

Health Matters

Are fats really bad for our health? Clearing misconception

Dr. Varun Bansal

Fats have been a controversial topic in nutrition and is often thought to be a monster in healthy nutrition and diet. However, it is extremely important to understand and adopt fats as an essential part of a balanced diet.

Dietary fats are saturated, unsaturated or trans fats depending on the molecular structure.

Saturated fats are fats with no double bonds between carbon atoms as they are saturated with hydrogen. They are typically solid at room temperature and are found in animal products such as meat, butter, and cheese, as well as in certain plant-based oils like coconut oil and palm oil.

Unsaturated fats include monounsaturated fats (found in olive oil, avocados, and nuts) and polyunsaturated fats (found in fish, flaxseeds, and walnuts). Their molecular structure includes double bonds between carbon atoms and less bonds with hydrogen

Trans-fats are often found in processed foods and baked goods, these are artificially created fats.

The primary role of dietary fat is to serve as a concentrated source of energy. Each gram of fat provides nine calories, more than double the energy provided by carbohydrates and proteins, which offer four calories per gram each. This makes fats particularly valuable in situations where the body requires a dense energy source, such as during prolonged physical activity or when food intake is limited. Fats are also important for providing the body with essential fatty acids.

Certain vitamins, known as fat-soluble vitamins, require fat for their absorption and transportation within the body. These include vitamins A, D, E, and K. Without adequate dietary fat, the body would struggle to absorb these vital nutrients.

Fats are integral components of cell membranes, providing



structural integrity and fluidity. This structural role is vital for the health of all cells, including those in the brain, where a substantial amount of saturated fat is necessary for the proper function of neural pathways and cognitive processes.

Fats play a pivotal role in the production of hormones, particularly steroid hormones such as estrogen, testosterone, and cortisol. These hormones are involved in numerous physiological processes, including metabolism,

immune function, and stress response.

Fats contribute to the sensation of satiety, helping to regulate appetite and prevent overeating. Because fats are digested more slowly than carbohydrates and proteins, they provide a longer-lasting source of energy and help to maintain stable blood sugar levels. This can be particularly beneficial for weight management, as it reduces the likelihood of snacking between meals and promotes a feeling of fullness.

The impact of fats (saturated or unsaturated) on health can vary depending on the individual's overall diet and lifestyle. Diets high in refined sugars and processed foods may exacerbate the negative effects of saturated fats, while diets rich in whole foods, fibre, and healthy fats (such as those found in nuts, seeds, and fish) can mitigate these effects and highlight the benefits of saturated fats.

One of the most controversial oils in discussion is palm oil due to environmental challenges and impact

due to palm oil production and nearly 50 percent saturated fat content. Palm oil is unique among vegetable oils due to its balanced composition of saturated and unsaturated fats. It contains approximately 50% saturated fats, 40% monounsaturated fats, and 10% polyunsaturated fats. The primary saturated fat in palm oil is palmitic acid, while oleic acid represents the bulk of its monounsaturated fats. Additionally, palm oil is rich in vitamins, particularly vitamin E in the form of tocotrienols and tocopherols, and provitamin A carotenoids. Red palm oil, in particular, is rich in beta-carotene, a precursor to vitamin A, which is essential for vision, immune function, and skin health. The tocotrienols and tocopherols (forms of vitamin E) found in palm oil are potent antioxidants that help protect cells from damage by free radicals. Tocotrienols (vitamin E) present in palm oil have shown promise in promoting brain health. Studies suggest that these compounds may protect against neurodegenerative diseases such as

Alzheimer's by reducing oxidative stress and inflammation in the brain. Additionally, tocotrienols may support cognitive function and overall brain health.

When compared to other oils like olive oil or coconut oil which are commonly used in cooking, palm oil offers several advantages. Olive oil is known for its high content of monounsaturated fats and antioxidants. However, it has a lower smoke point compared to palm oil, making it less suitable for high-heat cooking. While olive oil is excellent for salads and a low-heat cooking, palm oil offers versatility for a broader range of culinary applications. Coconut oil is high in saturated fats, particularly medium-chain triglycerides (MCTs), which are rapidly metabolized for energy. However, its high saturated fat content (nearly 92%) can be a concern for those monitoring their cholesterol levels.

