

Health Matters

Plant-based, low-sugar diet lowers heart failure risk

Heart failure continues to remain a serious disorder that affects millions of people all around the world. Prevention is a crucial component of heart failure management strategies.

A new study published in JACC: Heart Failure examined the impact of one particular diet on heart failure. In an analysis of over 23,000 participants with a median follow-up of 25 years, researchers found that stronger adherence to a specially devised diet rich in plant-based foods — called the EAT-Lancet diet — appeared to help decrease the risk of developing heart failure.

Researchers also identified key proteins associated with heart failure and inversely associated with the EAT-Lancet diet.

Heart failure happens when the heart cannot pump adequate amounts of blood to the body. Heart failure can lead to fluid buildup in the body, liver and kidney damage, and even to other severe heart conditions.

Certain risk factors can increase someone's chances of developing heart failure. These include having diabetes, high blood pressure, or a previous heart attack. Lifestyle choices, such as smoking and low



physical activity, can also increase risk.

It can be a struggle to manage heart failure, but some medications and lifestyle changes can help. For example, losing weight, limiting alcohol, and decreasing salt intake may help.

Because of the significant burden of heart failure, preventing it when possible is a

positive step toward healthier individuals and communities. As the authors of this study note, dietary changes are one intervention that may help limit the number of heart failure cases.

This particular study was a Swedish population-based cohort study and included 23,260 participants. Researchers excluded participants who had a history of other heart-related health events, stroke, previous heart failure, or cancer at baseline.

The average age of participants was just under 58. The median follow-up time was 25 years, allowing for

adequate examination of long-term health outcomes. Researchers looked at participant adherence to the EAT-Lancet dietary index. The EAT-Lancet diet focuses on plant-based food sources but focuses more on components like legumes and cereals than the Mediterranean diet. However, it still encourages a good intake of fruits and vegetables. It also does not remove animal food sources — it only limits them, and reduces foods with high amounts of sugar.

Based on participants' dietary assessments, researchers divided them into five groups, depending on how closely they adhered to the EAT-Lancet diet index. Researchers ran three different analysis models, accounting for different covariates like age, sex, and total energy intake. During the study, 1,768 participants developed heart failure.

“Understanding the cellular differences at the initiation of infection is just the beginning,” Dr Smith said. “We now hope to investigate the long-term implications of these cellular changes and test therapeutic interventions using our unique cell culture model.”

The nose cells were sampled in February 2020, during the first wave of Covid — so how the body's reaction to the initial strain of the virus compares with the current circulating variant, Omicron, remains unclear.

The researchers said more work was needed to discover whether the level of infectious virus in the nose cells affected the spread of Covid.

limitations. First, the authors note that they only collected one baseline dietary measurement.

This means they could not capture how participants' dietary intake may have changed during the follow-up time. Some data also relied on participant reporting, which may have affected results.

Second, researchers may not have looked at all the critical plasma proteins related to the EAT-Lancet diet, so future research may be able to expand in this area. The study was also observational, meaning it cannot establish causation. Researchers further acknowledge the risk for residual confounding and that the study population was predominantly white. Future studies should include other population groups to verify this link between diet and heart failure risk in different populations. As research moves forward to confirm the best possible diets to prevent heart failure, doctors can assist their patients in implementing food choices that are the most beneficial for heart health.

Kotak Mahindra Bank Limited Possession Notice

Registered Office: 27BKC, C-27, G-Block, Bandra Kurla Complex, Bandra (E), Mumbai-400051
Branch Office: Kotak Mahindra Bank Ltd., #185, 2nd Floor, Mount Road, Anna Salai, Chennai 600 006.

