

**VISIT YOUR DOCTOR AT LEAST ONCE A MONTH
FOR A SAFE PREGNANCY**

SINDUJA JANE @Chennai

U RMLA* was 31-years-old when she conceived through in vitro fertilisation (IVF) procedure. She was regular for her antenatal checkups till 24 weeks of pregnancy and everything was fine. However, she started to miss her regular checkups after she went to stay with her mother in another state. Things took a dramatic turn during the 34th week of pregnancy as she was rushed to the hospital with convulsions, high blood pressure and swollen legs. To save the mother and the baby, the doctors had to perform an emergency caesarean and the mother gave birth to two babies.

“It was a preterm delivery. As it was an emergency, we didn’t have any other choice but to do a caesarean. Soon, her blood pressure normalised, the swelling in the legs reduced and the convulsion was managed. The mother and the babies were discharged after ensuring they are doing okay,” said Dr P M Gopinath, director of reproductive medicine, Kauvery Hospital Group, Chennai.

SUGAR CONTROL

DURING PREGNANCY

- Pregnant women should undergo a glucose challenge test which should be less than 140 mg/dL — this should be repeated every trimester
- Food intake should be personalised, and if needed, tablets or insulin can be given to maintain sugar levels
- High sugar in early pregnancy will lead to congenital anomalies, miscarriage and other problems
- Babies can become big in size and there can be transgenerational transfer
- Mother has a higher chance of urinary tract infection, high BP, instrumental deliveries and c-section delivery

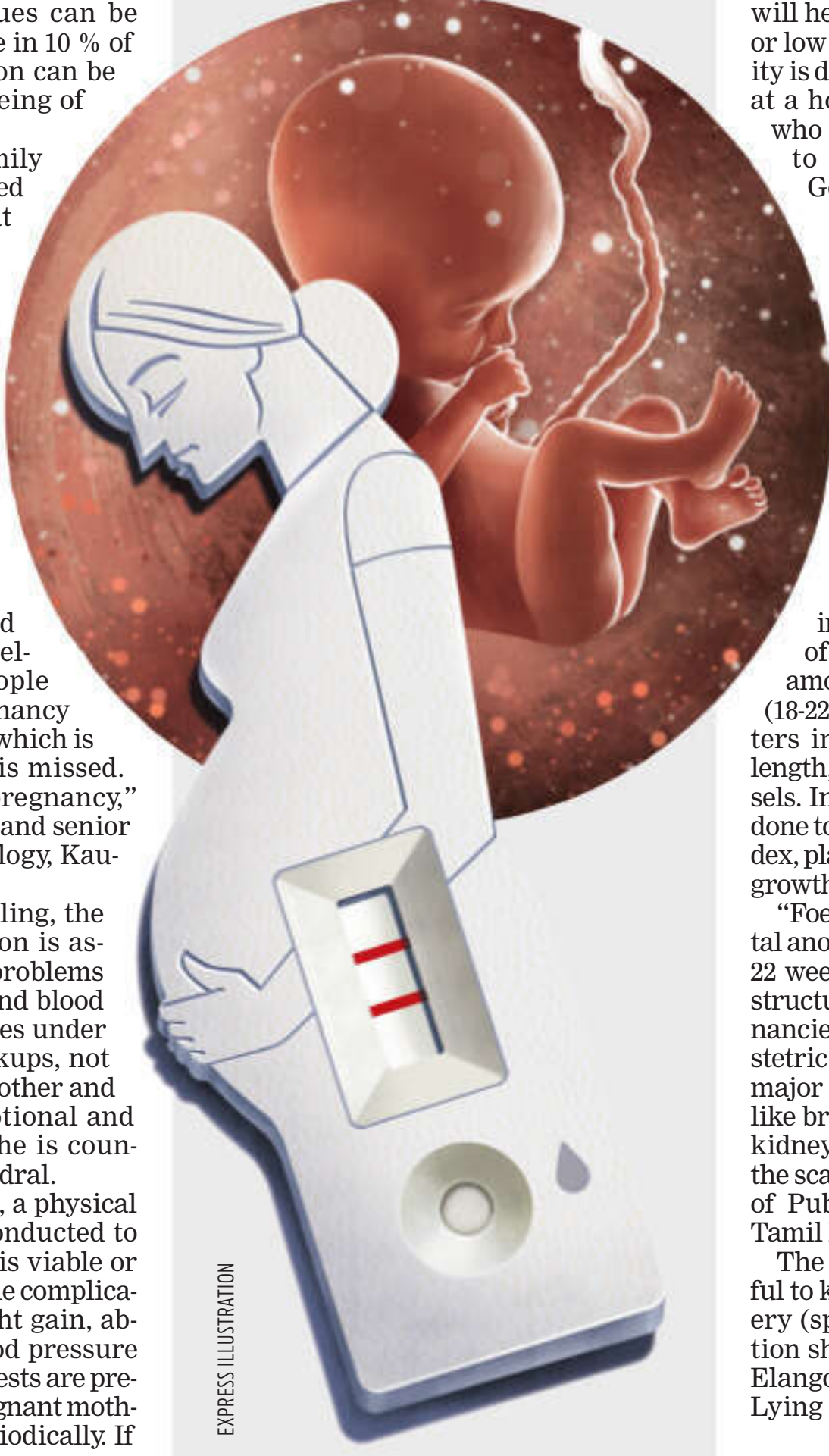
portant as around 90% of issues can be caught early and corrected, while in 10 % of the cases, the disease progression can be stalled, thus ensuring the wellbeing of the mother and the baby.

