

1st July, 2022

BSE Limited

P J Towers,
Dalal Street,
Mumbai – 400001

Scrip Code: 539254

National Stock Exchange of India Limited

Exchange plaza,
Bandra-Kurla Complex,
Bandra (E), Mumbai – 400051

Scrip Code: ADANITRANS

Dear Sir / Madam,

Sub: Newspaper Advertisement – 9th Annual General Meeting through Video Conferencing / Other Audio Visual Means ("VC / OAVM") facility.

Please find enclosed herewith copies of newspaper advertisements published in the Indian Express (English) and Jai Hind (Gujarati) on 1st July, 2022, both newspapers having electronic editions, in terms of Ministry of Corporate Affairs Circulars dated 8th April, 2020, 13th April, 2020, 5th May, 2020, 13th January, 2021, 14th December, 2021 and 5th May, 2022, inter alia, **intimating that the 9th Annual General Meeting of the Company will be held on Wednesday, 27th July, 2022 at 11.00 a.m. through VC / OAVM facility.**

The same is also available on the website of the Company www.adanitransmission.com.

You are requested to take the same on your records.

Yours faithfully,

For **Adani Transmission Limited**

Jaladhi Shukla
Company Secretary

Encl: As above.



NATIONAL DOCTOR'S DAY

ADVERTORIAL | An initiative by **R E D**

Read. Engage. Deliver.

per cent of its GDP on its healthcare, which can be increased. The introduction of the PMJAY card by the government of India by our Prime Minister Narendra Modi is a welcoming step in helping the deprived section of the society.

Now, we have to talk more about digital health, digital records, digital appointments and digital operation like robotics.

We need to bring in concepts of health equity, care for the elderly and work safety with well-being. We also have to talk about adolescent issues like drug addictions, malnutrition because of fast foods and tobacco addiction. The health issues of the country are changing and the health professionals also will have to contribute to address these rising new issues.

Ensuring healthy mothers and babies has been our priority since long and we have to take it up to the highest level. Rapid health insurance penetration and utilisation is also a change that will definitely secure the health of citizens. We have to aim for universal health care for all by 2030. It is fundamental to achieving the other sustainable development goals.

Artificial intelligence is another aspect which needs to be studied and optimally utilised to get good results in the health sector. We should forget to talk about mental health while discussing physical health. Mental disorders are on rise and in every field, we need to have a method for early diagnosis of depression and other psychiatric disorders. Prevention is better than cure, but let us enforce it in the society through yoga, meditation, good exercise, sleep and a healthy nutrition. We need creating awareness in the society about preventive health. Therefore, let's talk about wellness instead of illness.

DEPARTMENT OF NEURO & SPINE SURGERY

Dr. Hitesh V. Chitredra
M.B.B.S.
M.S. (Gen. Surgery)
MCh (Neurosurgery)
Consultant Neuro & Spine Surgeon

Dr. Maulik B. Patel
M.B.B.S.
M.S. (Gen. Surgery)
DNB (Neurosurgery)
Consultant Neuro & Spine Surgeon

Dr. Dipesh K. Kakadia
M.B.B.S.
M.S. (Gen. Surgery)
DNB (Neurosurgery)
Consultant Neuro & Spine Surgeon

Attached with all Major Hospitals of Surat

Emergency 24 Hours

- ◆ Advanced Microscope
- ◆ Advanced Spine Surgery
- ◆ Cashless Facility
- ◆ PMJY Available
- ◆ Ambulance Facility

AAIHMS SUPER SPECIALITY HOSPITAL
Army Advanced Institute of Higher Medical Science & Research Center
An Ultimate Destination

COMPREHENSIVE DEDICATED BRAIN AND SPINE CENTER

Nr. SMVS Swaminarayan Temple, Opp. Kiran Diamond, Simada Char Rasta, Surat-395013.

For appointment : 7874016268

ગુણ કરે હોસ્પિટલ
કેન્દ્રાયુન મેળી & પ્રશ્નિગુરૂ

Available Facilities

- ★ Harmonic ACE which does not cause blood loss in the operation of binoculars and does not use electric current.
- ★ HD Camera & Monitor
- ★ Xenon Light Source
- ★ Boyle Basic Trolley
- ★ Isoflurane Vaporizer
- ★ Central Oxygen
- ★ Cancer checkup plan & vaccine available.
- ★ Cash less facility available.