Whereas, The Undersigned Being The Authorized Officer Of Kotak Mahindra Bank Ltd., Under The Securitization And Reconstruction Of Financial Assets And Enforcement Of Security Interest Act, 2002 (SARFAESI Act) And In Exercise Of Powers Conferred Under Section 13(1)(f) Read With Rule 3 Of The Security Interest (Enforcement) Rules 2002 Issued Demand Notices To The Borrowers As Detailed Hereunder, Calling Upon The Respective Borrowers To Repay The Amount Mentioned In The Said Notices Within 60 Days, Charges And Expenses Till Actual Date Of Payment Within 60 Days From The Date Of Receipt Of The Same. The Said Borrower(S) Co Borrower(S) Having Failed To Repay The Amount, Notice Is Hereby Given To The Borrowers/ Co Borrowers And The Public In General That The Undersigned Has Taken Possession Of The Property Described Hereunder In Exercise Of Powers Conferred On Him Under Section 13(4) Of The Said Act/R/W Rule 8 Of The Said Rules On The Dates Mentioned Along-With. The Borrowers In Particular And Public In General Are Hereby Cautioned Not To Deal With The Properties And Any Dealings With The Properties Will Be Subject To The Charge Of Kotak Mahindra Bank Ltd. For The Amount Specified Therein With Future Interest, Costs And Charges From The Respective Dates. The Borrowers Attention Is Invited To Provisions Of Sub Section (8) Of Section 13 Of The Act, In Respect Of Time Available To Redeem The Secured Assets. Details Of The Borrowers, Scheduled Property, Outstanding Dues, Demand Notices Sent Under Section 13(2) And Amounts Claimed There Under, Date Of Possession Is Given Herein Below.

Name and Address Of The Borrower, Co-Borrower/Loan Account No., Loan Amount	Details Of The Property / Immovable Property	1. Date Of Possession 2. Type Of Possession 3. Demand Notice Date 4. Amount Due In Rs.
Mr. V. Sankaranarayanan No. 17, Thiruvalluvar Street, Phase II, Regunathapuram, Chennai, Tamil Nadu-600012.	Property 1 Schedule "A" Property All That Piece And Parcel Of Vacant House Site Bearing Plot No.35A, At: No.17, Thiruvalluvar Street, Phase II, Regunathapuram, Chennai, Tamil Nadu-600012. (Rupees Fifty Two Thousand Six Hundred Sixty Four Only) due and payable as of 02.02.2018.	1.10.04.2024 2. Symbolic Possession 3.02.02.2018 4. Rs 52,52,706/-
Mr. A. Veerappan No. 39, RKB Road, Mandu, Chennai, Tamil Nadu-600011.	Property 1 Schedule "A" Property All That Piece And Parcel Of Vacant House Site Bearing Plot No.35A, At: No.17, Thiruvalluvar Street, Phase II, Regunathapuram, Chennai, Tamil Nadu-600012. (Rupees Fifty Two Thousand Six Hundred Sixty Four Only) due and payable as of 02.02.2018.	1.10.04.2024 2. Symbolic Possession 3.02.02.2018 4. Rs 52,52,706/-
Mr. S. Sankaranarayanan No. 39, RKB Road, Mandu, Chennai, Tamil Nadu-600011.	Property 1 Schedule "A" Property All That Piece And Parcel Of Vacant House Site Bearing Plot No.35A, At: No.17, Thiruvalluvar Street, Phase II, Regunathapuram, Chennai, Tamil Nadu-600012. (Rupees Fifty Two Thousand Six Hundred Sixty Four Only) due and payable as of 02.02.2018.	1.10.04.2024 2. Symbolic Possession 3.02.02.2018 4. Rs 52,52,706/-

Nose-pickers beware! you are at COVID risk

The nose is the first place Covid enters the body - so scientists wanted to look in detail at what happens inside this so-called viral production factory. Researchers analysed cells from the nose lining of healthy people from three different age groups - under-12, 30-50 year olds and over 70s. They then grew the nasal cells in lab dishes, infected them with coronavirus, and watched closely.

Three days later, viewed under a microscope, the nasal epithelial cells - as they are known - taken from children were quick to defend against the virus and reduce viral load. But this protective effect was less obvious in middle-aged adults. And in nose cells from the over-70s, there was more virus, more shedding and more damage.

