

THE FAT ON YOUR BELLY COULD WEIGH YOU DOWN

RISHITA KHANNA @ Bengaluru

FOR years, 38-year-old Ananya struggled with stubborn belly fat despite maintaining a normal weight. A busy marketing professional, she often skipped meals, relied on ready-to-cook (processed) meals, and slept irregular hours due to work stress. Over time, she noticed her waistline expanding, even though her overall weight had not changed significantly. A routine health check-up revealed elevated cortisol levels and early signs of insulin resistance — both linked to excess belly fat. Ananya's case, however, is not unique. Many people, even those who appear fit, develop abdominal fat due to factors beyond just overeating.

Belly fat is not just a cosmetic concern, it is an indicator of deeper metabolic changes influenced by hormones, lifestyle, and genetics, doctors say, emphasising that understanding why belly fat accumulates and how it impacts health is crucial for effective prevention and management.

Belly fat is a key indicator of overall health, as it reflects how the body stores and processes fat. There are two types of belly fat — subcutaneous fat, which lies just under the skin, and visceral fat, which surrounds internal organs like the liver and intestines. Visceral fat is more dangerous because it releases inflammatory substances and hormones that increase the risk of heart disease, type-2 diabetes, and high blood pressure,

said Dr Prashant Ramdas Wankhade, consultant cardiologist at TriLife Hospital. A large waistline is often a sign of insulin resistance, where the body struggles to regulate blood sugar, leading to metabolic disorders, Dr Prashant said, further explaining that even in people with a normal body weight, ex-



FOODS TO CONSUME

<p>HIGH-FIBRE Oats, flaxseed, chia seeds, leafy greens, lentils and beans</p>	<p>PROTEIN-RICH Eggs, lean meats like chicken and fish, greek yogurt</p>	<p>HEALTHY FATS Avocados, nuts like almonds and walnuts, olive oil</p>	<p>ANTI-INFLAMMATORY Turmeric, ginger and garlic, green tea</p>	<p>WATER-RICH Cucumber, watermelon, lemon water, herbal teas</p>
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FOODS TO AVOID

- Processed foods and sugary drinks (cause insulin spikes and fat storage)
- Refined carbs like white bread and pasta (increases belly fat)
- Alcohol and trans fats (lead to fat accumulation, inflammation)



ପ୍ରାଥମିକ ନିର୍ବାହୀ କାର୍ଯ୍ୟାଳୟ
ଗ୍ରାମ୍ୟ ନିର୍ବାହୀ ମଣ୍ଡଳ, ବୃହତ୍ପୁର
OFFICE OF THE CHIEF CONSTRUCTION, ENGINEER RURAL WORKS CIRCLE, BERHAMPUR
(At/Po- Ambapua, Near Income Tax office, Berhampur-760011, Ganjam, Odisha)
(E-Mail: serwbpr2004@yahoo.com, Tel No.: 0680-2404287)
NATIONAL COMPETITIVE BIDDING THROUGH e-Procurement
Bid Identification No. Online Tender /35-2024-25/ BPR

O-1617	Identification No	Name of work	No. of Works	Approx. Estimated Cost (In lakh)	Class of Contractor	Period of Completion
Online Tender / 35-2024-25/BPR	Road Works under MMSY-TRIP	01 No	Rs. 314.89 Lakhs	"A" Class as applicable	Period of Completion as provided as per Col. No.5 of Annexure of NIT	

Procurement Officer	Bid Identification No	Availability of tender online for bidding
Chief Construction Engineer, R.W.Circle, Berhampur	Online Tender / 35-2024-25/BPR	From 21.03.2025 at 10.00 A.M. To 04.04.2025 upto 5.30 P.M.

(i) EMD / Bid Security, Cost of Bid document is to be transferred through Online as per the procedure mentioned in the DTCN.
(ii) Non-submission of the information/documents through online by the bidder as per the items mentioned in the eligible criteria of the DTCN will also liable for rejection of his tender.

