



## FIITJEE Felicitates Toppers of NEET-2019



FIITJEE leading coaching institute was in upbeat mood after witnessing the remarkable achievement by its students. Though FIITJEE Medical is a recent entrant in NEET coaching, the results are overwhelming. Out of mere 200 students appearing for NEET-19 this year from the Institute 198 have qualified, 11 have been successful in securing more than 600 marks which makes them eligible for all the coveted medical colleges of their choice across Tamil Nadu as well as India. 27 have scored above 500 which will fetch them any decent Medical college in Tamil Nadu. Elamathi V. A. student of FIITJEE Medical program has secured AIR -131. A SREEKANTH, a student of FIITJEE Medical has secured AIR rank of 303. FIITJEE Medical's overwhelming performance in NEET-2019 certainly calls for State-wide celebration. After the great success achieved by the students in KVPY and Biology Olympiad FIITJEE Medical brought together all their toppers and achievers for a celebration. With a cake cutting ceremony and distribution of sweets among the faculty, FIITJEE Medical made it a grand bash reflecting the zeal and excitement of all stakeholders including faculty. FIITJEE Medical has established itself as a brand in coaching students for competitive examinations at all levels. Though FIITJEE Medical is a new entrant in the field of NEET coaching, FIITJEE with more than 25 years of expertise in PCMB coaching coupled with customised digital methodology. Now FIITJEE Medical has once again treaded the path of glory with outstanding performance of its students in NEET-2019. FIITJEE Medical's comprehensive Long Term Classroom Programs are specially designed to cater to the education at needs of students of classes VI – XII. Embedded with pattern-proof study material and personalized attention, these programs lay emphasis on strengthening the students'

fundamental concepts of Science and Maths. The four-year Classroom Program and Supreme Integrated School Program prepare the students extensively for not only NEET but also Class X, XII Boards, KVPY and Olympiads as well. FIITJEE Medical also offers a special Analysis & Concept Strengthening Program to sharpen the students' analytical skills and enhance their parallel thinking process. On this brilliant performance of FIITJEE Medical students, Mr Ankur Jain Director FIITJEE and FIITJEE Medical southern region, says, "At FIITJEE Medical we aim at nurturing achievers in life. We cater to an individual's needs to bring about his or her total success. Thus, we lay a lot of stress on developing and imparting holistic education. Our well-trained faculty in conjugation with a dedicated research and development team conveys value-based guidance to students under a teaching methodology which is par excellence. It is an extremely pleasant experience such a great performance of FIITJEE Medical students at the NEET-2019 examination. I wish all successful students a bright future ahead." He further added: "It is that period of the year when the students and institute celebrate their hard work done throughout the year. Students get motivated by witnessing such gala moments of celebration of success in the institutes; it prompts them to aim for success in the other upcoming examinations." FIITJEE Medical had a humble beginning in the year 2016. We made all our students qualify the entrance exam that year. All these students are now placed in reputed medical colleges across the country. Thousands of students throughout Tamil Nadu have been trained here to be future aspiring doctors. FIITJEE Medical works with a vision to provide an ideal launch pad for serious Medical aspirants.

## Thiruvanniyur MTC Terminus needs Renovation

The busy Thiruvanniyur MTC bus terminus needs a new improved look. The terminus is in need of renovation and should be improved by the MTC officials says the area residents. The Thiruvanniyur Metropolitan Transport Corporation cum Depot is a busy and important transit point. The terminus has good connectivity with buses to different places of Chennai city but terminus lacks passenger amenities and awaits improvement. Water stagnation is a perennial problem at the terminus. The bus terminus also needs a public address system to announce bus timings and a route display board. Moreover haphazard parking and unregulated movement of buses from the depot causes traffic snarls. The signal junction near the bus terminus is another bottleneck that needs attention by the traffic police authorities. Most of the time passengers are clueless waiting due to no route wise parking bays since the buses are parked anywhere. Dedicated bus bays for route numbers, will not only remove confusion among commuters but would also allow free and easy movement of buses.

