

HealthMatters

Brain game offers hope for drug-free pain management

A trial of an interactive game that trains people to alter their brain waves has shown promise as a treatment for nerve pain - offering hope for a new generation of drug-free treatments.

The PainWaive technology, developed by UNSW Sydney researchers, teaches users how to regulate abnormal brain activity linked to chronic nerve pain, offering a potential in-home, non-invasive alternative to opioids.

A recent trial of the technology, led by professor Sylvia Gustin and Negin Hesam-Shariati from UNSW Sydney's NeuroRecovery Research Hub, has delivered promising results, according to an article published recently.

The study compared hundreds of measures across participants' pain and related issues like pain interference before, during and after four weeks of interactive game play. Their brain activity was tracked via EEG (electroencephalogram) headsets, with the app responding in real time to shifts in brainwave patterns.

Three out of the four participants showed significant reductions in pain, particularly nearing the end of the treatment. Overall, the pain relief achieved by the three was comparable to or greater than that offered by opioids.

"Restrictions in the study's size, design and duration limit our ability to generalise the findings or rule out placebo effects," Hesam-Shariati says.

"But the results we've seen are exciting and give us confidence to move to the next stage and our larger trial."

The PainWaive project builds on UNSW Professor Sylvia Gustin's seminal research into changes in the brain's thalamus - a central relay hub in the brain - associated with nerve (neuropathic) pain.

"The brainwaves of people with neuropathic pain show a distinct pattern: more slow theta waves, fewer alpha waves, and more fast, high beta waves," prof. Gustin says.

"We believe these changes interfere with how the thalamus talks to other parts of the brain, especially the sensory motor cortex, which registers pain."

"I wondered, can we develop a treatment that directly targets and normalises these abnormal waves?"

The challenge was taken up by an interdisciplinary team at UNSW Science and Neuroscience Research Australia (NeuRA), led by prof. Gustin and Hesam-Shariati, and resulted in PainWaive.



The four participants in its first trial received a kit with a headset and a tablet preloaded with the game app, which includes directions for its use. They were also given tips for different mental strategies, like relaxing or focusing on happy memories, to help bring their brain activity into a more "normal" state.

The user data, meanwhile, was uploaded to the research team for remote monitoring.

"After just a couple of Zoom sessions, participants were able to run the treatment entirely on their own," says Hesam-Shariati.

"Participants felt empowered to manage their pain in their own environment. That's a huge part of what makes this special."

Initially, Hesam-Shariati says, the team planned to use existing commercial EEG systems, but they were either too expensive or didn't meet the quality needed to deliver the project. Instead, they developed their own.

"Everything except the open-source EEG board was built in-house," says Hesam-Shariati. "And soon, even that will be replaced by a custom-designed board."

Thanks to 3D printing, prof. Gustin says, the team has cut the cost of each headset to around \$ 300 - a fraction of the \$ 1,000 to \$2 0,000 price tags of existing systems.

The headset uses a saline-based wet electrode system to improve signal quality and targets the sensorimotor cortex.

"We've worked closely with patients to ensure the headset is lightweight, comfortable, and user-friendly," says prof. Gustin.

"Owning the technology offers us the potential to one day offer PainWaive as a truly affordable, accessible solution for at-home pain management, especially for those with limited access to traditional treatments."

Potential cardiovascular benefits of mango consumption

V.V.S.Manian

Postmenopausal women are at an increased risk for cardiovascular disease, partly due to the decline in estrogen levels, which can negatively impact lipid metabolism and vascular function. Dietary interventions may offer supportive strategies to mitigate this risk.

A recent study investigated the effects of daily mango consumption on cardiovascular markers in postmenopausal women. The findings indicated



that consuming two servings of mangoes per day was associated with significant improvements in cardiovascular health markers, including reductions in both systolic blood pressure and low-density lipoprotein (LDL) cholesterol levels.

Furthermore, the study observed that mango consumption led to a more moderate postprandial glycemic response compared to a control group consuming plain white bread. Blood glucose levels in the

Clinical trial finds diabetes pill reduces liver scarring

The sodium glucose cotransporter 2 (SGLT-2) inhibitor drug dapagliflozin, widely used to treat type 2 diabetes, also shows improvements for patients with progressive liver disease, finds a clinical trial from China published recently.