According to the National Family Health Survey-6 (NFHS-6), released by the Union Health Ministry at the end of May, around 4% of women in the country did not visit a hospital even once during pregnancy. Also around 35% of women did not complete a minimum of four antenatal visits. However it has slightly improved from 58.5% in NFHS- 5 (2019-21) to 65.2% NFHS-6 (2023-24). Notably, urban women recorded higher compliance at 75.8% compared to 61.4% in rural areas.

Any planned pregnancy should start with preconception counselling for the couple. "Many people come after a positive urine pregnancy test. By that time, the early week which is crucial for foetus development is missed. That is already four weeks of pregnancy," said Dr K Thendral, clinical lead and senior consultant, obstetrics & gynaecology, Kauvery Hospital.

During preconception counselling, the women's general health condition is assessed — if she has any health problems like diabetes, hyperthyroidism and blood pressure — and how to keep issues under control. “During antenatal checkups, not only the physical health of the mother and foetus is assessed, but also emotional and mental health of the mother. She is counselled accordingly,” said Dr Thendral.

During the first antenatal visit, a physical examination of the mother is conducted to confirm whether the pregnancy is viable or not, and also ascertain any possible complications. The mother's height, weight gain, abdominal circumference and blood pressure are usually checked and urinary tests are prescribed during the first visit. "Pregnant mothers are screened for anaemia periodically. If



EXPRESS ILLUSTRATION

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**MYTH
BUSTERS**

Dr Jayashree Sharma
On Pregnancy

Consulting obstetrician &
gynaecologist, Dr Jayashree Ladies
Speciality Clinic, Chennai

Myth: Pregnant mother should eat for two

Fact: It should not be taken in the literal sense, as adding more weight during pregnancy will result in more problems. What the doctor is asking is only for the baby to gain weight and grow healthy. So, increase the amount of nutrients. What is really needed is not a food for two, but nutrients like folic acid, iron, protein and calcium.

Myth: The gender of the foetus can be predicted by seeing the shape of the mother's belly

Fact: It's a myth. People repeatedly keep guessing if it's a boy or girl, so 50% of the time they will be right. The shape of the belly of the mother depends on her stature and position and size of the baby. It all depends on how tall the mother is, how strong her muscles are, and how her hip bones are, and the baby's size and position.

