



# Tamilnadu Police Traffic Wardens into rescue service of Michaug Cyclone



## Cyclone Michaung: 17 killed in rain-related incidents in Chennai

Chennai, Dec 06 2023: Seventeen people died in rain-related incidents in the city in the past two days. According to police, out of the 17 people, the bodies of five persons are yet to be identified. One of the six persons who drowned was a head constable attached to ICF police station. He drowned in floodwater in Kilpauk on Monday night.

According to police, Rukhmangadhan (38) was returning to his house at the police quarters in Lutheral Garden, Kilpauk, after duty. He drowned while walking along Aspiran Garden Colony. On Tuesday morning, the body was noticed by passersby.

On receiving information, police retrieved the body and sent it for postmortem. Police also said that operations to bring out the two trapped workers at Five Furlongs Road junction



was still under way on Tuesday evening. They were trapped when a road caved in near a gas station on Monday morning. A container had been kept near it and construction workers were residing inside. Three of them were rescued on Monday. City police were on their toes taking part in relief operations rescuing people across Chennai, including film stars Aamir Khan and Vishnu Vishal at Karapakkam, on Tuesday.

Officers were busy throughout the day helping NDRF, SDRF and fire and rescue personnel in relief

work. According to sources, Khan and Vishal, along with several other people were stuck at Karapakkam, and were rescued by Tamil Nadu Fire and Rescue Services using a boat. Sources added that Khan had been in the city for a while now on some personal work.

Top police officials visited several inundated areas and interacted with residents on Tuesday. Meanwhile, residents of Alandur staged a protest at St Thomas Mount demanding restoration of power supply to their houses.

They alleged that EB was diverting power supply to industries instead of residential areas. Talking to TNIE, a senior police officer said, "We summoned the assistant engineer to the scene. But, on seeing him, the crowd grew agitated and alleged that the person has been repeating this for several years. The police promised action and pacified the residents."

The officer added that similar protests were also held at Nanganallur and other parts of the city. At Pattinapakkam, a group barged into the local EB office and created a ruckus, sources said.

## JAY SHAH'S VISIONARY LEADERSHIP RECOGNIZED: SPORTS BUSINESS LEADER OF THE YEAR AWARD HIGHLIGHTS TRANSFORMATIVE IMPACT ON INDIAN CRICKET

Chennai, Dec 06 2023: In a resounding acknowledgment of his exceptional leadership and transformative impact on Indian sports, Jay Shah, the Secretary of the Board of Control for Cricket in India (BCCI), has been honoured with the prestigious Sports Business Leader of the Year Award at the CII Sports Business Awards 2023. Mr. Chanakya Chaudhary, TATA Steel VP & Chairman of the CII National Committee on Sports, presented the award, underscoring Shah's pivotal role in steering Indian cricket to unprecedented heights. This recognition is underscored by a series of ground-breaking achievements that have not only elevated the sport but also reshaped its dynamics.

Under Jay Shah's visionary stewardship, the recently concluded ICC Men's World Cup etched its name in history as the most attended World Cup ever, a testament to his strategic acumen and



organizational prowess. The resounding success of the tournament not only captured the hearts of cricket enthusiasts worldwide but also solidified India's status as a global cricketing powerhouse.

One of the most remarkable strides under Shah's leadership is the realization of pay parity in Indian cricket. Breaking barriers and championing equality, Shah ensured that both male and female cricketers received equitable compensation, marking a paradigm shift in the landscape of Indian sports. This move reflects not only a commitment to fairness

but also an acknowledgment of the immense talent and dedication exhibited by women athletes, fostering an environment of inclusivity and empowerment.

In another laudable initiative, Jay Shah spearheaded the establishment of the Women's Premier League, a ground-breaking tournament that has provided a platform for the country's top female cricketers to showcase their skills. This initiative not only addresses the gender gap in sports but also cements India's commitment to

fostering excellence across all facets of cricket.

Moreover, Jay Shah's influential role as a driving force in the ICC Olympics Working Group has played a vital part in bringing cricket to the Olympics, showcasing his dedication to expanding the global footprint of the sport. This strategic involvement reflects not only his commitment to the growth of cricket but also positions him as a key figure in shaping the future of the game on a global stage.

Jay Shah's recognition as the Sports Business Leader of the Year stands as a testament to his visionary leadership, dynamic approach, and unwavering commitment to elevating Indian cricket to unprecedented heights. His achievements have not only transformed the cricketing landscape but have also set a benchmark for excellence in sports administration on the global stage.

