

Eight missing after explosives factory blast

STAFF REPORTER ■ BEMETARA

At least eight workers were reported missing on Sunday after a blast at an explosives manufacturing factory in Bemetara district of Chhattisgarh.

A tense situation prevailed on Sunday near the blast site in Pirda as villagers, particularly the relatives of the missing, staged a protest.

At least one person was killed and seven others were injured in the explosion at Special Blasts Ltd near Pirda village on Saturday, where rescuers also found body parts.

The intensity of the blast was such that it left a 30-foot deep crater.

Family members of the eight missing workers have complained to the police, Bemetara Superintendent of Police Ramkrishna Sahu said.

Some persons were blown to bits and DNA examination will be done to identify the victims, Sahu added.

Bemetara Collector Ranbir Sharma said the factory has been told to provide a compensation of Rs 10 lakh each to the kin of the missing workers.



Experts from the Jabalpur-based ordnance factory of the Army were contacted on Sunday to assist in the rescue operation, he added.

A magisterial inquiry has been ordered into the incident and further action will be taken against those found guilty after the probe, he said.

At least 100 people were working in the factory when the blast occurred.

The state government on Saturday announced financial assistance of Rs 5 lakh to the kin of each of the deceased and Rs 50,000 each for the injured.

At least one person was killed and seven others were injured in the explosion at Special Blasts Ltd near Pirda village on Saturday

Home Minister seeks PCC chief suggestion to end Naxalism



STAFF REPORTER ■ RAIPUR

Chhattisgarh Home Minister Vijay Sharma on Sunday invited state Congress Chief Deepak Baij to give suggestions on how to end Naxalism.

Addressing the media here, he said everyone should be on the same page regarding this despite political differences.

The slain Naxalites whom the Congress is calling innocent had serious criminal cases reg-

"People are calling for a complete end to Naxalism"

istered against them under Congress rule, he said.

People are calling for a complete end to Naxalism, he said.

The Congress didn't develop Bastar during their rule. Now they can't digest that the BJP is doing it.

"Peace should be established in Bastar by any means and for this, Deepak Baij should also come forward and contribute."

Two women Maoists with Rs 10L bounty killed in Bijapur



STAFF REPORTER ■ BIJAPUR

Two women Maoists carrying a collective reward of Rs 10 lakhs on their heads were killed in a gunfight with the police in Bijapur district in Chhattisgarh.

The battle took place in the jungles of Jappemarka and Kamkanar villages on Saturday in the Mirtoor-Gangaloor area, Bijapur Superintendent of Police Jitendra Kumar Yadav said.

Tati and Farsa, who carried a bounty of Rs 5 lakhs each, members of the Gangaloor Area Committee of the Maoist group.

The dead were identified as Vijje Tati and Neela Farsa.

Tati and Farsa, who carried a bounty of Rs 5 lakhs each, members of the Gangaloor Area Committee of the Maoist group.

A 9 mm pistol, a .12 bore single shot gun, a wireless set, 10 gelatin sticks, Rs 20,000 in cash, medicines and Maoist pamphlets were recovered from the site.

Shooter among 4 members of Jharkhand gang arrested

STAFF REPORTER ■ RAIPUR

Chhattisgarh Police on Sunday arrested four members of a Jharkhand-based gang from Raipur and Rajasthan who planned to target a coal businessman here.

Pappu Singh alias Papsa, Mukesh Kumar, Devendra Singh and shooter Rohit Swarnakar have been taken into custody, Raipur (Range) Inspector General of Police Amresh Mishra said.

The first three hailed from Rajasthan and the shooter lived in Jharkhand, he said.

Papsa was nabbed from Rajasthan and the others were held in the Chhattisgarh capital.

A 72-hour operation was launched following intelligence inputs about the plan to kill a Chhattisgarh coal businessman who operates in Jharkhand.

The police nabbed Swarnakar and seized from him. The others were caught from Bhatagaon area.

They told the police that Mayank



Singh, who operates the Aman Sahu gang out attacks on targets identified by Aman Sahu and Lawrence Bishnoi gangs.

The shooters of Mayank Singh carry out attacks on targets identified by Aman Sahu and Lawrence Bishnoi gangs.

Two women injured in IED blast in Sukma



STAFF REPORTER ■ SUKMA

Two women were injured on Sunday when an improvised explosive device (IED) planted by Maoists went off in Sukma district of Chhattisgarh.

The incident took place in Bheemapuram village, Sukma Superintendent of Police Kiran Chavan said.

The IED belonging to Naxalites was kept in a house in the village.

One of the injured is said to be in a serious condition.



Chhattisgarh para-athlete Shrimant Jha won gold at the Asia Para-Arm Wrestling Championship in Uzbekistan. Chief Minister Vishnu Deo Sai congratulated him on Sunday.

Asif Memon arrested on cheating charges



STAFF REPORTER ■ RAIPUR

Chhattisgarh Police on Sunday arrested Congress leader Asif Memon from Madhya Pradesh and brought him here for cheating a woman in a land deal.

The complainant, Noor Begam, had agreed to sell her land measuring .704 hectares to Memon for Rs 3.09 crore. Memon took possession of

The complainant, Noor Begam, had agreed to sell her land measuring .704 hectares to Memon for Rs 3.09 crore.

the land but never paid Begam the agreed amount. He had been eluding the police for four years.

The police finally tracked him in Balaghat in Madhya Pradesh. A court sent him to prison.

About 42K postal ballots received



STAFF REPORTER ■ RAIPUR

A total of 41,877 postal ballots have been received for the Lok Sabha elections in Chhattisgarh as of May 25, the Election Commission said on Sunday.

Of these, 26,936 are from polling staff, 2,761 from elderly aged over 85, 1,453 from disabled, 779 from essential services employees and 9,948

have been received through electronically transmitted postal ballot system.

Chief Electoral Officer Reena Babasaheb Kangale said the postal ballots will be counted only at the district headquarters of constituencies.

Elections were held on April 19 and 26 and May 7 in the state. The votes will be counted on June 4 across the country.

Maternal Covid infection may raise social and breathing troubles in babies

AGENCIES ■

Babies exposed to the Covid-19 virus while in the womb may be at higher risk of lacking social skills and having breathing problems, according to a study.

However, researchers from the University of Bristol, UK noted that the "long-term outcomes" remain unclear.

The team enrolled children (96) with and without (243) antenatal or neonatal exposure to SARS-CoV-2 infection.

They defined antenatal and neonatal SARS-CoV-2 exposure as infants born to mothers hospitalised with confirmed SARS-CoV-2 infection between 14 and 36 weeks gestation and infants admitted to the hospital with confirmed SARS-CoV-2 infection within the first 28 days after birth.

Babies exposed to Covid infection "were at greater risk of delayed social-emotional



development, had a greater prevalence of respiratory symptoms and increased health care usage" compared to those who were not exposed, revealed the study published in the journal eClinical Medicine.

The researchers speculate that this may "create difficulties later in childhood".

"Children's ability to develop positive peer relationships and academic success" may be impacted due to

the social-emotional delay in infancy, said Dr Ela Chakkarapani, Associate Professor of Neonatal Neuroscience at the University of Bristol.

The researchers called for larger studies and longer-term follow-ups to confirm and understand this risk.

Meanwhile, Dr Ela advised concerned parents to check with the doctor on the "lung function" of their kids, if exposed to Covid.

LCHF diets are not good for heart: Experts

AGENCIES ■

While popular fad diets such as keto-like low carbohydrate and high fat (LCHF) diets may help you lose weight, these are not good for the heart, said health experts on Sunday.

A recent study led by University of British Columbia researchers found that following a Low Carb High Fat (LCHF) diet was associated with increased LDL (low-density lipoprotein) cholesterol or the "bad" cholesterol and apolipoprotein B levels, and an increased risk of incident Major adverse cardiovascular events (MACE). Apolipoprotein B is a blood test to gauge the risk of heart disease.

In the study of 305 LCHF and 1,220 standard diet participants, 11.1 per cent of LCHF had severe hypercholesterolemia -- high levels of cholesterol in the blood, compared to 6.2 per cent of standard diet individuals.



After 11.8 years, 9.8 per cent of LCHF participants experienced a MACE, compared to 4.3 per cent of those on a standard diet, revealed the study, published in JACC: Advances.

"There is a popular belief these days that carbohydrates should be reduced in the diet. Some people are also advocating consuming a low-carbo-

hydrate and high-fat diet. It may lead to weight loss but is associated with increased bad cholesterol (LDL) and also increased cardiovascular MACE events which means that the risk of heart attack, stroke, and deaths from heart attacks increase," Ashwani Mehta, Senior Consultant, Department of Cardiology, Sir Ganga Ram Hospital, told

IANIS. "The latest study also demonstrates the risk associated with eating a higher amount of fat with derangement of the lipid parameters which can be life-threatening," he added.

A previous study by the same varsity presented at the American College of Cardiology's annual scientific session, in 2023, showed that a "keto-like" diet may raise "bad" cholesterol levels and a two-fold heightened risk of cardiovascular events such as chest pain (angina), blocked arteries requiring stenting, heart attacks and strokes.

Doctors recommended that one should not follow the fad diets, and instead go for healthier ways to reduce weight.

The low carbohydrate and high-fat diet is more harmful to the heart because it leads to more ketones generation and higher incidence of bad cholesterol which we

call LDL and EPO protein which increases the risk of cardiovascular disease and increases the progression of heart disease," Udgeeth Dhir, Senior Director, Cardiothoracic Vascular Surgery, Fortis Memorial Research Institute, Gurugram, told IANIS.

