



CHIEF MINISTER INAUGURATED THE EXCAVATION PROJECT OF TAMIL NADU ARCHAEOLOGY DEPARTMENT AT KEEZHADI AND SURROUNDING PLACES.

Edappadi Palaniswami criticizes DMK govt over shortage of ration shop essentials



CHENNAI: AIADMK general secretary Edappadi K Palaniswami released a statement on Tuesday raising concerns about the reported shortages of essential items in ration shops across Tamil Nadu in June. "Reports about non-distribution of essential items like tur dal and palm oil in ration shops in Tamil Nadu are worrying," Palaniswami said.

Criticizing the ruling DMK government, the opposition leader stated that it was disheartening to see the state's ration shops, which had once set historical records in public distribution and served as a model for the nation, facing such a situation now. "I strongly condemn the DMK government for causing this crisis in ration shops, leading to a shortage of essential items," he said. Palaniswami then urged Chief Minister MK Stalin to ensure that all essential items are distributed smoothly and without any shortages in the ration shops, which serve to fulfill basic needs of the poor and the underprivileged.



MINISTER FOR PUBLIC WORKS INAUGURATED THE INDUCTION TRAINING PROGRAMME FOR THE NEWLY RECRUITED ASSISTANT ENGINEERS AND TO THOSE PROMOTED AS JUNIOR ENGINEERS IN HIGHWAYS.

Annamalai urges DMK govt to distribute toor dal and palm oil to ration card holders through fair price shops without delay

CHENNAI: BJP state president K Annamalai on Tuesday urged the ruling DMK government to take steps to provide palm oil and toor dal to all the ration card holders through the fair price shops without any delay. Condemning the Stalin-led DMK government, the saffron party leader said, "It is strongly condemned that the DMK government, which had neglected to provide tur dal and palm oil in the fair price shops last May, citing the model code of conduct, has not fully distributed the essential commodities to the consumers even after two months." "There is a suspicion that the DMK government is trying to stop the supply of toor dal and palm oil to the ration card holders," Annamalai said in a statement. Recalling the DMK's manifes-



to for 2021 Assembly elections, the former IPS officer said three years after the DMK came to power with a fake promise of providing one kg of urad dal and sugar in fair price shops, no action has been taken so far. "What happened to the tenders, invited for the procurement of 60,000 tonnes of toor dal and 6 crore litres of palm oil in last February?,"

JM FINANCIAL ASSET RECONSTRUCTION COMPANY LIMITED
Corporate Identification No.: U67190MH2007PLC174287
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PUBLIC NOTICE FOR SALE OF IMMOVABLE PROPERTIES

[Refer proviso to Rule 8(6) of Security Interest (Enforcement) Rules, 2002]

E-Auction Sale Notice for Sale of Immovable Property under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8(6) of the Security Interest (Enforcement) Rules, 2002.
Notice is hereby given to the public in general and in particular to the Borrower and Mortgagor(s) and/or Guarantor(s) that the below described immovable properties are mortgaged/charged to JM Financial Asset Reconstruction Company Limited acting in its capacity as trustee of JMFARC - SBI March 2014 I - Trust (the "Secured Creditor") the physical possession of which was taken over by the Authorised Officer of Secured Creditor, will be sold on "AS IS WHERE IS", "AS IS WHAT IS", and "WHATEVER THERE IS" BASIS on July 08, 2024 at 11:00 AM to 12:00 PM for recovery of Rs. 59,42,47,593/- (Rupees Fifty Nine Crore Forty Two Lakhs Forty Seven Thousand Five Hundred and Ninety Three only) due towards M/s. Deepa Panels Pvt. Ltd. (In Liquidation) as on April 30, 2024 plus interest at contractual rates till realization along with future cost and other expenses/charges thereon due to the Secured Creditor from Deepa Panels Pvt. Ltd. (In Liquidation) ("Borrower") as well as the Mortgagors and/or Guarantors namely (1) Legal heirs of Late Shri C.K. Unni (i.e. Pradeep Chirakkal & C Vijayakumari) (2) Smt. C. Vijayakumari W/o of Late Shri C.K. Unni (3) Shri Pradeep Chirakkal (4) Smt. Sandhya Pradeep W/o Shri Pradeep Chirakkal (5) Smt Ranjani Vinod W/o Shri. Late Vinod Chirakkal (6) Minor Neha Vinod and (7) Minor Krish Vinod represented by their mother and natural guardian Smt. Ranjani Vinod and (8) M/s Deepa Panels. Detailed description of the property, its Reserve Price and Earnest Money Deposit shall be as follows:

