

Health Matters

Higher ratio of plant protein may improve heart health

Eating a diet with a higher ratio of plant-based protein to animal-based protein may reduce the risk of cardiovascular disease (CVD) and coronary heart disease (CHD), according to a new study led by researchers at Harvard T.H. Chan School of Public Health. According to the researchers, these risk reductions are likely driven by the replacement of red and processed meats with plant proteins. The researchers also observed that a combination of consuming more plant protein and higher protein intake overall provided the most heart health benefits. While global dietary guidelines recommend higher intake of plant protein, the ideal ratio of plant to animal protein has remained unknown. The study is the first to investigate this ratio and how it impacts health, specifically heart health. "The average American eats a 1:3 plant to animal protein ratio. Our findings suggest a ratio of at least 1:2 is much more effective in preventing CVD. For CHD prevention, a ratio of 1:1.3 or higher should come from plants," said lead author Andrea Glenn, visiting scientist in the Department of Nutrition. Glenn worked on the study as a postdoctoral fellow at Harvard Chan School and is now an assistant professor in the Department of Nutrition and Food Studies at New York University. The researchers used 30 years of data on diet, lifestyle, and heart health among nearly 203,000 men and women enrolled

in the Nurses' Health Studies I and II and the Health Professionals' Follow-up Study. Participants reported their dietary intake every four years. The researchers calculated each participant's total protein intake, measured in grams per day, as well as their specific intakes of animal and plant proteins. Over the course of the study period, 16,118 CVD cases, including over 10,000 CHD cases and over 6,000 stroke cases, were documented. After adjusting for participants' health history and sociodemographic and lifestyle factors, the study found that eating a higher ratio of plant to animal protein was associated with lower risks of CVD and CHD. Compared to participants who consumed the lowest plant to animal protein ratio (~1:4.2), participants who consumed the highest (~1:1.3) had a 19% lower risk of CVD and a 27% lower risk of CHD. These risk reductions were even higher among participants who ate more protein overall. Those who consumed the most protein (21% of energy coming from protein) and adhered to a higher plant to animal protein ratio saw a 28% lower risk of CVD and a 36% lower risk of CHD, compared to those who consumed the least protein (16% of energy). No significant associations were found for stroke risk and the ratio; however,

replacing red and processed meat in the diet with several plant sources, such as nuts, showed a lower risk of stroke.



The researchers also examined if there's a point at which eating more plant protein stops having added benefits or could even have negative implications. They found that risk reduction for CVD begins to plateau around a 1:2 ratio, but that CHD risk continues to decrease at higher ratios of plant to animal protein.



Simple secret to living longer life

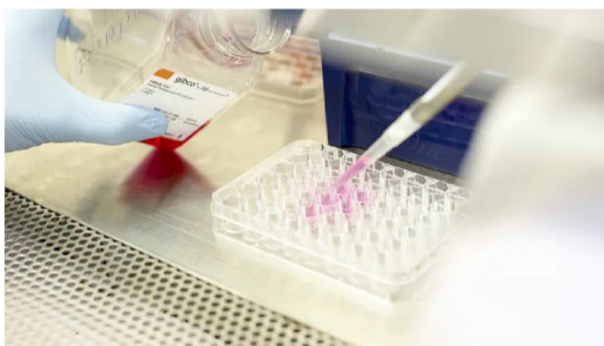
If everyone in the United States population was as active as the top 25 per cent, individuals over the age of 40 could add five years to their life, according to a new study led by Griffith University researchers. Physical activity has long been known to be good for health, however estimates have varied regarding how much benefit could be gained from a defined amount of activity, both for individuals and for populations. This latest study used accelerometry to gain an accurate view of the population's physical activity levels instead of relying on survey responses as per other studies, and found the benefits were around twice as strong as previous estimates. It found the most active quarter of people in the community had a 73 per cent lower risk of death than their least active counterparts. For that least active quartile, a single one-hour walk could potentially return a benefit of around six additional hours of life.

Lead researcher professor Lennert Veerman said this least-active cohort had the greatest potential for health gains. "If you're already very active or in that top quartile, an extra hour's walk may not make much difference as you've, in a sense, already 'maxed out' your benefit," he said. "If the least active quartile of the population over age 40 were to increase their activity level to that of the most active quartile however, they might live, on average, about 11 years longer. "This is not an unreasonable prospect, as 25 per cent of the population is already doing it. "It can be any type of exercise but would roughly be the equivalent of just under three hours of walking per day." The research team suggested low levels of physical activity could even rival the negative effects of smoking, with other research finding each cigarette could take 11 minutes from a smoker's life.