Udgeeth said that the best diet is a balanced diet which comprises more vegetables and fruits. And if you have to have animal proteins or animal fat, then it should be in moderation. There we follow the Mediterranean diet -- comprising carbohydrates, proteins, and fats.

"Fats should not be more than 10 to 15 per cent of your diet. Try to have more plant-based products," Udgeeth said. The doctor suggested, "have a mixture of all the colours of the rainbow in your platter -- an ideal diet, and you would not require any supplements. That would be a healthy diet for your heart and your whole body".

UCC, One Nation, One Election to be implemented in next term: Shah

PTI ■ NEW DELHI

Union Home Minister Amit Shah has said a Uniform Civil Code for the entire country will be implemented within the next five years after extensive consultations with all stakeholders if the BJP returns to power. In a wide-ranging interview with PTI, Shah said the Modi government in its next term will also implement 'One Nation, One Election' as the time has come for the elections to be held simultaneously in the country. The senior BJP leader further said the simultaneous elections will also bring down costs. Asked about the possibility of moving elections to winter or some other time of the year as against the current one being held in scorching heat, Shah said, "We can think over it. If we prepone one election, it can be done. It should be

done. This is also the time of students' vacation. It creates lots of problems too. Over time, the election (Lok Sabha) gradually moved to this period (during summer)." Talking about the Uniform Civil Code, Shah said, "The UCC is a responsibility left to us, our Parliament and the state legislatures of our country since independence by the makers of our Constitution." "The guiding principles decided for us by the Constituent Assembly include the Uniform Civil Code. And even at that time, legal scholars like K M Munshi, Rajendra Babu, Ambedkar Ji had said that there should not be laws based on religion in a secular country. There should be a Uniform Civil Code," he said. The Union Home Minister said the BJP has done an experiment in Uttarakhand where it has a majority government as it is a subject of



states and the Centre. The UCC has been on the BJP's agenda since the 1950s and recently it was enacted in BJP-ruled Uttarakhand. "I believe that the Uniform Civil Code is a huge social, legal, and religious reform. The law made by the Uttarakhand government should undergo social and legal scrutiny. Religious leaders should also be consulted," he said. "What I mean is that there should be an extensive debate on this. And if there is anything to change in the model law made by the Uttarakhand government after this extensive debate. Because someone will definitely go to court. The judiciary's opinion will also come. "After that, the state legislatures and Parliament of the country should think seriously over this and a law must be enacted. That is why we have written in our 'sankalp patra' that the BJP

aims to have a Uniform Civil Code for the entire country," he said. Asked if it can be done within the next five years, Shah said it will be done in this period only. "Five years are a sufficient period," he said. Asked about simultaneous polls, Shah said, "We will also make every effort to achieve 'One Nation, One Election'. This should also be discussed." "The Prime Minister had formed the Ram Nath Kovind committee. I was also a member of it. Its report has been submitted. The time has come that elections should be held simultaneously in the country," he added. Asked whether a bill on this can be introduced in the next session if the BJP returns to power, Shah said, "Our resolution is for five years. We will bring it during this period." In its manifesto for the ongoing Lok Sabha polls, the BJP

has said that Article 44 of the Constitution lists Uniform Civil Code as one of the Directive Principles of State Policy. "BJP believes that there cannot be gender equality till such time Bharat adopts a Uniform Civil Code, which protects the rights of all women, and the BJP reiterates its stand to draw a Uniform Civil Code, drawing upon the best traditions and harmonising them with the modern times," the manifesto has said. On 'One Nation, One Election', the BJP manifesto mentioned that the Modi government had set up a high-powered Committee to examine the issues of conducting simultaneous elections and it will work towards the implementation of the recommendations of the committee. It has also promised to make provisions for a common electoral roll for all levels of elections.

SC to hear BJP's plea against Calcutta HC order on advertisements during LS polls

PTI ■ NEW DELHI

The Supreme Court is scheduled to hear on Monday a plea filed by the BJP challenging a Calcutta High Court order that had refused to interfere with a single-judge verdict restraining the party from issuing advertisements that are allegedly "violative" of the Model Code of Conduct during the Lok Sabha polls. According to the cause list of May 27 uploaded on the apex court website, a vacation bench of Justices J K Maheshwari and K V Viswanathan is scheduled to hear the plea. On May 22, a division bench of the high court had said it was not inclined to entertain the appeal against the interim order passed by the single-judge bench. The single-judge bench on May 20 had restrained the Bharatiya Janata Party (BJP) from publishing advertisements that violated the MCC until June 4, the day the Lok Sabha poll results are scheduled to be declared. The court had also restrained the saffron party from publishing the advertisements mentioned by the ruling Trinamool Congress (TMC)



in West Bengal, in its petition claiming unverified allegations against it and its workers. The high court's division bench had said that the BJP can approach the single judge for a review or for modifications or a recall of the order. The BJP had moved the intra-court appeal before the division bench, claiming that the single-judge bench had passed the order without giving it any hearing. In its petition filed in the apex court, the BJP has said the division bench of the high court ought to have considered that the party was not heard and an ex-parte mandatory injunction was granted at an ad-interim stage by the single judge. "It is pertinent to highlight that such interim relief granted by the high court was

beyond the prayer sought by the All India Trinamool Congress (AITMC/respondent no.1) which was limited only to the grant of interim order directing the ECI (Election Commission of India) to take steps in accordance with law," it has said. The plea has claimed that the single judge "erred by granting an interim injunction" based on the purported violation of the MCC, without taking into consideration that the issue is pending before the EC, which, by virtue of Article 324 read with Article 329 of the Constitution, has the authority to take appropriate action against any political party that violates the MCC. It has pointed out that aggrieved by the publication of certain

advertisements that were allegedly against the spirit of the MCC, the TMC had approached the EC. The plea has said on the basis of the TMC's complaint, the EC issued a show-cause notice on May 18, directing the BJP to file a reply by May 21. "On May 20, 2024, the writ petition was listed before the high court. The single judge, despite observing that the ECI is seized of the issue and a show-cause notice has been issued, proceeded to pass a blanket interim order, which is in the nature of a final order, thereby restraining the petitioner (BJP) from further continuing with the publication of the allegedly offending advertisements till June 4, 2024 or until further orders," it has said. It has added that the division bench ought to have considered that the matter was heard and the order passed by the single judge in the absence of the BJP, which has a "significant impact on its ability to canvas during the election". As an interim relief, the plea has sought an ex-parte stay on the operations of the May 20 interim order as well as the May 22 order passed by the high court.

IAF Chief Chaudhari reviews Passing Out Parade at Indian Naval Academy

PIONEER NEWS SERVICE ■ NEW DELHI

IAF chief V R Chaudhari on Saturday reviewed the Passing Out Parade (POP) of 106 Indian Naval Academy Course, 36 and 37 Naval Orientation Courses (Extended), 38 Naval Orientation Course (Regular) and 39 Naval Orientation Course (Coast Guard and Foreign) at Indian Naval Academy (INA), Ezhimala, navy said here. Chaudhari congratulated the passing out trainees, medal winners and the Champion Squadron for their hard work and outstanding performances. He also complimented the trainees on parade for their impeccable turnout, good military bearing and smart drill. The Reviewing Officer acknowledged the parents' decision for having encouraged and supported the trainees in choosing the noble profession of arms and committing them to the service of the nation. Officials said 216 trainees including 34 women trainees and 10 from friendly foreign countries passed out with flying colours, marking the culmination of their ab-initio



training. Midshipman Pinintla Pradeep Kumar Reddy won the 'President's Gold Medal' for standing first in the overall order of merit. The integration of international trainees at INA not only strengthens India's foreign cooperation but also highlights its world-class training facilities. The 38 NOC is the first NOC course to undergo an enhanced training duration of 44 weeks and includes 05 Women Officers in Executive branch, marking a milestone in the gender-neutral Indian

Navy. The successful trainees marched past the Academy's Quarterdeck in slow march; with their gleaming swords and rifles held in salute, to the traditional notes and poignant farewell tune for their 'Antim Pag' or final step at INA. On completion of the parade, CAS, FOCINC (South) and Commandant, INA along with other dignitaries and proud parents shipped the stripes of passing out trainees, signifying their commissioning in the Navy. The dignitaries interacted with the passing out trainees

and their parents and congratulated them for their successful completion of rigorous training. These officers will now proceed to various Naval ships and establishments to further consolidate their training in specialised fields. The nation has reposed tremendous responsibility on the newly commissioned officers who will play a vital role in upholding and reinforcing the Combat Ready, Credible, Cohesive and Future Ready Indian Navy, imbued with the core values of Duty, Honour and Courage.