SCHEDULE OF PROPERTY

| Lot No. | Short Description of the Immovable Property | Reserve Price | EMD |
|---------|--|--|--|
| 1. | <p>Item No. 1. All that piece and parcel of Land measuring 0.23 acre or 23 cents and Factory building measuring 7624 sq. ft. at R.S. No 114/5 at Vilayur Village, Ottapalam Taluk, Palakkad District, Kerala 679 309 with boundaries as under : East: Remaining share, West: Remaining share, North: Chirakkal Kunhunn's share, South: Vasunni Menon's Property and situated within the Registration District of Palakkad and Sub-Registration District of Vilayur Owned by M/s Deepa Panels.</p> <p>Item No. 2. All that piece and parcel of Land measuring 0.31 acre or 31 cents and Factory building measuring 592 sq. mtr. in R.S.No 114/4 at Vilayur Village, Ottapalam Taluk, Palakkad District, Kerala 679 309 with boundaries as under : East: Remaining share, West: Kavumthodika Kunnu Paramba, North: Panchayath road and residential plot of Vasu, South: Remaining share and situated within the Registration District of Palakkad and Sub-Registration District of Vilayur Owned by M/s Deepa Panels.</p> <p>Item No. 3. All that piece and parcel of land in S.No. 114/5 measuring 166.25 cents and structure thereon at Vilayur Village, Ottapalam Taluk, Palakkad District Kerala 679 309 with boundaries as under: East: Property of Vasunni Nair and Vijayakumari, South: Oravuthodika Kudiyruppe parambe, West: Oravuthodika Kudiyruppe parambe, North: Residential plot of Balan Nair Lying within the Registration District of Palakkad and Sub Registration District of Vilayur. Owned by Shri. Pradeep Chirakkal and legal heirs of Vinod Chirakkal (i.e. Rajani Vinod, Krish Vinod and Neha Vinod).</p> <p>Item No. 4. All that piece and parcel of land in R.S No. 144/4 measuring 0.53 acres and structure thereon in Vilayur Village, Ottapalam Taluk, Palakkad District Kerala with boundaries as under: East: By properties sold, South: By kalagthodika Kudiyruppu, Kadukkankunnu Kudiyruppu, West: By properties sold, North: By Panchayath road, Chirakkal Vasu's Kudiyruppu and situated within the Registration District of Palakkad and Sub Registration District of Vilayur. Owned by legal heirs of Late Shri C.K. Unni (i.e. Pradeep Chirakkal & C Vijayakumari).</p> | Rs. 1,50,00,000/- (Rupees One Crore Fifty Lakhs Only) | Rs. 15,00,000/- (Rupees Fifteen Lakhs Only) |
| 2 | <p>Item No. 1. All that piece and parcel of land measuring 17 cents and building in Survey no. 316/4 bearing Door No. 6/29A located in Thirithala Village, Thirithala Amsam, Nhangattiri Desam, Ottapalam Taluk, Palakkad District bounded On: East: Parappa nilam, South: Remaining ohari, West: Remaining ohari, North: Remaining ohari Owned by the legal heirs of Late Shri. Vinod Chirakkal (i.e. Rajani Vinod, Krish Vinod and Neha Vinod).</p> <p>Item No. 2. All that piece and parcel of land in R.S No. 316/4 and 317/9 measuring 0.61 acres and 0.021/2 acres respectively and structure thereon in Thirithala Village, Ottapalam Taluk, Palakkad District Kerala with boundaries as under: East: Parayakandam, Kandaramath parappa nilam, South: Thacharakunnu paramba, West: Kandaramath parappa nilam, North: Road, Parayakandam and parappa nilam and situated within the Registration District of Palakkad and Sub Registration District of Thirithala. Owned by legal heirs of Late Shri. C.K. Unni (i.e. Pradeep Chirakkal & C Vijayakumari).</p> <p>Item No. 3. All that piece and parcel of landed properties in R.S No. 316/11 measuring 0.10 Acres in Thirithala Village, Ottapalam Taluk, Palakkad District Kerala with boundaries as under: East: Properties of Muhammad South: Properties of Chempra Raman Nair and Thandathilakath Kunhippa, West: Share, Parayan Kandam, North: 1 feet Vallachal and road. And situated within the Registration District of Palakkad and Sub Registration District of Thirithala. Owned by legal heirs of Late Shri. C.K. Unni (i.e. Pradeep Chirakkal & C Vijayakumari).</p> <p>Item No. 4: All that piece and parcel of landed properties in R.S No. 316/9 measuring 0.03 acres in Thirithala Village, Ottapalam Taluk, Palakkad District Kerala with boundaries as under: East: Parappa nilam, South: Parappa nilam, West: Kuzhippadam nilam, North: 1 feet Vellachal and road. and situated within the Registration District of Palakkad and Sub Registration District of Thirithala. Owned by legal heirs of Late Shri. C.K. Unni (i.e. Pradeep Chirakkal & C Vijayakumari)</p> | Rs. 1,30,00,000/- (Rupees One Crore Thirty Lakhs Only) | Rs. 13,00,000/- (Rupees Thirteen Lakhs Only) |
| 3 | <p>All that piece and parcel of landed properties in R.S. No. 116/4 measuring 0.40 acre in Vilayur Village, Ottapalam Taluk, Palakkad District, Kerala 679 309 with boundaries as under: East: Muthalakuzhi Nilam, South: Path way, West: Kolangare Pallyal Kozhipallyal, North: Ohari, And situated within the Registration District of Palakkad and Sub Registration District of Vilayur. Owned by legal heirs of Late Shri. C.K. Unni (i.e. Pradeep Chirakkal & C Vijayakumari)</p> | Rs. 20,00,000/- (Rupees Twenty Lakhs Only) | Rs. 2,00,000/- (Rupees Two Lakhs Only) |