Myth: Pregnant mothers should not eat papaya, it will lead to miscarriage

Fact: The fruit doesn't contain any chemical which leads to miscarriage. Usually, the abortion happens because the baby is not healthy. It depends on the abnormality of the baby. Raw papaya has some chemical which can make the uterus contract, so it may create cramps, not lead to miscarriage. All fruits are safe.

Myth: Drinking milk with saffron will ensure the baby is born fair

Fact: Not true. Saffron has a lot of rare phytochemicals and does wonders for pregnant women. It reduces anxiety, relaxes the mind and gives important nutrients like iron also. Not only for pregnant women, it is good for anybody.

(*Name changed)



CITY UNION BANK LIMITED

Credit Recovery and Management Department
 Administrative Office, No. 24-B, Gandhi Nagar,
 Kumbakonam - 612 001. E-mail: cmr@cubcityunionbank.in,
 Tel: 0432-2232222, Fax: 0432-2232222

POSSESSION NOTICE (Immovable Property)

Whereas, the undersigned being the Authorised Officer of City Union Bank Ltd. having its Administrative Office at No. 24-B, Gandhi Nagar, Kumbakonam-612001 and one of the Branch Offices at No. 46, A Bharathi Street, Alanganallur, Madurai - 625501 - Alanganallur Branch under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of powers conferred under Section 13(2)(a) read with Rule 1 of the Security Interest (Enforcement) Rules, 2002 issued a Demand Notice dated 21.04.2026 call upon the borrowers No. 1.M/s. M.J. Stores, D. No. 42, G.H. Road, 2nd Stop, Alanganallur, Madurai - 625501 Also at, Mrs. M.A. Stores, Plot No.16A, Vishva City, Gatekadai, Palamedu Road, Alanganallur, Madurai - 625501. No.2.M/s. S. Michael, So. Selvaraj, D. No.35G, Plot No.16A, 1st Floor, Vishva City, Gate Kadai, Palamedu Road, Alanganallur, Madurai - 625501 Also at, Mr.S.Michael, So. Selvaraj, D.No.5-1, Thanichiyam Main Road, Alanganallur, Madurai - 625501. No.3.Mrs.M. Jeyla Roselin Mary, Wo. S. Michael, D.No.35G, Plot No.16A, 1st Floor, Vishva City, Gate Kadai, Palamedu Road, Alanganallur, Madurai - 625501 to repay the amount mentioned in the notice being Rs.10,34,402/- (Rupees Ten Lakh Thirty Four Thousand Four Hundred and Two Only) within 60 days from the date of the said notice with subsequent interest thereon from 17.04.2026 with monthly rests.

The Borrowers above named having failed to repay the amount despite the receipt of the above referred statutory notice, NOTICE is hereby given to the borrowers above named and the public in general to be aware and understand that the public in general are hereby cautioned not to deal in exercise of powers conferred on him under section 13(4) of the said Act read with Rule 8 of the said Rules on this 3rd day of July 2026.

The Borrowers above named in particular and the public in general are hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of City Union Bank Ltd., for an amount of Rs.10,34,861/- (Rupees Ten Lakh Forty Three Thousand Eight Hundred and Sixty One Only) and interest thereon from 03.07.2026 till the repayment of entire dues.

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.

SCHEDULE OF PROPERTIES/ITEMS Available Property Mortgage to our Bank

Schedule - A - Property 1 (Property Owned by Mr.S.Michael)

