

Health Matters

Folic acid can help prevent birth defects

A team of international researchers - including experts from the University of Central Florida and Emory University - has demonstrated, for the first time in a field study, that using folic acid-fortified iodised table salt can prevent multiple severe birth defects.

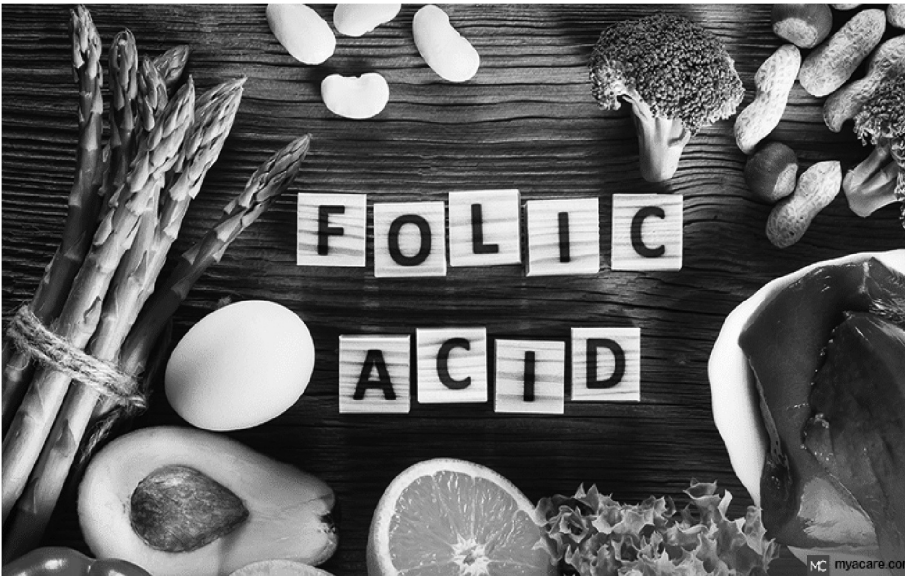
The importance of women having enough folic acid in their bodies before and during pregnancy to prevent permanent and life-threatening birth defects, such as spina bifida and anencephaly, has been known for decades. The World Health Organisation recommends that all women should take supplement pills with 400 micrograms of folic acid daily, from the moment they begin attempting to conceive through the first three months of pregnancy.

Mandatory staple food fortification with folic acid is a cost-effective, safe, and an equitable way to address the issue. In May 2023, the World Health Assembly adopted a resolution promoting food fortification with folic acid to accelerate the slow pace of prevention of spina bifida and other

birth defects associated with low maternal folate levels at the time of early pregnancy.

Yet approximately 260,000 births worldwide - about 20 per every 10,000 births - are still affected by spina bifida and anencephaly, contributing to a high number of stillbirths, elective pregnancy terminations, and deaths of infants and young children. While folic acid has been added through mandatory staple grain food fortification in about 65 countries, including the United States, more than 100 countries have yet to implement fortification due to challenges that include limited capacity for large-scale fortification of staple grains in these regions or lack of political will. A new study published recently showed that a solution is not only possible, many people already have it on their kitchen tables.

The clinical trial showed that mixing folic acid to commercially available iodized table salt, based on the existing average daily consumption of salt, increased serum folate levels among participants



to levels needed for prevention of spina bifida and anencephaly. The increase was significant, a 3.7-fold improvement before and after a four-month period of using the study salt with iodine and folic acid.

“We proved that folic acid can get into the blood through salt. Hopefully countries that have not already implemented fortification programs can now look at their infrastructures and realize that salt fortification is cheap and it’s really easy to add in the amount of folic acid needed to save lives,” says Jogi Pattisapu, MD,

the study’s lead author and a neurosurgeon from UCF’s College of Medicine.

“It might just turn the salt a little yellow, but the participants did not mind and we know it works. What we need now is action.”

