AWARDED PRESTIGIOUS HEALTH AND SAFETY MANAGEMENT AWARD

Chennai, Oct 14 2023: CEAT Limited, a leading tyre manufacturer, has won a prestigious Sword of Honour from British Safety Council for two of its plants.

CEAT was among the 115 organisations worldwide that achieved a Sword of Honour, awarded to companies which have demonstrated excellence in the management of health and safety risks at work. Two of the company's plants; CEAT's Chennai plant and CEAT Specialty's Ambernath plant were conferred with this honour

In order to compete for the Sword of Honour an organisation first had to achieve the maximum five stars in British Safety Council's [health and safety] management audit scheme. The qualification period for this was between 1 August 2022 and 31 July 2023. The organisation has also demonstrated to an



independent panel of experts that it has achieved excellence in its health and safety throughout the business – from the shop floor to the boardroom.

For the first time this year, a new Shield of Honour Award was also introduced for organisations which can demonstrate excellence in wellbeing management.

Peter McGettrick, Chairman of British Safety Council, said: "On behalf of the board of trustees and staff of the British Safety Council I would like to congratulate [CEAT Ltd.] on achieving the highest standards of its health and safety management.

These awards recognise the commitment, dedication and absolute professionalism undertaken. We are proud to support your organisation in its achievement and delighted we can contribute to your ongoing success."

Mike Robinson, Chief Executive of British Safety Council, added: "I would like to congratulate CEAT Ltd. and its staff on this award, in tribute to their commitment to keeping their workplace safe and healthy and/or contributing to safeguarding the environment.

"All of the Sword award-winning

organisations share a commitment and resolve to achieve the uppermost standards of health and safety. We thank CEAT Ltd. for contributing to achieving our vision that no-one should be injured or made ill through their work."

Jayasankar Kuruppal, Senior Vice President, Manufacturing, CEAT Limited, said: "We are honoured to receive the prestigious Sword of Honour from the British Safety Council for our CEAT Chennai and CEAT Specialty Ambernath plants. CEAT places health and safety as an integral part of our operations, and this accolade reaffirms our unwavering dedication to ensuring the well-being of our employees, the satisfaction of our customers, and the protection of our assets. We remain committed to upholding these high standards of health and safety"

Large & Midcap category can drive stability and growth to your portfolio

Chennai, Oct 14 2023: Today's investor has various Mutual Fund (MF) schemes in which he or she can invest in. The decision to invest in any MF scheme is based usually on the risk profile and on the individual's financial goals.

SEBI has made several categorizations of equity mutual funds for the benefit of the investors for e.g. Large cap category, Mid-cap category, Small-cap category etc. Large & mid-cap category is fast emerging as a preferred option for those long term investors who want to grow their capital at steady pace albeit conservatively i.e. with stability.

What is a Large & mid-cap Category?

A Large & mid-cap category invests in both the large cap stocks and the mid-cap stocks. The top 250 stocks by market capitalization will be considered under this category for investment purpose. As per the mandate the fund manager is required to invest minimum 35% each in large cap and midcaps.

Why Invest in the Large & mid-cap category?

According to Chandraprakash Padiyar, Senior Fund Manager, Tata Asset Management, "Tata Large & Mid Cap Fund



aims at proactively taking advantage of opportunities arising from large and midcap segment of the market. Positioned as a 'stock picker's delight', the large & midcap fund undertakes rigorous research to identify opportunities in equity markets. The opportunities could be found in turnaround companies or in companies where the fundamentals are improving etc.

It invests in large and midcap stocks wherever the fund manager spots an opportunity. It is hence very actively managed and dynamic in nature, although stock picking is based on a sound bottom-up approach using Growth at Reasonable Price (GARP) investment philosophy. The GARP approach allows us to bet on high quality shares

and at the same time ensures that the quality shares are bought at reasonable price. This approach seeks to combine the best facets of growth and value investing to select individual stocks. The whole idea while adopting GARP investment philosophy is to identify companies that are expected to deliver above-average revenue and earnings growth that are trading at a reasonable valuation."

Benefits of investing in Large & Mid-cap category:

? Diversification: The riskiness or volatility may be reduced when you have your investments spread out in large caps and midcaps. This kind of diversification helps the fund manager to deliver higher risk adjusted returns over a long term.

? Stability: With their reliable financials

and established presence large cap stocks may bring stability in the portfolio.

? Growth Potential: Mid cap stocks are usually high growth stocks and may offer higher potential returns.

