

Round Table Meet calls for international collaboration for sustainable growth of fisheries, aquaculture

2 0 2 3 : aquaculture sector.

Partnering with other countries and organisations that have advanced technologies and expertise in fisheries and aquaculture to facilitate the transfer of technology and knowledge would greatly help to enhance suggested.

Speaking at the session, Union Minister Shri Parshottam Rupala said that the GPS system should be made user-friendly to the fishermen, utilising the global expertise and technologies. Costthe Minister said.

Chennai, Nov 21 collection and data A n sharing can play a International Round major role to improve Table Meet led by the fisheries sector, Shri Union Fisheries Rupala said. By Minister Shri fostering collaboration Parshottam Rupala at and knowledge the Global Fisheries exchange, these Conference India 2023 programmes can has called for facilitate the adoption cooperation and of best practices, collaboration between promote sustainable countries for a resource management, sustainable growth of and develop effective the fisheries and mitigation strategies in response to climate change. This collective

approach can play a pivotal role in safeguarding the livelihoods of traditional fishermen, who are particularly vulnerable to the escalating impacts of climate change.

Global data the Indian fisheries exchange programmes sector, the meet can significantly enhance the quality and

availability of fisheries data, providing a comprehensive understanding of fish stocks, migration patterns, and ecosystem Fisheries Secretary, Dr dynamics", the Union Minister said.

In his address, Mr. Greece, Angola and effective and reliable DimitriousIoannou, diplomatic delegation technologies are Ambassador of Greece, from Australia, Brazil, essential for marine underscored the critical France, Norway, navigation to be truly need to harmonize Russia, Zimbabwe and; beneficial to fishermen fishing and aquaculture State Fisheries venturing into the sea, practices with Ministers of Uttar environmental Pradesh, Haryana, "Global exchange sustainability. He Himachal Pradesh,

programmes in data advocated for a Arunachal Pradesh,



the fisheries sector, Shri international Jai Prakash Dalal, organisations to Minister of Animal conduct research on Husbandry, Dairying sustainable fishing and Fisheries of practices, aquaculture Haryana announced technologies and plans for an Aqua Park, resource management and he invited investors were also held during to participate in this the session. development.

Kumar, Minister for Ambassador of Angola, Agriculture and Animal Mr Peter Hobwani, Husbandry of Deputy Ambassador of Himachal Pradesh, Shri Zimbabwe, Mr. Sergey A L Hek, Minister of Muratov, Head of Fisheries of National Research Meghalaya, Shri Institutions for Pangjung Jami, Preservation and Safety Minister of Fisheries of of Fisheries Sources Nagaland, Shri and Aquaculture, Sudhangshu Das, Russia, Mr. Monique Minister for Fisheries, Tran, Counsellor for food and nutritional Animal Resource Agricultural Affairs, security, strengthening Development of France, Mr. Christian of aquaculture to Tripura and Shri Valdes Carter, combat human hunger, Nilkanth Halarnkar, Commercial sustainable utilisation Minister for Fisheries Counsellor, Embassy of the resources in the of Goa also spoke at the of Norway, Mr. Wagner

Foreign diplomatic delegations expressed Shri Sanjay Kumar their keen interest in equipping the Nishad, Minister of fostering collaboration fishermen and the Animal Husbandry, with India in several vessels with adequate Dairying and Fisheries key areas, including technologies and of Uttar Pradesh research, data training could utilise emphasised the collection, resource these untapped importance of monitoring and collective efforts and t e c h n o l o g y

> Discussions on expanding market access for Indian fishermen and aqua fishery products, collaborating with Highlighting the research institutions,

> > POCSO Act, 2012

on for Protection of Child Right

Shri Chander Francisco Camenha, Antunes, Head of the Trade Promotion Department, Embassy of Brazil and Dr Richard Niall, First Secretary (Agriculture), Australian High Commission spoke at the International Round Table Meet.

Mr. Clemente Pedro

Joint Secretary, Department of Fisheries, GoI, Ms Neetu Kumari Prasad gave the summary of the discussion and the vote of thanks.

multifaceted approach Meghalaya, Nagaland the gathering.

that encompasses both and Tripura; The forum domestic and representatives of underscored the need of international exchange of adequate organisations such as technology expertise to Food and Agriculture tap the unexplored Organisation (FAO) of deep-sea resources in the United Nations , India. The country has Bay of Bengal vast unexplored deep-Programme Intersea resources and Governmental Organization (BOBP-IGO), GiZ; Asian Development Bank (ADB); senior officials of the Department of Fisheries, Govt of resources, it observed. India; senior officers of The speakers at the State Fisheries Round Table Meet Departments and identified four major Heads of various research and

development agencies. international collaboration. They are Dr Abhilaksh Likhi, Union Fisheries enhancing fisheries Secretary welcomed production targeting potential for growth in universities and

fisheries sector, and meet. development of deepsea fishing.

advanced technologies backstopping. to boost fish production and secure the areas which require livelihoods of

farmers.

