

UNNIKRISHNAN S @ T'Puram

FOR three years, Thara Vasudev collected clean bills of health the way other people collect souvenirs. A routine check-up at a Kozhikode diagnostic centre soon after Onam produced the same verdict as always: nothing alarming. Her fasting glucose sat just under the diabetic line. Her blood pressure was "a little high, but fine." Her triglycerides were "borderline." The doctor smiled, suggested she walk more, and moved on to the next patient. Thara, 49, a former operations head at a logistics firm, went home reassured and exhausted. The tiredness had become a companion, the kind sleep did not touch. Her office trousers had quietly gone up a size. She blamed work, then age, then monsoon humidity.

What she did not know was that she was ticking three of the five boxes that define metabolic syndrome: a widening waistline, creeping blood pressure, and raised triglycerides, with her blood sugar hovering at the edge. None of her numbers had crossed an official diagnostic line. Together, they had.

The realisation came when a cousin, a nurse, glanced at her report and asked a question nobody had asked before: "Have you ever added these up?" Thara calls that moment the beginning of her education. She spent months reading and asking questions, becoming the person relatives, neighbours, and old colleagues call when a lab report arrives and they cannot tell whether "borderline" is something to worry about.

The first thing she learned was that "borderline" is not a comforting word. Dr Naushad Ahmed Peeran, senior consultant in interventional cardiology at Aster RV Hospital, Bengaluru, explains that three mild abnormalities can be a stronger warning than one dramatic one because these risk factors feed each other. "What matters here is a bigger picture and trend, not an individual lab value," he says.

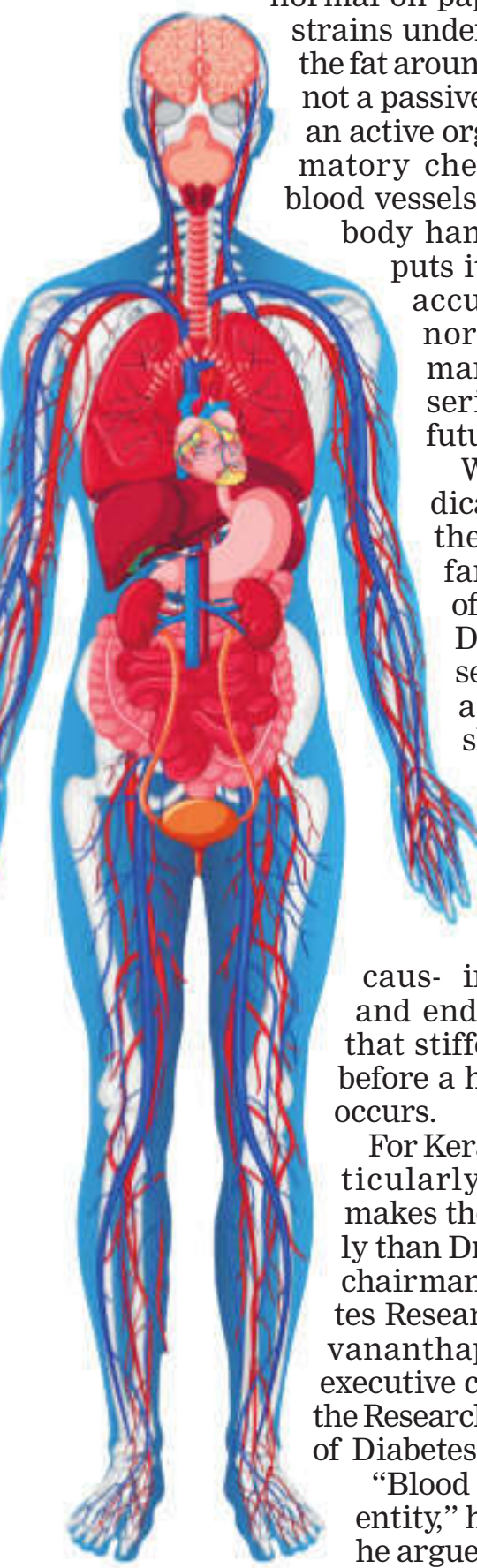
Thara explains the mechanism the way she once explained supply chains. At the centre is insulin resistance: cells stop responding properly to insulin, so the pancreas produces more of it, and blood sugar looks

normal on paper while the system strains underneath. Then there is the fat around the middle, which is not a passive store. It behaves like an active organ, releasing inflammatory chemicals that irritate blood vessels and disturb how the body handles fats. Dr Peeran puts it simply: "The risk is accumulative. Small abnormalities lasting for many years can lead to serious problems in the future."