Property Description: **ITEM No. 1** Madurai District, Madurai North Registration District, Alanganallur Sub District, Vadipatti Taluk No. 42, Alanganallur Village, Patta No.924 Nanja Land No. So. S.25/71 Measuring 1.000 hec equal to 2 acres 48 cents converted in to house plots and named as Vishva City house site comprised in Plot No. 16A Eastern Portion in southern side (South West end) **Bounded on the North:** by North S/25/71 measuring 1.000 hec equal to 2 acres 48 cents by Mariyaya Fathima, South by 23.17 wide East West Road, **East:** by Middle portion of Plot No.16 purchased by Mariyaya Fathima, **West:** by Alanganallur Palamedu Main Road Within the above said boundaries East West 20 ft on the North, 20 ft on the South, South 12.6 ft on the East 12.6 ft on the West and in total measurement of 250 Sq.ft and road area measuring 115 Sq.ft in Southern side 23 ft Wide Road and in grand total measurement of 365 Sq.ft. **ITEM No. 2** Madurai District, Madurai North Registration District, Alanganallur Sub District, Vadipatti Taluk No.42, Alanganallur Village, Patta No.924 Nanja Land No. So. S.25/71 Measuring 1.000 hec equal to 2 acres 48 cents converted in to house plots and named as Vishva City house site comprised in Plot No.16A Eastern Portion of house site **Bounded on the North:** by House site in Plot No.15, **South:** by 23.17 wide East West Road, **East:** by House site in Plot No.16A, **West:** by Middle Portion of Plot No.16 purchased by Mariyaya Fathima Within the above said boundaries East West 15.6 ft on the North, 16.6 ft on the South, South North 25 ft on the East, 25 ft on the West and in total measurement of 400 Sq.ft and road area measuring 190 Sq.ft in Southern 23 ft wide road and in grand total measurement of 1 cent 83 Sq.ft of house site **ITEM No. 3** Madurai District, Madurai North Registration District, Alanganallur Sub District, Vadipatti Taluk No.42, Alanganallur Village, Patta No.924 Nanja Land No. So. S.25/71 Measuring 1.000 hec equal to 2 acres 48 cents converted in to house plots and named as Vishva City house site comprised in Plot No.16A Southern Half Portion of house site **Bounded on the North:** by Northern half portion in Plot No.16A, **East:** by House site in Plot No.18, **South:** by 23 ft wide East West Road, **West:** by House site in Plot No.16 Within the above said boundaries East West 15.6 ft on the North, 16.6 ft on the South, South North 25 ft on the East 25 ft on the West and in total measurement of 788 Sq.ft and road area measuring 368 Sq.ft in Southern 23 ft wide road and in grand total measurement of 1156 Sq.ft equal to 2 cents and 285 Sq.ft of house site and house constructed therein and pathway right in the southern side roads and other roads in the layout plan.

Place: Madurai, Date: 03.07.2026

Authorised Officer

Regd. Office: 149, T.S.R. (Big) Street, Kumbakonam, Thanjavur District, Tamilnadu - 612001. C.IN - L651107N1904PLC001287, Telephone No. 0435-2402232, Fax: 0435-2431746, [Website:](http://www.cityunionbank.com) www.cityunionbank.com

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Canara Bank

BANK OF INDIA GROUP

Incorporated in India

Asset Recovery Management Branch-Madurai,
St.Mary's Campus, Circular Office, First Floor,
East Veli Street, Madurai - 625 001.

फिनिश्ट Syndicate

POSSESSION NOTICE [SECTION 13(4)] [See Rule 8(1)] (For Immovable property)

Whereas, The Authorised Officer of the Canara Bank, Gandhigram Branch, Dindigul under Securitisation And Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (Act 54 of 2002) (hereinafter referred to as the "Act") 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 04/04/2026 calling upon the Borrower/Guarantor to:

1. Mr. Katal Agencies, Proprietor-Sri.Mosses Thangaraja, No.6/81, Poosar Thottar Vaillyakkavanasu, Oddanchatram, Sikkamanickanpatti Panchayat, Dindigul - 624616, & **2. Mrs T Selvam On Ai Chemical Industrial,** Proprietor, Sri. Mosses Thangaraja, No.1, Ambilikki Village, Oddanchatram, Dindigul-624612, & **Sri. Mosses Thangaraja,** C/o Selvam Gnanaiah, 1801 Karamadai, Tharmathupatti Paliyakkaivadi, Dindigul-624705, to repay the amount mentioned in the notice, the total being Rs.5,11,25,323.75 (Rupees Five Crore Eleven Lakh Twenty Five Thousand Three Hundred Twenty Three and Paise Seventy Five only) within 60 days from the date of receipt of the said notice.