NCPCR organizes a Consultative Meeting to discuss and deliberate upon the Draft Model Guidelines in respect to Support Persons under Section 39 of the POCSO Act

2023: India vs. Union of India 39 of the POCSO Act in & Ors. Writ Petition(s) consultation with the (Civil) No(s) 1156/2021 State Governments and and in Writ Petition No. Government of the 427 of 2022 titled Union Territories. The Bachpan Bachao Supreme Court in the Andolan vs. Union of said matter has also India" has directed the directed the State National Commission Governments and the for Protection of Child Government of the

The Supreme Model Guidelines with further frame rules for in various international also directed State Court of India in the case respect to Support their States/UT's based instruments and as in the Governments and the titled "We the Women of Persons under Section on the Model Preamble to the POCSO Guidelines.

Therefore, the

international strategies.

dialogue was attended

by Ministers of State

for Fisheries, Animal

Husbandry and

Dairying Sanjeev

Kumar Balyan and Dr L

Murugan, Union

Abhilaksh Likhi,

from

Ambassadors

This high-level

POCSO Act, 2012. The meeting was held today at Vigyan Bhawan, New Delhi representatives from the Department of Women & Child of various States and UTs across India participated in the said meeting.

Smt. Preeti

Chennai, Nov 21 Rights to formulate Union Territories to principles as laid down The Supreme Court has Act, 2012.

> The program began NCPCR in compliance with a detailed to the order of the presentation on the order Hon'ble Supreme Court, and directions passed by has organized a the Supreme Court of Consultative Meeting to India for ensuring discuss and deliberate formulation of Model upon the Draft Model Guidelines with respect Guidelines in respect to to Support Persons Support Persons under under Section 39 of the Section 39 of the POCSOAct, 2012.

Shri Priyank Kanoongo, Chairperson, National Commission for Protection of Child Rights (NCPCR), Government of India, gave a keynote address to welcome the officers from States and Union

Bharadwaj Dalal, emphasized that this discussed the key Member, NCPCR meeting has been objective of Support welcomed all the organized to ensure participants and thanked compliance of the POCSOAct, 2012 which them for attending this Supreme Court orders is to provide emotional program. Further, she passed to formulate the gave a brief about the Draft Model Guidelines support to the child section 39 of POCSO with respect to Support victims during the legal Act, 2012 and discussed Persons under Section the fundamental guiding 39 of the POCSO Act.

Government of the Union Territories to further frame rules for

their State/UTs based on the aforementioned draft Model Guidelines. Shri Kanoongo also informed that the need for a support person should not be left to the discretion of the parents; in all cases, the option of availability of a support

person should be made parents and further, he also told all the authorities to join hands and send suggestions to the Commission on this 30th of this month to

finalize the same. The Territories and further Chairperson also persons under the and psychological proceedings and further



and protection.

During the program known to the victim's the Chairperson followed by open house suggested proper discussions and rehabilitation of the suggestions on the draft victim of child sexual model guidelines from a b u s e a n d a l s o the representatives of the emphasized that the States/UTs were taken draft guideline by the Support Person should into consideration.

ensure their well-being keep real time track of the victim.

The meeting was

At the end of the program, Ms. Rupali Banerjee Singh, Member Secretary, NCPCR thanked all the participants for their active participation and also appealed for their cooperation in the future.







NAIL BITING RACING ACTION AT THE ROYAL ENFIELD CONTINENTAL SEASON 3 FINALE

Enfield Continental GT introduced last year. Cup Season '23 concluded yesterday at the Kari Motor Speedway in Coimbatore. After a grueling racing season which started in August and spanned over three months, season 3 of India's uniquely inclusive motorcycle racing championship witnessed eight actionpacked races over the course of three rounds. With a whopping 200 entries, the final grid featured the top 25 riders, consisting of 10 professionals and 15 amateurs battling it out on the circuit on the race-ready Royal Enfield Continental GT-R650.

alike. It stands as a efforts towards for the Amateur testament to Royal enabling track-racing, category - Md. Samrul Enfield's philosophy of we recently introduced 'Pure Sport' and in line the Royal Enfield Track

