

Health Matters

Power of Ludo in promoting senior citizens' well-being

In an era where digital entertainment often caters to the younger generation, its heartening to find activities that transcend age boundaries, fostering connections and promoting well-being regardless of age. Ludo, an ageless board game beloved by millions, emerges as a symbol of inclusivity and mental stimulation, catering not only to youngsters but also to senior citizens.

This article explores the myriad benefits of Ludo games for seniors, highlighting how this classic game serves as a contemporary avenue for enhancing mental health and fostering social connections among

senior citizens.

Unlocking Ludo's benefits for seniors

Memory improvement
Engaging in Ludo stimulates memory functions as seniors strategize their moves and anticipate their opponents next steps. Regularly exercising the brain in this manner can help older adults maintain or even enhance their cognitive abilities.

Mental Agility

Strategic token movements promote good mental agility, enabling seniors to switch between tasks more smoothly and tackle challenges more efficiently. Skill-based games that require this ability significantly



help delay age-related declines by promoting mental flexibility.

Social interaction and

emotional well-being

Engaging in skill-based Ludo gaming online presents seniors

with a paramount opportunity: fostering social connections effortlessly, regardless

of time or place. In the contemporary world, loneliness is becoming an increasingly important risk factor for many health problems. Ludo becomes an agent of socialization and encouragement of communal life and enables spending time with friends families through the Ludo game. Playing skill-based games on Ludo apps offer a fix for loneliness while fostering community engagement, providing a meaningful way to spend leisure time.

Facilitating intergenerational bonding

Ludo is more than just a game; it bridges generational divides,

making it perfect for intergenerational bonding. When seniors enjoy Ludo with friends, it not only boosts their social and cognitive involvement but also creates a stage for sharing values, stories, and experiences across age groups. In essence, Ludo fosters unity and strengthens family ties by bringing people of all ages together in a fun and inclusive way.

Accessing Ludo for seniors

With advancements in technology, accessing Ludo has become more convenient than ever for seniors. Whether through traditional board games or engaging on

digital apps like Zupzee, which offer skill-based Ludo games, seniors can enjoy Ludo with ease. Zupzee Ludo offers a user-friendly interface designed to cater to all age groups, ensuring seniors can navigate the game effortlessly.

In conclusion, Ludo, whether played on a physical board or through digital platforms, offers seniors a meaningful and enjoyable way to exercise their minds and stay connected with others. Regular engagement with the game can contribute to cognitive health and overall happiness among older adults, making Ludo a valuable addition to their leisure activities.

New genetic markers pinpoint diabetes risk

In the largest genome-wide association study to date on Type 2 diabetes, a team of international researchers, co-led by a University of Massachusetts Amherst genetic epidemiologist, has located 1,289 genetic markers associated with Type 2 diabetes (145 of which are newly identified) and generated risk scores for diabetes complications.

In the research, scientists used cutting-edge computational approaches to identify eight distinct mechanistic clusters of genetic variants linked to the disease.

They also discovered associations between individual clusters and diabetes complications.

"We tried to figure out some of the mechanisms for how these genetic variants are working -- and we did," says co-senior author Cassandra Spracklen, assistant professor of biostatistics and epidemiology in the School of Public Health and Health Sciences.

Ultimately, the goal is to identify potential genetic targets to treat or even cure the chronic metabolic disease that affects and sometimes debilitates more than 400 million adults



worldwide, according to the International Diabetes Federation.

The study -- emerging from the newly formed Type 2 Diabetes Global Genomics Initiative -- included data from a highly diverse group of more than 2.5 million individuals, 428,452 of whom have Type 2 diabetes.

"We found eight clusters of Type 2 diabetes-associated variants that have also been associated with other diabetes risk factors -- such as obesity and liver-lipid metabolism -- suggesting the mechanisms for how the variants may be acting to cause diabetes," Spracklen says.

"Then we asked if these clusters were also associated with Type 2 diabetes complications? And we found that several of them to also

associated with vascular complications, such as coronary artery disease and end-stage diabetic nephropathy."