Pattisapu credits the study’s successful outcome to the collaborative nature of the research team, specifically the efforts and expertise of researchers from Emory University’s Rollins School of Public Health and the colleagues from multiple institutions in India, who co-led the study and recruited and

monitored the 83 non-pregnant women -- who were between the ages of 18-45, from four different villages in southern India -- who consumed the folic acid-fortified salt as part of their regular diet during a four-month period in 2022.

India has a high prevalence of spina bifida and anencephaly.

“This is a global goodwill involving the health of mothers and babies. We are making sure we apply the knowledge we have,” says Vijaya Kancherla, an associate professor in the Department of Epidemiology at Rollins.

Study unveils new strategy to treat infertility

New research from Oregon Health & Science University describes the science behind a promising technique to treat infertility by turning a skin cell into an egg that is capable of producing viable embryos.

Researchers at OHSU documented in vitro gametogenesis, or IVG, in a mouse model through the preliminary steps of a technique that relies upon transferring the nucleus of a skin cell into a donated egg whose nucleus has been removed. Experimenting in mice, researchers coaxed the skin cell’s nucleus into reducing its chromosomes by half, so that it could then be fertilised by a sperm cell to create a viable embryo.

“The goal is to produce eggs for patients who don’t have their own eggs,” said senior author Shoukhrat Mitalipov, PhD, director of the OHSU Center for Embryonic Cell and Gene Therapy.

The technique could be used by women of advanced maternal age or for those who are unable to produce viable eggs due to previous treatment for cancer or other causes. It also raises the possibility of men in same-sex relationships having children who are genetically related to both parents.

Rather than attempting to differentiate induced



pluripotent stem cells, or iPSCs, into sperm or egg cells, OHSU researchers are focused on a technique based on somatic cell nuclear transfer, in which a skin cell nucleus is transplanted into a donor egg stripped of its nucleus. In 1996, researchers famously used this technique to clone a sheep in Scotland named Dolly.

In that case, researchers created a clone of one parent. In contrast, the OHSU study described the result of a technique that resulted in embryos with chromosomes contributed from both parents. The process involves three steps:

1. Researchers transplant the nucleus of a mouse skin cell into a mouse egg that is stripped of its own nucleus.

2. Prompted by cytoplasm - liquid that fills cells - within the donor egg, the implanted skin cell nucleus discards half of its chromosomes. The process is similar to

meiosis, when cells divide to produce mature sperm or egg cells. This is the key step, resulting in a haploid egg with a single set of chromosomes.

3. Researchers then fertilize the new egg with sperm, a process called in vitro fertilization. This creates a diploid embryo with two sets of chromosomes - which would ultimately result in healthy offspring with equal genetic contributions from both parents.

The researchers found that the skin cell’s nucleus segregated its chromosomes each time it was implanted in the donor egg. In rare cases, this happened perfectly, with one from each pair of matching egg and sperm chromosomes.

“This publication basically shows how we achieved haploidy. In the next phase of this research, we will determine how we enhance that pairing so each chromosome-pair separates correctly,” Mitalipov said.

Blood-based marker to identify sleep deprivation

A blood test that can accurately detect when someone has not slept for 24 hours has been developed by experts at Monash University, in Australia, and the University of Birmingham, in the UK.

This level of sleep deprivation increases the risk of serious injury or fatality in safety critical situations.

The biomarker used a combination of markers found in the blood of healthy volunteers. Together, these markers accurately predicted when the study volunteers had been awake for more than 24 hours under controlled laboratory conditions.

The biomarker detected whether individuals had been awake for 24 hours with a 99.2



percent probability of being correct, when compared to their own well-rested sample. When a single sample was considered without the well-rested comparison (similar to a diagnostic blood test), it dropped to 89.1 per cent, which was still very high.

With about 20 per cent of road accidents worldwide caused by sleep deprivation, researchers hope the discovery may inform future tests to quickly and simply identify sleep deprived drivers. The biomarker could also be developed for other situations where sleep deprivation may lead to catastrophic consequences, such as in safety-critical workplaces.