The results show that treatment with dapagliflozin improved metabolic dysfunction-associated steatohepatitis (MASH) - a condition where excess fat accumulates in the liver, leading to inflammation - and liver fibrosis (a build up of scar tissue) compared with placebo.

MASH affects more than 5% of adults, more than 30% of individuals with diabetes or obesity, and can progress to cirrhosis in up to 25% of individuals.

Several studies have

reported that SGLT-2 inhibitors can improve liver fat content, liver enzymes, and liver stiffness, but no trial has been carried out among patients with MASH.

To address this, researchers enrolled 154 adults (average age 35; 85% men) diagnosed with MASH after a liver biopsy at six medical centers in China from November 2018 to March 2023.

Almost half (45%) had type 2 diabetes, and almost all had liver fibrosis (33% stage 1, 45% stage 2, 19% stage 3).

After an initial screening biopsy, participants were randomly assigned to receive 10 mg of dapagliflozin or matching placebo once daily for 48 weeks and attended health education sessions twice a year.

Various factors including body weight, blood pressure, blood glucose, liver enzymes, physical activity, diet, insulin, and lipids were also assessed at enrollment and throughout the trial.

MASH improvement was defined as a decrease of at least 2 points in

non-alcoholic fatty liver disease activity score (NAS) or a NAS of 3 points or less.

After an end of study biopsy at week 48, 53% (41 of 78) participants in the dapagliflozin group showed improvement in MASH without worsening of fibrosis (defined as no increase in fibrosis stage) compared with 30% (23 of 76) in the placebo group.

Resolution of MASH without worsening of fibrosis occurred in 23% (18 of 78) participants in the dapagliflozin group compared with 8% (6 of 76) in the placebo group.

Fibrosis improvement without worsening of MASH was also reported in 45% (35 of 78) participants in the dapagliflozin group compared with 20% (15 of 76) in the placebo group.

The percentage of participants who discontinued treatment because of adverse events was 1% (1 of 78) in the dapagliflozin group and 3% (2 of 76) in the placebo group.

The researchers acknowledge that the

trial was conducted in a Chinese population, which limits its broader generalisability, and that female and older patients were under-represented. But they point out that results were consistent after further analyses, suggesting they are robust.

As such, they conclude: "Our findings indicate that dapagliflozin may affect key aspects of MASH by improving both steatohepatitis and fibrosis." Large scale and long term trials are needed to further confirm these effects, they add.

The coming years are expected to be particularly exciting in the field of pharmacological treatment for MASH, say researchers from Argentina in a linked editorial.

As more drugs become available, therapeutic decisions will likely become increasingly tailored to individual patient profiles, they write. "Ideally, such treatments should provide cardiovascular benefit, have an established safety profile, and be accessible to broad and diverse patient populations," they conclude.



Tea, berries, dark chocolate key to longer life: Study

Pics: Health Matters3

New research has found that those who consume a diverse range of foods rich in flavonoids, such as tea, berries, dark chocolate, and apples, could lower their risk of developing serious health conditions and have the potential to live longer.

The study was led by a team of researchers from Queen's University Belfast, Edith Cowan University Perth (ECU), and the Medical University of Vienna.

The findings reveal that increasing the diversity of flavonoids within your diet could help prevent the development of health conditions such as type

2 diabetes, cardiovascular disease (CVD), cancer and neurological disease.

Flavonoids are found in plant foods like tea, blueberries, strawberries, oranges, apples, grapes, and even red wine and dark chocolate.

The study tracked over 120,000 participants aging from 40 to 70 years old for over a decade. It is the first study of its kind to suggest that there is a benefit to consuming a wide range of flavonoids beyond that of simply consuming a high quantity.

ECU Research Fellow, first author and co-lead of the study Benjamin Parmenter, made the initial discovery that a

flavonoid-diverse diet is good for health.

"Flavonoid intakes of around 500 mg a day was associated with a 16% lower risk of all-cause mortality, as well as a ~10% lower risk of CVD, type 2 diabetes, and respiratory disease. That's roughly the amount of flavonoids that you would consume in two cups of tea."

