



## IMT TRILAT

### Why in News?

Recently, the [Indian Navy](#) participated in the first edition of **India-Mozambique-Tanzania Trilateral Exercise (IMT TRILAT)**, a **Joint Maritime Exercise** among the **Indian, Mozambique and Tanzanian navies** commenced at **Dar Es Salaam, Tanzania**.



### What are the Key Highlights of the Exercise?

- **India's Participation:**
  - The Indian Navy is represented by the guided missile frigate, **INS Tarkash**, a **Chetak helicopter** and **MARCOS (Special Forces)**.
- **Objectives:**
  - Capability development to address common threats through training and sharing of best practices.
  - Enhancing interoperability.

- Strengthening maritime cooperation.
- **Significance:**
  - These exercises reflect India's and the Indian Navy's commitment to enhancing maritime security and cooperation with maritime neighbours in the Indian Ocean Region and promoting **SAGAR, Safety and Growth for All in the Region**.

**Source:** [PIB](#)

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