Further details & Clarification if any can be seen from the website: - www.tendersodisha.gov.in
OIPR-25071/11/0065/2425 Sd/- Chief Construction Engineer, R.W.Circle, Berhampur

Government of Odisha "e" Procurement Notice
WORKS DEPARTMENT
Bid Identification No. CCEKC-36 / 2024-25
e-mail: ccekeonjharhpwdcircle@gmail.com / sekcpwd_keonjhar@yahoo.com
Letter No.974 dt. -12.03.2025

B-1078

- Name of the work : Improvement of Suakati - Dubuna - Kalimati road (ODR) (Such as :- renewal coat with SDBC from 3/400 km to 31/00 km) for the year 2024-25.
- Estimated cost : Rs. 801.50 Lakhs
- Class of Contractor : "A" & "Special" Class
- Period of completion : 06 (Six) Calendar Months
- Date and Time of availability of Bid document in the portal : From 11.30 Hours of 20.03.2025 to 16.00 Hours of 03.04.2025
- Last date/ Time for receipt of bids in the portal : 16.00 Hours of 03.04.2025
- Date of opening of Bid from Portal : 11.30 Hours on 04.04.2025
- Name and address of the officer inviting Bid : Chief Construction Engineer, Keonjhar (R&B) Circle, Keonjhar-758001.

Further details can be seen from the e-procurement portal
"http://tendersodisha.gov.in" Sd/- Chief Construction Engineer Keonjhar (R&B) Circle, Keonjhar
OIPR-34033/11/0073/2425

Canara Bank
ARM Branch, Circle Office Building
Balmatta Road, Mangaluru-01
PH: 0824-2440469/ 2863367.

CORRIGENDUM TO SALE NOTICE
Ref: Sale notice issued vide letter no. ARM/MNG/ F174/991/2024-25 dated 12.03.2025. This is further to the sale notice dated 12.03.2025 for E-Auction of immovable properties detailed therein under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) & 9(1) read with Rule 6 (2) of the Security Interest (Enforcement) Rules 2002, with respect of the loan accounts of from M/s. Shivapriyadarshini Castings Private Ltd., represented by its Managing Director, Mr. Annasaheb Sadashiv Chougula. The said sale notice published by Canara Bank ARM Branch Mangaluru in "Udayavani" dated 13.03.2025 (Page No.5) in Hindi edition and "The New Indian Express" dated 13.03.2025 (Page No 07) in Bengali edition. In the said sale notice, we have inadvertently mentioned the date of E auction as 28.03.2025 instead of 08.04.2025. Therefore the date of E auction to be read as 08.04.2025 instead of 28.03.2025 and the last date for EMD deposit stands modified as 07.04.2025. The rest of the details and terms and conditions of the sale notice dated 12.03.2025 remains same.

Place: Mangaluru Date: 17.03.2025 Sd/-, Authorised Officer, Canara Bank, ARM Branch, Circle Office Building, Mangaluru.

Government of Odisha "e" Procurement Notice
WORKS DEPARTMENT
Bid Identification No. CCEKC-37 / 2024-25
e-mail: ccekeonjharhpwdcircle@gmail.com / sekcpwd_keonjhar@yahoo.com
Letter No.1047 dt. -13.03.2025

B-1083

- Name of the work : Construction of Police out Post with 30 men Barrack in the Campus of DD Medical College at Keonjhar, Odisha
- Estimated cost : Rs. 122.84 Lakhs
- Class of Contractor : "B" Class & "A" Class
- Period of completion : 08 (Eight) Calendar Months
- Date and Time of availability of Bid document in the portal : From 11.00 Hours of 21.03.2025 to 16.00 Hours of 07.04.2025
- Last date/ Time for receipt of bids in the portal : 16.00 Hours of 07.04.2025
- Date of opening of Bid from Portal : 11.30 Hours on 08.04.2025
- Name and address of the officer inviting Bid : Chief Construction Engineer, Keonjhar (R&B) Circle, Keonjhar-758001.