Senior author Professor Clare Anderson led the

research while she was with the Monash University School of Psychological Sciences and Turner Institute for Brain and Mental Health. She is now Professor of Sleep and Circadian Science at the University of Birmingham in the UK. “This is a really exciting discovery for sleep scientists, and could be transformative to the future management of health and safety relating to insufficient sleep,” Professor Anderson said. “While more work is required, this is a promising first step.

“There is strong evidence that less than five hours’ sleep is associated with unsafe driving, but driving after 24 hours awake, which is what we detected here, would be at least comparable to more than double the Australian legal limit of alcohol performance wise.”

The test may also be ideal for future forensic use but further validation is required.

First author Dr Katy Jeppe, from the Monash Proteomics and Metabolomics Platform, previously from the School of Psychological Sciences, said it was difficult to say how soon the test could be developed for post-accident use.

“Next steps would be to test it in a less controlled environment and maybe under forensic conditions, particularly if it was to be used as evidence for crashes involving drivers falling asleep,” Dr Jeppe said. “Given it’s blood, the test is more limited in a roadside context, but future work could examine whether our metabolites, and therefore the biomarker, are evident in saliva or breath.” This sleep deprivation biomarker is based on 24 hours or more awake, but can detect down to 18 hours awake. A biomarker for limited sleep over the previous night could be developed but more research is required to combine the time since sleep with the amount of sleep in the predictions.

PUBLIC NOTICE

DR.RAI MEMORIAL MEDICAL CENTRE
Teynampet – 600018

MEDICAL RECORD DESTRUCTION

This is to inform the public that we at Dr.Rai memorial Medical Centre will be destroying the In-Patient medical record of patient facility over a period of 5 years. As the records facility under the above category are going to be destroyed from 01.01.2014 to 31.12.2018, Patient who want to have photo copies of the record may kindly contact our medical record department with photo Identification and signed consent from on or before March 31st 2024.

For any clarification please contact

Medical Records Department at 044 - 24949594

SHIVALIK SMALL FINANCE BANK LTD.
Registered Office : 501, Salcon Aurnum, 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 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 28.03.2024 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 as per the terms and conditions of auction. The auction will be conducted online <https://legold.auctiontiger.net> on 28.03.24 from 03:00 pm to 05:00 pm.

Branch	Account No.	Actt Holder name	Father's/ Spouse Name	Address	Ac opening Date	Payoff
CHENNAI	101042519555	ARIHARASUDHAN	S/O NAGARAJAN	62 THIRD CROSS STREET KAVAR NAGAR REDDIYARPALAYAM SO PONDICHERRY HERRY PY 605010	23-12-2023	25,078.1
CHENNAI	101042518847	ARIHARASUDHAN	S/O NAGARAJAN	62 THIRD CROSS STREET KAVAR NAGAR REDDIYARPALAYAM SO PONDICHERRY HERRY PY 605010	10-11-2023	76,378.7
CHENNAI	101042516382	R.A.VANDHANA W/O RAJA	S/O RAMU	59 1ST FLOOR, 5TH STREET SATHYA MOORTHY NAGAR, KADHIRVEDU, TIRUVALLUR. TN 600066	12-06-2023	732,132.6

Auction date is 28.03.2024 @ 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.