It is extremely important to choose quality and natural unprocessed sources of saturated fats. These sources not only provide saturated fats but also offer other beneficial nutrients. It is equally important to balance with Unsaturated Fats and include a variety of healthy fats in your diet, such as those from avocados, olive oil, and fatty fish. A balance of different types of fats can support overall health. At the same time it is essential to monitor total fat intake and pay attention to the total amount of fat in your diet aiming for a moderate and balanced intake that supports energy needs and overall health goals.

(Dr. Varun Bansal is consultant cardiac surgeon, Indraprastha Apollo Hospitals, who specialises in minimally invasive and robotic cardiac surgery in addition to routine and complex cardiac surgical procedures for various heart ailments.)

Study finds antibiotics not linked to dementia

For healthy older adults, using antibiotics is not associated with an increased risk of cognitive impairment or dementia, according to a study published recently.

Cognitive impairment is when someone has subtle changes in thinking and memory like forgetting events and losing items more often. Dementia is when thinking and memory problems become more advanced and affect a person's ability to complete daily tasks.

"Antibiotics have been found in previous research to disrupt the gut microbiome, which is the community of tiny organisms that live in our intestines and support digestion," said study author Andrew T. Chan, MD, MPH, of Harvard Medical School in Boston, Massachusetts.

"Because the gut microbiome has been



found to be important for maintaining overall health, and possibly cognitive function, there was concern that antibiotics may have a harmful long-term effect on the brain. Given that older adults are more frequently prescribed antibiotics and are also at higher risk for cognitive decline, these findings offer reassurance about using these medications."

The study involved 13,571 healthy people who were older than 70. Researchers defined healthy as not having heart disease, dementia, serious physical

disabilities or any health problems that might shorten their life to less than five years. All participants were free of cognitive impairment and dementia during the first two years of the study. During this time, researchers determined participants' antibiotic use by reviewing prescription records. A total of 63% of people used antibiotics at least once during that time.

Participants were divided into two groups, those who used antibiotics and those who had never used antibiotics. Researchers

also divided them into groups based on how many antibiotic prescriptions they had in the first two years, from zero to five or more prescriptions, so they could review if more antibiotics increased a person's risk.

Participants were then followed for an average of five more years, during which 461 people developed dementia and 2,576 people developed cognitive impairment.

Researchers then examined if antibiotic use during the first two years was associated with changes over time in thinking and memory skills. Participants took a series of cognitive tests at the start of the study, after one year, and then every two years thereafter. Tests measured thinking and memory skills like attention, executive function and language.

NIWAS HOUSING FINANCE PRIVATE LIMITED
(Formerly known as Indostar Home Finance Private Limited, hereinafter referred as NHFPL)

Regd. Office: - Unit No. 305, 3rd Floor, Wing 2/E, Corporate Avenue, Andheri - Ghatkopar Link Road, Chakala, Andheri (East), Mumbai - 400093

Notice under Section 13 (2) of Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002

NHFPL has sanctioned home loan/mortgage loan/construction loan to the following borrowers against mortgage of residential premises. The repayment of the said loans were irregular and the accounts are finally classified as Non-Performing Asset in accordance with directions and guidelines of National Housing Bank/RBI.

NHFPL has therefore invoked its rights and issued a notice under section 13(2) of the SARFAESI ACT, 2002 and called upon the borrowers to repay the total outstanding mentioned against respective borrowers within 60 days from the date of the demand notice. The following borrowers are hereby called upon by this publication to pay the total dues mentioned against them plus further charges & interest accrued till payment within 60 days from the date of the said demand notice, failing which NHFPL shall resort to all or any of the legal rights to take possession of the properties, dispose/sale it and adjust the proceeds against the outstanding amount.

The borrowers are also restrained from alienating or creating third party interest on the ownership of the properties.