Disclaimer: The views expressed in this article are personal in nature and in is no way trying to predict the markets or to time them. The views expressed are for information purpose only and do not construe to be any investment, legal or taxation advice. Any action taken by you on the basis of the information contained herein is your responsibility alone and Tata Asset Management Pvt. Ltd. will not be liable in any manner for the consequences of such action taken by you. Please consult your Mutual Fund Distributor before investing. The views expressed in this article may not reflect in the scheme portfolios of Tata Mutual Fund. The view expressed are based on the current market scenario and the same is subject to change. There are no guaranteed or assured returns under any of the scheme of Tata mutual Fund.

Mutual Fund investments are subject to market risks, read all scheme related documents carefully.

A Saudi Nationalite gets new lease of life at The Frontier Lifeline Hospital - Doctors perform a rare keyhole surgery

Chennai, Oct 14 2023: The Cardiology team at Frontier Lifeline Hospital recently performed an exceptionally rare keyhole procedure to replace the aortic valve in a patient who had previously undergone aortic valve surgery (valve and Valve TAVR). While keyhole surgeries are not uncommon, this case was exceptionally rare due to the presence of both an existing valve and an artificial aorta from a Homobentall surgery in 2010. The surgery also incorporated cerebral protection to prevent strokes, a precaution often taken for patients



with previously degenerated valves. Typically, TAVR is performed for narrow valves, but in this patient, the valve was severely leaking. Remarkably, the patient was discharged within two days and even resumed light exercise on a treadmill the

following day. Frontier Lifeline, founded by Dr. K. M. Cherian, has been a leading institution in cardiac surgery and advanced cardiology services for several decades. In fact, they pioneered the first Valve in Valve TAVR

procedure in the year 2014.

Senior Cardiologist, Dr. Ajeet Arulkumar said that "TAVR is the preferred procedure for elderly patients with aortic stenosis who are at high risk for open-heart surgery. The hospital specializes in these procedures and has extensive expertise in managing such complex cases. Furthermore, the hospital extends these complex procedures at significantly reduced rates, ensuring that patients without insurance coverage can also benefit from these life-saving interventions."

Skill India to organized Kaushal Deekshant Samaroh on October 12 to felicitate the skill students

Chennai, Oct 14 2023: With an aim to promote skill-based education in line with the aspirations of 21st-century learners, Skill India will organized a grand 'Kaushal Convocation' to recognize and honour the candidates who have completed their training under the various schemes and programmes of Skill India. The event witness the participation of students from prestigious skill development institutes including Pradhan Mantri Kaushal Kendra (PMKK), Industrial Training Institutes (ITIs), DGT, PMKVY, SANKALP, apprentices, IIE, NIPUN, Skill India International Centre, NIESBUD, and Jan Shikshan Sansthan (JSS).

Hon'ble Prime Minister Shri Narendra Modi addressed the students live at the ceremony. Hon'ble

Minister for Education, Skill Development & Entrepreneurship, Shri Dharmendra Pradhan and Hon'ble Minister of State for Skill Development & Entrepreneurship, Electronics & Information Technology, Shri Rajeev Chandrashekhar, chaired the event.

Speaking on the occasion, Shri Atul Kumar Tiwari, Secretary, Ministry of Skill Development and Entrepreneurship (MSDE) said, "The capabilities of our energetic and aspirational youth need to be harnessed through focused training and capacity building, relevant in today's evolving job landscape. This convocation demonstrates our ongoing work to create a forward-looking, inclusive skilling ecosystem, motivating students to contribute to

personal growth and national development. I am certain that this will further help boost the morale of the students and inspire them to contribute towards their individual growth and development of the nation".

The vision under the Kaushal Deekshant Samaroh is to harness the blend of school-based and work-based learning, to nurture talent and enable students to showcase their skills to the world. These students have gained skill training across different job roles including assistant computer operator, UI/UX developer, data scientist, social media strategist, beauty care assistant, mine surveyor, domestic care and others.

Last year, under the guidance of the Hon'ble Prime Minister, the Ministry of Skill

Development & Entrepreneurship (MSDE) had organized a grand convocation ceremony for the first time. Similarly, by organizing the convocation ceremony this year, the aim is to further instil a feeling of pride and respect among all students belonging to the skill ecosystem for becoming a part of the nation building initiative. The event will showcase the hard work and dedication of the students and will inspire a sense of bonding among them.