-By Elwyn



# John Deere Catalyzes Indian Agriculture with Power and Technology



John Deere, a pioneer agriculture equipment manufacturer has been at the forefront of bringing innovative products and new technologies to tractor and farm equipment. John Deere, a leader in the farm equipment sector known for innovative products and services, launched a new range of technology and power-driven tractor, harvester and implements. These new tractor and harvester models with superior technology, further improve farm efficiency, cater to a variety of agro climatic conditions, crop types and complement the heavy-duty precision implements. Amongst the 7 new models of tractor and a harvester launched today, 5405 Gear Pro 63HP tractor is a game changer and takes the agricultural operations to the next level. This is designed specifically to cater to the diverse requirements of the growing farmer's need. Features such as tilt steering, 12X4 TSS transmission enables a wide arrange of applications that includes agriculture, loader & dozer and haulage. With JD link (telematics) as an add on, it makes a premium offering to Indian farmers. The 5105 Model in 40 HP category with a 4WD option is the first tractor, in Indian history. The single and dual clutch, dual PTO and the SCV makes it a versatile tractor for a variety of agricultural operations in dry and wet land applications. Advance feature such as, best in class lift capacity, modern engine with jet spray cooling system, planetary gear reduction with a top speed of 34 Kms/Hrs, in the 5005 Model 33 HP, provides a

level playing field for the aspiring entry level farmers. "Over the past two decades we have introduced advanced product features such as power steering, oil immersed disc brakes, planetary reduction, force feed lubrication and high torque machines," said Satish Nadiger, Managing Director. "John Deere was the first to introduce these features in India and they have now become industry standard." Satish further added "We continue to innovate and introduce new range of tractor and harvester that empower farmers with technologically-advanced products. Our priority has been to offer a wide range of farm solutions, implements of international standards and quality, thereby adding value to their farming experience. These new range of tractor are reliable, highly durable, meet safety requirements and come with high-end features matching the global standards." "Our product portfolio is based on our thorough research and knowledge of the agricultural sector in India. We aim to provide our customers, an effective value proposition, cost reduction in operations, quality driven excellence and superior technology solutions. These new products shall serve individual farmers, contract farmers and entrepreneurs who are in the business of custom hiring. Our financial services provide transparency, speed, and convenience, which is what our customers are looking for." said Rajesh Sinha, Director Sales and Marketing. "The John Deere philosophy to provide Performance, Uptime and Cost of op-

eration is well addressed here. We assure our customers with a five years warranty and easy access to parts and services" Sinha added. "The Indian agricultural landscape is rapidly modernizing, giving way to an integrated approach& solutions in the farming sector. Precision and advanced technologies in the agriculture crop value chain are becoming critical. It is essential that we support farmers by providing state of the art products that are powerful, innovative and bring together modern technology to the Indian market", added Mukul Varshney, Director Public Affairs. John Deere commitment towards pioneering technology and innovation, for Indian farmers has always enabled to create an environment for farmers' growth prospects. With farm mechanization and digitization taking center stage, John Deere continuous efforts to improve the agricultural landscape, further strengthens its position as a market leader. Deere & Company (NYSE: DE) is a world leader in providing advanced products and services and is committed to the success of customers whose work is linked to the land - those who cultivate, harvest, transform, enrich and build upon the land to meet the world's dramatically increasing need for food, fuel, shelter and infrastructure. Since 1837, John Deere has delivered innovative products of superior quality built on a tradition of integrity. For more information, visit John Deere at its worldwide website at [www.JohnDeere.com](http://www.JohnDeere.com)