By extension, a more active lifestyle could also offer protective effects against heart disease, stroke, certain cancers and other chronic illnesses, with the study's findings highlighting a need for national physical activity guidelines to be revisited using these methods. Veerman said physical activity had been vastly underestimated in its capacity to improve health outcomes, suggesting even modest increases in movement could lead to significant life-extension benefits. "If there's something you could do to more than halve your risk of death, physical activity is enormously powerful," he said. "If we could increase investment in promoting physical activity and creating living environments that promote it such as walkable or cyclable neighbourhoods and convenient, affordable public transport systems, we could not only increase longevity but also reduce pressure on our health systems and the environment."

First new treatment for asthma attacks

An injection given during some asthma and COPD attacks is more effective than the current treatment of steroid tablets, reducing the need for further treatment by 30%. The findings could be "game-changing" for millions of people with asthma and COPD around the world, scientists say. Asthma attacks and COPD flare-ups (also called exacerbations) can be deadly. Every day in the UK four people with asthma and 85 people with COPD will tragically die. Both conditions are also very common, in the UK someone has an asthma attack every 10 seconds. Asthma and COPD costs the NHS £5.9B a year. The type of symptom flare-up the injection treats are called 'eosinophilic exacerbations' and involve symptoms such as wheezing, coughing and chest tightness due to inflammation resulting from high amounts of eosinophils (a type of white blood cell). Eosinophilic exacerbations make up to 30% of COPD flare-ups and almost 50% of asthma attacks. They can become more frequent as the disease progresses, leading to irreversible lung damage in some cases.



Treatment at the point of an exacerbation for this type of asthma has barely changed for over fifty years, with steroid drugs being the mainstay of medication. Steroids such as prednisolone can reduce inflammation in the lungs but have severe side-effects such as diabetes and osteoporosis. Furthermore, many patients 'fail' treatment and need repeated courses of steroids, re-hospitalisation or die within 90 days. Results from the phase two clinical trial ABRA study, led by scientists from King's College London and sponsored by the University of Oxford, show a drug already available can be re-purposed in emergency settings to reduce the need for further treatment and hospitalisations. The multi-centre trial was conducted at Oxford

University Hospitals NHS Foundation Trust and Guy's and St Thomas' NHS Foundation Trust. Benralizumab is a monoclonal antibody which targets specific white blood cells, called eosinophils, to reduce lung inflammation. It is currently used for the treatment of severe asthma. The ABRA trial has found a single dose can be more effective when injected at the point of exacerbation compared to steroid tablets. The study investigators randomised people at high risk of an asthma or COPD attack into three groups, one receiving benralizumab injection and dummy tablets, one receiving standard of care (prednisolone 30mg daily for five days) and the third group receiving both benralizumab injection and standard of care. As

a double-blind, double-dummy, active-comparator placebo-controlled trial, neither the people in the study, or the study investigators knew which study arm or treatment they were given. After 28 days, respiratory symptoms of cough, wheeze, breathlessness and sputum were found to be better with benralizumab. After ninety days, there were four times fewer people in the benralizumab group that failed treatment compared to standard of care with prednisolone. Treatment with the benralizumab injection took longer to fail, meaning fewer episodes to see a doctor or go to hospital. There was also an improvement in the quality of life for people with asthma and COPD. Lead investigator of the trial Professor Mona Bafadhel from King's College London said: "This could be a game-changer for people with asthma and COPD. Treatment for asthma and COPD exacerbations have not changed in fifty years despite causing 3.8 million deaths worldwide a year combined. Dr. Sanjaya Ramakrishnan, clinical senior lecturer at the University of Western

