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## From industry to AI: Vizag enters a new era of tech-led and diversified growth

Jinnala Umamaheswara Rao / Nov 11, 2025, 03:50 IST



Visakhapatnam: Visakhapatnam, traditionally anchored by its port, shipbuilding industry, steel plant, and public-sector enterprises, is now entering a new phase of growth. Global tech companies are committing major investments — for example, Google's subsidiary Raiden Infotech has earmarked \$15 billion for a 1 GW AI hub and data-centre cluster in the region.

At the same time, Sify Technologies is establishing its first AI-edge data centre and submarine cable landing station in Vizag. Sattva Group's Rs 1,500 crore IT and residential campus promises over 25,000 jobs, while AM/NS India's Rs 1.5 lakh crore greenfield steel plant will further strengthen the region's manufacturing backbone. The state recently approved K Raheja Corp's Rs 2,172 crore real-estate project in Vizag.

Further strengthening the city's technology ecosystem, ANSR Global Corporation will establish a Global Innovation City with an investment of around Rs 1,000 crore and a projected employment potential of 10,000 jobs. Cognizant Technology Solutions is investing Rs 1,583 crore in a 22-acre IT/ITES campus at Kapuluppada, expected to create about 8,000 jobs, while Tata Consultancy Services (TCS) has been allotted 21 acres for an IT campus with a proposed investment of Rs 1,370 crore.

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Speaking to TOI, IIM Vizag director Prof M Chandrasekhar said that Vizag has already emerged as a sought-after destination, offering a strong ecosystem for education, employment, and entrepreneurship. "The recent wave of initiatives and developments — from major investments to large-scale projects — will set the city as an emulation-worthy model for economic progress, inclusive growth, balanced development and social wellbeing. These developments are in fact well aligned with the state gov't's vision of emerging as a USD 2 trillion plus economy by 2047 under Swarna Andhra @2047," said Prof Chandrasekhar.

Meanwhile, another major business conglomerate has initiated discussions with the state government to set up a 1 GW data centre in Visakhapatnam. Reports indicate that Meta has selected Visakhapatnam as a landing site for its undersea cable project, "Waterworth". The company, which owns Facebook, Instagram, and WhatsApp, has engaged Sify as its landing partner in India. Underconstruction and upcoming commercial projects such as Lulu Mall and Inorbit Mall are adding significant retail and lifestyle infrastructure to the city. The Bhogapuram international airport, expected to be operational by 2026, may further enhance this ecosystem by boosting exports, tourism, and technology-driven investments.

Symbiosis Technologies CEO and president- Vizag development council, O Naresh Kumar, said the city is likely to attract more investments and projects following the partnership summit, thanks to its strong ecosystem, natural advantages, and government incentives and its proactive approach. "Visakhapatnam is set to host the largest data centres in the country, matching the entire national capacity. Google will bring undersea cable from the US to Visakhapatnam, and Meta is also installing

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capacity. Google will lay an undersea cable from the US to visakhapatnam, and meta is also installing its own direct undersea cable, named Waterworth. These initiatives by global tech giants will connect Visakhapatnam to the world, placing the city firmly on the global information superhighway," said Naresh Kumar.

Vizag MP M Sribharath said the recent project announcements could position Visakhapatnam as the AI capital of India. "For example, the \$15 billion Google investment will help establish a state-of-the-art AI data centre. These initiatives highlight the city's potential and the state's forward-looking leadership," said the MP.