Chennai, Nov 21 with the same, the School training 2023: A spectacular season marked a programme for aspiring championship of the JK continuation of the Pro- racers to hone their Tyre presents Royal Am format, which was skills on the racetrack and further 'fuel' their Commenting on the passion for track

successful season of the efforts to make track- display of 'Pure Sport racing accessible to racing spectacle' that those budding and the GT Cup aspiring racers in the represents." country. This unique

accessibility to track grit of these racers on and last race of the racing for newcomers the race track. season. and experienced racers Strengthening our

conclusion of another racing. We hope this will help more racing Royal Enfield aspirants enhance their Continental GT Cup riding as well as racing 2023, Adrian Sellers, skills. A big Head - Custom and congratulations to all Motorsport, Royal the winners. We're Enfield said, "The looking forward to continued success of coming back next year the Royal Enfield with even greater Continental GT Cup is intensity, enthusiasm a testimony to our and the now familiar

This season of the racing championship JK Tyre presents Royal has gained immense Enfield Continental GT popularity in just two Cup was hotly years and season 3 has contested in both the truly been exhilarating. Amateur as well as the How the races have Professional unfolded this year categories, so much so This adrenaline- speaks volumes about that the outcome of pumping series is the abundance of racing both championships designed to increase talent in India and the came down to the 8th

The front runners Zubair, Vignesh Goud and Kayan Patel all





finished within a 17 Soorya PM close at point gap with Zubair their heels. Finally, we taking Championship with 76 Abhishek Vasudev at points and Goud and the top step of the Patel equalling their championship with 54 points tally at 59 each, points, followed by but Goud got the Nagaraj and Nanda advantage due to his 3 with 45 and 39 points race wins. each.

The Professional

the ended up with

The Continental GT category was a roller Cup Season '23 proved coaster of a series, with to be the ultimate Abhishek Vasudev, battleground for Jagadeesh Nagaraj and dedicated racers and the Ullas Nanda always races were thrilling to fighting for the top 3 on watch with plenty of the podium with the last minute action likes of Raj Kumar and leading upto many nail

biting finishes. CHAMPIONSHIP **RESULTS:**

Professional Category WINNER **Abhishek Vasudev 1st RUNNER UP** Jagadeesh Nagaraj **2nd RUNNER UP Ullas S Nanda Amateur Category** WINNER **Md Samrul Zubair 1st RUNNER UP** Vinesh Goud **2nd RUNNER UP Kayan Zubin Patel**

With various motorcycle racers competing to win this precious cup and make a mark for themselves in the motorsports world, the third season of the Royal Enfield Continental GT Cup met the high hopes of both aspiring and seasoned racers nationwide. Looking ahead, Royal Enfield envisions ambitious plans for the next year, pledging to offer even more exhilarating





opportunities for Enfield GT650 twinbudding racers while cylinder motorcycle for taking championship aspiring racers will experience to have the opportunity to unparalleled levels.

Enfield's diversified yet challenging global Motorsports environment, led by programme, the Track race winning School program instructors and an coexists alongside the opportunity to Continental GT Cup. Royal Enfield Track School shall be held in multiple cities across future, additional Track India, and will provide school locations and participants with a dates will be track-spec Royal announced.

the track training. The enhance their riding As part of Royal skills in a supervised participate in the Continental GT Cup Season '24. In the near

AkzoNobel Spreads Joyful Moments with 1500 Indradhanush Women in Rural India"

Chennai, Nov 21 Akzo Nobel 2023: India, the makers of Dulux paints, is celebrating its Indradhanush women who are painting an



Rising demand for Thematic and sectoral funds

Chennai, Nov 21 2023: Mutual Fund participation in India is increasing steadily if we go by the latest AMFI data. As much as 6% of the household savings is parked in the mutual funds by individuals if we go by the 'Indian Household Savings RBI Data 2023'.



organized lenders (banks & NBFCs). Unlike in the past, the coming round of growth will likely be driven by multiple engines a s Banks/NBFCs have developed diverse product lines (including multiplicity of secured lending options). Along with lending, we think non lending space like life insurance, general insurance and asset management businesses are seeing business buoyancy and penetration levels remain low compared other t o

empowered and diverse future in rural India.

In 2021, AkzoNobel India launched Project Indradhanush with one objective enabling women to drive microentrepreneurship and socio-economic development in rural India. The societal initiative that started from one village in Assam has now expanded to benefit women in 500 villages across the six states of Assam, West Bengal, Tamil Nadu, Haryana, Madhya Pradesh, and Karnataka.

Elaborating on the inspiring impact of this initiative, Rajiv Rajgopal, Managing Director, Akzo Nobel India said, "We are proud that Project Indradhanush is playing a role in lighting up a more sustainable future in rural India. By providing women with the necessary paint know-how, resources and vocational skills in grassroot level."