When these subtle indicators cluster together, their combined impact far exceeds the weight of any single test result. Damage to blood vessels starts years before any overt symptoms show up, notes Dr Peeran. A slight excess of belly fat, mild blood pressure spikes, and altered cholesterol interact slowly and progressively, causing mechanical strain and endothelial dysfunction that stiffens vessel walls long before a heart attack or stroke occurs.

For Kerala, the stakes are particularly high, and no one makes the point more forcefully than Dr Jothydev Kesavadev, chairman of Jothydev's Diabetes Research Centres in Thiruvananthapuram and national executive committee member of the Research Society for the Study of Diabetes in India.

"Blood glucose is not a single entity," he says. What matters, he argues, is protecting the or-



WHEN LAB REPORTS DON'T ADD UP, LISTEN TO THE WARNINGS

gans. Kerala, he notes, has an almost 25.5% prevalence of diabetes, among the highest in India. "Almost 50% of women are either overweight or obese in Kerala," he says. "And hence, we cannot see any of these parameters in isolation."

He is blunt about where healthcare has traditionally directed its resources. "The focus has always been on treating these illnesses with angioplasty, bypass surgery, dialysis, transplantation of the kidney, transplantation of the liver," he says. Yet he points out that "now there are tools available for

early detection, and therapies are available for prevention as well." While preventive care requires deliberate investment, "from an economic standpoint, it is highly, highly cost-effective."

This was the turning point for Thara. She stopped thinking of her individual numbers in isolation and started reading her report as a connected dashboard. Metabolic syndrome, she realised, is not a permanent disease. It is a warning light on the panel while there is still time to act, before tissues and vessels suffer lasting structural damage.

She no longer accepts "everything is fine" as a complete answer. She worked with her physician to look beyond basic screening panels, evaluating markers like HbA1c to assess three-month glucose averages, alongside specialised tests like ApoB, hs-CRP for systemic inflammation, or fasting insulin when clinically indicated. Dr Peeran cautions that such tests should not be ordered arbitrarily and must always be interpreted in relation to blood pressure, waist circumference, lifestyle, and family history.

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Notice is hereby given to the public in general and in particular to the Borrower (s), and Guarantor (s) that Bank has repossessed/seized the Hypothecated Motor Vehicle mentioned below in exercise of the powers conferred under Hypothecation/Loan Agreement executed by the parties and Vehicle will be sold on "As is where is", "As is what is", and "Whatever there is" basis for recovery of dues in below mentioned account/s. The details of Borrower/s/Guarantor/s/Vehicle/Total Dues/Reserve Price/e-Auction date & Time, EMD and Bid Increase Amount are mentioned below:—

Sl. No.	Name & address of Borrower/s, Guarantor	Vehicle Make & Model RTO Regd No.	Total Dues	Date of E-Auction Time of Submission Start Time to End Time	Last Date and Time of Submission of Bid	1) Reserve Price 2) EMD Amount 3) Bid Increase Amount	EMD Deposit Account No., IFSC Code, Bank of Baroda Branch Name	Vehicle / Movable Asset Inspection Date & Time.
1	Nandini B W/o Sudheendra Bharadwaj, D No.1168, 4th Main, 10th Cross, E and F block, Near Ruby Bakery, Ramakrishnagar, Mysore -570022.	TOYOTA KIRLOSKAR MOTOR PVT LTD URBAN CRUISER HYRYDER V HYBRID KA09MK3972 BARB3972 & 376252	Rs. 22,52,954.33 plus future applicable interest and charges	DATE: 07.11.2026 TIME: 02.00 PM to 06.00 PM	07.11.2026 Upto 6.00 PM	1) Reserve Price: Rs.20,52,000/- 2) EMD: Rs.2,05,200/- 3) Bid increment: Rs. 10,000 /-	73780015181869 BARBOVJINSU Bank of Baroda Ind Suburb Branch	Up to 06.11.2026 till 4.00 P.M.
2	Nagarathna C/o Late P Dinesha No.259/A, North East of NR Mohalla, Near Shankar Nursing Home, N R Mohalla, Mysore.	TATA CURV TATA MOTORS KA09MK7635 BARB7635 & 376250	Rs. 15,04,324.65 plus future applicable interest and charges	DATE: 07.11.2026 TIME: 02.00 PM to 06.00 PM	07.11.2026 Upto 6.00 PM	1) Reserve Price: Rs.14,54,000/- 2) EMD: Rs.1,45,400/- 3) Bid increment: Rs. 10,000 /-	73820015181869 BARBOVJLBR Bank of Baroda JLB Road Branch	Up to 06.11.2026 till 4.00 P.M.
3	M/s Vaishnavi Logistic Prop: Ramya B.S No. 47011, B Block, APMC Yard, Bandipalya, Mysore-570025.	EICHER PRO 2095XP K RVAN BSVI KA 09 AA 3549 BARB3549 & 376274	Rs. 43,08,557.70 plus future applicable interest and charges	DATE: 07.11.2026 TIME: 02.00 PM to 06.00 PM	07.11.2026 Upto 6.00 PM	1) Reserve Price: Rs.17,34,000/- 2) EMD: Rs.1,73,400/- 3) Bid increment: Rs.10,000 /-	79140015181869 BARBOVJPMY Bank of Baroda J P Nagar Branch	Up to 06.11.2026 till 4.00 P.M.