Further details can be seen from the e-procurement portal
"http://tendersodisha.gov.in" Sd/- Chief Construction Engineer Keonjhar (R&B) Circle, Keonjhar
OIPR-34033/11/0074/2425

AXIS BANK
Retail Lending and Payment Group
(Local Office/Branch): Axis Bank Ltd, Plot No. 41, Seshadri Road, Anand Rao Circle, Bengaluru, Karnataka-560009.
Axis Bank Ltd, 3rd Floor, Giggipex, NPC - 1, TTC Industrial Area, Mugatam Road, Andri, Navi Mumbai - 400 708.
Registered Office: "Tishul", 3rd Floor Opp. Samarsheshwar Temple Law Garden, Ellisbridge, Ahmedabad - 380004.

E-AUCTION NOTICE FOR SALE OF IMMOVABLE PROPERTY
Sale Notice for Sale of Immovable Assets under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act 2002 read with proviso to Rule 9 Sub Rule (1) of the Security Interest (Enforcement) (Amendment) 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 property is mortgaged/ charged to the secured creditor, the physical possession of which has been taken by the Authorized Officer of Secured Creditor will be sold on "As is where is", "As is what is" and "Whatever there is" on 22 April 2025 for recovery of Rs 14,72,123/- (Rupees Fourteen lakhs seventy two thousand one hundred twenty three only) due on 03.03.2023 with future interest and costs due to the secured creditor from (1) Mr. Mahesh Domanal S/o Danappa, House No. 8, C/O H R Shivnagarwadi, Trimurthy Nagar, Bijapur-586104. Also At: Mr. Mahesh Domanal S/o Danappa, No. 3409, Basavanthpur Halli, Tq Basavan Bagewadi Dist. Bijapur-586203. Also At: Mr. Mahesh Domanal S/o Danappa, Maxlife Insurance Co.Ltd., Dr.Jha Ram Max House, Okhla, New Delhi-110020 (Borrower/Mortgagor), (2) Mrs. Neelambika Domanal D/o Mahesh, House No. 8, C/O H R Shivnagarwadi, Trimurthy Nagar, Bijapur-586104. Also At: Mrs. Neelambika Domanal D/o Mahesh, No.7, Ibrahimpur, Bijapur-586109 (Co-ApPLICANT). Please refer the appended auction schedule for necessary details:-

Known Encumbrances (if any)	Not known to the secured creditor. The unpaid charges towards electricity, maintenance, Tax etc. if any, as applicable
Reserve Price (in Rs.)	Rs. 16,00,000/- (Rupees Sixteen Lakh Only)
Earnest Money Deposit (in Rs.)	Rs. 1,60,000/- (Rupees One Lakh Sixty Thousand Only) through DD/PO in favor of 'Axis Bank Ltd.', payable at Bangalore.
Bid Incremental Amount	Rs. 20,000/- (Rs. Twenty Thousand Only)
Last Date, Time and Venue for Submission of Bids / Tender with EMD	Till 21 April 2025 latest by 04.00 P.M. at Axis Bank Ltd., #45 Prestige Libra, 1st Floor, Regional Passport Office, Near: Uravshi Theatre, Lalbagh Road, Lalbagh, Bangalore-560027, Addressed to Mr. Raghunath
Date, Time, and Venue for Public Auction	On 22 April 2025, between 11.00 A.M and 12.00 Noon with unlimited extensions of 5 minutes each at web portal https://www.bankauctions.com , e-auction tender documents containing e-auction bid form, declaration etc., are available on the website of the Service Provider as mentioned above.

Details of Mortgaged Property: (Loan Agreement No. PHR034201346713):
All that Piece and Parcel of the Plot No.27, Sy No.25 of Kasaba Siddhartha Developer Bangalore Road Bijapur and Bounded as follows East By: Plot No.26, West By: Road, North By: Private Land, South By: Plot No.24.

For detailed terms and conditions of the sale, please refer to the link provided in the secured creditor's website i.e. <https://www.axisbank.com/auction-retail> and the Bank's approved service provider M/S C1 India Private Limited at their web portal <https://www.bankauctions.com>
The auction will be conducted online through the Bank's approved service provider M/s.C1 India Private Limited at their web portal <https://www.bankauctions.com>. For any other assistance, the intending bidders may contact Mr. Raghunath at Axis Bank Ltd., # 45 Prestige Libra, 1st Floor, Regional Passport Office, Near: Uravshi Theatre, Lalbagh Road, Lalbagh, Bangalore-560027 (Mobile No. 91-9886960484, Email Id: raghunath1@axisbank.com). This Notice should be considered as 30 Days' Notice to the Borrowers/Co-borrowers/ Guarantors under Rule 9 Sub Rule (1) of the Security Interest (Enforcement) (Amendment) Rules, 2002.