Sr. No.	Location/ Loan Account Number	Name of Borrower/ Co-Borrowers/ Guarantor	Date of Demand Notice Sent	Amount as per Demand Notice	Description of property
1	VELLOR LNVELLAP-12200015211	MUNISAMY CHINNASAMY (BORROWER), KOKILAVANI MUNISAMY (CO-BORROWER), RAJESH MUNISAMY (CO-BORROWER)	13-Dec-2024	Rs.290978/- (RUPEES TWO LAKH NINETY THOUSAND NINE HUNDRED SEVENTY EIGHT ONLY)	All That Piece And Parcel Of The Property Bearing, Gramanatham S.No. 119/215, Sembudu Village, Gudiyatham Sro, Taluka & Vellore District - 635813, Four Boundaries Are East : Customer Plot, West : Chinnasamy's Plot No. 214, North : S.No. 211 & Road, South : Muniratham Jagatha's Plot No. 217.
2	CHENNAI-KANCHIPURAM LNCHNOHL-01230028246	VAJRAVELU MASI (BORROWER), MANIMEGALAI VAJRAVELU (CO-BORROWER)	13-Dec-2024	Rs.704538/- (RUPEES SEVEN LAKH FOUR THOUSAND FIVE HUNDRED THIRTYEIGHT ONLY)	All That Piece And Parcel Of Land Situated At S. No. 493, As Per Patta No. 598, New S. No. 493a, Pullalore Village -a, Kancheepuram Taluk, Kancheepuram District Ad- Measuring 0.10 Cents (4355.6 Sq. Ft) Out Of Total Extent Of 0.39 Cents Situated Within The Sub-Registration District Of Kancheepuram Joint II And In The Registration District Of Kancheepuram Bounded On The Boundaries And Measurements:-direction Boundary: East By: Common Passage, West By: (Land Belongs To Penyasamy 4355.6 Sq. Ft (1.0 Cents), North By: Ponnann Land, South By: Balance Land,

Date: - 24.12.2024
Place: Vellor, Kanchipuram

sd/- Authorised Officer
NIWAS HOUSING FINANCE PRIVATE LIMITED

New hope for fighting drug-resistant malaria

Malaria, caused by a parasite transmitted to humans through an infected mosquito's bite, is a leading cause of illness and death worldwide.

Most susceptible are pregnant women, displaced people and children in developing countries, according to the US Centres for Disease Control and Prevention.

Treating the disease is difficult because Plasmodium falciparum, the deadliest malaria parasite, is resistant to nearly all malaria medications. But in a study published recently, researchers at Case Western Reserve University describe how they may have found a new target: a cholesterol-managing protein called PfNCR1. That's an important finding because a parasite needs just the right amount of cholesterol to survive and grow in its host, said Edward Yu, a professor of pharmacology at the Case Western Reserve School of Medicine and the study's lead researcher.

U GRO CAPITAL LIMITED
4th Floor, Tower 3, Equinox Business Park, LBS Road, Kuria, Mumbai 400070

DEMAND NOTICE

Under The Provisions of The Securitization 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 authorised officer of UGRO Capital Limited under the Act and in exercise of the 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 the borrower(s) are avoiding the service of the demand notice(s), therefore the service of the demand notice is being effected by affixation and publication as per the Rules. The contents of the demand notice(s) are extracted herein below:

Name of the Borrower(s) & LAN	Demand Notice Date and Amount
1. MEKS ENGINEERING 2. ELAYARAJA E.3. MEGALA M LAN: HCFCHEMLN0001039181	Notice Date: 14-02-2024 Amount: Rs. 28,19,181/- (Rupees Twenty Nine Laks Seventy Six Thousand One Hundred Sixteen Only) as on 05-02-2024

Description of Secured Asset(s) : MAKE: GMT ENGINEERS PRIVATE LIMITED. MODEL: HYDRAULIC SWING BEAM SHEARING MACHINE HSB 8x3200. MAKE: GMT ENGINEERS PRIVATE LIMITED. MODEL: HYDRAULIC PRESS BRAKE- HPB-125/3200. TAX INVOICE: 87, 88