Till date, Project stationary etc., are now between Indradhanush Indradhanush has raised awareness about new industry in hinterlands while also adding a layer livelihood opportunities available in paint business to 34,000 rural their families. women. More than 1,500

rural women are now challenging gender norms as vocationally trained Indradhanush painters. For many like 35-year-old Sonti Deka, whose husband is a daily wage worker, every lick of paint has a deeper meaning. It's adding to her savings so that she can support her daughter's college education next year.

Project Indradhanush the form of decorative has also created over 300 paint application and first time women paint entrepreneurship entrepreneurs in 500 trainings, Project villages of India! Many Indradhanush is of the Indradhanush unlocking a colourful paint-preneurs, who rainbow of hope, were earlier either empowerment, financial homemakers or independence at managing existing small shops including grocery,

trajectory.

Indradhanush

dealerships - the bridge

transforming the paint women painters and small store owners.

In the Singimari of financial resilience for village of Assam's Darrang district, Ajima Take the case of the Begum's journey from a 24-year-old Pallavi Bera homemaker to a from the Kulberia successful entrepreneur village in East is heartwarming. From Midnapore district of taking care of her family West Bengal. After for two decades, Ajima undergoing the intensive decided to become a paint entrepreneur at the Entrepreneurship Development Program age of 42. As her (EDP) training, Pallabi daughter Mariyam adds, Ajima now has a new started her own paint shop with support of sense of pride and AkzoNobel. Her paint confidence that she can shop has quickly gained achieve anything she popularity in her village sets her mind into. Also and nearby areas and grasping the opportunity she's already changed with both hands are the her family's financial four entrepreneurs from The final link of this self-sustaining 100% women driven ecosystem are the

industry.

The thematic funds and the sectoral funds as a category have been attracting regular inflows on a month on month basis according to the AMFI data for July, August and September month. In fact, according to the AMFI data for September the Thematic category saw inflows of Rs 3146.85 crore, highest in the

equity category.

Banking sectoral funds are also popular with investors. Banking sectoral fund allows BSE Sensex has gone up by ~203% BSE Bankex is up by 282% indicating the long term

by the investors.

Sectoral fund investing is for very high risk appetite investors as the portfolio is concentrated in a particular sector. Only a sectoral funds. Year after year we have seen that the Banks have

several other sectors. company. Even in the recent quarters the above estimated performance investors to participate in the private banks in in the India growth terms of earnings story by betting on the growth reflects the banking sector. In the overall health of the past ten years when banking system in India. Banking sector is central to the India growth story and is one sector that tends to outperformance of the benefit the most when a women's self-help Banking sector, as per the GDP grows. The group in Tamil Nadu. BSE website. enhanced spending on Previously blue-collar Microfinance infrastructure, speedy construction workers in companies and Fintech implementation of their village, they're now companies are seen projects and building exciting new providing growth continuation of reforms futures in the paint impetus to the overall are expected to help the banking sector which banking sector grow

can be tapped via exponentially. The banking sectoral funds rapidly growing businesses are expected to turn to banks for their credit needs even as the advancement in technology is helping banks to become efficient incrementally.

The Tata Banking developed/developing well-informed investor and Financial Services should park funds in the Fund is a sectoral fund that takes exposure in Banks, NBFCs and MFIs. The fund also delivered higher growth holds a private sector in profits compared to general insurance that select BFSI

> According to Amey Sathe, Fund Manager, Asset Tata Management, "The Indian economy stands at a critical juncture of its evolution. There are expectations of rapid growth, inclusive growth, wealth creation, and trickle down of wealth, plenty of jobs, better living standards, quality of growth as well as infrastructure & access value stocks." to basic banking facilities. We see the consumer lending space in India as a huge available period. opportunity for the

countries. Overall valuation of BFSI space is reasonable / attractive and that augurs well from investors' perspective. We believe companies will be able to leverage their expertise & established market positions to grow their retail loan books faster than the market expectations. As far as stock picking goes for the Tata Banking and Financial Services Fund we follow a Growth At Reasonable Price (GARP) investment philosophy with blend

Note: Data shown above is for the latest

Tuesday, November 21, 2023



Jigiri Dosthu starring Shariq Hassan, Aran, Ammu Abhirami, VJ Ashiq, Pavithra Lakshmi and others is an wholesome entertainer on the cards.

Chennai, Nov 21 2023: India's Leading film director Shankar's former Assistant Director and award winning short film maker Aran is all set for his debut in kollywood. Produced by K. Pradeep Jose, an industrialist from Coimbatire, Aran and co-Producer by S.B.Arjunar, the flick is titled JIGIRI DOSTHU.