Date : 17.03.2025 Place: Bangalore Sd/- Authorised Officer AXIS BANK LTD.,

HDFC BANK
We understand your world

Registered Office: HDFC Bank House, Senapati Bapat Marg, Lower Parel (West), Mumbai -400 013
Branch Office: HDFC Bank Ltd, Retail Portfolio Management, Bhagirathi Heights, 2nd Floor, 1116/D, "E" Ward, Opp.Star Tower, Nr. Ganesh Temple, Shahupuri, Kolhapur-416001

E-AUCTION NOTICE FOR SALE OF IMMOVABLE PROPERTY (U/Rule 8(6) read with Rule 9(1) of SARFAESI Act, 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 physical possession of which has been taken by the Authorised Officer of HDFC Bank Ltd., the Secured Creditor, will be sold on "As is Where is", "As is What is" and "Whatever there is" basis on.

Names of the Borrowers/ Co-Borrowers/Guarantor and Loan Account No.	Outstanding Dues for Recovery of which Properties are being sold	Location & Details of Immovable Property	Reserve Price	EMD	Date of inspection	Last date of EMD Submission	Date(s) of E-Auction & Timing
Borrower... Shree Chhatrapati Shivaji Education Society Kolhapur, Co-applicant/guarantor... (1) Mahadev Ramchandra Deshmukh, (2) Paresh Pritamali Doshi (3) Pranjivan Trobhanbhai Patel (4) Shashikant Maruti Kumbhar (5) Mohammad Shad Israaalam Siddiqui, Loan A/c Nos:- 81103371, 81793165, 81810147 & 82069952	Rs. 13,44,13,917.27/- (Rupees Thirteen Crores Forty Four Lacs Thirteen Thousand Nine Hundred Seventeen and Twenty Seven Paise Only) as on 02/05/2017 as per 13(2) notice dated 05/05/2017	1) Property bearing R.S. No.117/2 admeasuring Acre 05-16 Gunthe situated at Mouje Gavan, Tal Chikodi, Belgaum, Kamataka along with construction on the property. 2) Property Bearing R.S. No.107/1 admeasuring Acre 00.11.12 R situated at Mouje Gavan, Tal Chikodi, Belgaum, Kamataka along with construction on the property. 3) Property Bearing R.S. No. 107/A1 admeasuring Acre 00.28 Gunthe/04 Acre assessed at Rs.10.82 Paise, situated at Mouje Gavan, Tal Chikodi, Belgaum, Kamataka along with construction on the property.	Rs. 11,78,00,000/- (Rupees Eleven Crores Seventy Eight Lac only)	Rs. 1,17,60,000/- (Rupees One Crore Seventeen Lac Eighty Thousand only)	21/04/2025	28/04/2025	29/04/2025 at 11.00 AM to 12.00 Noon with unlimited extension of 5 Mins. for every Successful Bid

*with further interest as applicable, incidental expenses costs, charges etc incurred till the date of payment and / or realization.
NB: To the best of knowledge and information of the Authorised Officer (A.O.) of HDFC Bank Ltd, there are no encumbrances.
The particulars in respect of the secured assets specified hereinabove have been stated to the best of the information of the undersigned, who, however shall not be responsible for any error, misstatement or omission in the said particulars. The tenderer(s) / prospective purchaser(s) are, therefore requested in their own interests, to satisfy himself / themselves with regard to the above and the other relevant details pertaining to the abovementioned property / properties, before submitting the tenders.