The ceremony underscores a multidisciplinary approach and emphasizes the establishment of industry-relevant standards, robust curricula, and international benchmarked skilling opportunities for the youth to celebrate the unique talent of India across various skill institutions.

NSE Celebrates World Investor Week along with Ring the Bell Ceremony

Chennai, Oct 14 2023: National Stock Exchange (NSE) is proud to announce its participation in the global celebration of World Investor Week 2023 (WIW), an initiative led by Securities Exchange Board of India (SEBI) and International Organization of Securities Commissions (IOSCO). This year, the World Investor Week is being celebrated from October 09, 2023 to October 15, 2023.

World Investor Week, celebrated annually, is a global campaign that promotes investor education and protection. It provides an opportunity for stock exchanges, regulators, and other financial institutions to engage with investors, raise awareness about the importance of investor education, and highlight the various opportunities available in the financial markets.

NSE commenced

this significant occasion with a special "Ring the Bell" ceremony on October 09, 2023, in the presence of the Chief Guest, Shri Ananth Narayan Gopalakrishnan, Whole Time Member, SEBI and with the Guest of Honor Shri G. P. Garg, Executive Director, SEBI and NSE senior officials Shri Sriram Krishnan, Chief Business Development officer, NSE and Shri Piyush Chourasia, Chief Regulatory Officer, NSE. The "Ring the Bell" ceremony at the Exchange is a symbol of NSE's commitment to fostering a culture of responsible investing and financial literacy. It signifies the role of NSE in facilitating access to capital markets and India's economic growth.

Shri Ashishkumar Chauhan, NSE MD & CEO, said: "World Investor Week is an important occasion for us to reaffirm our dedication to investor

protection and education. At NSE, we understand the significance of informed and empowered investors in the development of robust capital markets. We are delighted to celebrate this momentous week by ringing the bell and engaging with our community of investors."

Shri Ananth Narayan G, Whole Time Member, SEBI, said: "A key mandate of SEBI is to protect investors. We believe that a well-informed investor is a well-protected investor. Such an investor would not fall prey to unsolicited investment offers, stock tips, or market rumors. Instead, he/she would invest based on his/her own research, well cognizant of the risk and return of each investment, and of his/her overall portfolio.

During this global event of IOSCO - World Investor Week, SEBI as the national

coordinator, will celebrate the week along with participating stakeholders by organizing a wide array of events across the country, to enhance financial inclusion, capital formation, and responsible investing."

This year's event will include informative sessions in regional languages for various sections of existing and prospective investors, panel discussion, engaging financial quiz, Podcast series "Sashakt Niveshak" by experts, nukkad natak and Selfie booths across the country, providing investors with valuable insights into various investment opportunities, safe and responsible investing habits, dos and don'ts to be observed during investing etc.

NSE remains committed to advancing financial literacy and empowering investors to make informed decisions.

Tips for Maintaining a Healthy Diet During Festival Season

Pitchiah Kasinathan, Clinical Dietitian Fortis Malar Hospital

Chennai, Oct 14 2023: As the holiday season approaches, it is very normal for someone to put on additional weight when surrounded by an attracting arrangement of sweets and the tempting smells of snacks. However, consuming too many of these delectable foods might result in unhealthy weight gain and have a negative impact on one's health.

It is important to keep an eye on your intake to avoid gaining weight, which is why we are providing some guidance on how to eat and snack this season in a way that is better for your health and appetizing to the taste buds.

Tips for making holiday dishes healthy this year:

1. Prepare sweets at home

Without sweets, celebrations in India would not be complete. Everyone anticipates their favourite dishes. The issue is that many of these sweets, that are prepared at stores, are substantially loaded with fat, refined flour, artificial sweeteners, and colour. Instead of purchasing confectioneries outside this year, make your own at home with good-quality ingredients and nutritious substitutes. You have more control over the sugar and fat content when making



sweets and snacks at home. As a result, you can indulge in sweets guilt-free.

2. Choose healthy snacks

Healthy snacks in between meals keep you full and energetic while also reducing cravings. Snacks provided during events, board games, or when visitors are present, however, may increase the overall calorie count. Change out the bad snacks for healthier alternatives that include less salt, sugar, and fat. Among the many varieties of roasted snacks available are roasted makhana, roasted chickpeas, cashew nuts, millet mixtures, murukku, seedai, almonds, and dried fruits, to name a few.