The borrower(s) are hereby advised to comply with the demand notice(s) and pay the demand amount mentioned therein and hereinabove within 60 days from the date of this publication together with applicable interest, late payment penalty, bounce charges, cost and expenses etc. till the date of realization of the payment. The borrower(s) may note that UGRO Capital Limited is a Secured Creditor and the loan facility available by the borrower(s) is a secured debt against the immovable property(ies) being the secured asset(s) mortgaged by the borrower(s) with UGRO Capital Limited. In the event, the borrower(s) are failed to discharge their liabilities in full within the stipulated time, UGRO Capital Limited 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 in order to realize the dues in the loan account of the borrower(s). UGRO Capital Limited 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), UGRO Capital Limited also has a right to initiate separate legal proceedings to recover the balance dues, in case the value of the Secured Asset(s) is insufficient to cover the dues payable by the borrower(s) to UGRO Capital Limited. This remedy is in addition and independent of all other remedies available to UGRO Capital Limited 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 Asset(s) and further to Section 13(13) of the Act, whereby the borrower(s) are restrained/prohibited from disposing or dealing with the Secured Asset(s) or transferring the same by way of sale, lease or otherwise (other than in ordinary course of business) any of the Secured Asset(s) without prior written consent from UGRO Capital Limited and non-compliance of the above is an offence punishable under Section 29 of the Act. The copy of the demand notice(s) is available with the undersigned and the borrower(s) may, if they so desire, collect the same from the undersigned.

Place: Chennai SD/- Mokshi Soni (Authorised Officer)
Date: 24.12.2024 For UGRO Capital Limited (authorised.officer@ugrocapital.com)

Kotak Mahindra Bank Limited ONLINE E - AUCTION SALE OF ASSET

Registered Office: 27BKC, C-27, G-Block, Bandra Kuria Complex, Bandra (E), Mumbai-400051 Branch Office: # 185, 2nd Floor, Mount Road, Anna Salai, Chennai 600 006 (Land Mark: IBS 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 8(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 "PNB Housing Finance Limited" (hereinafter referred to as "PNBHFL") the Authorised Officer of Kotak Mahindra Bank Limited (hereinafter referred to as "The Bank/ KMBL/Secured Creditor") has taken the possession of below described immovable property (hereinafter called the secured asset) mortgaged/charged to the secured creditor on 23.08.2024. Notice is hereby given to the borrower (s) and co-borrower (s) in particular and public in general that the bank has decided to sell the secured asset through E-auction under the provisions of the Sarfaesi Act, 2002 on "as is where is", "as is what is", and "whatever there is" basis for recovery of Rs. 56,29,113/- (Rupees Fifty Six Lakh Twenty Nine Thousand One Hundred and Thirteen Only) outstanding as on 19.12.2024 with future payable interest till realization, under the loan account No. HOU/CHE/0317/366255; loan availed by Mrs. D. Yogesha & Mr. J.S.Dhanasekar as per below details.

Particular	Detail
Date Of Auction	10.02.2025
Time Of Auction	Between 12:00 Pm To 1:00 Pm With Unlimited Extension Of 5 Minutes
Reserve Price	Rs.20,00,000/- (Rupees Twenty Lakh Only)
Earliest Money Deposit (EMD)	Rs.2,00,000/- (Rupees Two Lakh Only)
Last Date For Submission Of Emd With Kyc	07.02.2025 UP TO 6:00 P.M. (IST)
Description Of The Secured Asset	Schedule-A: All that piece and parcel of vacant land measuring 84 cents (49 cents along with a well in Survey No. 752A and 35 cents in Survey No. 78/3A/2, DTCP Approved No.50/2011, situated at No.4, Urappakkam Village, Chengelpet Taluk, Kancheepuram District, Sub Registration District of Guduvanchery and Registration District of Chennai South and within the local limit of Kattankulathur Panchayat Union, North by: Survey Nos 75 (part) and 78 (part), South by: Survey Nos 75(part) and 78/2, East by: Survey No.78(part), West by: 23 Feet Road Schedule-B: An undivided share of 385 sq.ft of land right, title and interest in the 'A' schedule mentioned property as state above. Schedule-C: Flat No.G1, in Ground Floor, at 'M' Block, measuring 781sq.ft. (inclusive of common areas) in the scheme Madhurarup developed at 'A' schedule property as stated above with covered car park.
Known Encumbrances	Nil