## Sony Pictures Networks India Takes a Step Towards Change

Staying true to its CSR theme of 'Ek India Happywala', Sony Pictures Networks India (SPN) took a step forward and reached out to the interiors of drought hit Maharashtra to address the issue of potable water. With a vision to build a better society, SPN's CSR programme is built around three pillars; empowerment, education and environment. Focused on creating a safe ecosystem, this project falls under the 'environment' pillar of SPN's CSR programme. As a part of this project, SPN reached out to over 180 drought hit villages across Maharashtra. Water tankers were sent to the interior regions of Maharashtra to provide access to safe drinking water in over 180 villages and reached out to over 85000 people. With this initiative, SPN provided each of the drought affected villages with over 12,000 litres of potable water. This project was activated across districts like Latur, Wardha, Amravati,

Dhule, Jalna, Beed, Osmanabad and Nanded. Through its endeavors, Sony Pictures Networks India (SPN), has always aimed at empowering communities and creating a positive impact in the ecosystem. This initiative is one of the many steps taken by the network to support the creation of a sustainable environment. SPN is committed to co-creating India's social development agenda through its focus on various areas of social impact. Rajkumar Bidawatka, Head CSR, Sony Pictures Networks India (SPN): "At Sony Pictures Networks, we are always striving to build a better society through our corporate social responsibility programme. The main goal of this project was to contribute towards building a better life for people by creating access to a basic necessity such as water. This initiative is a step forward in our endeavor to support and help build a sustainable society."

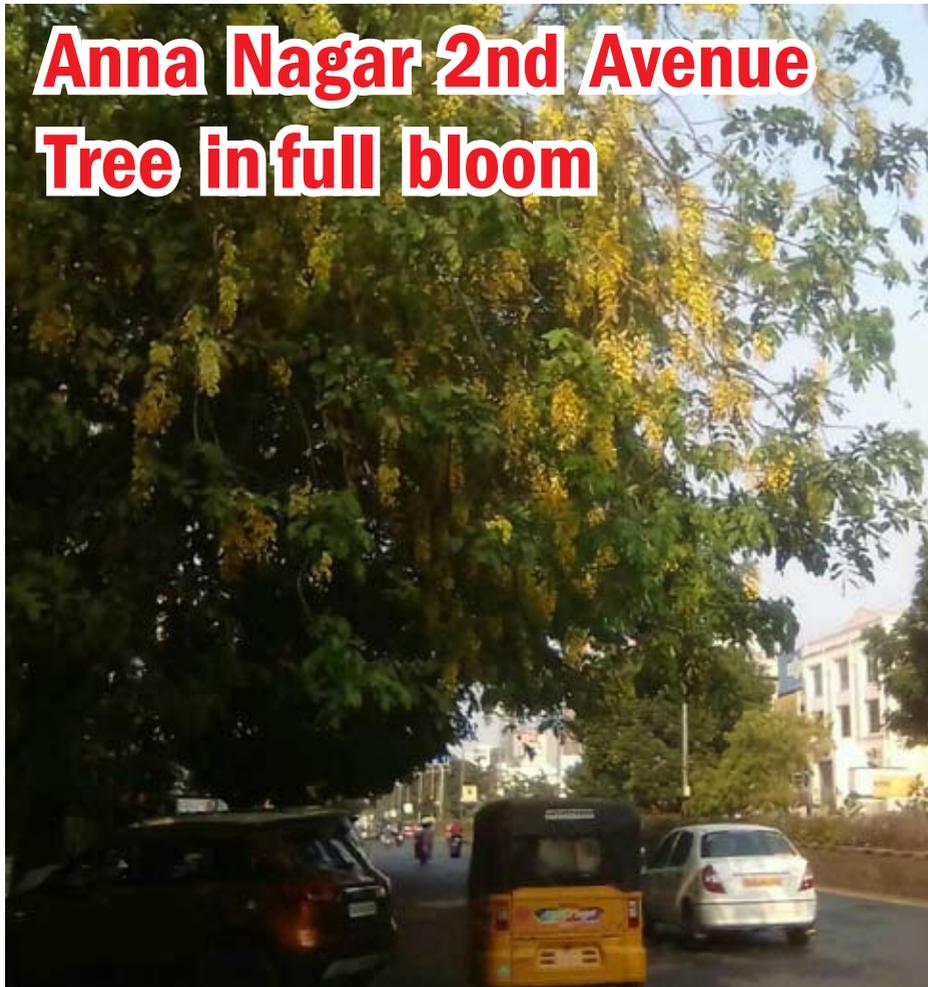
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## Anna Nagar 2nd Avenue Tree in full bloom