Parmenter added, however, that those who consumed the widest diversity of flavonoids, had an even lower risk of these diseases, even when consuming the same total amount. For example, instead of just drinking tea, it's better to eat a range of flavonoid-rich foods to make up your intake, because different flavonoids come from different foods.

"We have known for

some time that higher intakes of dietary flavonoids, powerful bioactives naturally present in many foods and drinks, can reduce the risk of developing heart disease, type 2 diabetes, and neurological conditions like Parkinson's," study co-lead Professor Aedin Cassidy from the Co-Centre for Sustainable Food Systems and Institute for Global Food Security at Queen's.

"We also know from lab data and clinical studies that different flavonoids work in different ways, some improve blood pressure, others help with cholesterol levels and decrease inflammation. This study is significant as the results indicate that consuming a higher quantity and wider diversity has the potential to lead to a greater reduction in ill health than just a single source."

Professor Tilman Kuhn from the Medical University of Vienna, University of Queen's University Belfast was also a co-lead author, noted that the importance of diversity of flavonoid intake has never been investigated until now, making this study very significant as the findings align with popular claims that eating colourful foods are invaluable to maintain good health.

"Eating fruits and vegetables in a variety of colours, including those rich in flavonoids, means you're more likely to get the vitamins and nutrients you need to sustain a healthier lifestyle," he said.

The first-ever dietary guidelines for flavonoids were released recently recommending increasing the consumption of flavonoids to maintain health.

"Our study provides inaugural evidence that we may also need to advise increasing diversity of intake of these compounds for optimal benefits," Parmenter said.

"The results provide a clear public health message, suggesting that simple and achievable dietary swaps, such as drinking more tea and eating more berries and apples for example, can help increase the variety and intake of flavonoid-rich foods, and potentially improve health in the long-term," Professor Cassidy added.

SBFC Finance Limited

Registered Office: Unit No.-103, 1st Floor, C&B Square, Sangam Complex, CTS No.95A, 127, Andheri Kurla Road, Village Chakala, Andheri (E), Mumbai-400059 | Telephone: +912267875300 | Fax: +91 2267875334 | www.SBFC.com | Corporate Identity Number: U67190MH2008PTC178270

Public Notice

This is to inform the Public that Auction of pledged Gold Ornaments will be conducted by **SBFC Finance Limited** on **27.06.2025** at **10:30 am**, at below Branch address. The Gold Ornaments to be auctioned belong to Loan Accounts of our various Customers who have failed to pay their dues. Our notices of auction have been duly issued to these borrowers. The Gold Ornaments to be auctioned belong to Overdue Loan Accounts of our various Customers mentioned below with branch name.

KRISHNAGIRI Branch Address: **SBFC Finance Limited, D No: Mig-82, New Housing Block-1, Opp. Aryabhavan Hotel, Kattiganapalli, Krishnagiri 535002, KRISHNAGIRI, AP00704366**

For more details, please contact **SBFC Finance Limited** Contact Number(s): 18001028012 (**SBFC Finance Limited** reserves the right to alter the number of accounts to be auctioned &/ postpone / cancel the auction without any prior notice.)

ALLIED SPECIALITY PAPERS (INDIA) PRIVATE LIMITED
CIN: U21093TN2008PTC068661
REGD. OFF: PLOT NO. 17, SHOP NO. 2 & 3, MASILAMANI NAGAR, MANJAMBAKKAM, MADHAVARAM, CHENNAI-600060
FORM NO INC-26

[Pursuant to Section 13(4) and Rule 30 of the Companies (Incorporation) Rules, 2014]

BEFORE THE REGIONAL DIRECTOR, SOUTHERN REGION, CHENNAI

AND

IN THE MATTER OF THE COMPANIES ACT, 2013, SECTION 13(4) OF COMPANIES ACT, 2013 AND RULE 30(6) OF THE COMPANIES (INCORPORATION) RULES, 2014

AND

IN THE MATTER OF ALLIED SPECIALITY PAPERS (INDIA) PRIVATE LIMITED
CIN - U21093TN2008PTC068661

A Company incorporated under the Companies Act, 1956 and having its Registered Office at Plot No. 17, Shop No. 2 & 3, Masilamani Nagar, Manjambakkam, Madhavaram, Chennai-600060.....**Petitioner**