The borrowers' 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. +919677288418) & Mr. Vishal Adishesha (Mob No +919941016600). Bidder may also contact the bank's IVR No. (+91-9152219751) 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 <http://bank.auctions.in/>

Place: Kancheepuram, Bangalore, DATE: 24.12.2024 For Kotak Mahindra Bank Ltd., Authorized Officer

Kotak Mahindra Bank Limited POSSESSION NOTICE

Registered Office: 27 BKC, C-27, G-Block, Bandra Kuria Complex, Bandra (E), Mumbai-400051 Branch Office : No.1050, 2nd Floor, Srinivas Bawan, Avinashi Road, Coimbatore-641018.

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 (54 Of 2002) And In Exercise Of Powers Conferred Under Section 13(12) 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 With All Costs, 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 The 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 And Loan Account No.	Details Of The Property	1. Date Of Possession	2. Type Of Possession
Mrs. Carline Sangeetha W/o Mr. T.Raja & Mr. T.Raja S/o Mr. Thyagarajan Both At: Flat No. 601/03 & Both Block No.6, Ashirwad Homes, Kallish Avenue, Bharathi Nagar, Perungalancherry, Chennai, Tamil Nadu- 600063 & Both Block No. 12A, Old State Bank Colony, 1st Cross (Enforced), West Tambaram, Chennai-600045. Loan Account Number : 0011660002883 & 0011670002901 Loan Amount:Rs. 15,67,005/- (Rupees Fifteen Lakh Sixty Seven Thousand Five Only)	All that piece and parcel of R.C.C. Terrace Building In Ground Floor including all its amenities bearing Flat No.G1, measuring an extent of 707sq.ft., situated at 'Ashirwad Homes' Block No.6 out of undivided share of land measuring 368 sq.ft., out of larger extent measuring 2,083 sq. ft. in Pkt bearing No.C-2, comprised in Survey No.375/2, Old Patta No.740 as per patta sub-division Survey No.375/2C, New Patta No.6563 as per patta sub-division Survey No.375/2C2, in the layout named 'Kallish Avenue' situated in the village of Ashirwad, Taluk of Perungalancherry, Kancheepuram District, Land bounded as: North: Pkt No.C1, South: Survey No.375/2D, East: Survey No.374, West: 24 feet road, Measuring: North By: 59' 6", South By: 59' 6", East By: 35 feet, West By: 35 feet. The property is situated within the registrational town Panchayat Limits and within the registration district of Chennai, South and registration sub district of Padappai. Name of the Mortgagee: Mrs. Carline Sangeetha	1.20.12.2024	2. Symbolic Possession

Date: 24.12.2024, Place: Chennai For Kotak Mahindra Bank Ltd., Authorized Officer For any query please contact Mr. Gopald Singh (Mobile No. +91987698212) & Ms. Syam Namburi (Mobile No. +919677288418)

Kotak Mahindra Bank Limited ONLINE E - AUCTION SALE OF ASSET

Registered Office: 27BKC, C-27, G-Block, Bandra Kuria Complex, Bandra (E), Mumbai-400051 Branch Office: # 185, 2nd Floor, Mount Road, Anna Salai, Chennai 600 006 (Land Mark: IBS 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 8(5) and 9(1) of the security interest (enforcement) rule, 2002. Subsequent to the assignment of debt in favour of Kotak Mahindra Bank Limited by "PNB Housing Finance Limited" (hereinafter referred to as "PNBHFL") the Authorised Officer of Kotak Mahindra Bank Limited (hereinafter referred to as "The Bank/ KMBL/Secured Creditor") has taken the physical possession of below described immovable property (hereinafter called the secured asset) mortgaged/charged to the secured creditor on 20.11.2024. Notice is hereby given to the borrower (s) and co-borrower (s) in particular and public in general that the bank has decided to sell the secured asset through E-auction under the provisions of the Sarfaesi Act, 2002 on "as is where is", "as is what is", and "whatever there is" basis for recovery of Rs.53,32,934/- (Rupees Fifty Three Lakh Two Thousand Nine Hundred and Thirty Four Only) outstanding as on 19.12.2024 along with future payable interest till realization, under the loan account No.HOU/CHE/0317/369222; loan availed by Mr. V. Surendra Kumar & Mrs. S. Jayalaxmi as per below details.