For trees summer is the glorious flowering time. Most of the trees in the city bloom from March to June. This blooming tree is found along 2nd Avenue, Anna Nagar is sure to capture the attention of the road users. During summer season Cassia Fistula trees in Chennai city with golden yellow flowers are in full bloom. Come summer, the avenue trees in Anna Nagar are in full bloom. The photo shows a blooming tree along 6th Avenue, Anna Nagar. One cannot miss the avenue trees in full bloom. The tree is known as Cassia Fistula. It blooms bright golden yellow flowers during the summer season. It is a popular ornamental plant and is an herbal medicine. The bright yellow flower attracts butterflies too.

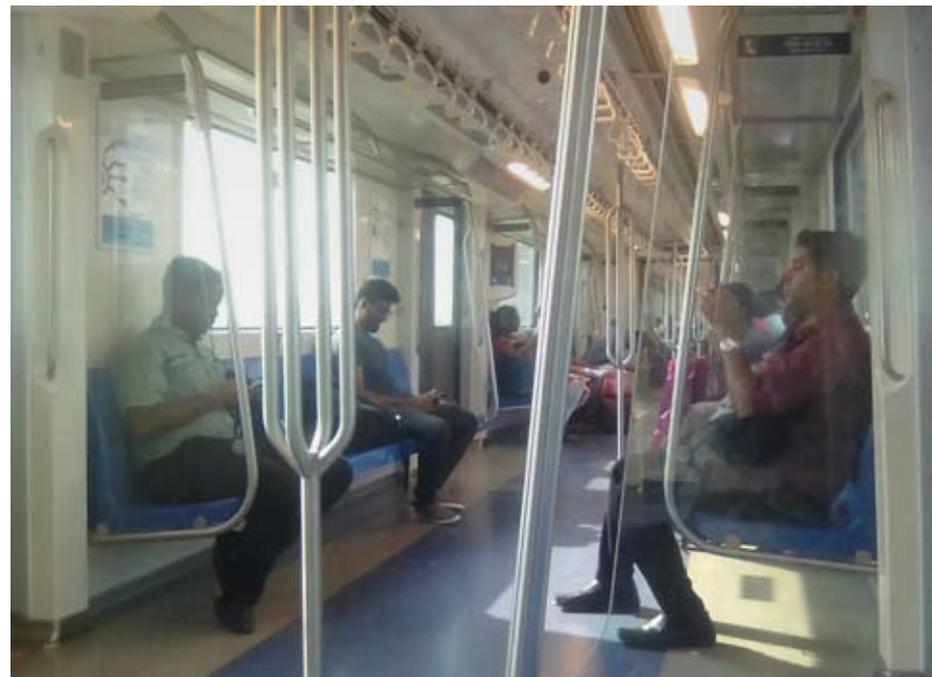
## Inauguration of the Dr Agarwal's Eye Hospital at Ambattur



To mark the inauguration of the Dr Agarwal's Eye Hospital at Ambattur, the management has announced that eye surgeries will be performed completely free of cost to 100 needy persons from poor socio-economic background. Actor N Santhanam inaugurated the facility. Dr. Agarwal's Group of Eye Hospitals, chief executive officer, Adil Agarwal said, "While the well-to-do can afford high-quality eye-care services, poor people struggle to do so. Hence, to

bridge the gap, we have decided to perform free eye surgeries on 100 people from poor socio-economic background. This is just a start, and such gestures will continue from our side to help the needy with respect to eye care. Ambattur is home to many professionals working in the corporate and industrial world who need to keep a constant tab on their eye health and vision." Dr Agarwal's Eye Hospital, Ambattur, clinic services head, P B Kaushik said the new hospital has latest equipment to serve as a one-stop solution to all eye care services including treatment of diseases related to cornea, cataract, glaucoma, paediatric eye care, squint, retina, neuro ophthalmology, and low vision rehabilitation. The new hospital is located at No. 50, Krishnapuram, MTH Road, Ambattur, Chennai.