Dr Claire Smith, study leader and associate professor from University College London, said age affected the balance of cells in the nose, leading to a “detrimental, dysfunctional repair” process in older people. This could be because they have had greater exposure to viruses over time and more infections.

The risk of being dangerously ill with Covid rises with age, which is why over-75s - as well as everyone in an adult care home or with a weakened immune system - is offered a vaccine in the UK.

Dr Smith said the findings, in Nature Microbiology, highlighted how important it was to take ageing into account when looking at treatments and therapies. The research team now wants to look at how the

body - and the nose - responds to other viruses, such as flu and respiratory syncytial virus (RSV).

“Understanding the cellular differences at the initiation of infection is just the beginning,” Dr Smith said. “We now hope to investigate the long-term implications of these cellular changes and test therapeutic interventions using our unique cell culture model.”

The nose cells were sampled in February 2020, during the first wave of Covid — so how the body's reaction to the initial strain of the virus compares with the current circulating variant, Omicron, remains unclear.

The researchers said more work was needed to discover whether the level of infectious virus in the nose cells affected the spread of Covid.

Upping fruit, unsaturated oil consumption good for the heart

Overall, researchers found that increased adherence to the EAT-Lancet dietary index was associated with a decreased risk for heart failure.

When looking at individual diet components, researchers found that eating more fruit and unsaturated oils was associated with a reduced risk for heart failure, and that moderate dairy intake at baseline was associated with a lower risk for heart failure compared to high dairy intake.

Researchers were also

Ms. D. Yogeetha Mr. J. S. Dhanasekar Both At: No.4, Madhurair Apartments, Flat No G-1, Ground Floor, M Block, Valluva Street, Vaigai Nagar, Urappakkam - 600044, Chennai, Tamil Nadu-600099. **Loan Account Number:** HOU/CHE/0317/366255. **Amount:** Rs. 26,20,000/- (Rupees Twenty Six Lakh Fourteen Thousand Nine Hundred Thirteen Only).

Ms. Agnes Nancy W/o Abraham Stephen No.51, Bheel Nagar 4th Street, Manappakkam, Chennai 600 125 At: Ms. Agnes Traders Kiliambakkam, Chennai-600128. Mr. Abraham Stephen Sio Chelladurai Both At: No.35, Flat No.13, Anna Main Road, Indira Nagar, Manappakkam, Chennai-600128. **Loan Account Number:** HOU/CHE/0216/268458. **Amount:** Rs. 26,20,000/- (Rupees Twenty Six Lakh Thousand Only).

Ms. Indumathy Mohankumar S/O Mr. Venkatchalam & Mrs. Sarasu Vasudevan Both At: No.5 Koliyachinnam Kovil Street, Kiliambakkam, Chennai, Tamil Nadu-600025. **Loan Account Number:** HOU/CHE/0216/268458. **Amount:** Rs. 26,20,000/- (Rupees Twenty Six Lakh Thousand Only).

Mr. V. Sivakannan S/O Mr. Venkatchalam & Mrs. Nithya S Ail At: No.1, 1st Main Road, Nerukundram, Chennai, Tamil Nadu-600042. **Loan Account Number:** HOU/CHE/0216/268458. **Amount:** Rs. 26,20,000/- (Rupees Twenty Six Lakh Thousand Only).

Mr. Koteswaran G & Mrs. K. Samudreswar & Mrs. A. N. Suresh Both At: No.55/6, Cr Puram, L and T Colony, Manappakkam, Chennai-600125. **Loan Account Number:** NHU/CHE/1015/247048. **Amount:** Rs. 7,00,000/- (Rupees Seven Lakh Only).

Did Bournvita lose its health drink tag?

A year after facing controversy over the branding of its product 'BournVita' as healthy and beneficial for child growth, Mondelez-owned Cadbury, has again landed in soup after the Ministry of Commerce issued an advisory. In its letter to e-commerce websites, the Ministry asked them to remove beverages like Bournvita from the 'health drink' category.