Australia, who is the first author of the ABRA trial and started the work while at the University of Oxford, said: "Our study shows massive promise for asthma and COPD treatment. COPD is the third leading cause of death worldwide but treatment for the condition is stuck in the 20th century. We need to provide these patients with life-saving options before their time runs out. The biggest and most comprehensive analysis of glucagon-like peptide-1 (GLP-1) receptor agonists on kidney and cardiovascular outcomes shows they have significant benefits in people with and without diabetes. Originally developed to treat diabetes, GLP-1

receptor agonists mimic the action of a hormone called glucagon-like peptide 1, which stimulates insulin production and lowers blood sugar levels. More recently, they have emerged as effective treatments for obesity - slowing digestion, increasing feelings of fullness, and reducing

hunger. But while the benefits of GLP-1 receptor agonists for the treatment of type 2 diabetes, obesity and cardiovascular disease are well known, their impact on chronic kidney disease (CKD) has been less certain. Researchers conducted a meta-analysis of 11 large-scale clinical trials of GLP-1 receptor agonists involving a total of 85,373 people (67,769 people with type 2 diabetes and 17,604 people with overweight or obesity and cardiovascular disease but without diabetes).

Diabetes, obesity drugs protect kidneys too: Study

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Sound of traffic increases stress & anxiety: Study

Manmade sounds such as vehicle traffic can mask the positive impact of nature soundscapes on people's stress and anxiety, according to a new study published November 27, 2024, in the open-access journal PLOS ONE by Paul Lintott of the University of the West of England, U.K., and Lia Gilmour of the Bat Conservation Trust, U.K. Existing research shows that natural sounds, like birdsong, can lower blood pressure, heart, and respiratory rates, as well as self-reported stress and anxiety. Conversely, anthropogenic soundscapes, like traffic or aircraft noise, are hypothesised to have negative effects on human health and wellbeing in a variety of ways. In the new study, 68 student volunteers listened to three 3-minute soundscapes: a nature soundscape recorded at sunrise in West Sussex, U.K., the same



soundscape combined with 20 mile per hour road traffic sounds, and the same soundscape with 40 mile per hour traffic sounds. General mood and anxiety were assessed before and after the soundscapes using self-reported scales. The study found that listening to a natural soundscape reduced self-reported stress and anxiety levels, and also enhanced mood recovery after a stressor. However, the benefits of improved mood associated with the natural soundscape were limited when

traffic sounds were included. The natural soundscape alone was associated with the lowest levels of stress and anxiety, with the highest levels reported after the soundscape that included 40 mile per hour traffic. The authors conclude that reducing traffic speed in urban areas might influence human health and wellbeing not only through its safety impacts, but also through its effect on natural soundscapes. The authors add: "Our study shows that listening to natural soundscapes can reduce stress and anxiety, and that anthropogenic sounds such as traffic noise can mask potential positive impacts. Reducing traffic speeds in cities is therefore an important step towards more people experiencing the positive effects of nature on their health and wellbeing."

AMBIFINVEST **AMBIFINVEST PRIVATE LIMITED**
 Corporate Office: Kanakia Wall Street, 5th floor, A 506-510, Andheri-Kurla Road, Andheri East, Mumbai-400093

DEMAND NOTICE

Under the Provisions of The Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 ("The Act") and The Security Interest (Enforcement) Rules, 2002 ("The Rules")

The undersigned being the authorized officer of Ambifin Invest Private Limited (under the Act and in exercise of powers conferred under Section 13 (12) 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 is/are extracted herein below:

Name of the Borrower(s)	Demand Notice Date & Amount
1. Pasupathi Auto Mobiles	25.11.2024, Rs. 22,11,609.46/- (Rupees Twenty 2 V Pasupathi S. Rendla Lakshmi)
2. V Pasupathi S. Rendla Lakshmi	Two Lakhs Eleven Thousand Six Hundred Nine And Forty Six Only) As On : 26.11.2024

Description Of Immovable Property/Properties Mortgaged

ALL THAT PIECE AND PARCEL OF LAND AND BUILDING, COMPRISED IN S. NO. 278 PART. T. S. NO. 65/18, WARD NO. H, BLOCK NO. 3, MEASURING WITH AN EXTENT OF 599 SQ. FT., SITUATED AT THERUVETHIAMMAN KOIL STREET, (MADIPAKKAM PART 2), KILKATTALAI VILLAGE, PALLAVARAM TALUK AND BOUNDED ON THE : NORTH BY : VACANT LAND BELONGS TO MR. THAVAMANI SOUTH BY REMAINING LAND BELONGS TO MR. NAGAPPAN EAST BY : HOUSE BELONGS TO MR. NAGAPPAN WEST BY : 24 FEET ROAD (THERUVETHIAMMAN KOIL STREET) MEASURING NORTHERN SIDE : 21 FEET SOUTHERN SIDE : 21 FEET EASTERN SIDE : 27 FEET WESTERN SIDE : 30 FEET MEASURING WITH AN EXTENT OF 599 SQ. FT. SITUATED WITHIN THE SUB REGISTRATION DISTRICT OF PALLAVARAM AND IN THE REGISTRATION DISTRICT OF TAMBARAM.