WHO fails to come up with plan to deal with next pandemic

PIONEER NEWS SERVICE ■ NEW DELHI

Despite nearly a decade's worth of progress in enhancing life expectancy being erased by the Covid-19 pandemic, as reported by the World Health Organization (WHO) on Saturday, attempts to finalise a global treaty even after more than two years of negotiations have failed to come up with a plan for how the world might respond to the next global outbreak. After Covid-19 triggered once-unthinkable lockdowns, upended economies and killed millions, leaders at the WHO and worldwide had decided to oversee negotiations to figure out how the world might better share scarce resources and stop future viruses from spreading globally. Roland Driech, co-chair of WHO's negotiating board for the agreement, acknowledged that countries were unable to come up with a draft. WHO had hoped a final draft treaty could be agreed on at its yearly meeting of health ministers starting Monday in Geneva. "We are not where we hoped we would be when we started this process," he said, adding that finalizing an international agreement on how to respond to a pandemic was critical "for the sake of humanity." Driech said the World Health Assembly next week would take up lessons from its work and plot the way forward, urging participants to make "the right decisions to take this process forward" to one day reach a pandemic agreement "because we need it." The draft treaty had attempt-



ed to address the gap that occurred between COVID-19 vaccines in rich and poorer countries, which WHO Director-General Tedros Adhanom Ghebreyesus said amounted to "a catastrophic moral failure." "We will try everything — believing that anything is possible — and make this happen because the world still needs a pandemic treaty," he said. "Because many of the challenges that caused a serious impact during COVID-19 still exist." The latest draft had proposed that WHO should get 20% of the production of pandemic-related products like tests, treatments and vaccines and urged countries to disclose their deals with private companies. Meanwhile, many developing countries said it's unfair that they might be expected to provide virus samples to help develop vaccines and treatments, but then be unable to afford them. On impact on the life expectancy, the WHO in an official statement said, "From 2019 to 2021, the global life expectancy declined by 1.8

years to reach 71.4 years, returning to the level seen in 2012. Similarly, the global healthy life expectancy decreased by 1.5 years to 61.9 years in 2021, also reverting to the level observed in 2012." The report further highlighted the significant health challenges faced by persons with disabilities, refugees and migrants. In 2021, about 1.3 billion people, or 16% of the global population, had a disability. On Universal Health Coverage, the WHO said that it has expanded to encompass 585 million more people, although falling short of the target of one billion. "While we have made progress towards the Triple Billion targets since 2018, a lot still needs to be done. Data is WHO's superpower. We need to use it better to deliver more impact in countries," said Dr Samira Asma, WHO Assistant Director-General for Data, Analytics and Delivery for Impact. "Without accelerating progress, it is unlikely that any of the health SDGs will be met by 2030."

Insurers slow in giving coverage for AYUSH in health insurance policies

ARCHANA JYOTI ■ NEW DELHI

Despite the directive from the Insurance Regulatory and Development Authority of India (IRDAI) for general insurance companies to frame guidelines for the inclusion of Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) treatments in health insurance policies by April 1, 2024, many insurers are moving slow in this direction. This delay in implementing the guidelines is being attributed to various factors, including the complexity of integrating AYUSH treatments into existing health insurance frameworks, the need for thorough consideration of quality standards and procedures, and the challenges associated with ensuring compliance with regulatory requirements. Now to bring clarity and guide the stakeholders to how to go about in framing guidelines, the Ayush Ministry will conduct a sensitization program on Monday for executive officials of insurance companies and owners of Ayush hospitals that aims to ensure the effective integration of AYUSH treatments into health insurance coverage. An official from the Ministry said, "Sensitization needs has been felt given that many general insurers expressed that they were clueless in implementing the policies related with the AYUSH system." The programme will majorly discuss the regulatory framework and policy support needed to mainstream Ayush treatments in health insurance schemes and facilitate a dialogue between key stake-



holders to address both challenges and opportunities. Coverage in the Ayush sector, standard treatment guidelines (STG) and ICD codes for the insurance sector, and penetration of Ayush in the insurance sector are the other key issues of discussion. The programme will also discuss Ayush Hospital's achievements, and success stories of AIIA, the onboarding of Ayush hospitals on the ROHINI platform, and the empanelment of Ayush Hospitals for insurance coverage, the ministry said. "Empanelment of Ayush hospitals is the important aspect in ensuring Ayush insurance coverage. This will increase the visibility of Ayush hospitals in the health insurance sector," said a senior official from the Ministry. The IRDAI had asked general insurance companies to have board-approved policy guidelines for AYUSH coverage and give policyholders an option to choose a treatment of their choice. The guidelines were to be effective from

April 1, 2024. The guidelines must include quality standards and procedure for enrolling AYUSH hospitals or day care centres as network providers for cashless treatment. "In recent times, AYUSH treatments have garnered increased popularity and have become an established branch of medicine. Considering the growing demand for AYUSH treatments, there is a need to consider these treatments at par with other treatments," the IRDAI had said. Heads of general insurance companies and Ayush hospital owners, officials of IRDAI, General Insurance Council, Insurance Information Bureau of India, National Health Authority, national institutes of Ministry of Ayush, national commissions of Ministry of Ayush are expected to be part of this programme. In December, the Madras High Court asked the IRDAI to treat AYUSH treatments at par with allopathy in reimbursing medical expenses.

Researchers identify autoantibodies as biomarker in tracking kidney disease

PIONEER NEWS SERVICE ■ NEW DELHI

Using a hybrid technique, a team of researchers has identified anti-nephrin autoantibodies as a reliable biomarker for tracking kidney disease progression associated with nephrotic syndrome. Nephrotic syndrome, characterised by elevated protein levels in the urine, is linked to kidney diseases such as minimal change disease (MCD), primary focal segmental glomerulosclerosis (FSGS), and membranous nephropathy (MN). The primary cause behind nephrotic syndrome is damage to podocytes, the cells responsible for filtering the kidneys, which allows protein to leak into the urine. Children diagnosed with MCD or FSGS often receive a diagnosis of idiopathic nephrotic syndrome (INS), where the cause of the nephrotic syndrome is unknown. This is frequently because children with high protein levels in their urine rarely undergo a kidney biopsy, which is how the cause is typically determined. Traditionally, diagnosing these conditions has posed challenges due to overlapping histological features and hesitancy to conduct invasive kidney biopsies, particularly in children. While anti-nephrin autoantibodies have been observed in certain patients with MCD and FSGS, their precise role in the advancement of these diseases is not fully understood. The study, conducted across Europe and the USA, introduced a novel approach combining immunoprecipitation with enzyme-linked immunosorbent assay

(ELISA) to reliably detect anti-nephrin autoantibodies. The study is being published in the New England Journal of Medicine. The findings revealed that anti-nephrin autoantibodies were prevalent in 69% of adults with MCD and 90% of children with INS who had not been treated with immunosuppressive drugs. Importantly, the levels of these autoantibodies correlated with disease activity, suggesting their potential as a biomarker for monitoring disease progression. The antibodies were also rarely seen in the other diseases under examination. To further investigate the impact of nephrin immunisation on kidney function and disease, researchers administered laboratory-made nephrin protein to mice, creating a condition akin to MCD in the mice. Immunisation led to the phosphorylation of nephrin and notable alterations in cell structure, indicating the involvement of antibodies targeting nephrin in podocyte malfunction and nephrotic syndrome. Remarkably, unlike other models necessitating multiple immunisations, this model induced swift disease manifestation with a single immunisation, even at low antibody concentrations. Dr. Nicola M. Tomas, co-lead author of the study, commented, "The identification of anti-nephrin autoantibodies as a reliable biomarker, coupled with our hybrid immunoprecipitation technique, enhances our diagnostic capabilities and opens new avenues for closely monitoring disease progression in kidney disorders with nephrotic syndrome."



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PAPER WITH PASSION

A sorry state

Poor voter turnout in the ongoing Lok Sabha elections continued in Phase 6

It may be due to the heat, perhaps their frustration with politicians, or even a sense of resignation as voters perceive the mess political parties have made of our nation's democratic system — they simply aren't turning out. Barring a few exceptions such as West Bengal, where the voters put up a decent show, most others have stayed away from polling booths. The story in Phase 6 of voting was no different; the recent trends in voter participation across India reveal a concerning decline. This pattern, however, does not hold for all regions; Bengal and J&K stand as notable exceptions with relatively stable or even increased voter turnouts. Understanding the reasons behind this declining voter engagement is crucial to address the challenges facing India's democratic process. Several factors could be contributing to this trend: Adverse weather conditions, pre-decided loyalties or a growing sense of disillusionment with the democratic exercise itself. One of the most likely explanations for the poor turnout

is weather. Phase 6 coincides with the onset of extreme weather conditions, including an intense heatwave. It can discourage voters, particularly the elderly and those with health issues, from making the trip to polling stations. Another plausible reason is the phenomenon of voters already committed to a particular side; sensing that their candidate is losing, they abstain from voting.

Indeed, supporters of candidates trailing may feel disheartened, believing their vote will not alter the outcome and thus choosing not to participate. On the other hand, the winning party's supporters could get complacent. The most troubling reason behind



the low turnout, perhaps, is a growing sense of disillusionment with the democratic process itself. If one were to scan social media and heed vox populi, one would get this sense loud and clear. Most people can typically fit into two categories: Those who are committed and overzealous and the disillusioned ones who see no point in the whole exercise. They feel the Government they choose works only for itself. This no-trust vote against the democratic exercise can stem from various factors. Many voters feel that their participation does not lead to tangible changes or improvements in governance. This perception of inefficacy can dissuade individuals from voting as they see little benefit in engaging with a system they believe to be fundamentally unresponsive. Additionally, in regions with frequent elections, voters can experience electoral fatigue. The constant cycle of voting wears off the novelty and sense of civic duty. The lack of appealing candidates can also contribute to a lower turnout. When voters perceive all options as equally unqualified or corrupt, they may choose to abstain from voting altogether. In areas with political violence, safety concerns can deter voters. However, the resilient turnout in J&K suggests a complex interplay of factors, including a strong desire for political change despite the risks.

PICTALK



A myna feeds its chicks, in Moradabad district

PTI

India-Iran revitalise Chabahar Port

Despite the US pressure, India and Iran sign \$370 million deal, reviving Chabahar Port's strategic importance, which would be beneficial for both countries



SANTOSH MATHEW

The Indian Ocean-facing Iranian port of Chabahar is back in the spotlight thanks to a new 10-year, \$370 million agreement between India and Iran, signed on May 13. This deal marks an important step in the long-standing partnership between the two countries, aimed at enhancing regional connectivity and economic growth. India's Chabahar Port project in Iran is more than just a commercial endeavour—it's a strategic masterstroke aimed at reshaping regional trade dynamics and strengthening geopolitical ties. Located on Iran's southeastern coast in the Sistan-Baluchestan province, Chabahar Port offers India a golden gateway to Afghanistan and Central Asia, circumventing Pakistan and providing a counter-balance to China's influence in the region. Chabahar is the only Iranian port outside the Straits of Hormuz.

