

Request for verification in 7 days Refund if EVM found defective SC allows verification of micro controller of EVMs, rejects pleas for EVM-VVPAT verification Suggests bar codes on voting slips

Chennai, April 26 2024: The Supreme Court Friday rejected pleas for paper ballot voting, complete EVM-VVPAT verification, and physical deposit of VVPAT slips while suggesting measures for effective functioning of the polling system as the second phase of Lok Sabha election got underway.

A bench comprising Justice Sanjiv Khanna and Justice Dipankar Datta passed their order in two separate but concurring judgments in which they elaborately discussed the protocols and technical aspects.

The bench rejected

all the pleas that demanded paper ballot voting, complete EVM-VVPAT verification, and physical deposit of VVPAT slips.

Justice Khanna said, "We have given two directions. One direction is after the completion of the symbol loading process, the Symbol Loading Unit should be sealed. The SLU should be stored at least for 45 days." Justice Khanna further directed the Election Commission (ECI) that the burnt memory in the microcontroller EVM shall be checked by a team of engineers after the declaration of results on a request by any candidate in serial



number 2 and 3.

The apex court suggested having an electronic machines for counting votes, and bar codes on voting slips.

The court further said such a request was to be made by the

aggrieved candidate within 7 days after the declaration of results. The expenses for the verification (of the program) are to be borne by the candidates making the request, in case the EVM is found

to be tampered with, the expenses will be refunded, Justice Khanna said.

Justice Datta said that blindly distrusting a system can lead to unwarranted suspicions.

The Court's orders came on a batch of writ petitions filed by the Association for Democratic Reforms (ADR), and others seeking to have the VVPATS along with the EVMs

"We have given two directions. One direction is after the completion of symbol loading process, the Symbol Loading Unit should be sealed. The SLU should be stored at least for a period of 45 days. The burnt memory in the microcontroller EVM shall be checked by a team of engineers after the declaration of results on a request by candidates in serial number 2 and 3, such a request to be made within 7 days after the declaration of results.

"The expenses for the verification (of the program) to be borne by the candidates making the request, in case the EVM is found to be

tampered, the expenses will be refunded," said Supreme Court.

The reliability of VVPAT systems has been questioned for a while. Many critics have cited instances of malfunctioning printers, paper jams, and discrepancies between electronic and paper records." What is the population of Germany and what is the population of India? We are in our 60s now and we know what used to happen earlier when there were paper ballots." Dipankar Dutta further observed that his home state West Bengal has more population than Germany.

Amrit Bharat Station Scheme: Redevelopment works of Chennai Park Station gather momentum

Chennai, April 26 2024: Chennai Park railway station, situated in the heart of the city and opposite to the Chennai Central railway station, serves as a crucial connecting

factor in the Chennai Beach - Chengalpattu Section of the Chennai Division. This bustling railway station is undergoing a comprehensive redevelopment at a cost

of 10.68 Crores under Amrit Bharat Station Scheme.

Scope of redevelopment work at Chennai Park:

- Provision of

new Booking Office (G+1) with Executive Lounge. The New Booking Office facilitates easier ticketing and ensures a better ticketing experience.

The Executive Lounge facility will benefit both incoming and outgoing passengers to rest, relax and rejuvenate during their short stay at the station.

- Provision of new canopy at entry with waiting space near booking office/cafe/tertia. Upgraded waiting areas ensure a more comfortable and enjoyable experience for passengers.



- Resurfacing of flooring of platforms. Smooth and even flooring facilitates easier movement for all passengers, including Differently abled passengers or those carrying heavy luggage.

- Development of pedestrian walkway towards MRTS stations and Poonamallee high road entry.

- Provision of new platform shelters and replacement of old roofing sheets. Additional platform shelters and seating

arrangements protects the passengers from harsh weather conditions thereby ensuring a comfortable journey.

- Provision of lifts (3 Nos) for the existing FOB, including provision of hand railing. This facility ensures smooth travel for differently-abled, sick and senior citizens besides making the station user-friendly.