The borrower(s) are hereby advised to comply with the demand notice(s) and to pay the demand amount mentioned therein and hereinabove within 60 days from the date of this publication together with applicable interest, additional interest, bounce charges, cost and expenses till the date of realization of payment. The borrower(s) may note that AFPL is a secured creditor and the loan facility availed by the Borrower(s) is a secured debt against the immovable property/properties being the secured asset(s) mortgaged by the borrower(s). In the event borrower(s) are failed to discharge their liabilities in full within the stipulated time, AFPL shall be entitled to exercise all the rights under Section 13(4) of the Act to take possession of the secured asset(s) including but not limited to transfer the same by way of sale or by invoking any other remedy available under the Act and the Rules thereunder and realize payment. AFPL is also empowered to ATTACH AND/OR SEAL the secured asset(s) before enforcing the right to sale or transfer. Subsequent to the Sale of the secured asset(s), AFPL also has a right to initiate separate legal proceedings to recover the balance dues, in case the value of the mortgaged properties is insufficient to cover the dues payable to the AMPL This remedy is in addition and independent of all the other remedies available to AFPL under any other law. The attention of the borrower(s) is invited to Section 13(8) of the Act, in respect of time available, to redeem the secured assets and further to Section 13(13) of the Act, whereby the borrower(s) are restrained/prohibited from disposing of or dealing with the secured asset(s) or transferring by way of sale, lease or otherwise (other than in the ordinary course of business) any of the secured asset(s), without prior written consent of AFPL. Non-compliance with the above is an offence punishable under Section 29 of the Act. The copy of the demand notice is available with the undersigned and the borrower(s) may, if they so desire, can collect the same from the undersigned on any working day during normal office hours.

Place: KANCHIPURAM SD/- Prashant Ohal, Authorised Officer.
 Date: 05.12.2024. Ambifin Invest Private Limited

Online E - Auction Sale Of Asset

KOTAK MAHINDRA BANK LIMITED

Regd. office: 27 BKC, C 27, G-Block, BandraKurla Complex, Bandra (E) Mumbai, Maharashtra, Pin Code-400011, Branch Office: Kotak Mahindra Bank Ltd., #165, 2nd Floor, Mount Road, Anna Salai, Chennai 600 006 (Land Mark: Citroen Car Showroom and Next to thousand lights Metro Railway station)

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 under rule 9(5) read with proviso to rule 9(1) of the security interest (enforcement) rule, 2002. Subsequent to the assignment of debt in favour of Kotak Mahindra Bank Limited by the Housing Finance Limited (hereinafter referred to as "PNBHL") the Authorised Officer of Kotak Mahindra Bank Limited (hereinafter referred to as "The Bank"/"Secured Creditor") has taken the possession of below described immovable property (hereinafter called the secured asset) mortgaged to the secured creditor on 08.08.2024. Notice is hereby given to the borrower(s) and co-borrower(s) in particular and public in general that the bank has decided to sale the secured asset through E-auction under the provisions of the Securities Act, 2002 as is where is and whatever is as is what is and whatever is as is basis for recovery of Rs. 47,48,349/- (Rupees Forty Seven Lakh Forty Eight Thousand Three Hundred and Forty Nine Only) outstanding as on 29.11.2024 along with future applicable interest till realization, under the loan account no.: 00117660003036; loan availed by Mr. Sharief & Mrs. Zarina Aas per below details.