The Chabahar Port stands out for several reasons. Firstly, it is the only Iranian port with direct access to the Indian Ocean, providing a critical transit hub for goods travelling between India, Iran and beyond. The project includes the development of port infrastructure and the construction of a railway linking Chabahar to the Iranian city of Zahedan, close to the Afghan border, effectively creating a new trade corridor. This port is pivotal for India as it seeks to bolster its economic and strategic presence in Central Asia. Traditionally, India's trade routes to Afghanistan and Central Asia have been blocked by Pakistan, which does not allow Indian goods to pass through its territory. Chabahar provides a much-needed alternative route, facilitating access to these markets without relying on Pakistani cooperation. The idea for jointly developing Chabahar began during the 2003 State visit to India by Iranian President Muhammad Khatami. At that time, India and Iran shared strategic interests, viewing Pakistan's political interference in Afghanistan as harmful. Both supported the Northern Alliance, led by Ahmad Shah Massoud, against Pakistan-backed Pashtun groups. Developing Chabahar



on Iran's Indian Ocean coast naturally extended this Indo-Iranian partnership.

China's Belt and Road Initiative (BRI) has seen substantial investments in ports and infrastructure across Asia, often referred to as the "String of Pearls." Gwadar Port in Pakistan, just 72 kilometres east of Chabahar, is a cornerstone of this strategy. By developing Chabahar, India not only counters China's influence but also positions itself as a key player in the regional logistics network.

Chabahar is also vital for Afghanistan. The landlocked nation has been heavily reliant on Pakistan's Karachi Port for its imports and exports. Chabahar provides a viable alternative, potentially reducing Afghanistan's economic dependence on Pakistan. In 2016, India, Iran and Afghanistan signed a trilateral agreement to develop Chabahar, demonstrating a shared commitment to regional stability and economic cooperation. The port is expected to significantly increase trade volumes and create jobs in Afghanistan, fostering economic resilience.

For India, the Chabahar Port project is a testament to its ability to manoeuvre through complex diplomatic landscapes. Iran, often isolated due to international sanctions,



CHABAHAR IS MUCH MORE THAN A PORT; IT'S A PIVOTAL PIECE IN INDIA'S GEOPOLITICAL CHESSBOARD. WHILE CHALLENGES PERSIST, THE SUCCESSFUL DEVELOPMENT OF CHABAHAR COULD REDEFINE TRADE AND ECONOMIC PARTNERSHIPS IN THE REGION

sees India as a crucial partner in its economic development. India's investment in Chabahar signals its intent to strengthen bilateral ties with Iran, enhancing energy security by facilitating greater access to Iranian oil and gas. The port also serves as a symbol of India's growing assertiveness on the global stage. By investing in Chabahar, India underscores its readiness to take on infrastructure projects that have far-reaching geopolitical implications. This move aligns with India's broader "Act East" and "Connect Central Asia" policies, aimed at deepening trade and cultural linkages with East and Central Asian countries. Despite its potential, the Chabahar project faces significant challenges. The re-imposition of US sanctions on Iran has cast a shadow over the port's future, creating uncertainty for investors and complicating financial transactions. However, India has received some exemptions from these sanctions, allowing the project to progress, albeit cautiously. Moreover, regional instability poses risks. Iran's internal political dynamics and its relations with global powers add layers of complexity to the project's execution. Chabahar, the only Iranian port outside the Straits of Hormuz, is back in the news.

The US-envisioned India-Middle East-Europe Economic Corridor (IMEC) is now stalled due to Gaza hostilities. The Suez Canal is also risky due to the Houthis threat. Thus, an alternative route through the Caspian Sea and Russia seems likely. The Chabahar Port project is a cornerstone of India's strategy to enhance its regional influence and economic reach. By providing an alternative trade route to Afghanistan and Central Asia, countering Chinese influence and strengthening ties with Iran, Chabahar is much more than a port—it's a pivotal piece in India's geopolitical chessboard. While challenges persist, the successful development of Chabahar could redefine trade and economic partnerships in the region, heralding a new era of connectivity and cooperation. This situation presents a win-win for both India and Iran. For India, Chabahar offers a strategic alternative to bypass regional instability, ensuring uninterrupted trade routes to Europe and Central Asia. For Iran, the development of Chabahar boosts its economy and strengthens its regional influence by providing a vital link in global trade networks. (The writer is an associate professor, views are personal)

LETTERS TO THE EDITOR

NTC brings financial inclusion



Propos the news story "New-to-credit users drive financial inclusion," published on May 25, this is my response. New-to-credit (NTC) users have been driving significant growth in India's lending sector, contributing to financial inclusion and economic progress. With approximately 200 million active credit users and 800,000 new NTC consumers annually, the retail

credit category has expanded rapidly, fueled by easy access to credit cards and short-term personal loans.

While digitisation has facilitated this growth, it has also brought challenges in assessing borrowers' repayment capacities. The Reserve Bank of India (RBI) has intervened to mitigate risks by tightening credit controls, making it harder for first-time users to access credit. However, specially designed credit products for NTC users help build credit histories. For these new consumers, smart debt management is crucial. Understanding credit card terms, starting with a low credit limit, timely payments and monitoring spending are key practices. Keeping credit utilisation low, avoiding cash advances and regularly checking credit reports are essential steps. Building an emergency fund adds a safety net, promoting financial stability for a healthy financial future.

Neha Gupta | Delhi

The past couple of days have been relatively good for Sunak. The economy does seem to be recovering, with the International Monetary Fund (IMF) updating the UK's growth forecast and inflation finally returning to something resembling a normal level. Nothing went catastrophically wrong in the last week or so ahead of calling the election. Sunak inherited a mess, no one can deny that. It currently seems unlikely that he has cleaned up that mess enough to earn the Conservatives another term in office. But given the size of the task ahead of him, it makes sense that he seize on this rare period of good news and hope for the best.

N Sadhasiva Reddy | Bengaluru

PLASTIC USE MUST BE CONTROLLED

Madam — Although the central and State Governments have imposed a complete ban on polythene covers of thickness less than 125 microns in the State, it is not seen in practice. The viscosity of polythene bags is too high. 75-micron-thick bags, which were once

banned are still being used today. A large number of polythene covers are used in vegetable, tiffin, grocery, big shops and wholesale shops. As authorities have failed to ban polythene covers, they are seen everywhere on roads and canals.

Cattle are falling sick by eating the wastes dumped in these covers in front of the houses and on the road. Criticisms are being heard that even though so many mishaps are happening, the concerned authorities are not paying attention. The authorities should clamp down on the sale of banned polythene bags which harm the environment and take strict action against those selling them. The authorities should make an effort to inform the people about the disadvantages caused by the use of banned polythene bags and to organise awareness programmes to encourage people to use eco-friendly clothing as an alternative..

Appanna Gonapa | Visakhapatnam

Send your feedback to: letterstopioneer@gmail.com

Embracing silence in the age of social media

As we reminisce about a time when joy was safeguarded within the confines of our homes, we ponder the evolution of modern communication



SANJAY CHANDRA

I recently came across this famous quote by Khalil Gibran, "Travel and tell no one, Live a true love story and tell no one, Live happily and tell no one, People ruin beautiful things." In older times when we were children, we were told by our elders not to display our good fortune, lest we catch the evil eye. That meant we had to keep the happiness, the good fortune, or anything good in our life, within the four walls of our house. It was not a successful pearl passed on to us by our forefathers. There were avenues where we could still boast, like in school or during the mandatory evenings out to play with other children in the locality. Those were different times. A visit to our grandparents' during the holidays, or the new toy that we had received from our parents for our birthday, or any other such possession, was valuable - to be cherished and talked about. Even laughter and happiness were something to value and to pass on to our near



and dear ones. Things started changing. My letter-writing stopped. Emails were the new order. However, Government departments and corporations have yet to discover the paperless office. A hard copy of the communication, with a physical signature, was still required to be sent through post for it to be accepted. People said that any document without a physical signature was not legally enforceable; however, I believed that the reason was far simpler — the postal mindset doubted the receipt of email communication by the recipient. This was not baseless — the

mail still finds ways to reach the spam box. But more likely, it had more to do with the sender's capability, or lack of it, in operating the computer. I started writing after my relative withdrawal a few years back from professional life. In the olden days, the only recourse that I had for an outreach, was to send my manuscript with a self-addressed stamped envelope to the limited number of magazines and journals available at the time — to eventually receive a rejection. But I had the satisfaction of waiting in anticipation for a few weeks if not months. Now times have changed. I

recently sent my article to the editor of a reputed daily by email and within hours I received a cryptic reply, "Regret."

There is a popular serial currently airing on the TV. Two celebrities have a conversation over coffee - with a k, with another celebrity and talk about mundane subjects. A recent episode captured the changing times perfectly. A star from the 90s was asked about the one thing that she missed not having during her heydays. Her reply was spontaneous, without missing a beat, emphatic and crisp - "Social Media." I cannot even imagine the plight of the corporates who continue to prosper because we are obsessed with social media if people start following Mr Gibran's advice! Not to talk of the withdrawal symptoms for a generation brought up posting all their happiness and even sorrow, on social media!