Encumbrances Known: To the best of knowledge of Secured Creditor there are no encumbrances attached to the above mention properties.
A notice dated May 14, 2024 was issued to the Borrowers/Guarantors/Mortgagors under Rule 8(6) of the Rules informing them the availability of right of redemption under Section 13(8) of the SARFAESI Act, 2002. On account of failure of the Borrowers/Guarantors/Mortgagors to exercise such right available to them. It is hereby informed that publication of this notice shall extinguish the right available to the them.
For detailed terms and conditions of the sale, please refer to the link provided on the Secured Creditor's website i.e. <https://www.jmfinancialarc.com/Home/AssetsForSale> OR <https://www.bankauctions.in>

Date: June 19, 2024
Place: Bangalore
JM Financial Asset Reconstruction Company Limited acting in its capacity as trustee of JMFARC- SBI March 2014 I-Trust
Authorised Officer

How do food emulsifiers increase risk of diabetes?

Emulsifiers like xanthan gum and guar gum, which help enhance the appearance, taste, texture, and shelf life of ice creams, cookies, yoghurts, and mayonnaise, can also raise the risk of diabetes, said experts here on Thursday. Long known to be safe at limited levels, these food additives are now emerging as risk factors for various health issues like cancers of the breast and prostate. Now, a 14-year-long French study appearing in the journal 'The Lancet Diabetes & Endocrinology' showed that the commonly known emulsifiers can raise the risk of developing Type 2 diabetes.



As per the study, emulsifiers that raise the risk of diabetes include carrageenans (3 per cent increased risk per increment of 100 mg per day); tripotassium phosphate (15 per cent increased risk per increment of 500 mg per day); mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids (4 per cent increased risk per increment of 100 mg per day); sodium citrate (4 per cent increased risk per increment of 500 mg per day); guar gum (11 per cent increased risk per increment of 500 mg per day); gum arabic (3 per cent increased risk per increment of 1,000 mg per day) and xanthan gum (8 per cent increased risk per increment of 500 mg per day). According to the experts, these food additives alter the gut microbiota,

Emulsifiers like xanthan gum and guar gum, which help enhance the appearance, taste, texture, and shelf life of ice creams, cookies, yoghurts, and mayonnaise, can also raise the risk of diabetes, said experts here on Thursday. Long known to be safe at limited levels, these food additives are now emerging as risk factors for various health issues like cancers of the breast and prostate.