Notice is hereby given to the General Public that the Company proposes to make an application to The Regional Director, Southern Region, Chennai under Section 13 of the Companies Act, 2013 seeking confirmation of alteration of the Memorandum of Association of the Company in terms of Special Resolution passed by the Shareholders at the Extra ordinary General meeting held on 12th June, 2025 to enable the Company to change its Registered Office from the 'State of Tamil Nadu' to the 'State of Maharashtra'

Any person whose interest is likely to be affected by the proposed change of the Registered Office of the Company may deliver or cause to be delivered or send by registered post of his/her objections supported by an affidavit stating the nature of his/her interest and grounds of opposition to the Regional Director, Ministry of Corporate Affairs, Southern Region, Chennai, 5th Floor, Shastri Bhawan, 26 Haddows Road, Chennai-600006, Tamil Nadu, within Fourteen days from the date of publication of this notice with a copy to the applicant company at its registered office.

For and on behalf of
Allied Speciality Papers (India) Pvt Ltd.
Sd/-
Jude Anslem Alexander
Director
DIN 02184013

Dated 17th June, 2025 at Chennai

SHIVALIK SMALL FINANCE BANK LTD.
Registered Office : 501, Salcon Aarum, Jasola District Centre, New Delhi - 110025
CIN : U65900DL2020PLC356027

AUCTION NOTICE

The following borrowers of Shivalik Small Finance Bank Ltd. are hereby informed that Gold Loan/s availed by them from the Bank have not been adjusted by them despite various demands and notices including individual notices issued by the Bank. All borrowers are hereby informed that it has been decided to auction the Gold ornaments kept as security with the Bank and accordingly has been fixed at **11:00 am** in the branch premises from where the loan was availed. All, including the borrowers, account holders and public at large can participate in this auction on as per the terms and conditions of auction.

Auction date is 26-06-2025 @ 11:00 am.

S. NO	Branch	Account No.	Acct Holder name
1	CHENNAI	104142510889	K RAVICHANDRAN
2	CHENNAI	104142511018	VARUNA S
3	CHENNAI	104142511726	D MADHANAGOPAL
4	CHENNAI	104142511717	MURUGAN M
5	CHENNAI	104142511755	GIRIDHARAN .
6	CHENNAI	104142512597	RAJENDHIRA KUMAR
7	CHENNAI	104142512637	SATHIYARAJ
8	CHENNAI	104142512738	SUGANYA K
9	CHENNAI	104142512769	Arujith Lakshmanan

The Bank reserves the right to delete any account from the auction or cancel the auction without any prior notice.

Authorised Officer, Shivalik Small Finance Bank Ltd.

ADITYA BIRLA CAPITAL LIMITED
Registered Office : Indian Rayon Compound, Veralval, Gujarat - 362 266.
Corporate Office : 12th Floor, R Tack Park, Nirlon Complex, Near Hub Mall, Goregaon (East) Mumbai-400 063, MH.

DEMAND NOTICE

UNDER SEC 13(2) OF THE SECURITISATION AND RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT, 2002 ("THE ACT") READ WITH RULE 3 OF THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002 ("THE RULES")

On account of the amalgamation between Aditya Birla Finance Ltd. and Aditya Birla Capital Ltd. vide the Scheme of Amalgamation dated 11.03.2024 duly recorded in the Order passed by the National Company Law Tribunal - Ahmedabad on 24.03.2025, all SARFAESI actions initiated by Aditya Birla Finance Ltd. in relation to the mortgaged property mentioned, stands transferred to Aditya Birla Capital Ltd., the amalgamated company.

Accordingly the undersigned being the Authorized officer of **Aditya Birla Capital Limited (ABCL)** under the Act and in exercise of powers conferred under Section 13(2) of the Act read with the Rule 3, issued Demand Notice(s) under Section 13(2) of the Act, calling upon the following borrower(s) to repay the amount mentioned in the respective notice(s) **within 60 days** from the date of receipt of the said notice. The undersigned reasonably believes that borrower(s) is / are avoiding the service of the demand notice(s), therefore the service of notice is being effected by affixation and publication as per Rules. The contents of demand notice(s) are extracted herein below:

In connection with the above, Notice is hereby given, once again, to the said Borrower's / Legal Heir(s) / Legal Representative(s) to pay to **ABCL, within 60 days** from the date of the respective Notice/s, the amount indicated herein below against their respective names, together with further interest as detailed below from the respective dates mentioned below in column (d) till the date of payment and / or realisation, read with the loan agreement and other documents / writings, if any, executed by the said Borrower's. As security for due repayment of the loan, the following Secured Asset(s) have been mortgaged to **ABCL** by the said Borrower's respectively.