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About the Author  
**Jinnala...**

J Umamaheswara Rao is an Assistant Editor, at the Times of India-Visakhapatnam. He reports on urban development affairs, civic infrastructure, planning policies... [Read More](#)

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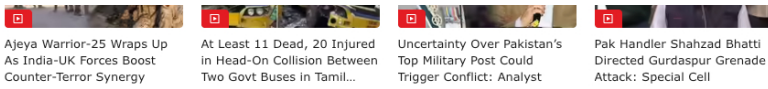
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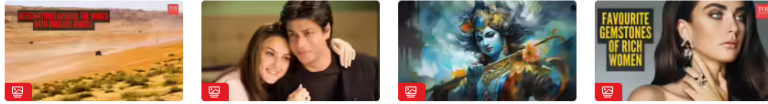
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### Diabetes care: A guide to testing blood sugar at home

SPOTLIGHT / Updated: Nov 12, 2025, 16:41 IST

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Glucose levels change with food, activity, stress, medicines and illness. Testing at the right times provides a structured picture of glycemic status rather than random snapshots.



For people with diabetes, home blood glucose testing is a critical part of daily care. But how frequently should one test- and when?

The answer depends on multiple factors, including the type of diabetes, medication plan, individual health status etc.. While self-monitoring of blood glucose (SMBG) is an invaluable tool, understanding when to use it and how often is key to getting meaningful results.

#### When to test and why it matters

Glucose levels change with food, activity, stress, medicines and illness. Testing at the right times provides a structured picture of glycemic status rather than random snapshots. According to the RSSDI 2024 Expert Consensus, the frequency and timing of self-monitoring of blood glucose (SMBG) should be tailored to the type of diabetes, treatment, and level of control, with clear distinctions for newly diagnosed, uncontrolled, or stable patients.

#### How often should you test? (as per RSSDI 2024)

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### Type 1 Diabetes (insulin-dependent)

- ▶ Recommended care: 5–8 SMBG checks/day — pre-meal, post-meal, bedtime, and occasional overnight (~3 a.m.) readings.

### Type 2 Diabetes (on oral antidiabetic drugs, OADs)

- ▶ Newly diagnosed / uncontrolled / during illness:
  - ▶ On sulfonylureas or meglitinides → at least 4 tests/day (pre-prandial and bedtime).
  - ▶ On other OADs → fasting glucose on alternate days.

- ▶ Stable / well-controlled: At least 4 tests/week (1 fasting + 3 post-prandial values, either on 4 consecutive days or alternate days).

### Type 2 Diabetes (on insulin, with or without OADs)

- ▶ Newly diagnosed / uncontrolled / during illness: At least 4 tests/day (pre-prandial and bedtime), plus whenever hypoglycemia is suspected.
- ▶ Stable / well-controlled: Fasting glucose on alternate days, plus 4 tests/week (1 fasting + 3 post-prandial values).

### Diabetes in pregnancy (GDM, T1D or T2D during pregnancy)

- ▶ On insulin or OADs: At least 4 tests/day (fasting + 3 post-prandial values). RSSDI also allows structured paired-day profiles:
  - ▶ Day 1: pre- and post-breakfast
  - ▶ Day 2: pre- and post-lunch
  - ▶ Day 3: pre- and post-dinner and then repeat in cycles.
- ▶ On lifestyle modification only: One full day profile/week (fasting + 3 post-prandial values staggered across meals).

Monitoring at these points gives a broader picture than random testing and helps correlate symptoms with data.

### Common mistakes in home testing

Even with regular monitoring, Certain other oversights can also compromise results. These include:

- ▶ Skipping post-meal readings: These are essential to catch food-related spikes.
- ▶ Relying only on random checks: Specific patterns associated with various activities might get missed.
- ▶ Using expired strips: This can lead to inaccurate readings.

For people managing diabetes, structured home testing at the right intervals may help avoid complications and improve overall control.