## 3.81 crore passengers have travelled in Chennai Metro Rail



CMRL commenced its Metro Train operations from 29th June 2015 and has become the lifeline for the people of Chennai. Come rain or shine, CMRL has always endeavored to provide the people of Chennai a safe, efficient and a reliable travel partner for its loyal commuters. As part of providing world class infrastructure facilities to the people of Chennai, CMRL has come up with several efficient and sustainable initiatives to increase the patronage such as citing availability of parking space at Metro Stations and launching many last mile connectivity measures like Share Auto, Share

Taxi services which are presently available at few metro stations will soon have at all 32 Metro stations. An incremental increase in the ridership was witnessed by CMRL since the commencement of Metro Train operations. So far a total of 3, 81, 03,799 passengers have travelled in Chennai Metro Between 29th June 2015 and 14th May 2019. The ridership has touched to a mark of 1, 02,790 passengers on 26th April 2019. And a total of 92,917 passengers have travelled on 6th May 2019 and 95,119 passengers have travelled on 10th May 2019.

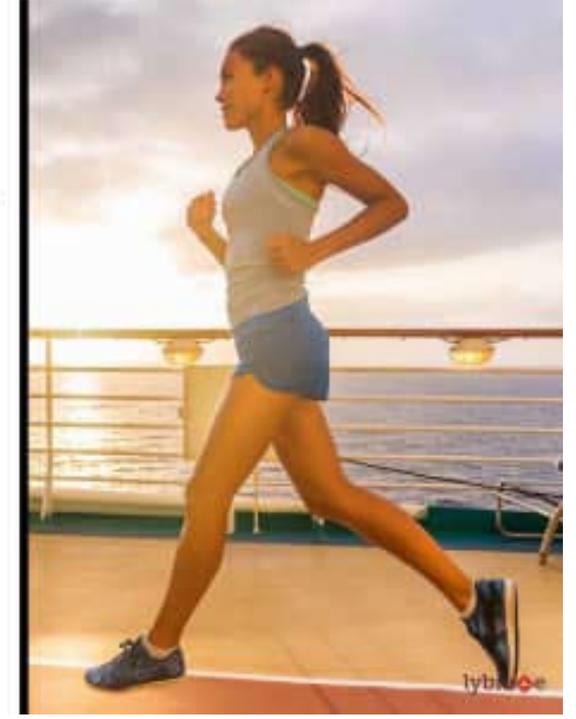
## Awareness programme on ill-effects of tobacco



On account of World No Tobacco Day, Adyar Cancer Institute along with Rotary Club of Chennai Chola, and various other Rotary clubs in this district (Rotary International Dist 3232), conducted a public awareness program to educate on the ill-effects of tobacco consumption. Dr V Surendran, Associate Professor and head, department of Psycho-oncology and RCTC, Cancer Institute (WIA), Adyar, Chennai and Rtn S P Ramesh, president, Rotary Club of Chennai Chola, led the program, which had the participation of students from Rotaract Clubs, M G R Medical College and Sri Ramachandra Medical College. It may be noted that Rotary plays a vital role in creating public awareness on the ill-effects of tobacco and closely works with the initiatives of Adyar Cancer Institute.