(The author is an electrical engineer with the Indian Railways and conducts classes in creative writing; views are personal)



FIRST COLUMN

STRATEGIES FOR INNER PEACE AND EMPOWERMENT

We seek solace and direction, grappling with negative influences and internal strife



RAVI VALLURI

Are we running after a chimaera? Or like Rama and Lakshman are we running after a non-existent golden deer? Or like the Pandavas, (barring the righteous Yudhisthira) do we partake in water from a poisonous lake? In all such situations, our mind is fully aware that what we are attempting is incorrect and inchoate, yet we undertake that activity like a Kamikaze pilot. There are a couple of reasons for this hara-kiri or running after the hubris.

A) We are not wakeful (not sleepy in a literal sense) as we are not focused or centred. We cannot differentiate and distinguish between choices. B) Our mind and thoughts (a human mind on average receives 70k thoughts a day) cannonade us endlessly. Now the company we keep and the food we partake in has a significant impact on the human mind and body.

Negative company drains a person and toxic food and drink enervates and debilitates our system. I was a victim of alcoholism and realised the suffering one goes through. By adopting the techniques of Sudarshan Kriya and Pranayama, overcame the disease. It was a weak mind which fell prey to Bacchus.

C) Tools for Effective Time Management- Try the POSEC METHOD - That is to prioritise by organising, streamlining and economising time to be effective. "Undertake a SWOT analysis to emerge triumphant. "We should learn to work in teams and practice the art of delegation. "As a routine, attempt all arduous tasks first. "Build flexibility in one's schedule or else one would suffer from psychosomatic disorders.



"Develop hobbies and read inspirational and self-help books. "Every morning and night while being grateful make an inventory of dos and don'ts and must-do lists. Let us learn to say 'NO' and to utter 'YES' when an oxymoron kind of situation arises. A 'Yes mind' makes an individual take up responsibility. And taking up responsibility can only empower a person.

Live life king-size and learn to celebrate. We can celebrate only if we can quieten our minds. These are some ways to quieten our mind and develop a relaxation room or space in our mind. For that we can do the following:

Go for long walks, talk out our problems, hug a person (perhaps someone whom we do not like), write down all our botherations, be in sync with our breath and movement, pursue a passion, be a daredevil, get out of our comfort zone, exercise vigorously (positive endorphins get released which have a soothing effect on the mind and body), have cold water baths to conquer passion and carnal instincts.

Despite practising all techniques, we may not be able to find our place in the Sun.

So, what does one do?

Just surrender to the immense power within ourselves and learn to accept. Realise that "ham Brahmasmi" - "I am the infinite reality", as written in Brihadaranyaka Upanishad. Our mind has that immense power. It needs to be harnessed and realised. We just need to declutter our minds.

There are several ways to channel this energy. There may be some who may practice meditation, breathing techniques and observing silence to quieten and silence the mind. There may be others who remain focused by playing a game of tennis and sweating it out.

We should feel blessed and feel abundance. Let your mind not be judgemental and complain and cling to negativities. Willy-nilly we provide the hook to hang the coat of negativity.

(The writer is the CEO of Chhattisgarh East Railway Ltd. and Chhattisgarh East West Railway Ltd. He is a faculty of the Art of Living; views are personal)

Punjab voters' dilemma: Choosing the lesser evil



SUKHDEV SINGH

As Punjab gears up to vote in the last phase of the Lok Sabha elections, the State's electorate faces a plethora of options but finds few truly meritorious candidates



In the Lok Sabha election 2024, over twenty million voters in the State of Punjab have plenty more options than ever before for choosing their representatives from among Indian National Congress (INC), Aam Aadmi Party (AAP), Bhartiya Janta Party (BJP), Shiromani Akali Dal (SAD), Bahujan Samaj Party (BSP), Communist Party of India- Communist Party of India, Marxist (CPI-CPIM) and others, yet they are faced with a lack of enthusiasm and disinterest more than ever before in 'who to vote and who not to vote'. On the other hand, every political party is grandstanding to be the best candidate for the voters' choice, yet very unsure, fearful and worried about the voters' response. Among the voters, there is a 'stony silence' while the candidates and political parties are clamouring for their candidature and claim on all the thirteen Lok Sabha constituencies. During the last couple of months, the leaders and the parties have been trying their fresh 'makeover' by switching positions: the individuals by hopping parties as the perceptibly stronger boats for them to sail through the election and the political parties by adopting the leaders of their opponents as perceptibly stronger 'horses' to pull their horse carts. The situation is caused by the politicians' 'faulty' understanding of democracy as a game of 'taking turns' to enjoy as 'rulers' and render the 'citizens' as 'subjects' while following the policies 'not so pro-people' that redefine democracy as



NO POLITICAL PARTY HAS INCLUDED CONVENTIONAL ISSUES LIKE THE TRANSFER OF CHANDIGARH AND PUNJABI-SPEAKING AREAS, WATER DISTRIBUTION AND MORE RIGHTS TO THE STATES ETC IN THEIR MANIFESTOS, SPEECHES AND SLOGANS

a Government of the people, by the people but not 'for the people'. The political parties have been promising at the time of elections but not performing to fulfil the promises after their victory. After the elections, pursuing policies that help the political class, corporations and their associates, the political parties and individuals in power have been dodging the real issues by projecting the emotive but peripheral issues, leaving the people begin with nothing in essence and end with nothing in essence; the politics of 'nothingness' has been going on leading the voters to the current situation of 'the agony of choice' caught in an existential crisis of deciding 'to vote or not to vote' / 'who to vote or who not to vote'. The available choices of candidates and political parties in 'matter' are plenty but all alike in 'essence': distinguishable in appearance but indistinguishable in actions, leaving the voters confused but 'condemned to choose'. Significantly, no political party has included conventional issues like the transfer of Chandigarh and Punjabi-speaking areas, water distribution and more rights to the States etc. in their manifestos, speeches and slogans. Furthermore, no major

political party is firmly raising issues that glare in the face of the people as well as the State: unemployment, poor education, health and civic amenities, migration abroad, drugs, mining, corruption, law & order and urban development. Instead, the game of party switch or candidate hunting, as a 'war' before the election 'war' has been in practice as a principle rather than an exception in this election in Punjab. Facing the 'trust-deficit' of the people and 'self-confidence-deficit', the political class has remained engaged in a dance of party-switch and candidate-hunting. Analysing their profiles can help to see the political parties' faces more clearly. For example, the BJP may be credited with governance and a brisk economy, but it is discredited for pro-rich and anti-small businesses, farmers, shopkeepers, urban and rural poor and religious polarisation. It is a 'crisis of plenty' where the economy of the country is being touted as the 'fifth largest in the world' yet its people have become poorer and the unemployment and prices are on the rise. The Congress may be credited for the all-inclusive politics and the pro-farmer promise of MSP but discredited for a divided house

and ambiguous performance in the past. The AAP is credited for some concessions like free power and free bus travel for women in the State but discredited for non-performance, inexperience and overdependence on Delhi. The SAD is credited for its historical pro-State positions and fights but discredited for family control of the party and a pro-corporate tilt in its position. The communists are credited for honesty, commitment, secularism and pro-poor ideology but discredited for resource crunch to contest elections, inability to win and have much role in the Government. The voters are confused because they are not sure whether their vote shall be for Congress, BJP, SAD or AAP after the candidate wins; they are not sure if the candidate they vote for will remain in the same party or switch to the party more beneficial to him; they are confused because they are not sure if the parties and leaders will do what are saying. Yet they will have to choose someone. But that will happen on the day of voting. The situation is as hazy and ambiguous as the manifestos of the political parties. (The writer is a retired professor from Guru Nanak Dev University Amritsar; views are personal)

Key takeaways from ICMR's new dietary guidelines

It emphasises prioritising whole grains, adequate protein intake, limited fat consumption and daily physical activity

Indian Council of Medical Research (ICMR) and the National Institute of Nutrition (NIN) jointly released a New Dietary Guideline for Indians on 7 May 2024. The comprehensive set of 17 dietary guidelines is aimed at reducing the burden of non-communicable diseases (NCDs) such as obesity, diabetes, stroke and coronary heart disease (CHD) in the Indian population. According to NIN, under the apex health research body, about 56.4% of the total diseases in India are due to unhealthy dietary habits. They also stated that having a healthy diet and physical activity can lower the risk of CHD, hypertension (high blood pressure) and type 2 diabetes mellitus



WAJIHA MEHTAB

by up to 80%. The burden of NCDs and resultant mortality is expected to increase unless massive efforts are made to prevent and control NCDs and their risk factors. The dietary guidelines for Indians (DGIs), developed by a team led by the director of NIN, Dr. Hemlata R, are evidence-based food and lifestyle-related recommendations. They are logical, sustainable, easy to follow by