Particular	Detail
Date of Auction	03.01.2025
Time of Auction	Between 12:00 pm to 1:00 pm with unlimited extension of 5 minutes
Reserve Price	Rs.24,00,000/- (Rupees Twenty Four Lakh Only)
Earnest Money Deposit (EMD)	[Rs.2,40,000/- (Rupees Two Lakh Forty Thousand Only)]
Last Date For Submission of EMD with KYC	02.01.2025 up to 6:00 p.m. (IST)

Description of The Secured Asset

Item No.1-All that piece and parcel of vacant House Sites Bearing Door No.46; Old No.138/1, Kamaraj Road, Kodungayur Village, Chennai- 600118 situated in (i) Measuring Ac 0.02 Cents in Survey No. 127/2, (ii) Measuring Ac 0.04 Cents in Survey No. 128/2, (iii) Measuring Ac 0.25 Cents in Survey No. 130/1 And (iv) Measuring Ac 0.51 Cents in Survey No. 131/3 in all Admeasuring Ac 0.82 Cents in Kodungayur Village (As Per Town Survey Patta T.S. No.69/1 and 73/1 Block No.31, Kodungayur Village, Fort-Tondiarpet Taluk, Admeasuring 35,965 Sq. Ft. or thereabouts bounded on the:- North By: Survey No.127/1, South By: Land owned by Mr. Vishwanatha Nadar and presently owned by Mr. B. Madanmohan, East By: Land Belonging to Venu Naidu, West By: Plot No.135 and 14 Feet Public Road and falling within the Sub-Registration District of Madhavaram and Registration District of Chennai-North. Item No.2-All that piece and parcel of land Bearing Door No.46; Old No.138/1, Kamaraj Road, Kodungayur, Chennai-600118, Plot No.14 situated in Survey No.127/1A-1 and 127/1B measuring 2091 Sq. Ft. (as per present Town Survey Patta T.S. No.60 situated in Block No.31 Kodungayur Village, Fort-Tondiarpet Taluk admeasuring 2091 Sq. Ft. or thereabouts and bounded on:- North By: 14 Feet Public Road, South By: Land Owned by Mr. Vishwanatha Nadar and presently owned by Mr. B. Madanmohan, East By: Plot No.15, West By: Plot No.13 and falling within the Sub-Registration District of Madhavaram and Registration District of Chennai-North. Item No.3- All that piece and parcel of land Bearing Door No.46; Old No.138/1, Kamaraj Road, Kodungayur, Chennai-600118, Plot No.15 situated in Survey No.127/1A-1 and 127/1B measuring 2420 Sq. Ft. (As Per Present Town Survey Patta T.S. No.60 situated in Block No.31 Kodungayur Village, Fort-Tondiarpet Taluk Admeasuring 2420 Sq. Ft. or thereabouts and bounded on:- North By: Plot No.11 And 12, South By: Land owned by Mr. Vishwanatha Nadar and presently owned by Mr. B. Madanmohan, East By: Land Belonging to Venu Naidu, West By: Plot No.135 and 14 Feet Public Road and falling within the Sub-Registration District of Madhavaram and Registration District of Chennai-North. Schedule 'B': An Undivided Share of Land of Extent 640/700.000 (369.82 Square Feet) out of the total extent of 1400.000 square feet in the Schedule 'A' Mentioned Property, comprised in Survey Nos. 127/2, 130/1, 131/3, 127/1A/1, 127/1B, 127/1A/1 AND 127/1B, situated in Kodungayur Village, Block No.31, Fort-Tondiarpet Taluk, Bearing Door No.46A, Old No.138/1, Kamaraj Road, Kodungayur, Chennai-600118. Schedule 'C': Flat No.C-3, Block-1, Third Floor in the building and project known as "R.C. Nevarathna", the said flat measuring in extent 640 square feet of built-up area, inclusive of common service areas, the said flat being bounded on the:- North By: 14 Feet Wide Public Road, South By: Flat No.B-3 In Block 1, East By: Flat No. D-3 In Block 1, West By: Kamaraj Road and falling within the Sub-Registration District of Madhavaram and Registration District of Chennai.

Known Encumbrances : NIL

The borrower's attention is invited to the provisions of sub section 8 of section 13, of the act, in respect of the time available, to redeem the secured asset. Borrowers in particular and public in general may please take notice that if in case auction scheduled herein fails for any reason whatsoever then secured creditor may enforce security interest by way of sale through private treaty. In case of any clarification/requirement regarding assets under sale, bidder may contact Mr. Syam Namburi (Mob No. +91967728418) & Mr. Vishal Adisheshan (Mob No. +919941016600). Bidder may also contact the bank's I/R No. (+91-912219751) for clarifications. For detailed terms and conditions of the sale, please refer to the link <https://www.kotak.com/en/bank-auctions.html> provided in the bank's website i.e. www.kotak.com and/or on <http://bankauctions.in/>

Place: Chennai, Date: 04.12.2024 Authorized Officer: Kotak Mahindra Bank Limited