TERMS & CONDITIONS OF SALE:-

- Sale is strictly subject to the terms & conditions stipulated in the prescribed Tender Document/ E-Bidding catalogue only and in this notice. Further details of the immovable properties/secured assets and Tender Documents/E-Bidding catalogue only can be collected/obtained from the Authorized Officer HDFC Bank Ltd, Retail Portfolio Management, Bhagirathi Heights, 2nd Floor, 1116/D, "E" Ward, Opp.Star Tower, Nr. Ganesh Temple, Shahupuri, Kolhapur-416001, between 10 a.m. to 5 p.m. on any working day or can be downloaded from <https://hdfcbank.auctiontiger.net>. Property is available for inspection between 12.00 a.m. and 3.00 p.m. on the date mentioned above
- Sealed tenders (in the prescribed tender documents/e-bidding catalogue only) along with 10% of the offer amount towards Earnest Money Deposit (EMD) to be submitted at HDFC Bank Ltd, Authorised Officer(s), HDFC Bank Ltd, Retail Portfolio Management, Bhagirathi Heights, 2nd Floor, 1116/D, "E" Ward, Opp.Star Tower, Nr. Ganesh Temple, Shahupuri, Kolhapur-416001, on or before 05.00 PM. on the date mentioned above Payments shall be made only by Demand Drafts / Pay Orders drawn on a Scheduled Bank in favour of "HDFC Bank Ltd." payable at par at Kolhapur. Tenders that are not duly filled up or tenders not accompanied by the EMD or tenders received after the above date prescribed herein will not be considered/ treated as valid tenders, and shall accordingly be rejected. The date of e-auction and time mentioned herein above in column.
- (1) The bid incremental values for said property will be Rs. 1,00,000/- (Rs. One Lac only)
- Documents: along with tender documents/e-bidding catalogue the tenderer(s) should also attach copy of his/her photo identity proof such as copy of the Passport, Adhar Card, Election Commission Card copy of the pan card issued by the Income tax department, etc. Please note that proof of residence countersigned by the tenderer/offeree himself also needs to be provided.
- The borrowers, respective lenders, guarantors or owners of the properties under sale may, if they so desire, give / sponsor his/ her/ their best possible valid offer(s) for the properties offered for sale provided he/she/they follow the requirements / terms and conditions of sale.
- Please note that you (borrower) has liberty to pay the dues of the Bank with all costs, charges and expenses incurred by the Bank at any time before publication of Notice for E-auction or inviting quotations or tender from public or private treaty for transfer by way of lease or assignment or sale of such secured assets as provided under section 13(8) of the act.
- The lenders/prospective purchasers will be given an opportunity to increase/improve their offer/s during online auction. The additional terms and conditions for lenders/prospective purchasers participating in online auction are : (A) M/S e-Procurement Technologies Pvt. Ltd. (Auctiontiger) Add:-Head Office: B-705, Wall Street II, Opp. Orient Club, Near Gujrat College, Ellis Bridge, Ahmedabad - 380 006 Gujrat (India) is assisting The Authorized Officer In Conducting The Online Auction. (B) Detailed Terms And Condition For Participating in the Online Auction, Format, Application, Declaration, etc. can Be Downloaded From Website <https://hdfcbank.auctiontiger.net>. (C) Upon Receipt of The Necessary Documents As Mentioned Above Within The Stipulated Date and time, a password/user id will be provided by M/S e-Procurement Technologies Pvt. Ltd. to Eligible Tenderers/Prospective Purchasers To Participate In The Online Auction at <https://hdfcbank.auctiontiger.net>. Necessary trainings will be provided by M/s. E-procurement technologies limited for the purpose.
- Statutory dues like property taxes/cess and/or builder/society dues, contribution to building repair funds, transfer charges, any other taxes etc. should be ascertained by the tenderer(s)/offerer(s)/prospective purchaser(s) and the same shall be borne and paid by the purchaser. The stamp duty, legal charges, registration charges and GST if any as applicable in respect of the sale certificate to be executed shall be paid by the purchaser alone.
- The person declared to be the purchaser shall, immediately after such declaration, deposit 25% of the amount of purchase money to the 'Authorised Officer' immediately and remaining 75% to be deposited within 15 days from the date of auction date, in default of such deposit, the property shall forthwith be put up again and resold.
- HDFC Bank reserves its right to accept or to reject highest and / or all offer/s without assigning any reasons.
- In case of any difficulty in obtaining Tender Documents/e-bidding catalogue or inspection of the Immovable Properties / Secured Assets and for queries, Please Contact Concerned Officials of HDFC BANK LTD., Mr. Sunil Laad on 9373053870 or Email: sunil.lad@hdfcbank.com and Officials of M/s e-Procurement Technologies Limited (Auction Tiger), Ahmedabad. Bidder Support Numbers: Ram Sharma Mob No- 8000023297, Support Help Desk Number 9265562818/9265562821/079-6813 6842/6869 Email: support@auctiontiger.net & ramprasad@auctiontiger.net.