Even though effective treatments are available for Type 2 diabetes, the option for precision medicine tailored to the individual is still limited.

For many people with the disease, treatment strategies still rely on trial and error.

Being better able to understand the disease mechanisms will help predict individuals' risk of Type 2 diabetes and allow for earlier intervention.

"We're trying to understand how diabetes develops," says Spracklen, adding that the new research includes data from cohorts not available in an earlier genome-wide association study published in 2022

in Nature Genetics, for which Spracklen was co-first author.

"And we're trying to better understand how these genetic variants are actually working within a biological tissue or at the cellular level, which can ultimately lead to new drug targets and treatments."

Senior corresponding author Eleftheria Zeggini, director of the Institute of Translational Genomics at Helmholtz Munich and a professor at the Technical University of Munich, notes that collaboration among scientists is essential for evaluating vast patient data and achieving a comprehensive understanding of genomic risk variants.

"The genetic information in our cells harbors secrets about the risks, progression and complications of many diseases," she says.

"Our work leads to an improved understanding of disease-causing biological mechanisms. Better knowledge of progression risk for Type 2 diabetes complications can help put in place early interventions to delay or even prevent these debilitating medical conditions."

Cleveland Clinic researchers have identified a new pathway that contributes to cardiovascular disease associated with high levels of niacin, a common B vitamin previously recommended to lower cholesterol.

The team, led by Stanley Hazen, MD, PhD, discovered a link between 4PY, a breakdown product from excess niacin, and heart disease.

Higher circulating levels of 4PY were strongly associated with development of heart attack, stroke and other adverse cardiac events in large-scale clinical studies.

The researchers also showed in preclinical studies that 4PY directly triggers vascular inflammation which damages blood vessels and can lead to atherosclerosis over time.

The study also details genetic links between 4PY and vascular inflammation. The findings provide a foundation for potential new interventions and therapeutics to reduce or prevent that inflammation.

"What's exciting about these results is that this pathway appears to be a previously unrecognized yet significant contributor to the development of

Heart disease linked to excess Vitamin B: Study



cardiovascular disease," said Dr. Hazen, Chair of Cardiovascular and Metabolic Sciences at Cleveland Clinic's Lerner Research Institute and Co-Section Head of Preventive Cardiology in the Heart, Vascular & Thoracic Institute.

"What's more, we can measure it, meaning there is potential for diagnostic testing. These insights set the stage for developing new approaches to counteract the effects of this pathway" Niacin (vitamin B-3) is very common in a Western diet. "For decades, the United States and more than 50 nations have mandated niacin fortification in staple foods such as flour, cereals and oats to prevent disease related to nutritional deficiency," said Dr. Hazen.

Yet one in four subjects in the researchers' patient cohorts appear to be getting too much, and had high levels of 4PY, which appears to contribute to cardiovascular disease development.

Dr. Hazen compares our intake of niacin as multiple taps pouring water into a bucket.

Once that bucket is filled, it begins to spill

over. The human body then needs to process that spill-over and produce other metabolites, including 4PY.

"The main takeaway is not that we should cut out our entire intake of niacin - that's not a realistic approach," said Dr. Hazen.

"Given these findings, a discussion over whether a continued mandate of flour and cereal fortification with niacin in the U.S. could be warranted."

Dr. Hazen notes broader use of over-the-counter supplements made with different forms of niacin have also become popular because of presumed anti-aging purposes.

He adds that patients should consult with their

doctors before taking over-the-counter supplements and focus on a diet rich in fruit and vegetables while avoiding excess carbohydrates.

The new findings also might help explain why niacin is no longer a go-to treatment for lowering cholesterol. Niacin was one of the first treatments prescribed to lower LDL or "bad" cholesterol.

However, eventually niacin showed to be less effective than other cholesterol-lowering drugs and was associated with other negative effects and higher mortality rates in previous research.

"Niacin's effects have always been somewhat of a paradox," Dr. Hazen said.

Eating too much protein bad for arteries

University of Pittsburgh School of Medicine researchers discovered a molecular mechanism by which excessive dietary protein could increase atherosclerosis risk.