- Provision of Passenger Information Display system, Improved Public Announcement system

modern signage will enhance and redefine the travel experience for all.

- Provision of CCTVs. This modern facility is a precautionary measure undertaken to ensure safe and secure journey for passengers.

Over 50% of the above redevelopment works have been completed, including the resurfacing of flooring on Platforms 1A, 1 & 2.

Works such as platform shelters and landmark tower construction are nearing

completion, with ongoing efforts to install lifts, canopy enhancements, and telecom upgrades.

With a host of improved facilities and better infrastructure, Chennai Park station is set to redefine passenger experience.

Further, as part of the Amrit Bharat Station Scheme, similar upgrades are underway at various stations across the Chennai Beach - Chengalpattu section which include Chennai Beach, Chennai Park, St. Thomas Mount,

What We Do

- 300 Project Management
- 300 Residential Construction
- 300 Commercial Construction
- 300 Industrial & Factory Construction
- 300 Structural Design
- 300 Architectural Design
- 300 MEP and HVAC Works

Key Members

- Mr. J. Jeyaraj
- Mr. J. Jeyaraj
- Mr. J. Jeyaraj

Build Your Future With Us

RTN.DR.R.SATHYANARAYANAN
Director
Business Development

+91 9360136897
+91 8148231942

Chairman
Media and Communications
Rotary Club of Chennai Rainbow
Tamil Nadu Police Traffic Warden
Editor and Publisher Hello Mirror Madras Daily

Oasis Grace
Engineering projects Pvt Ltd
No. 15, North Meadi Street,
Srinagar Colony,
Saidapet, Chennai-600015

25⁺ Locations 450⁺ Employees 500⁺ Projects 20⁺ Years of Excellence

www.oasisgrace.in business@oasisgrace.org

Who We Are

Established in 1998 to be a part of the growth of the Indian economy in the construction sector. We have a vision to be a leading construction company in India with a goal of being an international construction company to build.

250⁺ Projects 500⁺ Projects 150⁺ Projects

Our Clientele

Reliance, Aegis, Aurore, JMR, Unitech, HOK, etc.

Our Projects

MR. J. Jeyaraj

MR. J. Jeyaraj

MR. J. Jeyaraj

Projects in India

VR Mall - Anna Nagar

Bougan Villa - Iyyampet

Projects in India

Power Plant Jeyaraj - Reliance

Agia Design India Pvt Ltd

Projects in India

Intown - Chennai

Orchid Spring - Alliance

Projects in Coimbatore

Projects in Bangalore

Auriga - Bangalore

Projects in Chennai

Vettuvangudi

Iyyampet

Tharupakkam

Adambakkam

PASSPORT | MSME | PAN | AADHAAR
FSSAI | PATTI | LEGALHEIR
2,4 WHEELER INSURANCE
PROPERTY TAX, EB - NAME TRANSFER
STATE AND CENTRAL GOVT
AUTHORISED FRANCHISEE
ALL ONLINE SERVICES

இ-சேவை மையம்
 ஸ்டார் பெரூல் கோல் ஸ்ட்ரீட்
 11, SOUTH PERUMAL KOIL STREET, VADAPALANI, CHENNAI - 600 026.
8148231942 / 8144337349
 வாது இ-சேவை மையம்

GEM Hospital Inaugurates Fatty Liver Clinic -Free Liver Camp till 4th May 2024 - Launch of 'Know Your Liver' Initiative -

Chennai, April 26 2024: GEM Hospital, India's premier Gastroenterology, laparoscopic and Robotic surgery hospital inaugurated a Fatty Liver Clinic and Free Liver Camp in Chennai today. As a part of World Liver Day celebrations, this Free Liver Camp will be held from 24th Apr'24 till 4th May'24.

Speaking on the occasion, Dr. C. Palanivelu, Chairman - GEM Hospitals stated, "We are glad to open a holistic Fatty Liver Clinic at our GEM Hospital in Perungudi and to conduct this Free Liver Camp which will benefit numerous people in the city with various health issues. Specialists from our hospital will provide free consultation for Liver problems and procedures like Fibroscan, Liver Function Tests, Test for



Hepatitis B&C Virus, Ultra Sound Scan, Fatty Liver screening and vaccination are to be carried out at a very nominal cost for required patients throughout this camp period".