* Vehicle No.1 & Vehicle No.2 is held at S MP YARD, NO 83/3D, Extent 1/31, Sarkariyattanahalli, Opp Petrol bunk, Behind Bhanavi Palace, Ring Road, Mysore-28. Vehicle No.3 is held at: A T SEIZING YARD of M/s Ruby Enterprise, Nelamangala, Bangalore.

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Note: Bidder shall have to pay applicable goods & Service Tax (GST) over and above sale amount to Bank.

Date: 19.10.2026
Place: Mysore

Sd/- Authorised Officer,
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POSSESSION NOTICE (For Immovable Property)

The undersigned being the Authorised Officer of the Canara Bank, Chamarajanagar Branch under the Securitisation And Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (Act 54 of 2002), and in exercise of the powers conferred under Section 13 (12) read with Rule 3 of the Security Interest (Enforcement) Rules 2002, issued a Demand Notice Dated 16-07-2026 calling upon the Borrower : 1. Sri. Muthu Kumar S, S/o Sri. Srinivas 2. Smt. Sumithra M, W/o Sri Muthu Kumar S, 3. Kumari. Rinu Varshini, D/o Sri. Muthu Kumar S, Minor Represented by Natural Guardian, Father Sri. Muthu Kumar S, 4. Master. Sri Charan, S/o Sri. Muthu Kumar S, Minor - Represented by Natural Guardian, Father - Sri. Muthu Kumar S, to repay the amount mentioned in the notice, being Rs. 6,06,310/- (Rupees Six Lakh Six Thousand Three Hundred and Ten Only) within 60 days from the date of receipt of the said notice.

The borrower having failed to repay the amount, notice is hereby given to the borrower and the public in general, that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him / her under section 13 (4) of the said Act, read with Rule 8 & 9 of the said Rule on this 14-10-2026.

The borrower's attention is invited to the provisions of Section 13 (8) of the Act, in respect of time available, to redeem the secured assets.

The borrower 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 the Canara Bank, Chamarajanagar Branch for an amount of Rs. 6,06,310/- (Rupees Six Lakh Six Thousand Three Hundred and Ten Only) and further interest, incidental expenses thereon.

DESCRIPTION OF THE IMMOVABLE PROPERTY

Name of the title holder : 1. Sri. Muthu Kumar S, S/o Sri. Srinivas, 2. Kumari. Rinu Varshini, (Minor) D/o Sri. Muthu Kumar S, 3. Master. Sri Charan, (Minor) S/o Sri. Muthu Kumar S

All that piece and parcel of the property old assessment No. 878/87/A: E-property (PID) No. 8-1-505-89, Measuring East to West: 8.534417 Meters and North to South: 6.096012 Meters located at No. 721, Ward No.8, Basadigudi Street, Near Old Private Bus Stand, Chamarajanagar Town, Chamarajanagar District. Property bounded by: East By: Property of S Sathyanarayana (Brother of applicant), West By: House with Shed, North By: Property of Basavannachar, South By: Passage Road

(As per the Registered Partition Deed with Document No. CRJ-1-00893-2011-12, CD NO - CRJD58 Dated 28-05-2011. Registered at Sub-Registrar office at CHAMRAJANAGAR.)

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Place : Chamarajanagar

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