The study, which combined small human trials with experiments in mice and cells in a Petri dish, showed that consuming over 22 per cent of dietary calories from protein can lead to increased activation of immune cells that play a role in atherosclerotic plaque formation, driving the disease risk.

Furthermore, the scientists showed that one amino acid - leucine - seems to have a disproportionate role in driving the pathological pathways linked to atherosclerosis, or stiff, hardened arteries.

"Our study shows that dialing up your protein intake in pursuit of

better metabolic health is not a panacea. You could be doing real damage to your arteries," said senior and co-corresponding author Babak Razani, M.D., Ph.D., professor of cardiology at Pitt.

"Our hope is that this research starts a conversation about ways of modifying diets in a precise manner that can influence body function at a molecular level and dampen disease risks."

According to a survey of an average American diet over the last decade, Americans generally consume a lot of protein, mostly from animal sources.

Further, nearly a quarter of the population receives over 22% of all daily calories from protein alone.

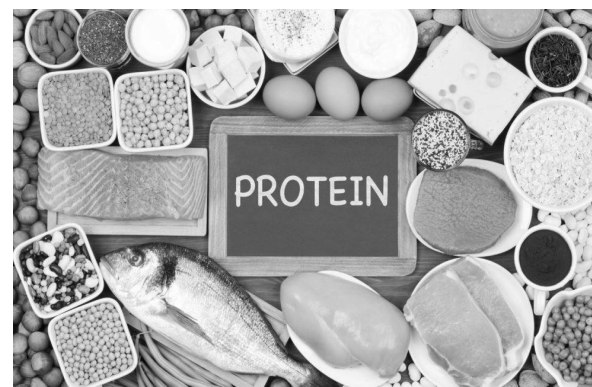
That trend is likely driven by the popular idea that dietary protein is essential to healthy

living, says Razani.

But his and other groups have shown that overreliance on protein may not be such a good thing for long-term health.

Following their 2020 research, in which Razani's laboratory first showed that excess dietary protein increases atherosclerosis risk in mice, his next study in collaboration with Bettina Mittendorfer, Ph.D., a metabolism expert at the University of Missouri, Columbia, delved deeper into the potential mechanism and its relevance to the human body.

To arrive at the answer, Razani's laboratory, led by first-authors Xiangyu Zhang, PhD, and Divya Kapoor, MD, teamed up with Mittendorfer's group to combine their expertise in cellular biology and metabolism



and perform a series of experiments across various models -- from cells to mice to humans.

"We have shown in our mechanistic studies that amino acids, which are really the building blocks of the protein, can trigger disease through specific signaling mechanisms and then also alter the metabolism of these cells," Mittendorfer said.

"For instance, small immune cells in the vasculature called macrophages can trigger

the development of atherosclerosis."

Based on initial experiments in healthy human subjects to determine the timeline of immune cell activation following ingestion of protein-enriched meals, the researchers simulated similar conditions in mice and in human macrophages, immune cells that are shown to be particularly sensitive to amino acids derived from protein.

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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 8(6) of the security interest (enforcement) rule, 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 property mortgaged/charged to the secured creditor, the possession of which has been taken by the authorised officer of ESSEL finance business loans limited (hereinafter referred to as "ESSEL" or "21.11.2023, and pursuant to the assignment of debt in favour of Kotak Mahindra Bank Limited by BHF", the property will be sold on "as is where is", "as is what is", and "whatever there is" basis on 30.03.2024 between 12.00 pm to 01.00 pm with unlimited extension of 5 minutes, for recovery of Rs. 1,08,57,516/- (rupees one crore eight lakh fifty seven thousand five hundred and sixteen only) and the earnest money deposit will be Rs. 12,00,000/- (rupees twelve lakh only) & last date of submission of bid with KYC is 28.02.2024 up to 6:00 pm (IST).

