

CM Stalin down with viral flu, doctors advise rest



CHENNAI: Tamil Nadu Chief Minister M.K. Stalin has been advised to rest for a few days after he was diagnosed with viral flu. A statement released by Dr. Mohan Kameswaran, chief surgeon and director of

Madras ENT Research Foundation (P) Ltd said, "The Chief Minister had symptoms of cough and fever since yesterday. He has been diagnosed with viral flu. CM has been advised of regular treatment for fever manage-

ment and rest for a few days." The CM could be out of action for a few days owing to the flu. Though there has been no official statement yet on the CM's itinerary, it has been learnt that a few events of the CM sched-

uled for the next couple of days could be deferred or cancelled owing to illness. Make use of Health Walk: CM tells people. Meanwhile, Chief Minister Stalin has appealed to the people to make good use of the Health Walk scheme launched by the state government to promote walking/exercising habit among the people.

In a message posted on microblogging site 'X' on Saturday, Stalin said, "Diabetes and high blood pressure are major threats to Indians. The primary solution offered by the medical world is proper walking and exercise." "Therefore, everyone should make use of the Health Walk #8kmHealthWalk program launched by our government in all districts," he added.

Chennai police fine 184 vehicles on day one of speed limit violations

CHENNAI: Greater Chennai Police imposed a fine on 184 vehicles on day one of the implementation of new speed limits on City roads. While the Police itself were going soft on the violators to allow breathing time for the vehicle users to get accustomed to the new rules, water-stagnant roads due to the rains played their part in slowing down motorists.

While traffic police personnel imposed a spot fine of Rs 1000 on 121 vehicles, 63 motorists who were captured in ANPR cameras were issued challans, police said.

Of the 121 vehicles issued spot fines, 117 were two-wheelers and another four were four-wheelers, said a senior police officer.



"We have six-speed radar machines available. More machines are on the way and will be deployed soon. We also used the ANPR cameras by setting up the speed limit and used interceptor vehicles," said a senior police officer. The ANPR cameras were set for the speed limit of 50 km per hour to trace the two-wheelers, which have a higher number of violations, said the police.

In the coming days, the enforcement will be strict, police said.

As per the notification, light motor vehicles (cars) can go at a maximum speed of 60 km per hour (kmph) while two-wheelers can go up to 50 kmph. Heavy motor vehicles have to stick to a maximum speed of 50 kmph and auto-rickshaws to 40 kmph. But in residential areas, all categories of vehicles should go at 30 kmph or less.

"We are trying to evolve a system where technology meets regulation. The Automatic Number Plate Reading (ANPR) cameras will be calibrated according to the vehicles and speed limit, and they will detect violators," city police Commissioner Sandeep Rai Rathore had told DT Net.

Civic body would tackle situation even if Chennai receives 20 cm of rainfall: Nehru

CHENNAI: The civic body is prepared to tackle the situation even if the city receives 20 cm of rainfall in a single day, we would pump out the stagnated water within an hour, Municipal Administration Minister K.N. Nehru said after monitoring the live stream of integrated monsoon command control center on Saturday.

At least 98 percent of stormwater drains interlinking works have been completed in the core areas of the capital city resulting in relief from water logging.

Speaking to the reporters, the Minister explained that the city received 11 cm of rainfall in the last two days and the Corporation was able to pump out the stagnated water on the roads and subways within an hour without interrupting the vehicle movement.

"The local body has completed 98 percent of S/WD works of which 3,000

ometers have missing links that have been delayed due to the ongoing drinking water and sewage pipeline works," added the Minister. The Chennai Corporation has sufficient motor pumps and jet rodders kept ready in the low-lying areas with 27,000 workers to ease out the water logging situation in the city after intense spells in the northeast monsoon.

Nehru stated that the race club management had discharged the water stagnated in the ground to the main road which led to knee-deep water.

Subsequently, J Radhakrishnan warned the management to desist the pond and remove the overgrown vegetation in the club to drain rainwater. Meanwhile, many areas in the city get contaminated drinking water through pipelines due to the damaged sewer line during the monsoon season.

Eating strawberries daily when young may cut dementia risk later

Daily strawberry consumption could help reduce the risk of dementia for certain middle-aged populations, finds a study. According to researchers from the University of Cincinnati, the metabolic and cardiovascular benefits of strawberry consumption have been studied previously, but there were relatively few studies on its cognitive effects.

In the new study, published in the journal Nutrients, the team included a total of 30 overweight patients between 50-65 years old with complaints of mild cognitive decline. This population has an increased risk for late-life dementia and other common conditions, said Robert Krikorian, professor at the varsity's Department of Psychiatry and Behavioral Neuroscience.



Over a period of 12 weeks, the participants were asked to abstain from berry fruit consumption of any kind except for a daily packet of supplement powder to be

mixed with water and consumed with breakfast. Half of the participants received powders that contained the equivalent of one cup of whole strawberries (the standard serving size), while the other half received a placebo. Those in the strawberry powder group had diminished memory interference, which is consistent with an overall improvement in executive ability.