Particular	Detail
Date Of Auction	10.02.2025
Time Of Auction	Between 12:00 Pm To 1:00 Pm With Unlimited Extension Of 5 Minutes
Reserve Price	Rs.22,00,000/- (Rupees Twenty Two Lakh Only)
Earliest Money Deposit (EMD)	Rs.2,20,000/- (Rupees Two Lakh Twenty Thousand Only)
Last Date For Submission Of Emd With Kyc	07.02.2025 UP TO 6:00 P.M. (IST)
Description Of The Secured Asset	All that piece and parcel of Flat No. M-202, 2nd Floor, Mist Block, measuring 631 sq.ft., in the project 'OXYGEN BY URBAN TREE' inclusive of proportionate share in the common area and one reserved covered car parking slot constructed on the piece of land more fully explained in the Construction agreement dated 27.10.2017 and Sale Deed dated 19.05.2017 as under: Schedule 'A' Property: All that piece and parcel of vacant land situated in Perumbakkam Village, Sholinganallur Taluk (earlier Saidpet in Tambaram Taluk), Kancheepuram District (earlier Chengelpet District), comprised in Survey Nos. 296/4 (28 cents), 296/3 (28 cents), 296/7 (25 cents), 299/3 (38 cents), 299/1 (57 cents), 296/6 (16 cents), 296/8A (42 cents), 296/8B (44 cents), 296/1B (21 cents), 296/1 (60 cents), 262/2 (26 cents), 264 (1 Acre and 05 cents), 360/2 (78 cents), 301/6 (19 cents), 260/4B1 (20 cents), 262/1 (25 cents), 297 (28 cents), 298 (75 cents), 260/4A (36 cents), 260/4B2 (20 cents), 263/2B (57 cents), 263/2A (57 cents) in all measuring 9.03 Acres or 3.93,347 sq.ft. or thereabouts, now in the scheme developed as 'Oxygen By Urban Tree' and bounded on: North by: Survey No. 298, 262/3, 260/3A, 260/2, 261, 265/1A1A, 265/1A1B, 265/1A3A, 265/1A3B, 265/5, South by: Survey No. 301/1A1B1, 301/1A1B2, Road No. 300, 299/5, 299/2, 359, East by: Survey No. 260/2, 261, 265/1A1A, 265/2, 296/2, 301/6, West by: Survey No. 258, 256, 360/1, 263/1, 262/3 and situated within the registration district of Chennai South and Sub Registration District of Sholinganallur Taluk of Chennai South and Sub Registration District of Sholinganallur Taluk of Chennai South. All that piece and parcel of vacant land measuring 3.20,807 Sq.ft situated in perumbakkam village, Sholinganallur Taluk (earlier Saidpet in Tambaram Taluk), Kancheepuram District (earlier Chengelpet District), comprised in survey Nos. 296/4, 296/3 (Part), 296/7 (part), 299/3 (part), 299/1, 296/6, 296/8A (part), 296/8B (part), 265/1B (part), 296/1 (part), 262/2, 264, 360/2 (part), 301/6 (part), 260/4B1, 262/1, 297, 298, 260/4A and 260/4B2, 263/2A & 263/2B and situated within the Registration District of Chennai South and Sub Registration District of Sholinganallur Taluk of Chennai South. An undivided share of 318 Sq.ft. interest, right title in the 'C' Property. An undivided share of 318 Sq.ft. interest, right title in the 'C' Property.
Known Encumbrances	Nil

The borrowers' 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. +919677288418) & Mr. Vishal Adishesha (Mob No +919941016600). Bidder may also contact the bank's IVR No. (+91-9152219751) 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 <http://bank.auctions.in/>

Place: Kancheepuram, Bangalore, DATE: 24.12.2024 For Kotak Mahindra Bank Ltd., Authorized Officer