 JM FINANCIAL HOME LOANS LIMITED		POSSESSION NOTICE	
Corporate Identity Number: U65999MH2016PLC286534 CORPORATE OFFICE: 3RD FLOOR, SUVAISHI IT PARK, PLOT NO. 68E, OFF DATTI PADA ROAD, OPP. TATA STEEL, BORIVALI (E), MUMBAI - 400 066			
Under section 13(4) of securitisation and reconstruction of financial assets and enforcement of security interest act, 2002 and rule 8(1) of the security interest (enforcement) rule 2002, (appendix iv)			
Whereas the undersigned being the authorised officer of JM Financial Home Loans Limited, (hereinafter referred as JMFFHL) under the securitisation and reconstruction of financial assets and enforcement of security interest act, 2002 and in exercise of powers conferred under section 13(2) read with rule 3 of the security interest (enforcement) rules, 2002 issued a demand notice to the borrower/co-borrower/ guarantor mentioned herein below to repay the amount mentioned in the notice within 60 days from the date of receipt of the said notice. The borrower/co-borrower/guarantors having failed to repay the demanded amount, notice is hereby given to the borrower/co-borrower/ guarantors and the public in general that the undersigned on behalf of JMFFHL has taken possession of the property described here in below in exercise of powers conferred on him under section 13(4) of the said act read with rule 8(1) of the said rules. The borrower(s)/co-borrower(s) /guarantor(s) in particular and the public in general is hereby cautioned not to deal with the below mentioned property and any dealings with the said property will be subject to the first charge of the JMFFHL for the amount as mentioned herein below with future interest thereon.			
SR. NO	BORROWER/ CO- BORROWERS/ ADDRESS AND LOAN NO.	DESCRIPTION OF SECURED ASSET (IMMOVABLE PROPERTY)	1. DATE OF POSSESSION 2.DEMAND NOTICE DATE 3.AMOUNT DUE IN RS.
1.	Mr. Tamil Kumar Mr. Jayaraj Jayakumar Mr. C Jayaraj, Mrs. Vadivu, No 9/5 Thiagaraya Street, Anna Road Chennai, Varathara Japuram Puduket, Chennai, Tamil Nadu - 600002 LCHN2000009596	All that piece and parcel of land and building bearing Old Door No. 5, New Door No 9, Thiagarajan Street, now Thiagarajan Lane, Nariyankadu, Chintadripet, Chennai 600002, Land admeasuring an extent of 420 Sq Ft together with building comprised in R.S No. 1283/48, C.A. No 992/2007 as per TSLR New T.S. No 1283/129, Block No. 21 of Chintadripet Village, Mylapore Taluk, Chennai District and boundaries hereunder East : Property belongs to Mr. Dharmarajan and Parthasarathy West : Property belongs to Mrs. M. SumathyLaxmi North :Thiyagarajan Santhu previously Thiyagarajan Street South : Ponnappan House	1. 12-March -2024 2. 14-December- 2023 Rs. 22,60,640 /- (Rupees Twenty Two Lacs Sixty Thousand Six Hundred and Forty Only)
PLACE:- CHENNAI DATE : 14.03.2024		SDF- AUTHORIZED OFFICER FOR JM FINANCIAL HOME LOANS LIMITED	