The Borrower/Guarantor having failed to repay the amount, notice is hereby given to the Borrower/Guarantor and the public in general that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him under section 13 (4) of the said Act, read with Rule 8(3) of the said Rule on this **03rd day of July of the year 2026.** The Borrower/Guarantor in particular and the public in general are hereby cautioned not to deal with the schedule property and any dealings with the property will be subject to the charge of the **Canara Bank** for an amount of **Rs.4,96,36,241.97** (Rupees Four crore ninety six Lakh thirty six thousand two hundred forty one and Paise ninety one only) (liability as on 30/06/2026) and interest thereon from 01/07/2026. The Borrower/Guarantor attention is invited to provisions of Section 13 (8) of the Act, in respect of time available, to redeem the secured assets.

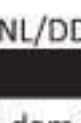
Description of the Immovable Property(ies) : Title Holder - Sri. Mosses Thangaraja.

Property : 1 : Dindigul District, Oddanchatram Taluk, Palani Registration District, Oddanchatram Sub Registrar Office, Oddanchatram Village, S.F.No 423/3 Ac.3.88. In this, the middle portion as per Sub- Division, S.F. No 423/3B1 Hec.0.45.75 Ac.1.13 had been divided into house sites, wherein the house site No.5 within the following four **boundaries**: North of: The house site No.4 and house of Shanmugapriya in S.F.No.423/3B1, East of: The land of Kumarappa Gounder in S.F.No.423/3A, South of: The house site Nos.6 & 7 and house of Selvarani in S.F.No.423/10, West of: 20Ft wide North-South common pathway. Within the above side four **boundaries** : East - West 64 Ft on the North; 63 ½ Ft on the South; North - South 33 Ft on the West; 33 Ft on the East; Total 2103 ¾ Sq.Ft. = 195.44 Sq.Mtr. (Ac.0.04.83) with ground floor and first floor RCC roof residential building thereon with its door, door frames, window, almirah, frontage, backyard, electricity,service connection, water tap service connection with their deposits, right of pathway, on the 20 links wide East-West common pathway runs through the S.F.Nos.423/3 and 7477 till then Oddanchatram - Dharapuram road and then 20 Ft. wide North-South Common pathway put down in the layout to take men, cart, Vehicle, live stocks and mamool pathway right etc. This Property bound in S.F.No.423/3B1A and now comes under Present Sub- Division No.423/1B Hec.0.01.95 under Patta No.5102. **Property : 2 :** Item-1: Dindigul District, Oddanchatram Taluk, Palani Registration District, Oddanchatram Sub Registrar Office, Ambiligi Village, Patta No. - 1879, S.F.No. 406/1 Hec.0.51.0 Ac.1.26. In this, Northern side measuring 9 Ft. wide to pathway (Hec.0.01.60) Ac.0.04 had left out. The remaining portion as extent of Hec.0.49.40 Ac.1.22 within the following four **boundaries** : East by : The land of Balakrishnan in S.F.No.406/2A, West by : The land in S.F.No.451/1A, South by: The road, North by: The 9 Ft. wide East-West cart way in S.F.No.406/1. Within the above four boundaries an extent of Hec.0.49.40 Ac.1.22 Presently, this property comes under Sub-division S.F.No.406/1B under Patta No.2606. **Item-2 :** Dindigul District, Oddanchatram Taluk, Palani Registration District, Oddanchatram Sub Registrar Office, Ambiligi Village, Patta No.1879, S.F.No.451/1A Hec.1.75.50 Ac.4.33. In this, Eastern portion an extent of Hec.0.31.85 Ac.0.79 within the following four **boundaries** : East by: The land of S.F.No.406/1, West by: The land belongs to Ramasamy in S.F.No.451/1A, South by: The road and 3rd item of property mentioned hereunder in S.F.No.451/1B, North by: The 9 Ft. wide East-West cart way in S.F.No.451/1A. Within the above four boundaries an extent of Hec.0.31.85 Ac.0.79 Presently, this property comes under Sub-division S.F.No.451/1A2 under Patta No.2606. **Item-3 :** Dindigul District, Oddanchatram Taluk, Palani Registration District, Oddanchatram Sub Registrar Office, Ambiligi Village, Patta No.1879, S.F.No.451/1B Hec.0.10.0 Ac.0.25. In this, Eastern portion an extent of Hec.0.00.95 Ac.0.02 within the following four **boundaries** : East by: The land of S.F.No.406/1, West by: The land belongs to Ramasamy in S.F.No.451/1B, South by: The road, North by: The 2nd item of property mentioned above in S.F.No.451/1A. Within the above four boundaries an extent of Hec.0.00.95 Ac.0.02. Presently, this property comes under Sub-division S.F.No.451/1B2 under Patta No.2606. Totally (1) to (3) item of properties are an extent of Ac.2.03.