"A new campaign called 'Know Your Liver' is also launched to create more awareness about Fatty Liver to general public. Anyone can just scan the below given QR code with the help of their smart phone and get their doubts cleared about fatty liver", he further added.

Dr. S Asokan, CEO-GEM Hospital Chennai said, "The need for a focused super speciality

clinic is for advanced treatment and for identification of diseases at an early stage. We are also very delighted to launch 'Know Your Liver' initiative during the inauguration of the new clinic. GEM hospital will continue to organise many such campaigns in future for needy people".

Addressing the media, Dr. P. Senthilnathan, Director - GEM Hospital Chennai said, "As we always say 'Prevention is better than cure', people can make use of this free consultation camp to get to know about their present liver condition. Early detection of

disease will help the patients to get the right treatment at the right time which will eventually avoid any unforeseen circumstances."

He further added, "Specialists team led by Dr. Vinoth Kumar Medical Gastroenterologist, Dr. Magnus Jayaraj, Liver Transplant Surgeon will provide comprehensive liver related treatment for those who participate in the camp".

Date :
From 24th April
2024 4th May 2024

Address :
GEM Hospital,
M.G.R.Road,
Perungudi, Chennai-
96

Time :
10.00
AM to 2.00 PM

For Appointments
Contact: 89258 45768.

DP WORLD'S BEYOND BOUNDARIES INITIATIVE EMPOWERS YOUNG CRICKETERS IN NEW DELHI

Chennai, April 26 2024: DP World, a leading global provider of smart end-to-end supply chain solutions, today continued its efforts to improve accessibility to cricket around the world delivering 500 cricket kits to grassroots academies at the Aerocity Ground, Delhi as part of its Beyond Boundaries initiative.

This initiative is part of a global mission to support the growth of cricket, delivered via 50 repurposed shipping containers, ensuring that grassroots cricket clubs have the kits, equipment, and facilities needed to play the sport. These two latest containers will benefit 500 young players from academies including Bal Bharati and Bal Bhavan in the Delhi region. The two containers, which have unique exterior painted artwork that captures the spirit of cricket and its relationship with the city of Delhi, will also serve as changing rooms and resting pavilions for the beneficiaries.

The launch event of the latest Beyond Boundaries Initiative was attended by leading Delhi Capitals players David Warner, Anrich Nortje, Yash Dhull, and Poonam Yadav, in addition to Head Coach, Ricky Ponting and



Director of Cricket, Sourav Ganguly. Also in attendance were Adhendru Jain from DP World and representatives from Delhi Capitals' Men's and Women's teams, who interacted with and helped distribute the cricket kits to the young beneficiaries from seven academies across Delhi NCR. DP World is the Global Logistics Partner of both the Men's and Women's teams of the Delhi Capitals franchise.

Including today's launch, seven out of the fifty planned containers have now been unveiled globally. This Delhi launch also signifies the Beyond Boundaries Initiative's return to India following the 2023 ICC Men's Cricket World Cup. As an International Cricket Council partner, DP World promised to donate 10 kits for every 100 runs that were scored in a World Cup match. This led to a pledge of 2,500 kits in

total, of which 1,250 have already been delivered through the Beyond Boundaries Initiative in Mumbai, Ahmedabad, Chennai, Dubai, and Johannesburg.

Launching the event, Adhendru Jain, Vice President, Rail and Inland Terminals, DP World Subcontinent, commented: "Sports, in our opinion, is for everyone and has enormous positive impact on individuals as well as on the communities it engages with. Our commitment towards cricket, therefore, is to make sure that players, especially at the grassroots level, should have access to the game. We are dedicated to supporting talent at every opportunity and hence, through our Beyond Boundaries Initiative, we are delighted to back the Men's and Women's teams here in Delhi. We believe that sports can go beyond boundaries and

with such initiatives, create an atmosphere where all aspiring players can succeed."