Dr. Binaben Kapadiya
M Director

Dr. Mayur Kevadiya
MS. Gynec

Dr. Bhumiya Pandav
MB BDO

Normal - 5000/-
Cesarean - 10,000/-

WOMEN CARE
PRO WOMEN CERTIFIED HOSPITAL

TEST TUBE BABY CENTRE • MATERNITY HOME

LAPAROSCOPY CENTRE • 3D-4D SONOGRAPHY CENTRE

Pain Less Labour Delivery • Operation theater

Maternity & Gynecological Department

- ★ All type of maternity facility
- ★ Risky Delivery
- ★ Surgery
- ★ painless Delivery
- ★ All type of Gynecological Surgery
- ★ Uterine stitched & stitched surgery
- ★ All type of Binocular surgery
- ★ Laparoscopic Hysterectomy
- ★ Myomectomy, Adhesiolysis, Tuboplasty

Gallbladder, Appendix, Cancer Diagnostic Center, Relief Center for Corona Epidemic

IVF Only 2,11,000/- 5 Trial

Contact : 9099147948, 7359945345, 9727023130

2/3 Floor, Sahjanand Complex, Opp. Ravipark Society, Vadvala Circle, Murgha Kendra, Nr. Rachna Soni, Lambehanuman Road, Surat.

ADVERTORIAL | Allergy and Sleep Apnea What's the connection?

The lack of a good night's sleep is connected with many of the health problems we face. It may or may not be the actual cause of the problems, but it most certainly aggravates underlying health conditions. often the reverse is also true, especially in the case of allergies. To understand this connection between sleep disorders and allergies we must first understand what sleep apnea is. Dr Dipak Viradia, a well-known name in the field of Pulmonology (Chest, Asthma & Sleep Medicine) and ICU (Critical Care) at the Rudrax Chest Clinic Center for Allergy-Chest-Sleep Medicine explains

What is sleep apnea?

It is a type of sleeping disorder in which breathing repeatedly stops and starts. If you snore loudly and feel tired even after a full night's sleep, you might have sleep apnea. There are many types of sleep apnea the most common being Obstructive Sleep Apnea (OSA), which occurs when the muscles at the back of your throat relax. When this happens, the airway narrows or closes

Can treatments for allergies cure OSA?

Not necessarily, but some medical treatments used for allergies may be useful for milder cases of OSA.

as you breathe in. You can't get enough air, which in turn can lower blood oxygen levels. When the brain senses this it briefly rouses you from sleep so that you can reopen your airway. This pattern can repeat itself 5 to 30 times or more each hour all night, impacting your ability to reach the deep, restful phases of sleep.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

ADVERTORIAL | ALLERGY - CHEST - SLEEP MEDICINE



DR. DIPAK VIRADIA



DR. DIPAK VIRADIA

Anti-histamines, decongestants, saline nasal sprays, allergy shots, using hypoallergen pillows at night or investing in a humidifier are some options. However, the best course is to first consult with a sleep expert and seek proper medical support before trying out remedies. Sleep apnea is a serious condition and one must not employ the trial and error method to deal with it single-handedly.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

What are the ill effects of OSA?

There are both psycho-logical and physiological effects. You develop severe daytime fatigue, drowsiness, irritability. You may become quick-tempered moody or even depressed which in turn adversely affects your behavioral patterns and work performance. Consequently it strains your relationships with people around you. You become susceptible to medical conditions like diabetes, poor liver function, and high blood pressure or heart problems due to sudden drops in blood oxygen levels.

Can treatments for allergies cure OSA?

Sleep apnea can affect anyone even children. But certain factors increase your risk — some of you do not have control over such as being older, being male, being born with narrow airways or thicker necks. However, there are controllable factors like excess weight, smoking, and use of alcohol, sedatives and tranquilizers. If you can make lifestyle changes you have a good chance of not developing OSA.

Is there any way to avoid OSA?

Sleep