Date : 03.07.2026
Place : Madurai

Authorised Officer
Canara Bank

Signature



KSHNA BHAGYA JALA NIGAM LIMITED
(A Government of Karnataka Undertaking)

Office of the Executive Engineer, KBJNL, Dam Safety Unit-2, Almatti- 586201.

E-mail: dam_division@rediffmail.com

No: KBJNL/DDA/Quotation/2026-27/704 **Dated: 06.07.2026**

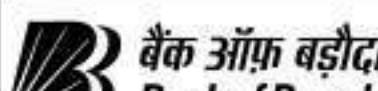
ENQUIRY OF RATES

Almatti dam is Major Multi-purpose Reservoir Project of National Importance. The Dam is provided with 26 No's of Spillway radial crest gates with hydraulic hoisting system. It is requested to submit the quotation rates for the following item of works pertaining to hoisting components to spillway radial crest gates of Almatti Dam for the purpose of preparation of estimate. The details of items under work are as follows

Sl No	Description of Item	Unit	Qty	Rate per unit quantity (Excluding GST)
1	Hydraulic hoisting system: Detailed Site investigation, Design, Supply, Installation and commissioning of Hydraulic Hoisting Cylinders two numbers per gate, each of 115 Ton hoisting capacity (Total 230 Ton) along with 1.7225 (42CrMo4) piston rod with Cobalt-based laser Welded coating for each spillway radial crest gate of Almatti Dam with all necessary accessories including cost of dismantling existing hoisting system, all materials, machinery, labor, transportation, testing against full load, etc., complete with all leads and lifts as directed by Engineer in charge The Technical specifications of the Hoisting system are as under: 1. Hoisting Capacity: Each cylinder of 115 Ton hoisting capacity 2. Stroke Length: 9.60 M 3. Length of Cylinder: 11.00 M 4. Design Pressure: 220 Kg/cm2 5. Piston Rod Material: 1.7225 (42CrMo4) with Cobalt laser welded cladding coating on piston rod as per EN/DIN Standards. 6. Hydraulic hoist system shall have an onboard HPU mounted on the cylinder.	Each	52	

For further information, it is requested to visit the office of the undersigned in person to collect complete details of the work. It is also advised to visit & inspect the site prior to submitting your quotation for better understanding of scope of work. Quotations may be submitted either in sealed cover or via email.
 Last date for submission of quotation: 20.07.2026.
 Contact e-mail Address: dam_division@rediffmail.com
 Contact Mobil No: Sri Jayanna K, EE Mob No: 9448025208
 Sri Vithal Jadhav, AE Mob No: 89713 61932

Sd/- Executive Engineer, KBJNL, Dam Safety Unit-2, Almatti



बैंक ऑफ़ बड़ोदा
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India's International Bank