Sr. No.	Name and Address of the Borrower(s)	Demand Notice Date & NPA Date	Description of Immovable Property
1.	New Selection , through Its Proprietor Mr. Mohamed Azad R, 5/43, Andal Arcade Complex, Kasi Chetty Street, Sowcarpet, Chennai, Tamilnadu-600079. Also At: New Selection, through Its Proprietor Mr. Mohamed Azad R At: Plot No. 149, Thirumeealakandar Nagar, 4th Part Grandlyon, Redhills, Ponneri, Chennai, Tamilnadu-600052.	09.06.2025 & 03.06.2025	All That Piece and Parcel Of The Vacant Land, Bearing Plot No. 149, Comprised In Old S. No. 55/3, As Per Pattna No. 1179, New S. No. 55/3a12 Measuring With An Extent Of 1800 Sq. Ft. Situated At "thirumeealakandar Nagar 4th Part" Grandline Village, Ponneri Taluk, Tiruvallur District And Bounded On The - North By : 24 Feet Road, South By : Plot No. 168, East By : Plot No. 148, West By : Plot No. 150
1.	Mohamed Azad R , S/o. Rafadeen M At: Plot No. 149, Thirumeealakandar Nagar, 4th Part Grandlyon, Redhills, Ponneri Chennai, Tamilnadu- 600052 Contact: 971019713 Email: Azad2111@gmail.com Also At: Mohamed Azad R, S/o. Rafadeen M 5/43, Andal Arcade Complex, Kasi Chetty Street, Sowcarpet, Chennai, Tamilnadu-600079.	Total O/s. Dues Amt. Rs. 39,73,016/- as on 05.06.2025	Measuring East To West On The Northern Side : 36 Ft East To West On The Southern Side : 36 Ft North To South On The Eastern Side : 50 Ft. North To South On The Western Side : 50 Ft. In All Measuring 1800 Sq. Ft. Vacant Land Situated Within The Sub-registration District Of Redhills And In The Registration District Of Tiruvallur
3.	Mrs. Daulath Nisha M , D/o. Mr. Nigar Deen M W/o. Mohamed Azad R At: Plot No. 149, Thirumeealakandar Nagar: 4th Part Grandlyon, Redhills, Ponneri Chennai, Tamilnadu- 600052. Contact: 8144227555 Email: Azad2111@gmail.com Also At: Mrs. Daulath Nisha M, D/o. Mr. Nigar Deen M W/o. Mohamed Azad R, 5/43, Andal Arcade Complex, Kasi Chetty Street, Sowcarpet, Chennai, Tamilnadu-600079. Loan Ac No. ABCHNS1500000751443		

With further interest, additional Interest at the rate as more particularly stated in respective Demand Notices dated mentioned above, incidental expenses, costs, charges etc incurred till the date of payment and / or realization. If the said Borrower's shall fail to make payment to ABCL as aforesaid, then **ABCL** shall proceed against the above Secured Asset(s) / Immoveable Property (ies) under Section 13(4) of the Act and the applicable Rules entirely at the risk of the said Borrower's / Legal Heir(s) / Legal Representative(s) as to the costs and consequences.

The said Borrower's / Legal Heir(s) / Legal Representative(s) are prohibited under the said Act to transfer the aforesaid Secured Asset(s) / Immoveable Property(ies), whether by way of sale, lease or otherwise without the prior written consent of **ABCL**. That please note that this is a final notice under Sec. 13(2) of the Securitization & Reconstruction of Financial Assets & Enforcement of Security Interest Act, 2002 (54 of 2002). Needless to say, that **ABCL** shall be within its right to exercise any or all of the rights referred to above against the borrower(s) entirely at their risk, responsibility & costs.

Sd/-
Place : Tiruvallur, Tamil Nadu
Date : 17.06.2025

Authorised Officer
Aditya Birla Capital Limited