## Microsoft IDC celebrates 25 years of technological innovation and excellence

Chennai, Dec 06 2023: Microsoft India Development Centre (IDC) is commemorating a quarter-century of groundbreaking research, engineering, and development that has played a pivotal role in shaping world-class products, including Copilots and other AI applications. Legendary cricketer Kapil Dev was present at a celebration to mark the milestone occasion at IDC Hyderabad.

IDC has contributed to creating and advancing some of Microsoft's most exciting offerings such as Azure, Windows, Office and Bing. Through its work, it has played an integral role in advancing Microsoft's mission of empowering every person and every organization on the planet to achieve more. It is now poised for the next leap of innovation and impact, by leveraging AI and LLMs to enhance existing products, create new products, and transform how products are developed.

Some of IDC's achievements in the past 25 years are:

Microsoft 365 (Office) Mobile: IDC



Center has made remarkable strides, from learning to build products remotely to deeply contributing across all of Microsoft's products and services.

Today we are celebrating our achievements and the exceptional workplace culture, where the best minds come to work, innovate, and create global impact. As we enter the next phase of revolutionary technology of Generative AI, the next 25 years hold an even greater promise, with the potential to empower every person and every organization on the planet to achieve more".

IDC is home to some of the brightest minds in the industry. Its environment fosters a culture of collaboration, learning, and growth that empowers employees to be their creative best. It also engages with the local community and ecosystem, through various initiatives that support education, skilling and social good. IDC's goal is to provide ample opportunity to Indian talent where the next of generation engineers can impact 8 billion people on the planet.

played a key role in developing and delivering Microsoft 365 (Office) mobile app, a suite of productivity apps for Android and iOS devices that has crossed over 100 million monthly active users worldwide and offers a seamless and secure experience across devices.

Indian language support: IDC's work enabled support for 20 Indian languages on Microsoft Translator, empowering linguistic diversity and breaking language barriers. The technology was also used in developing Jugalbandi, the Generative AI chatbot enabling easy access to information on Government services to millions of Indians in their local language.

Azure Specialized AI Supercomputer: IDC has been a leader in building and managing the infrastructure and services for Azure,

Microsoft's cloud computing platform. It has also been involved in creating the Azure Supercomputer, one of the world's most powerful AI supercomputers, which can run large-scale AI models and applications with record speed and efficiency.

Making Windows accessible: As part of Microsoft's commitment to making technology more accessible and inclusive, IDC has developed and enhanced features such as voice access, narrator, magnifier, eye control, and dictation on Windows 11, which allow users to interact with their devices using natural and intuitive modalities.

Speaking on the occasion, Rajiv Kumar, Managing Director, Microsoft IDC, and CVP, Experiences + Devices India, said, "In the last 25 years, the India Development

## Confusion in Cong, BJP camps over post poll scenario

Chennai, Dec 06 2023: The Congress's impressive Telangana victory in this election cycle has been completely overshadowed by its losses in the states of Rajasthan, Madhya Pradesh and Chhattisgarh. The results have strengthened the BJP's position ahead of the 2024 Lok Sabha elections. The Congress and its ideological fellow-travellers must answer some questions before they get back to the 2024 campaign.

A segment of the Congress leadership and the left-liberal commentariat continues to insist that democracy in India is increasingly coming under a squeeze. While one can always debate about what the ideal state of democracy is and whether it ever existed in India, the state of purely transactional electoral democracy seems to be absolutely fine even from the Congress's perspective. It has won the state of Telangana in this election cycle, and even though it has lost Rajasthan, Madhya Pradesh and Chhattisgarh, its vote share the best measure of popular support in an electoral democracy in these three states is actually higher than what it is in Telangana. The Congress's problem is that the BJP's popular support is much higher than that its own in the states it has lost. Even before these

elections, the Congress has been able to defeat the BJP in other state elections. Where the Congress party has failed completely in the post-2014 period is to get its own state governments re-elected.

The three states -- Chhattisgarh, Madhya Pradesh and Rajasthan -- won by the BJP are considered part of the Hindi heartland. Telangana, the second Telugu state, was carved out of Andhra Pradesh in 2014.

And the Cong win shows that North is not with Congress anymore, but South seems to be anti BJP!

BJP is now countering with argument that the Dynastic Congress party's agenda to divide Bharat on caste lines and uproot #SanatanaDharma, has been outrightly rejected by our people.