Indians and provide long-term solutions for fighting against malnutrition and having a healthy life. These guidelines are practical approaches for ensuring diet diversity to meet the requirements of essential nutrients among people of all age groups across the country. Following are some of the important and key takeaways from the DGIs: General lifestyle To ensure a balanced diet, it is crucial to include foods from all food groups, selecting a variety that is appropriate for age, gender, physiological status and physical activity level. At least 50% of cereals consumed should be whole grains and millets, which are minimally polished to provide adequate

nutrients. However, cereals should account for no more than 45% of the total caloric intake. Pulses, eggs and meat should contribute 14-15% of the calories, supplying good quality proteins and essential amino acids through natural food combinations. Avoid protein supplements for muscle mass building, as they are unnecessary if a balanced diet is maintained. Fat intake should be limited to 30% of total calories, with essential fatty acids obtained from nuts, oilseeds, milk products and seafood, which should collectively provide 10% of daily caloric intake. Include non-starchy fresh vegetables, green leafy vegetables and at least 30 grams of fruits in every meal. Vegetarians should consume

n-3 PUFA-rich foods like flax and chia seeds to meet their B12 and n-3 PUFA needs. High-fat, high-sugar and high-salt (HFSS) foods should be avoided. Adults should engage in a minimum of 30-45 minutes of physical activity daily, while children should aim for 60 minutes. During pregnancy and lactation, maintaining healthy dietary habits and an active lifestyle is essential. Infants should be exclusively breastfed for the first six months, with no additional feeds, not even water. Lactating mothers should continue breastfeeding even if they have any disease unless advised otherwise by a medical professional. For cooking and food storage, air-fryers and granite-

coated utensils (without Teflon) are preferable. Earthen pots are the safest cookware as they are eco-friendly, require less oil and preserve nutrition. Avoid using non-stick pans at temperatures above 170 degrees and discard any damaged or broken non-stick cookware. Acidic foods should not be stored in aluminium, iron, or unlined brass/copper containers to avoid chemical reactions that could contaminate the food. The Indian Council of Medical Research (ICMR) and the National Institute of Nutrition (NIN) unveiled new dietary guidelines on May 7, 2024, to combat the rising tide of non-communicable diseases (NCDs) in India. These guidelines aim

to address the unhealthy dietary habits contributing to 56.4% of the country's disease burden. Evidence suggests that a healthy diet and regular physical activity can significantly reduce the risk of conditions like coronary heart disease, hypertension and type 2 diabetes by up to 80%. The guidelines, crafted under the leadership of Dr Hemlata R, provide practical, sustainable and culturally appropriate recommendations to ensure a diverse diet that meets the nutritional needs of Indians of all ages. Key recommendations include balancing food groups, prioritising whole grains and millets, ensuring adequate protein intake through natural foods, limiting fats to 30% of daily

calories and including a variety of vegetables and fruits in each meal. The guidelines also emphasise avoiding high-fat, high-sugar and high-salt foods and promoting daily physical activity-30-45 minutes for adults and 60 minutes for children. Special considerations are given to pregnant and lactating women, advocating for exclusive breastfeeding for infants during the first six months. Additionally, safe cooking and food storage practices are recommended, such as using air-fryers, granite-coated utensils and earthen pots to preserve nutrition and avoid chemical contamination. (The writer is a Consultant Celiac Dietician at AIIMS Delhi; views are personal)



PREVENTING PRE-ECLAMPSIA

Early signs of fatal Pre-eclampsia, like abnormal growth patterns, changes in placental structure, and reduced amniotic fluid levels in a pregnant woman are often identifiable through ultrasound. Doctors emphasize to **ARCHANA JYOTI** the importance of radiologists taking Pre-eclampsia seriously, as timely and precise imaging can profoundly impact outcomes

On the occasion of World Pre-eclampsia Day last week, Delhi-based Dr Ram Manohar Lohia (RML) Hospital's Department of Radiodiagnosis, held a seminar to highlight the importance of properly planned and performed antenatal ultrasound by radiologists in preventing adverse outcomes in pregnancy such as Pre-eclampsia.



DR SHIBANI MEHRA



DR VAISHALI SHARMA



DR SONAM KAUR WALIA



DR KAVITA ANEJA

The issue is significant as Pre-eclampsia, a well-known hypertensive disorder of pregnancy, with a greater incidence associated with advanced maternal age contributes to 2 per cent to 8 per cent of pregnancy-related complications, more than 50,000 and over 500,000 maternal and fetal deaths, respectively worldwide.

fatal sometimes for both mother and baby if not managed properly. Dr Mehra further explained, "Antenatal Doppler performed between 11 and 14 weeks of pregnancy (third month of pregnancy) can detect risk of Pre-eclampsia and its prevention can be possible if treatment by a single drug is initiated immediately. The medicine used to prevent Pre-eclampsia in pregnancy is inexpensive and easily available."

Dr Sonam Kaur Walia, Assistant Professor, Dept of Radiodiagnosis at the RML Hospital, concurs as she said, early detection and management are crucial for minimising complications. Management strategies depend on the severity of the condition and the stage of pregnancy. Dr Walia spoke in detail about the severe outcomes due to untreated Pre-eclampsia. "If not properly managed, Pre-eclampsia can lead to serious complications for both the mother and the baby. Cerebrovascular disease is the leading cause of maternal mortality in women with Pre-eclampsia, with the majority of deaths caused by intracerebral. Hypertension or a blood pressure reading 140/90 mm or higher and urinary protein (proteinuria) level of 300 ml or more found in urine sample are the two major factors of determining Pre-eclampsia. However, in some cases Pre-eclampsia may occur with other signs such as severe headaches

Samrakshan: A beacon of hope in the war against Pre-eclampsia

WHAT IS SAMRAKSHAN? Protocol based management for Preterm Pre-eclampsia and Fetal Growth Restriction

SAMRAKSHAN 757 Samrakshan is now scaling up to cover all districts of India. The scale up, that aims to have at least one Samrakshan Fetal Radiologist in every district of India is based on the encouraging results after two years of Samrakshan and the significant reduction in perinatal mortality achieved in the program. These Fetal radiologists or Samrakshan Yodhas will form synergistic teams with childbirth care stakeholders and lead the integration of Fetal Dopplers and Ultrasound assessment with antenatal care in each district. The Samrakshan 757 project aims to reduce preeclampsia to less than 3% and Fetal growth restriction to less than 10% in India over an 8 year period.

AIM The program aims to reduce perinatal mortality in India through an approach that focuses on Integrating fetal Doppler studies with routine trimester specific antenatal scans in pregnancy. Determining a customized risk assessment for preterm pre-eclampsia and fetal growth restriction for each pregnant woman

and vision problems including blurred vision, seeing spots or flashing lights, and in severe cases, temporary blindness. Upper abdominal pain, nausea, swelling and shortness of breath are other possible symptoms. Preeclampsia can also lead to severe complications such as eclampsia (seizures), stroke, organ failure, and HELLP syndrome (a combination of hemolysis, elevated liver enzymes, and low platelet count), all of which can be

intrauterine growth restriction and other severe issues. Early signs of preeclampsia can often be detected through ultrasound, including abnormal growth patterns, changes in placental structure, and decreased amniotic fluid levels. "By being vigilant and thorough, radiologists can identify these early signs and alert the healthcare team, enabling prompt intervention.

"This collaborative approach is crucial for implementing timely treatments, such as medication to lower blood pressure and strategies to ensure the baby receives adequate nutrients. In severe cases, early delivery may be necessary to protect the health of both the mother and the baby," reiterated Dr Vaishali.

Dr Kavita Aneja, Director and Senior Consultant, Radiologist, Images Ultrasound Centre pinned hopes on 'Samrakshan' launched by IRIA with a mission to extend the reach of safe motherhood initiatives across all districts of India. "With a pledge to reduce preeclampsia from 8%-10% to 3%, and fetal growth restriction from 25%-30% to 10% by the turn of the decade, IRIA Samrakshan exemplifies the dedication needed to address and mitigate the risks faced by pregnant women and new-borns," she added.

Dr Vaishali batted for active communication between radiologists and expecting mothers about the importance of regular imaging scans and what they entail. Awareness can empower pregnant women to understand the potential risks of preeclampsia, encouraging them to adhere to scheduled appointments and follow medical advice rigorously. Clear communication can also alleviate anxiety in the would-be-mom.

"Radiologists should take preeclampsia seriously because timely and accurate imaging can significantly affect outcomes. High blood pressure can lead to complications such as reduced blood flow to the placenta, limiting the baby's oxygen and nutrient supply, which can cause

Ability to See the World Differently!

DR ASHWINI ANIL KUMAR SIRAPANASETTY (Obstetrics/ Gynaecologist Surgeon and Senior Counsellor of the Army wives welfare association questions why to fit Autism in a box when those born with the conditions are born to stand out



It is said that the famous Artists, Pablo Picasso and Michelangelo both had Autism. They created amazing works of art with the way they saw the world. This reflects their uniqueness for what and who they are. We must understand that Autism is not a processing error, it's a different operating system.

So when you meet someone a little bit different from you, that might scare you or make you feel uncomfortable and that's okay. Because anything new is a little difficult at first but once you learn more about it, you get used to it. Because then you know. Knowledge helps you to understand and understanding makes it easy to accept. All of us are different. No one is the same. We all have our talents, characteristics, strengths, and challenges hence don't address them as "Autistic kids" They are just born with Autism which is just one part of their amazing personality. Autism can mean a lot of different things.

Some kids who have autism seem like typical kids and it only impacts the way they act and communicate in certain situations. Sometimes in some kids Autism impacts the way they act and communicate all the time. Sometimes autism impacts kids so much that they might not be able to control their bodies or communicate by speaking. No one knows for sure why kids have Autism. Scientists and doctors are working hard to figure it out. But what we do know is that autism affects the way the brain and bodywork. For kids who have Autism their senses, thought processes, communication and body movements happen differently. It causes them to experience the world in a very unique way. Autism isn't a birth defect. It's not a disease. It's not contagious. Autism is just something that they are born with. It's something they live with and they will have it for their whole life.

AUTISM MEANS

- A- Acceptance (Accept People for who they are)
- U- Understand (understand through knowledge)
- T- Time (give them time to do things at their own space)
- I- Include & Invite
- S- Special interests (kids with Autism enjoy talking about certain subjects, welcome their conversations)
- M- Memories (allow them to make memories with you in their own way)

Thyroid Health: Symptoms, Awareness, Prevention

Located in the neck, Thyroid gland, a butterfly-shaped gland affects many bodily functions through the hormones it produces. Managing thyroid disorders requires recognizing symptoms, raising awareness, and implementing preventive measures, doctors tell THE HEALTH PIONEER

Despite its significance, thyroid disorders are common and often go undiagnosed, impacting approximately 200 million people worldwide, including 42 million in India. **RECOGNIZING THYROID SYMPTOMS**

Thyroid disorders can manifest in various ways, affecting multiple bodily functions. Common symptoms to watch for include unexplained weight changes, fatigue or excessive energy, changes in heart rate, neck swelling, and hair loss or changes in skin texture. These symptoms often arise because the thyroid gland's hormones are integral to regulating metabolism and energy. Two primary types of thyroid disorders are hypothyroidism and hyperthyroidism. Hypothyroidism, or an underactive thyroid, is characterized by symptoms such as fatigue, weight gain, dry skin, and cold intolerance. Hyperthyroidism, or an

overactive thyroid, presents with symptoms like weight loss, heat intolerance, increased appetite, and nervousness. Early recognition of these symptoms is crucial for effective management and treatment.