Sunil Gupta, CEO, Delhi Capitals, "As advocates for the spirit of cricket, we commend the Beyond Boundaries Initiative and DP World's dedication to nurturing talent at grassroots level. It's heartening to witness the positive impact of such endeavours, ensuring that every aspiring cricketer can pursue their passion. We believe in the power of cricket to unite communities and transform lives, and we are grateful for partners like DP World who share this vision with us."

DP World will continue to leverage its interconnected global network across 74 countries and six continents to distribute the remaining containers at strategic locations around the world, with further launches planned globally for 2024.

Dish TV Revolutionizes Entertainment with 'Dish TV Smart+' Services, Offering TV and OTT on Any Screen, Anywhere

Chennai, April 26 2024: Dish TV, has taken a path-breaking initiative to redefine the entertainment experience in India. The leading DTH provider in a first-of-its-kind move has announced its groundbreaking proposition 'Dish TV Smart+'. This launch marks a pioneering milestone in the industry, providing customers access to TV and OTT content on any screen, anywhere, without any additional cost. It ensures convenience, flexibility, and enhanced entertainment options, empowering customers to tailor their viewing experience.

With the 'Dish TV Smart+' service, all Dish TV and D2H customers, including new as well as existing subscribers can enjoy popular OTT apps along with their chosen TV subscription pack. The 'Dish TV Smart+' services ecosystem enables entertainment on any screen, anywhere, anytime through Watcho-the OTT Super App, Smart devices including set-top boxes, and smart android STBs. Dish TV will also collaborate with top TV and Mobile Original Equipment Manufacturers (OEMs) to seamlessly integrate their services into these devices, thereby enriching the overall user experience.

Commenting on the new proposition, Manoj Dobhal, CEO of Dish TV India Limited, stated, "Since its inception, Dish TV has transformed the entertainment consumption landscape, pioneering new ways for people to enjoy their favourite



content. With this new proposition, we are poised to make an even greater difference, setting a new standard for immersive and accessible entertainment experiences. The launch of 'Dish TV Smart+' Services represents more than just a proposition; it embodies the vision to redefine entertainment consumption in India, which is getting smarter and bigger. In a market flooded with options, customers often find themselves overwhelmed. We aim to simplify their choices by offering a holistic and complete entertainment solution. We firmly believe that both traditional television and OTT platforms are indispensable in today's age, and with our proposition, we aim to reaffirm their equal importance."

"At Dish TV, customer satisfaction is non-negotiable, and every decision is centered around delivering value and convenience. 'Dish TV Smart+' Services not only benefit our customers by providing them with unparalleled access to entertainment but also ensures that their preferences and satisfaction remain at the forefront of our endeavours. With 'Dish TV Smart+' Services, we are catering to all needs of a modern Indian family, staying true to

is at the heart of our strategy, and we are committed to delivering unparalleled entertainment experiences that cater to their diverse preferences and lifestyles."

Mirnalini Ravi, Bollywood Actress, said, "Entertainment preferences of audiences has been ever-evolving and is consumed in various formats by individuals, the platforms may be different but it is a must-have for all. Dish TV Smart+ Services caters to this need, offering a personalized entertainment experience for everyone. With this revolutionary offering by Dish TV, viewers can easily access their favorite shows and movies anytime and everywhere. It's like having an entertainment hub tailored just for you. It's definitely meeting my entertainment needs, and I'm delighted to be a part of it."

Dish TV's transition from a DTH operator to a complete entertainment provider emphasizes its commitment to meeting evolving consumer preferences, and innovation, and its mission to elevate the entertainment experience for millions of households nationwide, setting a new standard for entertainment delivery and heralding a paradigm shift in the industry. By prioritizing customer needs and leveraging strategic collaborations, Dish TV paves the way for future innovations, further enhancing the entertainment experience for consumers nationwide.