One of the Congress's running criticisms of the BJP has been that the party is pro-rich and anti-poor especially anti-farmer. And yet, the biggest reason the Congress has not been able to hold on to its Chhattisgarh victory of 2018 seems to be a course-correction by the BJP to announce a bonus over and above the minimum support price (MSP) for paddy farmers in the state.

Several poll watchers, including politicians and journalists, pointed out what they alleged to be a North-South divide in the

Assembly poll results.

The truth is that all Southern regional players are on their own strength, not because they are anti-BJP or anti-Congress

The BJP's claim that Congress is dead, well that is surely not the situation, Congress is far from dead in the country!

Congress continues to be the major challenger to the BJP in states such as Himachal Pradesh, Haryana, Rajasthan, Madhya Pradesh, Chhattisgarh, Gujarat, Assam, Karnataka, and perhaps even Maharashtra, which is almost 200 out of the 543 Lok Sabha seats in the country.

That truth is Congress is the biggest challenger to the BJP.

Now Congress needs to work a strategy to face the good will and clean image of Prime Minister Modi and pitch a viable alternative as PM candidate, well can Rahul and co decide on such a face and do the INDIA alliance can get its act together?

The tall image of nation-building Narendra Modi is what the BJP is touting in front of voters and well it's selling ike hot cake for sure!

There is no South and North India, West or East India. There is just Bharat and its people who are the masters who decide our rulers, so let the political bashing end and

may the democracy win.

Telangana Congress chief Revanth Reddy is set to become the next chief minister of the southern state, as announced by the party.

In Mizoram, Zoram Peoples' Movement (ZPM) President Lalduhoma is poised to become the next chief minister of Mizoram following his party's resounding victory in the recent state assembly elections. The ZPM, in the opposition, secured 27 seats out of 40, overshadowing the ruling Mizo National Front (MNF) which claimed 10 seats, relegating them to a distant second. The Bharatiya Janata Party (BJP) and Congress each secured 2 seats in the assembly.

However, the BJP is confronted with the crucial task of selecting potential chief ministerial candidates to lead new cabinets for the upcoming five years. In Rajasthan, BJP faces a challenging decision among Vasundhara Raje, Diya Kumari, and Baba Balaknath, or it might introduce an unexpected candidate. In Chhattisgarh, veteran leader Raman Singh is considered a strong contender for the chief ministerial role. Similarly, four-time Chief Minister of Madhya Pradesh, Shivraj Singh Chouhan, is likely to make a return for his fifth term.

## Improving prebiotic food consumption aids in overall health maintenance

Pitchiah Kasinathan, Clinical Dietitian Fortis Malar Hospital

Chennai, Dec 06 2023: We are aware that gut health can be enhanced by probiotic microorganisms. Foods like curd, idly batter, cheese, buttermilk, and bread naturally have it. It is also used as a supplement to help the digestive system. Do you know about foods high in prebiotics, though?

Trillions of bacteria in our digestive tract perform a variety of tasks, including digesting nutrition as well as regulating the immune system. Like our need for food, the gut bacteria require energy to function. Prebiotics are the fiber that these microscopic gut pals were fed.

Fatty acids are released as an outcome of the fermentation of prebiotics in the large intestine. It has numerous health benefits and is further absorbed by the cells lining the colon. Our gut microbiota can even influence disease risk, such as colon cancer, inflammatory bowel disease, and type II diabetes. The microorganisms that inhabit our digestive tracts are greatly influenced by the foods we eat and lifestyle choices we make.

Natural prebiotic-dense food sources are described in depth in this article. Prebiotic fiber is abundant in a wide variety of foods that we eat every day.



Below is a list of the best 7 readily available prebiotic foods:

### Fermented rice:

For centuries, fermented rice has been an integral part of the Indian Food. This has a lot of microflorae, which functions as a prebiotic and promotes improved immunity, healthy digestion, and the healing of gastrointestinal infections. Superfood for prebiotics would be fermented rice mixed with onion and curd. The iron content of rice that has been fermented for 12 hours overnight is 21 times higher than that of cooked rice.

### Banana:

Bananas are full of fiber, vitamins, and minerals. This fruit can lessen bloating and aid in building good bacteria in your stomach. Not-too-ripe bananas should be your first preference. However, a banana with yoghurt as a dessert or a banana smoothie with yoghurt

and honey would be a nice choice.