# Fitness Tip about Jogging and Treadmill

It is a debate which has been going on for a while now. There are a few who will suggest to run on a treadmill as it is convenient. However, there are others also who strongly support outdoor jogging, because it increases the stamina and of course, provides some much-needed fresh air. There are pros and cons of both treadmill and jogging. Nevertheless, it cannot be denied that jogging outside has more pros than cons. Interesting everyday: Nothing can beat the feeling of running outside on a gorgeous day with fresh air. Jogging outside can never be boring, unlike treadmill running. There are endless routines which can be taken and discover new places every day. Regular routine can dull the day. However, with jogging, taking different routines will keep the jogging experience interesting. A bad weather can make the jogging difficult or impossible. Heavy rains, inclement cold, or too much heat can be a bit demotivating for jogging. However, treadmill would be a good choice in such scenarios, as you won't be impacted by any extreme weather conditions. Different Surfaces: There are different surfaces in jogging, which are not available in treadmill, as there is only one plain surface to walk or run on. While jogging outside, there are different levels for jogging and different textures to jog on. For example, running on the beach or sand helps in burning more calories as pushing forward on sand is harder than on a treadmill. Jogging on the road can be challenging, but improves balance and coordination. Henceforth, it strengthens the muscles and joints. On a treadmill, a person runs on the same flat platform for a long stretch which can be really boring and monotonous. Jogging outside is unpredictable and fun. Mental Health: On a morning jog, people can escape from their monotonous life and away from the gadgets. Breathing fresh air and feeling the breeze can help in improving not just physical health but mental health as well. There is a greater energy when people hit the run than on the treadmill. Treadmill limits the experience of running or jogging. And, even in the gym people sometimes actively use their smartphone, which does not bring any mental peace. Cost Effective: One of the major advantages of jogging is that it is cost effective. There is no need to spend big bucks on jogging. However, running on a treadmill is costlier; one needs to either buy a treadmill or a gym membership. Availability: It is quite common to make excuses for not going to the gym or hitting the treadmill. Jogging takes less time from the day and it is very convenient to fit into a daily life. Jogging can basically be done anytime anywhere. Body Function: Jogging requires full body movement and mental awareness. A daily jog from point A to B



is satisfying. Jogging outside with different elements, like wind resistance or terrains, increases the effort, and helps to burn more calories. However, on treadmill, people sometimes run blindly without being aware and majorly stressing their legs. After considering the pros and cons of both methods, it is quite clear that jogging is the way to go. Jogging helps bones get stronger, increases stamina, and prevents many diseases like arthritis. It helps to move the joints on a regular basis, maintains blood pressure, and expands the lungs, which ends up increasing lung capacity and doesn't Harm Meniscus As In few cases found it affects widely. For more details contact Dr.P.Nagaraj. PT. Ph.D, Director & Chief Consultant Neuro Science Rehabilitation, Sports Medicine & Lifestyle Consultant, PMN PRANIKHA SPECIAALITY,SPORTS MEDICINE PAIN RELIEF CENTRE, Chennai India and visit www.drpnagaraj.com

## 150 HGS employees volunteer for cleaner lakes and beaches in Chennai

As part of a large-scale volunteering effort to provide clean lakes and beaches to communities, over 150 employees from Hinduja Global Solutions' (HGS) (listed in BSE & NSE) Chennai centre volunteered with the NGO - Environmentalist Foundation of India (EFI). The NGO is involved in animal habitat conservation and rejuvenation of water bodies, among other causes. The Ashtalakshmi Temple beach in Chennai

witnessed 150 HGS volunteers strive towards a cleaner sandy stretch. The beach is not only a tourist attraction, but also one of the major breeding grounds for the Olive Ridley turtles. The clean-up drive will help in conserving the nesting grounds of these rare creatures while providing a serene experience to the beach-goers. Ahead of the World Environment day on June 5, 2019, HGS volunteers are taking up lake and

beach clean-up drives at multiple locations in Hyderabad, Bangalore, Mumbai and Chennai. This volunteering event marks one of HGS' many on-going volunteering initiatives. As part of its many social outreach priorities, HGS continues to work in the area of water conservation, rehabilitation and delivery through its corporate sponsorship and large-scale volunteering programs.

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