Mr. Sukhpreet Singh, Corporate Head of Marketing, Dish TV & Watcho, said, "With 'Dish TV Smart+' Services, we're not just introducing a new proposition; we're leading a paradigm shift in entertainment consumption. Through our multi-channel marketing approach, we are committed to directly engaging with consumers, ensuring broad awareness and adoption. As a brand, we prioritize staying ahead of trends and adapting to evolving audience preferences. Customer satisfaction

Customer satisfaction is at the heart of our strategy, and we are committed to delivering unparalleled entertainment experiences that cater to their diverse preferences and lifestyles."

'Kerala Cong leaders want to join BJP'

Chennai, April 26 2024: A few Congress leaders from Kerala have approached BJP leaders and held discussions to form a regional party to align with the BJP, Assam Chief Minister Himanta Biswa Sarma has said.

Discussions were held in Delhi and further decisions in this regard will be taken after the Lok Sabha elections, the

Assam Chief Minister told a news channel.

Meanwhile, BJP sources told UNI that "People close to a three-time Congress MP contesting against a union minister in Kerala have also approached Himanta Biswa Sarma. They also met BJP and RSS leaders and held discussions in October 2022, November 2022 and November 2023. Discussions were held in Chennai and Delhi."



"They held discussions to join the ruling BJP after breaking away from the Congress. However, many political developments will take place before the 2026 Assembly

elections in Kerala," the sources added.

Responding on the issue, the Assam Chief Minister claimed that currently these talks were put on hold and it will resume after the Lok Sabha elections.

Apollo Hospitals Group becomes the largest hospital network to have the most JCI Accreditations

Chennai, April 26 2024: Apollo Hospitals Group announced its seventh consecutive accreditation by the Joint Commission International (JCI) for its Flagship Hospital, Apollo Grems Road. This prestigious recognition reaffirms Apollo's steadfast dedication to excellence in healthcare delivery, patient safety, and quality outcomes.

The journey towards JCI accreditation began in Delhi in 2005, marking a significant milestone in Apollo's commitment to meeting global healthcare standards. Since then, Apollo Hospitals across various locations have embarked on similar journeys, striving for excellence in healthcare provision.

In Chennai, the journey began in 2006, and the hospital recently completed its 7th JCI reaccreditation in March 2024, demonstrating consistent adherence to international standards. Similarly, Apollo Hospitals in Hyderabad initiated their JCI journey in 2006 and achieved their 7th JCI reaccreditation concurrently with Chennai in March 2024.

In Bangalore, the JCI journey commenced in 2008, with the hospital achieving its 6th JCI reaccreditation in October 2023, showcasing sustained commitment to quality and safety. Kolkata's journey began in 2009, and the hospital recently completed its 5th JCI reaccreditation in September 2021, further solidifying its

dedication to excellence.

In Ahmedabad, the journey began in 2016, leading to the hospital's 3rd JCI reaccreditation in June 2022, reflecting continuous improvement in healthcare standards. Navi Mumbai started its journey in 2017 and achieved its 3rd JCI reaccreditation in December 2023, highlighting a commitment to maintaining international standards.

Additionally, Apollo Hospitals' commitment to excellence extends to newer facilities like the Apollo Proton Cancer Centre (APCC), which commenced its JCI journey in 2020. The APCC recently completed its 2nd JCI reaccreditation in June 2023, demonstrating a strong dedication to upholding global healthcare standards.

The culmination of these successful reaccreditations reflects Apollo Hospitals Group's unwavering dedication to providing world-class healthcare services across its network of hospitals, ensuring patient safety, and delivering superior quality outcomes.

JCI accreditation is a prestigious recognition bestowed upon healthcare organizations that demonstrate adherence to rigorous standards of care. For Apollo Grems Road, this accreditation signifies a steadfast dedication to excellence in healthcare delivery, encompassing patient safety, quality of care, and effective leadership and governance. To achieve

accreditation, hospitals must adhere to 1182 measurable outcomes, ensuring comprehensive and rigorous standards are met across various aspects of healthcare delivery.

JCI accreditation holds significant importance for both patients and healthcare professionals. For patients, it ensures access to high-quality healthcare services, instilling confidence and trust in the care provided. For doctors, affiliation with a JCI-accredited hospital signifies a commitment to professional excellence and continuous improvement in patient care practices.