Property Description - All That Piece and Parcel of Land and Building, Comprised In S.no. 193 Part, As Per Patta No. 16, New S.no. 188/8, Measuring With An Extent Of 3120 Sq.ft. Situated At Bajajani Koli Street, Madhanandapuram Village, Sriperumbudur Taluk, Kanchipuram District And Bounded On The-East-Property Belongs To Munusamy Naicker and Others, West-Kanniammal's Property, North- Kanniammal's Property South- Bajajani Koli Street Admeasuring East To West On The Northern Side: 43 Feet East To West On The Southern Side: 53 Feet North To South On The Eastern Side: 70 Feet North To South On The Western Side: 60 Feet

The borrower's attention is invited to the provisions of sub-section 8 of section 13, of the sarfaesi act, in respect of the time available, to redeem the secured asset. Public in general and borrowers in particular 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 public e-auction, at the discretion of the secured creditor.

In case of any clarification/requirement regarding assets under sale, bidder may contact to Mr. Vishal Adisheshan (+919941016300), Surtiya Peiyaniyasamy (9600221111) (+91-9152219751) & Mr. Vijaykumar Menon (+919940572248).

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Place: CHENNAI Date: 27.02.2024 Authorized Officer, Kotak Mahindra Bank Limited

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[APPENDIX-IV-A] [See proviso to rule 8(6)]

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 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) that pursuant to taking possession of the secured asset mentioned hereunder by the Authorized Officer of Indostar Home Finance Private Limited (hereinafter referred to as "Secured Creditor") under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 for the recovery of amount due from borrower(s), offers are invited to be submitted online on the Web Portal of our Sales & Marketing and e-Auction Service Partner, M/s. InventON Solutions Pvt. Limited (InventON) i.e. https://auctions.inventon.in by the undersigned for purchase of the immovable property, as described hereunder.

The borrower's 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. The said property is in the Physical Possession on "As Is Where Is Basis", "As Is What Is Basis", "Whatever Is There Is Basis" and "no recourse" basis, the particulars of which are hereunder:-

Borrower(s) Details	Date & Amount of 13(2) Demand Notice	Description of Property	Reserve Price EMD Bid Increase Amount	Date & Time of e-Auction
LNTAM0HL-07180003658, LNTAM0HL-07180003659 BRANCH: CHENNAI TAMBARAN BORROWER: YUVARAJ S CO-BORROWER(S): MAGESHWARI Y, BHAGYARAJ S	01/09/2022 Rs.33,23,468/- (rupees Thirty Three Lakh Twenty Three Thousand Four Hundred Sixty Eight Only) As On 30/08/2022 Along With Further Interest And Charges Thereon Until Repayment	PROPERTY BEARING:- FLAT NO.A13, BLOCK A, FIRST FLOOR, DGM APARTMENTS, JAYALAKSHMI NAGAR, LANDMARK BROOKLINE CREAMERY ICE CREAM, NANDIVARAM, GUDUVANCHERRY-603202 FOUR BOUNDARIES: - EAST: COMMON ROAD, WEST: LAND & BUILDING, SOUTH ROAD, NORTH: VACANT LAND	Rs. 11,30,000/- Rs. 1,13,000/- Rs. 10,000/-	30/03/2024 Time: 11.00 AM to 12.00 PM with unlimited extension of 5 minutes

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1. For detailed terms and conditions of the sale, please refer to the link provided on www.indostarhfc.com and website of our Sales & Marketing and e-Auction Service Provider, https://auctions.inventon.in Secured Creditor's website.
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3. For any enquiry, information & inspection of the property, support, procedure and online training on e-Auction, the prospective bidders may contact the Client Service Delivery (CSD) Department of our Sales & Marketing and e-Auction Service Partner M/s. InventON Solutions Pvt. Limited, through Tel. No.: +91 9833478748/9029086321 & E-mail ID: care@inventon.net or manoj.das@inventon.net or the Authorized Officer of HFFPL, Mr. Kumanar Natarajan - +919884010927
*Note: Please note that the secured creditor is going to issue the sale notice to all the Borrower(s) by speed/registered post. In case the same is not received by any of the parties, then this publication of sale notice shall be treated as a substituted mode of service.
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Date : 27.02.2024
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