3. Go for healthier alternatives

You do not have to give up your favourite foods and desserts if you eat a balanced diet. However, keep in mind

that eating is not just for enjoyment and celebration but also for feeding your body. Make use of your creativity. All that is required is a slight change. Swap out sugar for honey or palm jaggery, for example. Replace the toxic Maida with a nutritious flour like whole wheat or ragi or millets in your recipe.

4. Do not skip meals to compensate

You will either overeat at your next meal or start to crave fatty, sugary foods if you do not consume what your body needs. Not the best scenario for celebrating the holidays. You may start the day off well with a healthy breakfast. A breakfast that is rich in protein and fibre will best prepare you for a day of healthy eating. Have a healthy snack generally every two to three hours or as needed.

5. Include salads with each meal

Dinner at home during the holidays is quite a challenging. By consuming a nutritious, fresh vegetable salad, you may be able to balance your calorie intake, prevent overeating, and feel satisfied sooner. Fresh vegetable salad is a fantastic method to get fibre and beneficial nutrients.

6. Take care with what you drink

Liquor is known to make people feel hungrier and to be a source of empty calories. We are known that the body stores extra calories as fat when they are consumed. Sugary or artificially sweetened drinks with aerated carbonation should be avoided at all costs. During the holiday season, choose for green tea, detox water, coconut water, fresh juices, and mocktails.

Include more millet options as well by taking millet-prepared snacks that are both healthy and delicious. Look for snacks with a low glycaemic index in your favourite stores.

The most effective way to burn off the excess calories you consumed over the festival season is to increase your physical activity and exercise.

Maintain a healthy diet over the holiday season by paying attention to these recommendations.

Natural Star Nani, Shouryuv, Vyra Entertainments Hi Nanna Teaser On October 15th

Chennai, Oct 14 2023: Natural Star Nani is going to enthrall movie buffs in a wholesome, yet unique family entertainer Hi Nanna. While the glimpse of this Pan India film was received well across the country, the first two songs unfolded two different aspects- love and father-daughter bonding. They have now come up with an update on the film's teaser. The teaser of Hi Nanna will be released this week on October 15th. The teaser poster shows the dreamy chemistry of the lead pair- Nani and Mrunal Thakur. As the team didn't disclose the core point of the movie yet, cine-goers are waiting eagerly for the teaser which they expect will give some clarity about the storyline. The directorial debut of



Shouryuv stars Mrunal Thakur playing the female lead, while Baby Kiara Khanna will be seen as Nani's daughter.

The movie is produced on a large

scale by Mohan Cherukuri (CVM) and Dr Vijender Reddy Teegala on Vyra Entertainments. Hesham Abdul Wahab scores the music, while Sanu John Varughese ISC is the cinematographer.

Praveen Anthony is the editor and Avinash Kolla is the production designer. Satish EVV is the executive producer. Hi Nanna is planned for release in Tamil, Telugu, Kannada, Malayalam, and Hindi languages on December 21, this year. Cast: Nani, Mrunal Thakur, Baby Kiara Khanna. Technical Crew: Director: Shouryuv. Producers: Mohan Cherukuri (CVM) and Dr Vijender Reddy Teegala. Banner: Vyra Entertainments. DOP: Sanu John Varughese. ISCMusic Director: Hesham Abdul Wahab. Production Designer: Avinash Kolla. Editor: Praveen Anthony. Executive Producer - Satish EVV. Costume Designer: Sheetal Sharma. PRO: Nikil Murukan.

"South India Demands Numbers, South India Demands Progress": Decoding General Election 2024 at ABP Network's 'The Southern Rising' Summit

Chennai, Oct 14 2023: ABP Network's 'The Southern Rising' Summit, a premier platform for dynamic discussions, successfully hosted a high-profile panel discussion on the recently concluded General Election 2024. Esteemed political figures, Kavitha Kalvakuntla, Member of Legislative Council (MLC) - Kamareddy & Nizamabad, Former Member of Parliament (MP), and dedicated worker of the BRS Party, Karti P Chidambaram, Member of Parliament (MP) for Sivaganga representing the Indian National Congress (INC); and K. Annamalai, State President of the Bharatiya Janata Party (BJP) for Tamil Nadu, shared their invaluable insights on "General Election 2024: Who Wins, Who Loses?".

In an event reflection, these influential voices provided their perspectives on the political landscape, emerging trends, and the outcomes of this crucial event.