As referring with the kidnap, the friends try to different aim in life plan and climax will have all kidnapped by terrific entertainer. gangster. Watching the



Jigiri Dosthu has title the movie is all save the girl using promising cast which about power of TERRORIST include Big Boss fame friendship and what TRACKER, a Shariq Hassan, Aran, extent the power of technology based on SIIMA AWARDS Best Audiography by app, one of the main friendship can manifest. phone tapping . The Shortfilm Actor known Three friends with story begins smoothly for notable works in award winning short to go for outing, while the elements to make the films, Ammu Abirami, Lyrics penned by they witness a girl being movie an wholesome VJ Ashiq, cook with

kumar, Gautham Sundararajan, Sivam, Jaangri Madhumitha, Late RNR Manohar, KPY fame Sarath, Public Star Durai Sudhakar in important characters.

The movie is written and directed by Aran, cinematography by Saran RV, Music by Ashwi Vinayagamoorthy, Editing done by Arul Mozhi Varman, Stunts by Mahesh Mathew, Choreography by dina, saravana kumar, DI & focus areas for Outlook CG by Kraftzworks Lite is to solve for the guided by AK Prasath, Suthan Bala. The team comali fame Pavithra has decided to release Lakshmi, Anupama the film in December.

73 higher education institutions from 21 European countries to participate at the European Higher Education Virtual Fair

Chennai, Nov 21 2023: The 8th edition of the European Higher Education Virtual Fair (EHEVF) India will be held on 23 and 24 November 2023 through a 3D virtual platform https://studyeurope.net/register connecting Indian students with leading European higher education institutions. 73 higher education institutes from 21 European Union (EU) Member States at the fair. Higher education in Europe is increasingly gaining popularity among Indian students, being home to some of the best universities in the world. Besides the high academic standards in Europe, foreign students also stand to gain rich cultural experience due to the continent's cultural and Some of popular courses among Indian students range from Engineering, Law, Medicine, Economics, Architecture, Psychology, Philosophy and humanities to Fashion, Art, Design, Culinary Studies and testimonials below.



including Bulgaria, University and Educational Institutes in Cyprus, Czechia, Linköping University the world. What makes Denmark, Estonia, (Sweden), Aarhus Europe a preferred France, Germany, University (Denmark), choice for higher Greece, Hungary, Eindhoven University education is that Ireland, Italy, Lithuania, of Technology and students and researchers Malta, Netherlands, Hanze University of gain professional Poland, Portugal, Applied Sciences proficiency while Romania, Slovakia, (Netherlands), experiencing a blend of students in India a Slovenia, Spain and University College cultural and linguistic unique opportunity to Sweden will be present Dublin and Griffith diversity. I encourage interact directly with College (Ireland), students to take Politecnico di Milano advantage of this unique and University of Trento opportunity to explore (Italy), Frederick some of the top ranking University (Cyprus), universities from across University of Library Europe." The EU offers Studies and Information many opportunities for Technologies Indian students to apply (Bulgaria), University for fully funded Master of Tartu (Estonia), degrees through the University of Navarra Erasmus Mundus Joint (Spain), Constructor Master programme. University (Germany). Apart from this EU member states and Higher education universities have their linguistic diversity. and students play an own scholarship essential role in the programmes, making it future of the two one of the most regions. Speaking about affordable education the EHEVF 2023, H.E. destinations. Many Mathematics, Computer Hervé Delphin, European universities and Data Science, Ambassador of the also offer tuition-free Business, Finance, Delegation of the programs, ensuring European Union to accessibility for India, said, "80,000 students. Furthermore, Indian students chose there are numerous the EU as the higher positions available for education destination in researchers mobility 2022 -23 which is a like the famous Marie Film Studies. Read the strong testament to the Skłodowska-Curie growing people-to-Actions, presenting people ties between opportunities for India and the EU ." He academic and scientific further added, "The EU growth. Master's and is the world's leading doctoral students often destination for higher benefit from free education accounting education and, in some for 25% of the world's cases, receive stipends top 200 Higher to support their studies.

There are seven agencies including Cyprus Ministry of Education, Sport and Youth, Cyprus High Commission, Embassy of the Czech Republic, DAAD, Study in Greece, Uni-Italia India Center and EIT InnoEnergy participating in this fair. They will assist students to gather information on the various scholarships and funding opportunities etc. that students could avail to realize their dream of pursuing their higher education in the Europe.