Ms Preetha Reddy, Vice Chairperson, Apollo Hospitals Group Said: "We are deeply honoured to once again receive the prestigious JCI accreditation, a testament to our enduring dedication to delivering unparalleled healthcare services. This achievement underscores our relentless pursuit of excellence and unwavering commitment to global standards of quality and patient safety. With each accreditation, we reaffirm our promise to provide exceptional care, fostering trust and confidence in every patient we serve. Together, we proudly uphold the Gold Seal of Approval, ensuring that our patients receive nothing but the very best in healthcare."

Joint Commission International (JCI) is a globally recognized organization dedicated to promoting best

practices in healthcare quality and patient safety.

Joel A. Roos, President International Accreditation, Quality Improvement, and Patient Safety, Joint Commission International said: "It is with great pleasure that I inform you of the decision to grant Joint Commission International Accreditation to your organization. Congratulations to you, and all the other leaders and staff for achieving this recognition and your commitment to provide quality care on an ongoing basis. The citizens of India should be proud that Apollo Hospitals is focusing on this most challenging goal - to continuously raise quality and patient safety to higher levels."

JCI evaluates hospitals on key parameters including patient safety, quality of care, and leadership and governance. These parameters are interconnected, with improvements in one area positively impacting others. Measures such as infection control, clinical outcomes, and effective leadership contribute to achieving and maintaining accreditation.

For patients, JCI accreditation signifies a certain standard of quality and safety in healthcare services, ensuring confidence, safety, and access to care. For doctors, it represents a commitment to excellence, continuous improvement, and professional satisfaction.

Keen on strong economic ties with India: Wickremesinghe

Chennai, April 26 2024: Sri Lanka is looking to accelerate greater economic cooperation with India with the tourism sector taking the lead, the island nation's President Ranil Wickremesinghe said on Thursday.

India's status as a rising economic giant and Sri Lanka's location as a strategic logistics hub will complement each other in driving forward the two economies, he said while addressing the opening of Indian firm ITC Hotels' first overseas property, ITC Ratnadipa here.

"I have no doubt that this icon (ITC Ratnadipa) will help increase tourism into Sri Lanka, more particularly from India. Now these are part of the vision statement which



Prime Minister (tourism) is one which you can start." He further said, "Information technology is another area that we will be moving fast on and there are many other projects that India and Sri Lanka will have here."

Highlighting how the two countries stood to gain from greater cooperation, he said, "India is now one of the rising economic giants and we, Sri Lanka,

is in a crucial location for logistics, and next to India."

Specifically for the tourism sector, Wickremesinghe said, "I have no doubt that for many years, Sri Lanka will be the appropriate place to spend holiday. In time to come it would be easier for a person in Bengaluru, Chennai or Hyderabad to jump into a plane and come here than go to the northern part of India."

Referring to ITC's new hotel, which is one of the biggest investments in Sri Lankan hospitality sector by an Indian firm at around Rs 3,000 crore, he said, "I hope this will encourage many other hotels, many other companies from other parts of the world to come and invest here."

Importance of Personalized Treatment and Exercise Strategies for Metastatic Breast Cancer

Chennai, April 26 2024: In the dimly lit gym, amidst the clinks of weights and the rhythm of treadmills, Anisha finds solace. Diagnosed with metastatic breast cancer three years ago, her journey has been a rollercoaster of emotions and physical challenges. In the quiet moments between conversations with her doctor, discussing treatment options and strategies to enhance her quality of life, Anisha discovered a haven in the act of exercise. For Anisha, sweating it out at the gym is not just about physical fitness; it's her sanctuary, a place where she finds mental fortitude and resilience to combat the daunting reality of living with metastatic breast cancer.

Anisha's story echoes the growing body of research highlighting the profound impact of exercise may have on the quality of life for individuals being treated for metastatic breast cancer. Staying active complements metastatic breast cancer treatments by bolstering physical strength, reducing fatigue, and improving mood. Along with the traditional realms of treatment, exercise is emerging as an ally, offering a holistic approach to managing the physical and psychological toll of

the disease. However, it's important to curate your exercise regime in consultation with your oncologist.