RELIANCE ASSET RECONSTRUCTION COMPANY LIMITED	
11 TH FLOOR, NORTH SIDE, R-TECH PARK, WESTERN EXPRESS HIGHWAY, GOREGAON (EAST), MUMBAI-400063	
Asset Reconstruction	NOTICE FOR SALE OF SECURED ASSETS (SEE RULE 6(2) READ WITH RULE 8(6))
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) of the Security Interest (Enforcement) Rules, 2002	
Notice is hereby given to the public in general and in particular to the Borrower (s) and Guarantor (s) that the below described immovable/movable properties mortgaged/hypothecated to the Secured Creditor, the physical possession of which has been taken by the Authorized Officer of Secured Creditor. That, Reliance Housing Development Finance Corporation Ltd. has vide Assignment Agreement dated 29.03.2019 assigned the financial assets/debts of your loan accounts along with its right, title and interest together with underlying securities in favour of Reliance Asset Reconstruction Company Ltd. (RARC) trustee of RARC 059 (RDFOL HL) Trust. By virtue of the said assignment, we have become your secured creditor and lawfully entitled to recover the entire contractual dues.	
Therefore, the undersigned Authorized Officer of Reliance Asset Reconstruction Company Ltd., hereby give you notice of 30 days that the below mentioned mortgaged properties shall be sold by the undersigned by way of E-auction on "As is where is", "As is what is", and "Whatever there is" on 23.04.2024, for recovery of amount mentioned in demand notice u/s 13(2) plus future interest and cost. Due to Reliance Asset Reconstruction Company Limited as a trustee of RARC 059 (RDFOL HL) Trust Secured Creditor from mentioned borrowers/mortgagors. The reserve price and the earnest money deposit (EMD) are as under:	
DESCRIPTION OF MORTGAGED PROPERTY:	
Lot No.	BORROWERS NAME, PROPERTY DETAILS, DEMAND NOTICE AND POSSESSION DATE
1	R. JAYAKUMARAN S/O LATE MR. RAMANANTHAN NO. 53/18 KAYLASANATHAR KOIL STREET CHENGALPATTU TOWN & TALUK KANCHIPURAM DISTRICT, TAMIL NADU – 603002 ALSO AT METROPOLITAN TRANSPORT CORPORATION LTD SAI-DAPET BUS DEPOT SAI-DAPET CHENNAI TAMILNADU-600015 ALSO AT 4/1, RAJAJI STREET, SINGAPERUMAL KOIL, KANCHIPURAM DISTRICT, TAMILNADU – 603002 ALSO AT OLD S. NO. 835/82, NEW S. NO. 835/13, NEW S. NO. 1223 / 248 "B" BLOCK, ATHUR VILLAGE, KATTANKOLATHUR PANCHAYAT UNION, CHENGALPATTU TALUK, KAM-CHEEPURAM DISTRICT AND K REVATHI W/O R JAYAKUMARAN R/O NO. 53/18 KAYLASANATHAR KOIL STREET CHENGALPATTU TOWN & TALUK KANCHIPURAM DISTRICT, TAMILNADU – 603002 ALSO AT 27/33, TVK STREET, VIYASARPAI, CHENNAI, TAMIL NADU – 600038 ALSO AT OLD S. NO. 835/82, NEW S. NO. 835/13, NEW S. NO.1223 / 248, "B" BLOCK, ATHUR VILLAGE, KATTANKOLATHUR PANCHAYAT UNION, CHENGALPATTU TALUK, KANCHIPEURAM DISTRICT PROPERTY: ALL PIECE AND PARCEL OF LAND AND BUILDING COMPRISED IN OLD S.NO. 835/82, NEW S. NO. 835/13, AS PER PATTI NEW S.NO. 1223/248, MEASURING WITH AN EXTENT OF 1176 SQ. FT., SITUATED AT "B" BLOCK, ATHUR VILLAGE, KATTANKOLATHUR PANCHAYAT UNION, CHENGALPATTU TALUK, KANCHIPEURAM DISTRICT BOUNDED AS : NORTH : VACANT LAND BELONGS TO MRS . DEENABAI SOUTH : 3 FEET WIDE COM-MON PASSAGE EAST : LAND BELONGS TO MR. GOVINDARAJULU REDDIAR WEST : LAND BELONGS TO MR. KASTHURI RANGAN Demand notice: Rs.19,37,889.48 /- (Rupees Nineteen Lakhs Thirty Seven Thousand Eight Hundred Eighty Nine & Paise Fourty Eight Only) as on 18.01.2019 plus future interest & costs. Constructive/Physical Possession date: 19.01.2024
Reserve Price	Rs. 23,72,400/- EMD Rs. 2,37,240/-
INSPECTION OF PROPERTY : 19.04.2024 FROM 11.00 A.M. TO 02.00 P.M. LAST DATE FOR BID SUBMISSION : 22.04.2024 TILL 5.00 PM DATE OF E-AUCTION : 23.04.2024 BETWEEN 11.00 AM TO 1 PM WITH EXTENSION OF 5 MINUTES EACH	
TERMS AND CONDITIONS OF SALE:	
1. The property shall not be sold below the reserve price and sale is subject to the confirmation by RARC as a secured creditor.	
2. E-auction will be conducted ONLINE through M/s. C1 INDIA PVT LTD at Plot No 68 Gurgaon Haryana pin Code 122003.	
3. Before participating in E-auction, the intending bidders should hold a valid e-mail id and register their names at portal www.bankeauctions.com and get their User ID and password from M/s. C1 INDIA PVT LTD.).	