Virtual Fair: face-toface with European Universities

EHEVF offers universities in Europe and explore possibilities for an excellent and affordable higher education. The two-day fair will be packed with activities, including webinars and live chats, which will provide students insight on the admission process, funding and scholarship opportunities . Students can also live chat with alumni and scholars from participating universities to hear their experiences .

Microsoft Outlook Lite Expands its Reach with Vernacular features and SMS support for Indian Users

Chennai, Nov 21 voice typing, transactions, promotions empowering every 2023: vernacular features in regional languages, to Outlook Lite, an email and SMS app designed best of email, and SMS in one place.

Outlook Lite brings all the important features n of Microsoft Outlook in a smaller-sized app with fast performance for lightweight devices on any network. Along with being a smaller sized needs of emerging market users. In regard to the same, Outlook Lite now supports two core scenarios, support for Indian vernacular languages and support

Indian users to e f f e c t i v e l y communicate. Outlook Lite is inclusive and responsive

to the diverse linguistic needs of Indian users with features such as

to English, or read an email in Gujarati, Outlook Lite helps them do just that. Currently supporting five Indian languages, including Hindi, Tamil, Telugu, Marathi, Gujarati, it will soon expand to more. More languages and dialects will also be added in future to continue catering to the linguistic diversity of India.

for SMS, to enable supports SMS With SMS integration people from different messaging, simplifying and vernacular language regions. By integrating how users consume support, Outlook Lite and simplifying SMS transactional and r e d e f i n e s and email messaging, promotional communication Outlook Lite aims to information, by accessibility and provide users with a providing a unified and provides users with a more convenient and smart inbox that more convenient & personalized way to stay organizes messages by personalized experience. informed and get things categories, such as We believe in done.

Microsoft has transliteration, and and personal. Users can individual, irrespective announced new reading emails in easily switch between of their location or different categories and preferred language, to make it easier for users to view relevant messages effortlessly connect, compose and read emails in one place. It also collaborate, and thrive. specifically for Indian in their preferred reminds them of This launch reaffirms users that combines the language. Whether users important appointments, our commitment to want to dictate an email travel bookings, bill enabling every person to in Hindi, type an email in payments, and gas a chieve more, Tamil, and have it booking reminders simplifying their daily automatically converted which usually get lost in interactions while information overload.

enabling greater Rajiv Kumar, productivity and connectivity." Managing Director, Microsoft India Outlook Lite will also Development Centre and soon support language Corporate Vice President translation for SMS, so

of Microsoft's users can read messages Experiences and in their preferred Devices, India Group language, or switch said, "The evolution of between languages with Outlook Lite embodies a single tap. This is our dedication to especially useful for fostering inclusive users who receive digital experiences messages in multiple tailored for diverse languages or who want Outlook Lite also communities in India. to communicate with

ANNETTES CLUB CHENNA BHARATHI DIWALI DHAMAKA



Fourteen top-ranking European universities (ranked in the 500 Times Higher Education Ranking 2024) are participating in this edition of the EHEVF. These include Lund

Aspiring students can expect to seek clarity and information on:

? Scholarship opportunities offered by the EU, EU Member States, through Erasmus+ as well as by national programmes and individual universities; Steps to apply for scholarships

How best to ? prepare to go to Europe

Post-study employment prospects in the EU.



Chennai, Nov 21 College at Ambattur. their higher education. children and students. 2023: As an extension The celebration took The celebration began We thank Mr. Navin and of celebrating Diwali, place on November 19, with President Akhil the entire management after the CPR training, the Annette's Club of students at the college. lamp. Annettes Akhil opportunity. A day well Chennai Bharathi They are students from a and Aditya Srinivas spent. Wishing all celebrated Diwali at the low economic distributed crackers friends and family a very Sevalaya Community background pursuing worth Rs. 3800 to 40 sparkling Diwali.

2023, with the resident Srinivas lighting the of Sevalaya for this



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Tuesday, November 21, 2023

Prof. Dr. Neelamekam Thoppa Kapali



Unlocking Potential: The Phenomenon of Catch-Up Growth

Chennai, Nov 21 2023: Childhood is a time of rapid growth and development, but at times, children may experience delays in their growth for various reasons. Parents often grapple with feelings of uncertainties, wondering why their sometimes be overwhelming.

Stunted growth occurs due to either inadequate nutrient intake, which can lead to growth impairment, chronic illnesses. or environmental factors. Today, across the world, there are approximately 149 million stunted children below the age of five. In Organization shows Intervention that India accounts for nearly one-third of the global childhood stunting burden with 40.6 million children stunted under the age of five.

Let's deep dive into what catch-up growth is, its causes, and how parents can support their child's catch-up growth journey.

What Is Catch-Up Growth?