Date : 18.03.2025 Sd/- Authorised Officer, HDFC Bank Ltd.

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Aadya Shri Nijalingeshwar Shikshan Sansthe's
S.B.Shirkoli Homoeopathic Medical College & Hospital,
Anant Vidya Nagar, Sankeshwar-591313
Dist : Belagavi (Karnataka)

HOSPITAL STAFF REQUIREMENT (30 BEDDED HOSPITAL)
Application are invited from the eligible & qualified candidate for the following posts

S.NO.	NAME OF THE POST	DEFICIENCY
1	General Physician (Emergency medicine and critical care)	1
2	Surgeon (general surgery)	1
3	Radiologist	1
4	Pathologist or Biochemist	1
5	Public relation Officer or multipurpose social officer	1
6	Pharmacist	1
7	Nursing staff	3
8	Operation theatre nurse	1
9	Operation theatre assistant	1
10	Physiotherapist	1
11	Dietician	1

Apply with relevant documents & Resume, before **25th March 2025**
Contact: ASNSS Head Office 08333-272427
Mb No: 9448112378/9448634711 Sd/- Chairman ASNSS

IDFC FIRST Bank Limited
(erstwhile Capital First Limited and amalgamated with IDFC Bank Limited)
CIN : L65110TN2014PLC097792
Registered Office: KRM Towers, 8th Floor, Harrington Road, Chetpet, Chennai-600031. TEL: +91 44 4564 4000 | FAX: +91 44 4564 4022.

APPENDIX IV [Rule 8(1)]
POSSESSION NOTICE (For immovable property)

Whereas the undersigned being the Authorised Officer of the IDFC FIRST Bank Limited (erstwhile Capital First Limited and amalgamated with IDFC Bank Limited) under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of powers conferred under section 13(12) read with rule 3 of the Security Interest (Enforcement) Rules, 2002 issued a demand notice dated 30.11.2024 calling upon the borrower, co-borrowers and guarantors 1. BASAVARAJ PUJERI, 2. MINAKSHI PUJERI, to repay the amount mentioned in the notice being Rs. 8,35,996.98/- (Rupees Eight Lac Thirty Five Thousand Nine Hundred Ninety Six And Ninety Eight Paise Only) as on 27.11.2024 within 60 days from the date of receipt of the said Demand notice.

The borrowers having failed to repay the amount, notice is hereby given to the borrower and the public in general that the undersigned has taken Symbolic Possession of the property described herein below in exercise of powers conferred on him under sub-section (4) of section 13 of Act read with rule 8 of the Security Interest (Enforcement) Rules, 2002 on this 11th day of MAR 2025.

The borrowers in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of THE IDFC FIRST Bank Limited (erstwhile Capital First Limited and amalgamated with IDFC Bank Limited) for an amount of Rs. 8,35,996.98/- (Rupees Eight Lac Thirty Five Thousand Nine Hundred Ninety Six And Ninety Eight Paise Only) and interest thereon. 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.

Description of the Immovable properties

All That Piece And Parcel Of House Property VPC Bearing No. 27/22, Admeasuring 152.23 Sq. Mtrs., E-swathu No. 150400501300420061 Of Haleysaragud Village, Tq. Mudalagi, Dist. Belagavi, Belgaum, Kamataka-591227, And, Bounded As: East: Road, West: Road, North: Ashok Mudakappa Dalawayi, South: Basavaraj Ramappa Pujeri

Sd/- Authorised Officer IDFC First Bank Limited (erstwhile Capital First Limited and amalgamated with IDFC Bank Limited)
Date : 11-03-2025 Place : KARNATAKA Loan Account No : 118384586