Even though the advisory mentioned Bournvita, it referred to a larger category of similar products that have been sold by e-commerce websites as 'health drinks', and asked their removal of the tag from all such products.

The advisory issued by the Commerce and Industry Ministry focused on the blatant use of the term 'health drinks' on e-commerce websites, as well as in advertisements. Referring to an inquiry by the National Commission for Protection of Child Rights (NCPCR), the Ministry underlined that there is “no ‘health drink’ defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India Food Pvt Ltd.”

Since, there is no such term as ‘health drinks’ in FSS Act 2006, the use of the term for beverages is inappropriate. Hence, all the e-commerce companies/portals have been advising to remove drinks and beverages, including Bournvita, from the category of health drinks from their platforms/sites.

“National Commission for Protection of Child Rights (NCPCR), a statutory body constituted under section (3) of the Commission of Protection of Child Rights (CPCR) Act 2005 after its inquiry under Section 14 of CRPC Act 2005 concluded that there is no ‘health drink’ defined under FSS Act 2006, rules and regulations submitted by FSSAI and Mondelez India Food Pvt Ltd.”

The company also clarified that every serving of 20 gm of Bournvita contains 7.5 grams of added sugar, which is approximately one and a half teaspoons. The said amount is less than the daily recommended intake limits of sugar for children.

“We would again like to reinforce that the formulation has been scientifically crafted by a team of nutritionists and food scientists to offer the best of taste and health. All our claims are verified and transparent and all ingredients have regulatory approvals. All the necessary nutritional information is mentioned on the pack for consumers to make informed choices,” quoted Bournvita earlier.

Bournvita slashes sugar content by nearly 15 per cent

Months after the controversy, the confectionary brand chose to reduce the added sugar content in Bournvita by nearly 15 per cent, Himatsingka claimed in another video released in December last year. “This is probably the first time in history that a social media video has led to a food giant reducing their sugar content! If one video can result in a 15 per cent reduction in added sugar, imagine what we can achieve if all of us start reading food labels before we buy anything!” he wrote in the caption of his Instagram video.

SHIVALIK SMALL FINANCE BANK LTD.

Registered Office : 501, Salcon Aarum, Jasola District Centre, New Delhi - 110025
CIN : U65900DL2020PLC366027

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 decided by them despite various demands and notices including individual notices issued by the Bank. All borrowers are hereby informed that it has been agreed by the Gold ornaments kept as security with the Bank and accordingly 29.04.2024 has been fixed as the date of auction at 03:00 pm 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 per the terms and conditions of auction. The auction will be conducted online https://egodid.auctiontiger.net on 29.04.24 from 03:00 pm to 05:00 pm.