### Onion:

Prebiotics, antioxidants, and flavonoids abound in onions. Onions aid to boost your immune system and digestive health while accelerating the breakdown of meals. Onions can be consumed raw in salads, sandwiches, and prepared meals like soups, stews, and main courses. They can also be eaten raw with fermented rice.

### Garlic:

Garlic strengthens the immune system and helps ward against the flu and colds. One herb that enhances the taste and nutritional value of our meals is garlic. It has been used for general health purposes for hundreds of years and is a good source of inulin, which supports healthy gut bacteria. Although raw garlic is ideal for you, you may still use it in cooking to get the health

advantages.

### Apple:

Apples are rich in antioxidants and vitamin C. Pectin helps manage cholesterol and boost metabolism in addition to aiding in digestion. Apple fiber reduces dangerous germs and enhances beneficial bacteria in your digestive system. Apple peels contain numerous essential nutrients, but the flesh portion provides health benefits as well. Thus, every part of the fruit is what makes an apple necessary to eat.

### Barley:

Foods high in soluble fiber-based prebiotics are essential for good health. Barley is high in soluble fiber components, like glucan, which operate as a prebiotic to support the health of the digestive tract and aid in gastrointestinal function. It is used to preserve a healthy colon wall and the colonic environment.

### Oats:

Oats are a very adaptable grain that is rich in fiber and other nutrients that support a healthy heart and digestive system. High in glucan fiber, which is connected to good gut bacteria, are whole oats. You can eat oats uncooked by soaking them in milk, or you can boil them. They also facilitate better digestion and sugar regulation.

## How to start your investing journey using passive funds?

Gurjeet Singh Kalra, Business Head Passive Funds, DSP Mutual Fund

Chennai, Dec 06 2023: Any investment journey should start by putting the building blocks in place; defining financial goals, understanding our own risk-taking capability, evaluating investment alternatives to best suit the financial goal and then move ahead to start their investing journey.

As a new investor today, it is a tedious task to understand various fund categories in the mutual fund industry and the risks associated

with them. Then there is this ongoing debate about which type of funds to start with - Active or Passive. While there are various views on this subject, I see them as complementary investing ideas and not substitutions.

If you are a first-time investor with little knowledge on mutual funds, starting your investing journey through a broad index based passive fund makes a lot of sense. For one, you do not have to get into the

process of reading, researching, analyzing and selecting a fund. A broad-based index is a good representation of both, the mood of the economy and the leading listed companies.

Once you have had a reasonable experience of investing in a Nifty 50 Index fund or similar fund, you can look to shift towards other categories like large and mid-cap in the passive space. Having experienced the behavior of these indices during different

market cycles, you can gradually look towards active funds.

Fortunately, today there are passive funds across the spectrum of asset classes and risk profiles, to help you create an overall asset allocation to achieve your financial goals. We undertake various investor education initiatives and one of our recent campaign #LetsIndex is one such example where we make a simple suggestion that till you find the best fund, start with Index Funds.

## PMSVANidhi Mela Empowers Entrepreneurs in Mylapore, Chennai

Chennai, Dec 06 2023: In a collaborative effort, Chennai-1 Region and Indian Overseas Bank organized the PMSVANidhi Mela on November 28, 2023, led by Shri. Davender Kumar, Chief Regional Manager, IOB, Chennai-1 Region, at the AIOBEU Swastika Community Hall in Mylapore, Chennai."

During the event, 515 PM SVANidhi beneficiaries received loans amounting to Rs. 95.20 lakhs, providing crucial financial support for their businesses. Additionally, 6 ALFs (Alternative Lending



Institutions) and 31 SHGs (Self-Help Groups) received loans totaling Rs. 515.00 lakhs, fostering economic growth in the community.

The ceremony featured key dignitaries who played pivotal roles in the success of the event. In the accompanying photo

from left to right:

1. Shri. Varun Deepak R, Lead District Manager, IOB, Chennai

2. Shri. Vijay Kumar Singh, Senior Manager Credit, IOB, Chennai-1 Region

3. Shri. Ramesh Karn, Assistant General Manager, IOB, Chennai-1

Region

4. Shri. Banu Chander, Additional Revenue Officer, GCC

5. Shri. Davender Kumar, Chief Regional Manager, IOB, Chennai-1 Region

6. Shri. Kumar, Assistant Project Officer, TNULM

Their collective efforts and commitment to financial inclusion have paved the way for economic empowerment and sustainable development in the region.