causing inflammation and leading to diabetes. "Studies explain that the prolonged use of these emulsifiers might cause side effects like disturbing the gut microbiota. When this happens, there is an increase in insulin resistance and that is the plausible mechanism," M Wali, Senior Consultant, Department of Medicine, Sir Ganga Ram Hospital, told IANS. "Emulsifiers are generally considered safe and some emulsifiers such as xanthan gum were even found to lower fasting and post-meal sugars along with cholesterol in certain test subjects," Tushar Tayal, Consultant - Internal Medicine, CK Birla Hospital, Gurugram

However, their link with diabetes and other diseases is due to "alteration of gut microflora", he explained, noting that the simplest way to avoid the disease "is to avoid consuming packaged food products".

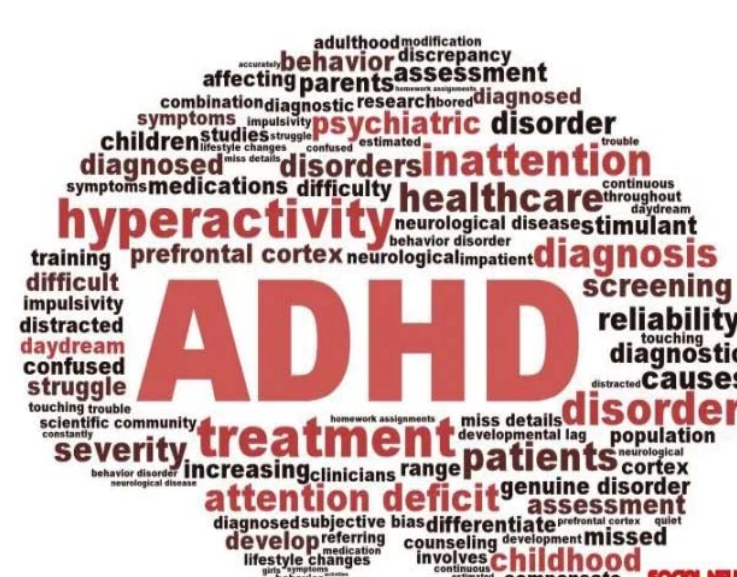
Emulsifiers are food additives that help mix two substances that typically separate when they are combined (e.g., oil and water). These are extensively used by food manufacturers to enhance texture and allow a longer shelf-life in various ultra-processed foods.

Rakesh Kumar Prasad, Consultant -Diabetology & Endocrinology, Fortis Hospital, Noida, told IANS that "emulsifiers can directly modulate the composition and function of the intestinal microbiota, driving microbiota encroachment and chronic low-grade intestinal inflammation, thus exacerbating metabolic disorders, also predispose to several diseases such as hypertension, obesity, diabetes, and other cardiometabolic disorders".

The latest study comes amidst a high diabetes rate around the world and India. As per ICMR data, the overall prevalence of diabetes in India is estimated to be 11.4 per cent, while prediabetes stands at 15.3 per cent. The doctors noted that people who eat processed food regularly, or foods that have additives in the form of emulsifiers are at risk, recommending them to avoid processed foods.

53 pc of adults with ADHD chose to keep quiet about their diagnosis

New Delhi, June 18 (IANS): About 53 per cent of adults with ADHD (Attention Deficit Hyperactivity Disorder) chose to keep their diagnosis to themselves, with 66 per cent of young women (aged 18-34) choosing to remain silent compared to 42 per cent of young men, signalling an inherent societal bias. According to the non-profit organisation Understood.org, about 63 per cent of adults with a learning or thinking difference wish they had been diagnosed earlier in life. The study surveyed 2,000 adults in the US aged over 18. The study also found that most adults (56 per cent)



agreed that women with ADHD were perceived differently than men with ADHD, including three in four women with ADHD (75 per cent) who feel this way. As per Laura Key, VP of content strategy and co-leader of the women's initiative at Understood.org, women with ADHD are considerably more likely to be "undiagnosed, misdiagnosed, and misunderstood" than men. In addition, the study found that about 58 per cent of adults know that women are just as likely to have ADHD as men, yet many have misconceptions about ADHD in women.