BANK OF BARODA

Branch - ROSARB [REGIONAL STRESSED ASSETS RECOVERY BRANCH] : Lotus Centre, 3rd Floor, No. 4312/13D,
VP Rathinasamy Road, Madurai – 625014, Telephone Nos – 0452 - 2601013, e-mail id: sarmdr@bankofbaroda.bank.in

SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES

“APPENDIX- IV-A [See proviso to Rule 6 (2) & 8 (6)]”

E-Auction 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 6 (2) & 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), Mortgagor (s) and Guarantor (s) that the below described immovable property mortgaged/charged to the Secured Creditor, possession of which has been taken by the Authorised Officer of Bank of Baroda, Secured Creditor, will be sold on “As is where is”, “As is what is” “Whatever there is” and “without recourse” basis for recovery of dues in below mentioned account/s. The details of Borrower/s/Mortgagor/Guarantor/s/Secured Asset/s/Dues/Reserve Price/e-Auction date & Time, EMD and Bid Increase Amount are mentioned below -

NAME & ADDRESS OF BORROWER (S) / GUARANTOR (S) / MORTGAGOR (S)	DETAILED DESCRIPTION OF THE IMMOVABLE PROPERTY WITH KNOWN ENCUMBRANCES, IF ANY (OWNER/MORTGAGOR NAME)	Total Dues	Date of e-Auction and Time of e-Auction	1. Reserve Price, 2. EMD Amount, 3. Bid Increase Amount.	Status of Possession (Constructive / Physical)	Property Inspection date & Time
1. M/s. Sri Ganesh Match Industries (Borrower), Represented by its Proprietor : Mr.M.Ganesan, No.5/180, Chinnamoopanpatti Village, Virudhunagar - 626 001. 2. Mr.M.Ganesan (Mortgagor), S/o.Late Mr.Manojharan, Door No.68/1, S.M Penpadasalai Street, Virudhunagar - 626 001. 3. Mrs.G.Devi (Guarantor), W/o.Mr.M.Ganesan, Door No.68/1, S.M Penpadasalai street, Virudhunagar - 626 001.	All that part and parcel of land & building located at Virudhunagar District, Virudhunagar Registration District, Virudhunagar City No. II Sub Registration District, Virudhunagar Taluk, Chinnamoopanpatti Village, Sivagnanapuram village panchayat, Virudhunagar panchayat Union, Survey No.97/1D. Land and Building to the extent of 0.25.5 Hectares in which middle vacant land to the extent of 12.209 cents or 5318.4375 sq.ft. and the house constructed thereon bearing Old Door No. 5/141 and New Door No.5/180. Boundaries: On the North : Land belonging to M. Ganesan, On the East: Village Natham Land, Marzipan's land and land belonging to C. Pavalakodi, On the South : Land belonging to C. Pavalakodi, On the West : East West 20ft breadth South North length common pathway. The property is standing in the name of Mr.M.Ganesan, S/o.Late Mr.Manojharan. Latitude: N 9.605597 Longitude: E 77.939807	Total Balance outstanding as on 06.07.2026 : Rs.22,35,118/- (Rupees Twenty Two Lakhs Thirty Five Thousand One Hundred and Eighteen only) and further costs, charges.	14.08.2026 2.00 PM to 6.00 PM	1. Rs.15,70,000/- (Rupees Fifteen Lakhs Seventy Thousand Only) 2. Rs.1,57,000/- (Rupees One Lakh Fifty Seven Thousand only) 3. Rs.50,000/- (Rupees Fifty Thousand only)	Physical Possession	13.08.2026 10.00 AM to 4:00 PM

For detailed terms and conditions of sale, please refer/visit to the website link <https://bankofbaroda.bank.in/e-auction> and online auction portal <https://baanknet.com> Also, prospective bidders may contact the Authorised officer on mobile number **9790247824**

DATE : 06.07.2026 / PLACE : MADURAI

Authorised Officer / Bank of Baroda