4. Prospective bidders may avail online training on E-Auction from M/s. C1 INDIA PVT LTD., (Contact Person : Mr. Dharani Krishna on Mobile +91 9948182222 , Delhi@C1india.com or Support@bankeauctions.com (Helpline No 7291981124,25,26).	
5. Earnest Money Deposit (EMD) shall be deposited through RTGS/NEFT fund transfer to Current Account No. 6742557088 Name of the Co-bank : Indian Bank Branch: Santacruz West Branch Mumbai, 400054. Name of the Beneficiary : RARC 059 (RDFOL HL) Trust, IFSC CODE: IDIB000S010. Please note that the Cheques/Demand Draft shall not be accepted towards EMD.	
6. The Bids below reserve price and/or without EMD amount shall not be accepted. Bidders may improve their further bid amount in multiple of Rs.5000 per lot.	
7. The successful bidder shall deposit 25% of the bid amount/sale price (including EMD) immediately after declaration of successful bidder. The successful bidder will deposit balance 75% of the bid amount/sale price within 15 days from the date of declaration of successful bidder.	
8. If successful bidder fails to deposit sale price as stated above, all deposits including EMD will be forfeited.	
9. The EMD amount of unsuccessful bidders will be returned without interest, after the closure of E-auction sale proceedings within Seven days.	
10. The particulars given by the Authorized Officer are stated to the best of his knowledge, belief and records. Authorized Officer shall not be responsible for any error, misstatement or omission etc.	
11. The undersigned Authorized Officer has the absolute right and discretion to accept or reject any bid or adjourn/postpone/cancel the sale or modify any terms and conditions of the sale without any prior notice or assigning any reasons.	
12. The bidders should make discreet enquiries as regards to charge/encumbrances/statutory dues on the property and should satisfy themselves about the title, extent, quality of the property before submitting their bid. No claim of whatsoever nature regarding charges, encumbrances over the property and any other matter etc., shall be entertained after submission of the online bid.	
13. As per records available, the undersigned have no information about any encumbrance on the properties as on the date of this notice.	
14. Any arrears, dues, taxes, VAT, TDS, GST, charges on the property whether statutory or otherwise including stamp duty/registration fees on sale of property shall be borne by the purchaser only.	
For any other information, please contact at 18001039711 / 1860266411 / 18003099711 may be contacted.	
STATUTORY 30 DAYS' NOTICE UNDER RULE 6(2), 8(6) & 9(1) OF THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002	
The Borrower/Co-Borrowers/guarantors/mortgagors are hereby notified to pay the sum as mentioned above, along with up to date interest and ancillary expenses before E-auction, failing which the e-auction of mortgaged property mentioned above shall take place and balance dues if any shall be recovered with interest/cost. In case of no bid received in the auction sale on the date fixed for auction, the secured creditor shall be at liberty to sale this property by way of private treaty on or above the reserve price fixed above to any prospective buyer. Borrower/Co-Borrowers/ Guarantors shall be deemed to have irrevocably and exclusively agreed to sell the HOUSEHOLD ARTICLES / PERSONAL BELONGINGS IF ANY LYING IN THE REPOSESSED PROPERTY, as per Panchnama/Inventory report prepared at the time of taking possession of the mortgaged property, within 7 (seven) days from the date of this notice. On failure to shift household articles/personal belongings within stipulated period of 7 (seven) days from the date of this notice, the company shall be constrained to remove/shift / dispose off the same on "as is where is, as is what is and whatever there is basis" at Borrower/Co-Borrowers/guarantors/mortgagors risk, responsibilities & cost. Company shall not be responsible for any claim raised by any party in this regard.	
Place: CHENNAI, Date: 14.03.2024	
AUTHORISED OFFICER, RELIANCE ASSET RECONSTRUCTION CO. LTD.	
Note: Amount paid if any after issuance of Demand Notice under Section 13(2) of SARFAESI Act, 2002, would be reckoned for ascertaining the dues payable at the time of realization/settlement.	