Branch	Account No.	Act Holder name	Father's/ Spouse Name	Address	Ac opening Date	Payoff
CHENNAI	101042517507	USMAN R M	S/O MATTHEEN ABDUL KADHAR JAILANI	68 63, EAST C I T NAGAR 2ND CROSS STREET,NANDANAM,CHENNAI TAMIL NADU 600035	25-08-2023	124,977.34
CHENNAI	101042517970	USMAN R M	S/O MATTHEEN ABDUL KADHAR JAILANI	68 63, EAST C I T NAGAR 2ND CROSS STREET,NANDANAM,CHENNAI TAMIL NADU 600035	23-09-2023	32,289.57
CHENNAI	101042518216	USMAN R M	S/O MATTHEEN ABDUL KADHAR JAILANI	68 63, EAST C I T NAGAR 2ND CROSS STREET,NANDANAM,CHENNAI TAMIL NADU 600035	06-10-2023	141,758.62
CHENNAI	101042519138	USMAN R M	S/O MATTHEEN ABDUL KADHAR JAILANI	68 63, EAST C I T NAGAR 2ND CROSS STREET,NANDANAM,CHENNAI TAMIL NADU 600035	30-11-2023	25,456.30
CHENNAI	101042519185	JAWAHAR K	S/O KOTTISHWARAN	18 ANNASALAI, PERUMAL MUDALI STREET,ANNA ROAD,CHENNAI TAMIL NADU 600022	02-12-2023	147,402.84
CHENNAI	101042516575	A S IBRAHIM	S/O ABUL KALAM AZAD	HOUSE NO 7 564, 3RD MAIN ROAD SIDCO NAGAR,VILLIVAKKAM, CHENNAI TAMIL NADU 600049	21-06-2023	280,999.32
CHENNAI	101042518164	V RAMESH	S/O MEERAIAH	31 13 ARUMUGAACHARY STREET TRIPPLICANE CHENNAI TAMIL NADU 600005	04-10-2023	130,669.55
CHENNAI	101042518720	V RAMESH	S/O MEERAIAH	31 13 ARUMUGAACHARY STREET TRIPPLICANE CHENNAI TAMIL NADU 600005	04-11-2023	84,493.90
CHENNAI	101042518938	DHANVA E	C/O VIJAYAN	H NO 43 MULLAI ST BH, ARATHI NAGAR ARIANKUPPAM COMMUNE PUDDALORE TAMIL NADU 600507	18-11-2023	86084.9649
CHENNAI	101042519127	ALEX G D	S/O DEVA SAGAYAM	HOUSE NO 11 AT BLOCK KABALIGARDEN MYLAPORE CHENNAI TAMIL NADU 600004	29-11-2023	206672.97
CHENNAI	101042519134	K S KUMAR	S/O KAMALAKANNIYA	375 E STREET KORUKUPETJU NAGAR WASHERMANNPET CHENNAI TAMIL NADU 600021	29-11-2023	180771.394
CHENNAI	101042519182	RAJALAKSHMI S	C/O MOHANASUNDARAM	C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082	02-12-2023	206881.19
CHENNAI	101042519353	RAJALAKSHMI S	C/O MOHANASUNDARAM	C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082	12-12-2023	56374.1947
CHENNAI	101042519184	SANTHOSH E R	C/O EKKADU RAVISUNDAR	C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082	02-12-2023	135227.03
CHENNAI	101042519342	SANTHOSH E R	C/O EKKADU RAVISUNDAR	C 472 17 2ND FLOOR 9TH STREET PERIYAR NAGAR JAWAHAR NAGAR CHENNAI TAMIL NADU 600082	11-12-2023	79566.7445
CHENNAI	101042519269	BABU C V	S/O VENKATRAMAN	HOUSE NO 26 15 KURAVAN KULAM 2NDLANE CHOOALAI CHENNAI TAMIL NADU 600112	07-12-2023	209552.75
CHENNAI	101042519357	BABU C V	S/O VENKATRAMAN	HOUSE NO 26 15 KURAVAN KULAM 2NDLANE CHOOALAI CHENNAI TAMIL NADU 600112	12-12-2023	315416.8346
CHENNAI	101042519339	A M KUMARI	C/O RAJALAKSHMI S	S 451, 1ST FLOOR 22ND STREET, KM COLONY, JAWAHAR NAGAR CHENNAI TAMIL NADU 600082	11-12-2023	214464.55
CHENNAI	101042519340	M K SHANKAR	S/O MANIMURTHY	H NO 11 O NO- 208 ANNA STREET, 14TH STREET, GKM COLONY JAWAHAR NAGAR,CHENNAI TAMIL NADU 600082	11-12-2023	203098.9409
CHENNAI	101042519352	UDHAYAKUMAR .	S/O KALYANASUNTHARAM	A 33 FLAT E 15TH , CROSS STREET PERIYAR NAGAR , JAWAHAR NAGAR,CHENNAI TAMIL NADU 600082	12-12-2023	177910.96
CHENNAI	101042519359	SRAVANTHI .	C/O BABU	26 KURAVAN KULAM 2ND LANE, CHOOALAI CHENNAI TAMIL NADU 600112	12-12-2023	209313.3123

Auction date is 29.04.2024 @ 03:00 pm .
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.