K. Annamalai, State President of the Bharatiya Janata Party (BJP) for Tamil Nadu said, "BJP Tamil Nadu is an ambitious party, and we are determined to reach our goals. The upcoming



2024 elections are pivotal, with just seven months to go. BJP's comeback in Tamil Nadu in 2024 will solidify our party's position."

To this, "Kavitha Kalvakuntla, Member of Legislative Council (MLC) - Kamareddy & Nizamabad, Former Member of Parliament (MP), and dedicated worker of the BRS Party said countered, "People don't want power hungry parties. The people want a decisive Government. She further adds, "India has its own versatility and diversity. Regional parties have performed better than both national parties. Both couldn't realize their full potential and have disappointed the people of the nation. We

are neither with Congress nor BJP. I.N.D.I.A. alliance will crumble. Post-poll alliances have historically worked, while pre-poll alliances have not. I believe every party will need to rethink their strategy.

On being asked that India alliance may crumble, Karti P Chidambaram, Member of Parliament for Sivaganga (INC), "It is the Congress party which is present in all 5 states. The alliance will not crumble. In these 5 states, INC will perform exceptionally well."

With decades of collective experience and representing diverse political ideologies, this panel discussion served as a beacon of knowledge,

offering a deep understanding of the electoral dynamics that have shaped India's future.

'The Southern Rising' Summit was conceptualized and instituted by ABP Network as a tribute to the exceptional growth, cultural opulence, and societal harmony exemplified by the southern states of India. It aims to celebrate the spirit and richness of southern states, united on a singular mission of driving a transformative journey for India. The summit thus witnesses profound deliberations and sharing of insights by the movers and shakers of South Indian states and Union Territories.

AMJC's One Day National Conference Explores on Doubling the Farmers' Income

Chennai, Oct 14 2023: Agurchand Manmull Jain College, Post-Graduate and Research Department of Economics in association with Indian Economic Association (IEA) organised a one-day National Conference on 'Doubling of Farmers' Income: Myth or Reality'. Professor Adya Prasad Pandey, the Conference President of Indian Economic Association was the chief guest of the conference which explored various dimensions of the pivotal goal of doubling farmers' income. The resource persons for the conference were Dr. Manjula Menon, Professor, Azim Premji University, Bangalore and Dr. Remmiya Rajan (Joint Secretary of IEA, Southern Region) Assistant Professor, Zamorin's Guruvayurappan College, Kozhikode.

The Conference witnessed 66 research papers by eminent Economics professors and research scholars from other colleges and universities across the nation, presented on the above topic. The conference served as a platform to illuminate strategies and transformative actions

initiated by both Central and State Governments. It also focussed on to identify the best policy options for stimulating agricultural growth and to



power of informed discussions to shape the future."

Dr. V S Murali, Principal of Agurchand Manmull Jain College, emphasized the significance of the conference and underscored the institution's commitment to advancing education and supporting academic progress. Dr. V S Murali, the Head of the Economics Department and the convener of the conference, extended a warm welcome to resource persons hailing from various parts of the nation. Dr. JS Sindhu, the seminar coordinator, shed light on the conference's necessity. During this event, an abstract volume was also unveiled.

The National Conference magnified the importance of dispelling misconceptions and navigated the complexities of the agricultural sector. Agurchand Manmull Jain College remains committed to driving actionable change through informed dialogues, and we look forward to further collaborations and discussions aimed at shaping a prosperous future for our farmers.



find out the progress made by the State Government in doubling the income levels of farmers of Tamil Nadu.

During the inaugural address, Prof. Adya Prasad Pandey, Conference President of Indian Economic Association, said, "Agriculture has been the backbone of our country's economy, providing sustenance and livelihood to millions of hardworking individuals. However, the reality is that our farmers have been struggling to make ends meet. Doubling the income of farmers has been a promise made by successive governments, and it is high time we examine the myths and realities surrounding this crucial issue."

One myth is that doubling the income of farmers is an impossible

task. Some argue that the agricultural sector is inherently volatile and dependent on factors beyond our control. But, that does not mean that we cannot take proactive measures like investing in modern farming to mitigate their impact. Agriculture engages the largest share of the workforce (45.5% in 2021-22 as per Periodic Labour Force Survey). So, focusing on agriculture, is the right way to ensure long-term high growth of the overall economy," Prof. Pandey added.

Udhan Kumar Chordia, Secretary, Agurchand Manmull Jain College, said, "Our institution is dedicated to fostering meaningful dialogues and driving actionable change on crucial issues like doubling farmers' income. We believe in the