Importance of Embracing Holistic Care

In the multifaceted journey of metastatic breast cancer, embracing a holistic approach is paramount. Dr. Raja. T, Director, Medical Oncology, Apollo Hospitals, Chennai said, "A crucial aspect of comprehensive care to metastatic breast cancer patients is to encourage open communication between the patients and their healthcare providers. Such conversations help in establishing trust, promote partnership, and facilitate informed decision-making. Besides, the focus of treatment should shift towards advanced therapies that cater to the individual patient's needs and enhance their quality of life. This approach marks the beginning of a new era in personalized care for metastatic breast cancer patients. In addition to clinical treatment, lifestyle factors such as exercise, diet, nutrition, and physical activity play an essential role in improving treatment outcomes and the overall well-being of the patient. By integrating these elements into the treatment plan, patients can navigate their

journey with resilience, feel empowered, and commit to a holistic approach to care."

How Staying Active Can Complement your Metastatic Breast Cancer Treatment

Incorporating regular physical activity into metastatic breast cancer treatment plans can provide a myriad of benefits. Some recent studies have shown that regular exercise can help alleviate common symptoms such as fatigue, pain, and anxiety associated with metastatic breast cancer. Additionally, evidential support has shown that regular exercise also helps patients in improving sleep quality and overall functional status while going through treatment. The preferable-effect study, a randomized, prospective trial conducted in five European countries plus Australia, showed that participating in a supervised, moderate- and high-intensity exercise program for 9 months had a positive effect on cancer-related fatigue and quality of life in patients with metastatic breast cancer.

Moreover, exercise helps with the psychological distress often associated with a cancer diagnosis. By releasing endorphins and reducing stress hormones, physical activity fosters a sense

of empowerment and resilience. This positive mindset and enhanced emotional well-being can empower individuals to take a more engaged approach to their overall care plan.

Furthermore, the findings underscored the significance of a symbiotic relationship between personalized treatment plans and tailored exercise regimens, in consultation with your oncologist. From aerobic exercises to strength training and mind-body practices such as yoga and meditation, the key lies in finding activities that resonate with each individual, fostering a sustainable and enjoyable approach to fitness.

As the landscape of metastatic breast cancer management continues to evolve, the integration of exercise into comprehensive care strategies hold immense promise.

Anisha's journey exemplifies the transformative power of exercise, illuminating a path towards resilience, strength, and inner peace. By embracing a holistic approach that includes innovative treatment options and personalized fitness regimens, women diagnosed with metastatic breast cancer can maintain active and fulfilling lives.

Nissan Rolls Out Free Nationwide AC Check-up Camp for customers

Chennai, April 26 2024: Nissan Motor India has announced a two-month long free AC check-up camp for its customers across the country, reaffirming its commitment towards customer centricity and service excellence. Nissan will conduct the AC check-up camps between 15th April to 15th June 2024 at all Nissan authorized service workshops across India where all customers are eligible for a wide range of services and discounts. Nissan's highly skilled and trained service professionals will conduct the AC check-up camp, using Nissan Genuine spare parts ensuring a seamless service experience.

All Nissan and Datsun vehicle owners can schedule a service appointment for the



check-up through the NISSAN ONE App or the Nissan Motor India website (www.nissan.in) with ease. This initiative not only enhances Nissan's promise of a hassle-free ownership experience but also serves as a token of appreciation for customer confidence in the Nissan brand. The service camps will be held across the company's extensive

120 service workshop network, which currently caters to all Nissan and Datsun branded vehicles.

The camp will offer a comprehensive 20-point check-up that includes a free car top wash, and a free pick-up and drop to customers opting for PMS (Periodical Maintenance Service). Additionally, customers

can benefit from discounts on parts/accessories (as per dealer discretion), up to 20% discount on labour charges and up to 10% on Value Added Services (VAS). The company encourages all Nissan and Datsun to take advantage of these exclusive offers and ensure optimal performance and longevity of their vehicles.