Malnutrition stands as a primary cause for stunted growth in children. Children often experience growth spurt upon the restoration of adequate nutrition known as their (CU) growth. This helps kids regain their initial growth trajectory. Children who experience faltering development often need extra calories, protein, and micronutrients. These nutrients serve a dual purpose, it not only replenishes what was lost during periods of inadequate intake but



should be considered

when treating kids who

Encouraging

healthy habits:

also helps to support and bolstering immune further growth. function. Approaching

a healthcare physician Many children are child isn't growing as consuming nutritious expected and that can foods; however, it's are falling behind on necessary to address the growth. challenges of efficient

nutrition. Minerals, such as calcium, iron, Healthy and Holistic and zinc, are crucial for growth in Children: d e v e l o p m e n t . physically active than A d d i t i o n a l l y, adults, therefore they encouraging active tend to be hungrier. engagement in physical Make sure they eat a activities is a key factor well-balanced diet with in nurturing children's a variety of healthy overall well-being.

How to Promote fact, a report by the Growth through World Health Nutritional

> While providing proper nutrition is crucial to your child's healthy growth and development at all stages, nutritional intervention is also

essential from an early age. There is a need to understand and address undernutrition, which can result from insufficient dietary intake, suboptimal nutrient absorption, or utilization of inefficient

nutrients. Focusing on a child's life at an earlier stage will mitigate the serious consequences it can have on their growth potential, for healthy bone development. For parents of fussy eaters, consider using oral nutrition supplements for a well-rounded diet.

vitamins, and minerals

meals more appealing by using cookie cutters to create fun shapes with fruits and vegetables like apples a child's growth and Children are often more and cucumbers, or serve a colorful variety of foods for breakfast and dinner

foods and nutrients. Here are a few ways how you can ensure your child's development with these monitor to help your sure children engage in child grow: Begin by a minimum of 3 hours your child's growth, daily, which can particularly for children include activities like aged 2 to 6 years. Dr swimming, running, Bhaskar Raju, DCH, skipping, walking, or MD, DM, HOD Dept of dancing. Physical P e d i a t r i c activity plays a crucial Gastroenterologist, role in enhancing bone

being advisable to measure

them every three To promote months, and parents can comprehensive opt to use tools such as a development, a wellgrowth diary or tracker. rounded diet can Accurate measurement enhance the absorption is crucial for of vital nutrients. If comprehending and your child doesn't eat ensuring they reach tracking a child's enough calories and growth." Moreover, it supplements can help fill some of the gaps. Supplements act as both gap-covers as well as catalysts, enhancing the body's capability to vitamins and minerals child consumes. It's like turning up the volume fruits, and vegetables on nutrient absorption, daily. This ensures your so their body can make child receives the the most of every single

Chennai, Nov 21 2023: One vital organ that is not given the same attention as the Engage your children in heart, kidneys, and shopping, meal other organs is the planning, and cooking gallbladder. Most of the to increase their interest time, people only think in eating what they've it when something goes helped prepare. Make wrong or have indigestion. The upper right

portion of the abdomen contains the gallbladder. The primary job of the gallbladder is a storehouse and the bile gallstones, which symptoms. Gallbladder

3. Exercise: and transport it via the causes discomfort that difficult to deal if not Establish a balanced common bile duct to the can range from diagnosed early. play regimen for duodenum during moderate to severe just children to limit screen meals. The bile aids in below the ribcage. At time. On holidays, you the breakdown and first, this pain may last can motivate kids to digestion of the fat we anywhere from embrace a 'gadget-free' ingest. The gallbladder 30minutes to several day and encourage discharges bile into the hours, but later, it may them to spend time with small intestine when a worsen and cause 1. Measure and the entire family. Make meal contains fatty constant pain. foods, where it is combined with partially regularly monitoring of physical activity digested food to break down lipids. The bile secreted during the function of the small intestine is retained in the gallbladder as it's a store house of bile.

When does a Institute of Child health, and promoting gallbladder issue show Health adds, "It is overall physical well- up? The tube that allows bile to go from the liver to the

gallbladder and ultimately to the duodenum is called the bile duct. The most frequent cause of blockage is stone formation, which can pale stools happen because of nutrients, nutrition changes in abdominal pain will diagnose a phospholipid, cholesterol, and bile concentrations. An infection that ascends from the duodenum or the small intestine into absorb essential the gall bladder and causes acalculous from the foods your cholecystitis and Cholangitis can occur.

Organ Transplant Surgeon, Fortis Malar, Adyar

A Gallbladder Disease Notorious problem in human

HOD Surgical Gastroenterology, MAS and Multi

produced by the liver obstructs the flow and cancer is notorious and remove the gallbladder.