### Adjust frequency based on life changes

Even for people with stable diabetes, the number of tests per day or week may change depending on:

- ▶ Recent medication changes
- ▶ Episodes of hypoglycemia or hyperglycemia
- ▶ Periods of illness or stress
- ▶ Pregnancy
- ▶ Travel or changes in diet/exercise

In such scenarios, healthcare professionals often advise more frequent checks. Conversely, people with stable Type 2 diabetes who are not on insulin and maintaining good HbA1c levels may test less frequently.<sup>6</sup>

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## Why HbA1c still matters

While SMBG helps track daily trends, glycated hemoglobin (HbA1c) gives a long-term average. The Indian Council of Medical Research (ICMR) recommends testing HbA1c every 3–6 months, depending on diabetes control. It complements SMBG by capturing broader patterns and assessing treatment efficacy.<sup>7</sup>

## Making the most of home testing

Monitoring is not just about numbers—it's about using those numbers to take action. Here's how to ensure testing stays meaningful:

- ▶ Use a logbook or your Bluetooth-enabled glucometer to track readings in real-time with contextual insights within the mobile app.

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- ▶ Look for trends, apart from isolated highs or lows.

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- ▶ Discuss results with your healthcare provider regularly.

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- ▶ Do not skip post-meal testing, especially if food spikes are suspected.

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- ▶ Adjust the testing routine during travel, illness, fasting rituals or physical activities.

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Structured SMBG and taking informed decisions with the help of HCPs has been shown to reduce HbA1c levels, improve quality of life, and lower the risk of complications in both Type 1 and Type 2 diabetes.<sup>8</sup>

## When to seek medical advice

In situations like frequent fluctuations occurring despite stable routines, or if home readings don't match how the body feels, it is advisable to reach out to a doctor. Medical professionals can help identify whether the issue lies with medication, diet, device calibration, or another underlying cause.

It's key to remember that there is no 'one-size-fits-all' answer to how often you should check your blood sugar. It depends on various factors including individual health status, treatment, and life stage. But one thing is clear: regular, structured testing—paired with medical guidance—may help people with diabetes live fuller, healthier lives.

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*Disclaimer: The views and opinions expressed in the story are independent professional judgments of the experts, and TIL does not take any responsibility for the accuracy of their views. This should not be considered a substitute for medical advice. Please consult your treating physician for more details. This article has been produced on behalf of Roche Diabetes Care by Times Internet's Spotlight team.*

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## Ayush ministry plans Naturopathy hospital, college in Visakhapatnam

Sri Krishna Kummara / Nov 11, 2025, 03:34 IST

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Vijayawada: In a first, the ministry of Ayush has proposed to establish the Apex Research Institute for Yoga and Naturopathy at a cost of Rs 750 crore and sought 40 acres of land from the state govt for establishing the institute at [Visakhapatnam](#), announced Health Minister Y Satya Kumar Yadav here on Monday.

According to the health minister, the Apex Yoga and Naturopathy Research Centre, which will be established by the Central Council for Research in Yoga and Naturopathy (CCRYN), the apex body for research of yoga in the country under the Ministry of Ayush, will construct a 450-bedded naturopathy hospital. It will also offer a Bachelor of Naturopathy and Yoga Surgery course with 100 seats and 20 PG seats in the inaugural academic year at the institute.

"The construction of the naturopathy college in Visakhapatnam is underway using the central and state govt funds. 100 seats in the undergraduate naturopathy course will be filled from the 2026-27 academic year at the college," Satya Kumar Yadav informed.

Furthermore, the Central Research Institute of Yoga and Naturopathy would be established at a cost of Rs 100 crore near Nadimpalem (near Katuru Medical College) in Prathipadu mandal of Guntur district. The state govt has allotted 12.96 acres of land for the institute, which will offer medical services.

On the occasion, the Health Minister mentioned that the Ministry of Ayush has allocated Rs 165.65 crore to AP for the 2025-26 financial year, under the 60:40 ratio by the centre and state govts. In this regard, the Health Minister said the centre has already sanctioned 50% of the funds under its share towards the first tranche, while the state govt has also released its share accordingly. Further, new integrated Ayush hospitals will be established in AP, including a new ayurvedic medical college in Dharmavaram. Additionally, a Unani medical college will also be established in the state.

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**Sri Krishna...** Sri Krishna Kummara, a Senior Digital Content Creator, at The Times of India-Vijayawada. I cover developments related to VMC, Medical & Health, Trans ... **Read More**

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