DOCTORS INSIGHTS ON THYROID HEALTH

Experts emphasize the importance of awareness and early detection in managing thyroid health. **Dr. Chandrakant Sambhaji Pandav**, a member of the National Council on POSHAN Abhiyan and former head of the Centre for Community Medicine at AIIMS, Delhi, underscored the necessity of awareness in tackling the rise in thyroid diseases. He highlighted that iodine deficiency, historically a major cause of thyroid disorders, still exists in some regions. Adequately iodized salt is essential in preventing thyroid diseases. "Without



DR CHANDRAKANT SAMBHAJI PANDAV



DR SUBHASH K WANGNOO

awareness, you cannot move forward. Awareness is necessary to ensure early detection of thyroid diseases and can prevent major ailments," he asserted. Dr Pandav was sharing his views at the ASSOCHAM CSR Council's panel discussion on the eve of World Thyroid Day, titled 'Thyroid Matters: In Health & Disease.' Experts from various fields had gathered to discuss the importance of thyroid awareness. **Dr. Mudit Sabharwal**, Consultant Diabetes and Endocrinology at Fortis La Femme Multi

Specialty Hospital and Director and Consultant at Dharma Diabetes and Metabolic Clinics, Delhi & NCR, highlighted the symptoms of both hypothyroidism and hyperthyroidism. He recommended simple exercises like Surya Namaskar to help control hyperthyroidism and stressed the importance of a healthy lifestyle to prevent related health issues like high cholesterol and diabetes. **Dr. Subhash K Wangnoo**, Senior Consultant - Endocrinologist and



DR MUDIT SABHARWAL

Diabetologist at Indraprastha Apollo Hospitals, Delhi, on the other hand enlisted additional signs of thyroid dysfunction such as unexpected weakness and postpartum depression in women. He emphasized the importance of careful monitoring in pregnant women, as late detection can affect the intelligence quotient in babies. "Thyroid does a lot of work to help metabolize and maintain blood pressure, body temperature, and heart rate. Pregnant women also need to be very careful," he explained.



DR DINESH KUMAR TYAGI

PREVENTIVE MEASURES Taking preventive measures is crucial in safeguarding thyroid health. **Dr. Dinesh Kumar Tyagi**, Additional Director of Internal Medicine at Fortis Hospital, Greater Noida, talked about the wide-ranging impact of thyroid disorders, which can cause cretinism in children, obesity, infertility, and even cancer if a malignant tumor develops. He too batted for maintaining a balanced diet, managing stress levels, reducing exposure to environmental toxins, monitoring iodine intake, undergoing regular thyroid screenings,



ANIL RAJPUT

abstaining from smoking, and incorporating regular exercise into one's routine. A balanced diet rich in iodine, selenium, and zinc is particularly important, as these nutrients support thyroid function. "Foods such as fish, dairy products, and iodized salt can help maintain adequate iodine levels. Additionally, managing stress through mindfulness practices and regular physical activity can positively impact thyroid health. "Regular screenings, especially for individuals with a family history of thyroid disorders, are essential for

early detection and effective management," he said.

RAISING PUBLIC AWARENESS

Anil Rajput, Chairperson of the ASSOCHAM National CSR Council which has been providing platform to raise awareness on various public health issues, emphasized the need for heightened awareness and proactive measures to address the increasing prevalence of thyroid disorders. He called for gender-sensitive approaches. "The increase in the prevalence of thyroid-related health issues warrants heightened awareness and pro-active measures to be put in place with a greater sense of urgency to effectively address this challenge of significant proportions. Thyroid ailments affect both men and women with the latter reporting a higher incidence necessitating the need for gender-sensitive approaches to be looked at in greater detail," he stated.



ENGLAND HAVE MISSED TRICK BY CALLING BACK PLAYERS FROM IPL AHEAD OF T20 WC: VAUGHAN



PTI ■ CHENNAI

Former skipper Michael Vaughan feels England "missed the trick" by recalling its cricketers from the IPL to play a T20 series against Pakistan, saying it had denied them experiencing pressure-cooker situations of the playoffs, which could have helped them prepare better for the upcoming T20 World Cup in the Americas. Top England players, including skipper Jos Buttler (Rajasthan Royals), Phil Salt (Kolkata Knight Riders) and Will Jacks (Royal Challengers Bengaluru) were among the players called back home by the England and Wales Cricket Board for a four-match T20I series against Pakistan, leading to severe

criticism from several former Indian cricketers including the legendary Sunil Gavaskar. In fact, it was skipper Buttler who had pushed for players to get back in the English camp for the T20 World Cup with the series against Pakistan, director of cricket Rob Key had earlier revealed. "I'm all for international cricket, but now and again this tournament (IPL) in particular is so exposed to pressure, and these players under a huge amount of pressure from fans, owners (and) social media, it's massive," said Vaughan on a Club Prairie Fire podcast. "They (ECB) have missed the trick by sending all their players home. Will Jacks, Phil Salt, (and) Jos Buttler in

particular, playing in the IPL in the Eliminations pressure, crowd expectation, I would argue that playing here (IPL) is better preparation than playing a T20 game against Pakistan," Vaughan opined. The first match of the bilateral white-ball series in Headingley was washed out on May 22, while England won the second match against Babar Azam's side by 23 runs on Saturday. Vaughan felt that Salt and Jack, in particular, could have got valuable lessons in handling pressure, which would have served them better in the T20 World Cup beginning on June 2 in the West Indies and USA. "I just felt particularly those two (Salt and Jacks) and Buttler probably not as much, but I still think he

could have stayed here. But Will Jacks and Phil Salt, they would have been better prepared (for T20 WC) staying here playing in the IPL than going back to Headingley to play a game. Vaughan said he was not "disrespecting" either Pakistan or England with his views but just stating that the standard of IPL is probably "better". "This tournament (IPL) is so pressurised and the skill levels are so high, you could argue and I'm not disrespecting Pakistan or the England side... They haven't been playing lot of T20 together. But I would say the standard here (IPL) would possibly be better than the game that we're gonna do at Headingley (May 22). Australian great Adam

Gilchrist too felt England players had missed a big opportunity to play in the business end of the IPL. "I'm sure there's a number of players that could have fulfilled those obligations in the international setup (vs Pakistan) there, but the guys that were actively involved in the IPL in the finals period (Buttler, Salt and Jacks), yeah, I think that's a missed opportunity, too. Spot on (Vaughan)," said Gilchrist. "What you're walking out into, what you're learning from, all the various aspects that the glare and the focus and the microscope on you because that's going to prepare you for what they would hope (in T20 World Cup). Every nation hopes to be playing in a World Cup final eventually," he added.

T20 World Cup in US going to be landmark event: Pradhan

Huge excitement among diaspora, says India's US envoy

PTI ■ NEW YORK

The T20 World Cup in the US is a "landmark event" and there is huge excitement among the diaspora as well as across America, India's envoy here said emphasising that the tournament is playing a "very significant role" in bringing cricket to the country's mainstream and will further contribute towards the bilateral people-to-people relationship. "This is the first time we are having a (cricket) World Cup being played on US soil. There is huge excitement, not only among the Indian diaspora members but even in the United States," Consul General of India in New York Binaya Srikanta Pradhan told PTI here in an exclusive conversation ahead of the much-anticipated tournament. He said American congressmen, senators, elected representatives are talking about the T20 Cricket World Cup being held in the US. The T20 World Cup is being jointly hosted by the USA and the West Indies from June 2 to June 29. The Indian cricket team, which has departed India for New York, will begin its campaign against Ireland on June 5 at the newly-constructed Nassau County International Cricket Stadium in New York. India will face arch-rivals Pakistan on June 9, followed by matches against co-hosts USA (June 12) and Canada (June 15) in their Group A matches. India had won the inaugural edition way back in 2007 in South Africa. "I am sure this is going to be a landmark event," Pradhan said. "Team India represents India in more than one way. There is huge excitement, not only in the community, but even in the Indian Consulate," Pradhan said, adding that "we are looking forward to welcome them and will be there to cheer



for them, and they will have fun here." India will play three matches in New York -- versus Ireland, Pakistan and the United States. "This is the first time India will be playing with the American team. So it's a truly momentous occasion," he said. On the fever-pitch anticipation for the match between India and Pakistan, Pradhan said tickets for the game were sold out months before the tournament, with a lot of visitors from India expected to travel to New York especially for the match. "There is huge excitement," he said, adding that several very distinguished people from the Indian diaspora, American public would be watching this match. "So we're also looking forward to that," he said. Cricket is not a mainstream sport in the US, which has traditionally been a baseball, American football, basketball, ice hockey, and soccer-playing nation. Members of the diaspora from the Indian sub-continent as well as those belonging to other cricket-playing nations such as the West Indies and Australia play the sport in the US but usually on temporary, make-do pitches on baseball fields, in parks and on school sports fields during the summer months.