Causes 0 Gallbladder problems

Although the exact cause of gallstone formation is often unknown, several the dysfunction of the factors can raise risk of gall stone disease Laparoscopy is the gold Along with the pain including obesity, in the right side of the advanced age, oral abdomen, the patient contraceptives, high become obsolete. cholesterol, diabetes, bacterial infections, gallbladder problem: and a family history of gallstones. Few also correspond with than cure, as the saying gallbladder cancer risk factors. If the - Dark urine, combination of in avoiding gallbladder diabetes mellitus is issues. diagnosed, then it is important to get

- Sweating at night - Light-coloured or gallbladder problems:

- Limiting onto junk food and processed meat Diagnosing - Keeping your BMI in check

- Exercise regularly

of gall bladder as treatment. If the stones are in the gallbladder, surgery may be required. If surgery is not an option in asymptomatic gall stones medication will be suggested to reverse the effects of the stones; certain medications, such as UDCA may be tried as treatment which may take months to resolve if it works, and it is only effective for small stones that are less than 5mm.

The treatment is to

The gold standard is

laparoscopic removal

of gall bladder. Here the

gall bladder has to be

removed as the stones

are formed because of

gallbladder.

standard surgery and

open technique has

Preventing

Prevention is better

laparoscopic removal

4

may also have the following symptoms. These are: - Reduced appetite

- Loss of weight

yellowing of the eyes and skin (jaundice)

- Variations in temperature

- Itching

goes. The following actions could be useful - Eating a balanced

diet every day evaluated properly or it may lead to gangrene or pustular gallbladder.

A general physician

Right upper or your family doctor - Moderately drink gallbladder disease by or avoid alcohol evaluating the - Maintain symptoms and doing a appropriate levels of physical examination to cholesterol and sugar gauge the problem and If left untreated, a its severity. You may need to be investigated gallbladder issue could with blood test, persist and cause pain abdominal ultrasound, or abdominal CT, or an ERCP if your doctor While some issues only suspects you have result in mild gallstones in the ducts discomfort, others can as well.

- Fatigue

f u l l spontaneous catch-up developmental capacity.

> Evaluating childhood nutrition involves more than just ensuring your child consumes his/her vegetables; it can be a multifaceted process. The key outcome of good nutrition is crucial not only for achieving optimal height but also for supporting cognitive development

can aid in the early detection of growth deficiencies, enabling

parents to take prompt action and address the underlying causes

2. Eat right: To support holistic growth, provide a balanced diet that includes cereals, pulses, milk, meat, necessary protein, bite.

With the grace of the guardian deity of the ADMK Puratchi Thalavi Amma and as per the command of general secretary of ADMK Puratchi Tamizhar Edappadi Ramana ADMK Dadur Branch Secretary



Tiruvallur West District, Tiruthani Union, Tadur Booth No.231's registers of women, youth and young women's Pasarai and Boothu Committee was inspected by the in-charge and ex-MPS.R.Vijayakumar, and district ADMK secretary and ex-minister B V Ramana.

It may cause discomfort in a patient even in the absence of stones, mainly in critical care patients in

ICU.

Signs and symptoms of Gallbladder problem

Abdominal pain is a primary symptom of gallbladder problems. The bile becomes hardened or forms

frequently

There is a chance that a rare condition like gallbladder cancer will cause the bile ducts to shrink or become obstructed. Most cases of this cancer are discovered when it is in its latter stages and typically exhibits no symptoms. It can be because the symptoms are difficult to

distinguish from other gallbladder issues due to their overlap. The

Polyps are a type of noncancerous determines that you development that can have gallstones occur and can become blocking your common malignant. Polyps bile duct, they will might not produce recommend ERCP, and intervention. obvious or palpable stenting followed by

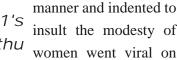
Medication and treatment solutions for gallbladder problems:

If your doctor

indefinitely and cause digestive symptoms. possibly pose a threat for life with septic complications. Early diagnosis and treatment are crucial because many gallbladder issues can be treated immediately, and the results are good with proper surgical

A Case was registered against actor Mansoor Alikhan at Thousand Light AWPS

Chennai, Nov 21 2023: A video of actor Mansoor Alikhan insulting actress Trisha Krishnan in a indecent





509 IPC Act today (21.11.2023) at W-1 Thousand Light All Women Police Station in Greater Chennai Police on the basis of a complaint filed by the National Commission

social Media (X- registered against Actor being investigated for Women. Twitter). A case was Mansoor Ali Khan is under section 354 (A),