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## KFC LAUNCHES 1000TH RESTAURANT IN THE COUNTRY AS PART OF ITS LONG-STANDING COMMITMENT TO GROWING TOGETHER WITH INDIA

Chennai, Dec 06 2023: Ever since the launch of the first KFC restaurant in India in 1995, the brand has been deeply embedded in the country and committed to serving finger-lickin' good food at scale through inclusive, equitable and sustainable business practices. As testament to the belief of growing purposefully with India, KFC has launched its 1000th restaurant in the country, a significant milestone in a journey of over 25 years.

Over the decades, KFC has evolved dynamically with the changing consumer landscape. The brand has been focused on deepening its relevance in India while retaining the distinctiveness and craveable taste it is known for globally. KFC India's menu is a strong mix of universally loved products like the iconic Hot & Crispy Bucket, Zinger Burger, Popcorn as well as innovative limited time offerings that are rooted in local flavors such as the KFC Chizza, Rice Bowlz, Chicken Roll, Veg and Tandoori Zinger amongst others. All of KFC India's food is freshly prepared from locally sourced, high-quality ingredients.

The brand has also been at the forefront of tech disruptions in the QSR industry, across operations and offerings. KFC currently has 20+ all-digital Smart Restaurants, which are powered by state-of-the-art technology, making consumer access much easier & faster; in addition to the installation of self-ordering digital kiosks and App ordering across its restaurants.



KFC's growth is fueled by its strong commitment to people and the planet. KFC Kshamata, the brand's flagship Diversity and Inclusivity program is focused on bridging the gender & ability gap by increasing its women workforce by 2X and doubling the number of Special KFCs (restaurants operated by speech & hearing-impaired employees) it operates. Over the past decade, KFC has grown to 42 Special KFCs and a team of 220+ speech & hearing-impaired employees. In 2021, the brand launched KFC's India Sahyog - its focused efforts to support 1000 local restaurants & food joints post the COVID-19 pandemic in a bid to help them revive business.

To mark the opening of the 1000th restaurant, KFC has pledged to support 1000 underprivileged families across India with food rations.

KFC's franchise partners Devyani International Limited and Sapphire Foods India Limited (SFIL) have played an integral part in fueling the brand's growth. In the next phase of the India journey, KFC is optimistic about further fueling over 1 lac jobs across the country, adding to the positive growth outlook of the Indian economy.

Mr. Ravi Jaipuria, Non-Executive

Chairman, Devyani International Limited said, "Congratulations to KFC India on achieving this incredible milestone. At Devyani International, we are extremely proud to have been a part of the brand's journey since it entered India in 1995. We wholly support KFC's ambitions to grow inclusively with India and contribute to the economy along the way. We look forward to unlocking this next phase of growth, together."

Mr. Sanjay Purohit, Group CEO, Sapphire Foods India Ltd (SFIL), said, "1000 restaurants in India is such a big milestone for the KFC brand, and Sapphire Foods is proud to be a part of that journey. KFC's focus on consistently high quality, tasty food, exceptional customer service and inclusive and purposeful growth has made it among the most loved restaurant brands in the country. Sapphire Foods believes that this is just the start of many years of growth, and we are excited to be a part of the next chapter of KFC in India. We look forward to a sustained and fruitful partnership with Yum and KFC for many decades to come."

Commenting on the milestone, Mr. Moksh Chopra, General Manager, KFC India & Partner Countries said, "KFC is proud to be a

part of the India growth story along with our franchise partners. KFC is a global brand with a local heart, committed to growing together with the nation and we are especially proud of our restaurant teams, including the specially abled teams, who have played a pivotal part in our journey. We are grateful to the people of the country for their love and look forward to the next chapter of continued growth for and with India."

KFC is committed to driving meaningful change and pioneering sustainable development in India. With an aim to make a positive impact on the planet, KFC has launched 20+ sustainable restaurants in the country. The design and operations of these sustainable restaurants integrates energy efficiency, usage of responsible materials and waste diversion.

The brand has also begun the switch from plastic to recyclable, compostable or biodegradable packaging, that is sourced from 100% sustainable FSC certified sources. Through changes such as switching to paper straws, wooden cutlery, paper cups, KFC India has saved over 3000 metric tonnes of plastic wastage so far.

Today the brand is present in 240+ towns and cities, with 20+ new geographies entered in 2023. The 1000th KFC restaurant is located in Gurgaon's popular retail destination, DLF Cyber Hub. It is operated and managed by an all-women team and marks the brand's first restaurant in India with 100% table service.