Pradhan said that the T20 World Cup is playing a "very significant role" in promoting cricket in mainstream United States. "In the run-up to the World Cup, the Consulate General of India in New York released a special video highlighting the comparison and similarities between cricket and baseball to "inform the American audience that they should look forward to this game and this sport is very much similar in some ways to baseball." Pradhan said the response the Consulate has received has been tremendous. Noting that cricket at the moment is very popular among the Indian diaspora, Pradhan referred to the professional Twenty20 cricket league in the United States Major Premier League and the Minor Premier League. "It's already catching up in the diaspora. But I'll not be surprised if in a few years' time, you will find the American -- not the Indian-origin Americans, but the Americans will be playing cricket as a mainstream game," he said. Pradhan noted that cricket infrastructure, including proper stadiums are now coming up in the US, as he cited the Nassau County stadium where India will play three matches.

OTHER SPORTS

NEERAJ CHOPRA CLARIFIES

Not injured, withdrawal from Golden Spike precautionary move

PTI ■ NEW DELHI

Olympic champion javelin thrower Neeraj Chopra on Sunday clarified that he is not injured but has pulled out of the Ostrava Golden Spike meet in Czech Republic on May 28 as a precautionary measure after he felt "something" on his adductor muscles during a recent training session. Chopra said he would not want to risk injury in an Olympic year and hence decided to skip the prestigious meet. "Following a recent throwing session, I decided not to compete in Ostrava as I felt something in my adductor. I have had problems with it in the past and pushing it at this stage can lead to injury," Chopra wrote on his Instagram. "Just to clarify, I am not injured but I don't want to take any risk during the Olympic year so had to take this

decision. Once I feel it's fully recovered, I will get back to competitions," he added. Chopra's clarification came just hours after the organisers of the prestigious meet said he has decided to skip the event due to an injury he sustained while training two weeks ago. "Due to an injury that he sustained in training two weeks ago (adductor muscle) he will not be able to throw in Ostrava, but he will arrive at the event as a guest," the organisers of Golden Spike said earlier in the day. The 26-year-old world champion will, however, attend the meet as a guest, according to the organisers. This was to be Chopra's first foray in Golden Spike meet, a World Athletics Continental Tour Gold level event, which is a going to see a star-studded field, with Tokyo Olympics silver medallist and 2023 world championships bronze winner Jakub Vadlejch of Czech Republic



and former world champion Anderson Peters of Grenada set to be in action. Chopra has competed in two competitions this season -- the Doha Diamond League and the Federation Cup.

He commenced his 2024 season on a strong note, clinching silver with an impressive throw of 88.36 metres at the Doha Diamond League on May 10. He then made a return to domestic competition after almost three years,

winning gold in the Federation Cup on May 15 with a throw of 82.27m, pushing DP Manu to second spot in Bhubaneswar. The Golden Spike was not initially announced to be Chopra's third competition of the season. But during Doha Diamond League on May 10, he said he would be competing in the Golden Spike. Before that, Chopra had announced that he would be taking part in the Paavo Nurmi Games in Turku, Finland on June 18. Chopra is one of India's best medal hopes in the Paris Olympic Games where he would be keen to retain the gold medal he won at the Tokyo Olympics. The Golden Spike organisers said they had received a note from Chopra informing them about his pull out from the competition. "The organisers did not a message from the Olympic champion Neeraj Chopra."

Sindhu signs off with runner up finish at Malaysia Masters

PTI ■ KUALA LUMPUR

Star Indian shuttler PV Sindhu's wait for a much-needed title extended further as she faltered in the finishing line, going down in three games to world no. 7 Wang Zhi Yi of China in the summit clash here on Sunday. Fifth seed Sindhu, a double Olympic medallist, last won the Singapore Open and Commonwealth Games in 2022 and finished runner-up at the Madrid Spain Masters in 2023. The title here looked within her reach when world no. 15 Sindhu held a massive 11-3 lead in the decider after winning the opening game but the former world champion imploded after the final change of sides to go down 21-16 5-21 16-21 in a 79-minute women's singles final.

The title would have been an icing on the cake but her impressive run to the final will still give her a lot of confidence as Sindhu looks to put the finishing touches ahead of the Paris Olympics. It was her first final on BWF world tour after more than a year. Sindhu, a double Olympic medallist, used a combination of poise and power to dominate the proceedings against the reigning Asian champion Wang for most part of the match but everything fell apart after the break in the decider as the USD 420,000 crown slipped out of her hands. "A silver and bronze medallist in the last two editions of the Olympics, Sindhu had lost to Wang at the Arctic Open last year but has defeated the Chinese twice in three meetings.

UEFA celebrates growth of women's soccer as Barcelona lifts another Women's Champions League trophy

AP ■ BILBAO (SPAIN)

It was a night of celebration for Barcelona after another Women's Champions League title, and for the women's game in general after another season with significant growth in the sport. Barcelona defeated Lyon 2-0 to win its third European trophy and to add to its recent dominance in the sport on Saturday, capping a year that saw increased attendance, additional revenue and more participation by women across all levels of the sport. A record crowd of 50,827 for a final was on hand to see Barcelona lift the trophy after beating record eight-time champion Lyon with goals by stalwart players Aitana Bonmati and Alexia Putellas at the packed San Mames Stadium in Bilbao. The Barcelona victory came as soccer officials celebrated the success of a five-year plan to boost the women's game, a plan that was renewed ahead of the final to keep the sport growing. The "Time for Action" project was put in place by UEFA in 2019 to try



to improve women's soccer. The European soccer body aimed to double the number of women and girls playing the game, and said it more than doubled that target with nearly three million women and girls currently playing soccer thanks to "investment in key initiatives" such as "UEFA Football in Schools." UEFA said there are now 47 associations with a strategy in place for woman's soccer, and noted that almost 20% of its committee members are now female. Centralised media and commercial

rights helped increase the competition's value more than four-fold, UEFA said, "funding a financial distribution model which extends the benefits across the entire women's club landscape." "The investments and changes to the UEFA Women's Champions League and UEFA Women's EURO, plus a highly successful commercial programme, have meant that we have exceeded our expectations in terms of doubling the reach and value of these flagship competitions," said Anne Rei, chair of UEFA's Women's Football Committee. "This has also gone a long way to changing perceptions." What also helped revitalize the Women's Champions League was the introduction of a new group stage ahead of the 2021-22 season, with four groups of four teams playing each other home and away to add "strength in depth." And beginning in 2025-26, UEFA will introduce a single-league stage featuring 18 teams, and a second club competition in women's soccer.

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APPENDIX- IV-A [See proviso to rule 8 (6) & 9 (1)] SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES

E-Auction Sale Notice for Sale of Immovable Assets under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) & 9 (1) of the Security Interest (Enforcement) Rules, 2002

Notice is hereby given to the public in general and in particular to the Borrower (s) and Co-Borrower (s) as per column (iii) that the below described immovable properties as per column (iv) mortgaged/charged to the Secured Creditor, the possession of which has been taken by the Authorised Officer of Formerly known as IDFC Bank Ltd, will be sold on "As is where is", "As is what is", and "Whatever there is" as described hereunder, for the recovery of amount due from Borrower (s) and Co-Borrower (s) as per column (i), due to IDFC FIRST Bank Limited (Formerly known as IDFC Bank Ltd). For detailed terms and conditions of the sale, please refer to the link provided in IDFC FIRST Bank website i.e. www.idfcfirstbank.com.

S. NO	(i) Demand Notice Amount	(ii) Agreement ID	(iii) Name of Borrower (s), Co-Borrower (s)	(iv) MORTGAGED PROPERTY ADDRESS	(v) Reserve Price Amount	(vi) EMD Amount	(vii) Date and Time of Auction	(viii) Date and Time of EMD Auction	(ix) Date and Time of Inspection	(x) Authorized Officer Name & Contact Number
1	INR 1276451.53/- Demand Notice Date: 12-Aug-2023	14308923	Mr. Rajesh Prasad & Mrs. Saroj Prasad	All That Piece And Parcel Of Plot No. 307 Admeasuring 750 Sq. Ft. I.E. 69.70 Sq. Mtr. & Plot No. 308 Admeasuring 750 Sq. Ft. I.E. 69.70 Sq. Mtr., Kh. No.-567 Part, P.H. No. 90, New No. 20, R.N.M. Dharsiva-1, Situated At Geekay Township Raipur, Bilaspur Road, Siltara, Tehsil & Dist.- Raipur, Chhattisgarh-492001, And Bounded As On: North: Plot No. 306, South: Plot No. 309, East: Road & West: Seller Property	INR 750000.00/-	INR 75000.00/-	05-Jul-2024 11.00 AM TO 1.00 PM	04-Jul-2024 10.00 AM TO 5.00 PM	28-Jun-2024 10.00 AM TO 4.00 PM	Name Hemant Nag Mob Number- 9522185777 Name - Sandesh Jain Mob Number- 8839140796
2	INR 1546080.95/- Demand Notice Date: 12-Jul-2023	10679273	Jaydeep Bose & Ishita Bose	All That Piece And Parcel Of Land Area 5000 Sq. Ft., Part of Khasra No. 48/4, Situated At Village-Mahakalala, P.H.No. 25, Bhalai-3, Tehsil: Patan, District: Durg (C.G.), Chhattisgarh - 492001, And Bounded As East: 145-148, West: Road-North: Plot 139 South: Kutcha Rasta	INR 600000.00/-	INR 60000.00/-				

Disclaimer: Please note that the said notice is issued for sale of immovable property only and IDFC FIRST Bank Limited has no right to sale of the movable assets, if any, present at the immovable property.

Sd/
Authorised Officer
IDFC FIRST Bank Limited
(Formerly known as IDFC Bank Ltd)

Date : 27-May-2024