"Reduced memory interference refers to less confusion of semantically related terms on a word-list learning test," Krikorian said. "This phenomenon generally is thought to reflect better executive control in terms of resisting intrusion of non-target words during the memory testing." The strawberry-treated participants also had a significant reduction of depressive symptoms, which

Krikorian said can be understood as a result from "enhanced executive ability that would provide better emotional control and coping and perhaps better problem-solving."

While more research is needed, Krikorian said the strawberry treatment may have improved cognitive function by reducing inflammation in the brain. "Executive abilities begin to decline in midlife and excess abdominal fat, as in insulin resistance and obesity, will tend to increase inflammation, including in the brain," he said.

"So, one might consider that our middle-aged, overweight, prediabetic sample had higher levels of inflammation that contributed to at least mild impairment of executive abilities. Accordingly, the beneficial effects we observed might be related to moderation of inflammation in the strawberry group."

New super melanin cream to heal your skin from chemical, sunburn

Scientists have developed a synthetic, biomimetic melanin cream that heals damage occurring throughout the day when your skin is exposed to sunlight or environmental toxins. In the new study, the scientists at Northwestern University showed that their synthetic melanin, mimicking the natural melanin in human skin, can be applied topically to injured skin, where it accelerates wound healing.

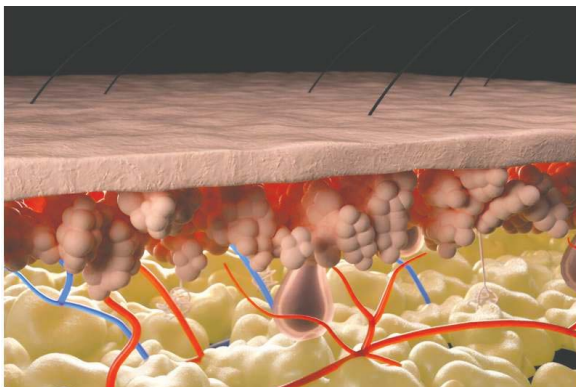
These effects occur both in the skin itself and systemically in the body.

When applied in a cream, the synthetic melanin can protect skin from sun exposure and heals skin injured by sun damage or chemical burns, the scientists said.

The technology, published in the journal npj Regenerative Medicine, works by scavenging free radicals, which are produced by injured skin such as a sunburn.

Left unchecked, free radical activity damages cells and ultimately may result in skin ageing and skin cancer. Melanin in humans and animals provides pigmentation to the skin, eyes and hair.

The substance protects your cells from sun damage with increased pigmentation



in response to sunlight - a process commonly referred to as tanning.

That same pigment in your skin also naturally scavenges free radicals in response to damaging environmental pollution from industrial sources and automobile exhaust fumes.

When the scientists created the synthetic melanin engineered nanoparticles

they modified the melanin structure to have higher free radical scavenging capacity.

"The synthetic melanin is capable of scavenging more radicals per gram compared to human melanin," said Nathan Gianneschi, Professor of Chemistry, Materials Science & Engineering, Biomedical Engineering and Pharmacology at

Northwestern.

"It's like super melanin. It's biocompatible, degradable, nontoxic and clear when rubbed onto the skin. In our studies, it acts as an efficient sponge, removing damaging factors and protecting the skin."

Once applied to the skin, the melanin sits on the surface and is not absorbed into the layers below. "The syn-

thetic melanin stabilises and sets the skin on a healing pathway, which we see in both the top layers and throughout the body," Gianneschi said.

The scientists, who have been studying melanin for nearly 10 years, first tested their "synthetic melanin as a sunscreen. "It protected the skin and skin cells from damage," Gianneschi said.

"Next, we wondered if the synthetic melanin, which functions primarily to soak up radicals, could be applied topically after a skin injury and have a healing effect on the skin. It turns out to work exactly that way."

The team envisions the synthetic melanin cream being used as a sunscreen booster for added protection and as an enhancer in moisturiser to promote skin repair.

"You could put it on before you go out in the sun and after you have been in the sun. In both cases, we showed reduction in skin damage and inflammation. You are protecting the skin and repairing it simultaneously. It's continuous repair," said dermatologist Dr. Kurt Lu, Professor of Dermatology at Northwestern University Feinberg School of Medicine.

Nutrionex Manufacturers Limited
In Liquidation (Formerly known as Sri Lal Mahal Ltd.)
Liquidator: Mr. Debashish Nanda
Liquidator Address: CS-14, C-Floor, Ansal Plaza, Vashi, Ghazabadi, Ultra Pradesh, Mumbai, 400101
Email: liquidator.nutrionex@gmail.com

E-Auction
Sale as going concern under Insolvency and Bankruptcy Code, 2016
Date and Time of E-auction: 31/10/2023 from 03:00 PM to 05:00 PM
Last Date of EMD submission: 21/11/2023 (Before 03:00 p.m.)
(With unlimited extension of 5 minutes each)

Sale of Assets and Properties owned by Nutrionex Manufacturers Limited in Liquidation (Formerly known as Sri Lal Mahal Ltd.) forming part of Liquidation Estate formed by the Liquidator, appointed by the Hon'ble National Company Law Tribunal, Bench-IV, New Delhi vide order dated 19th September 2023. The sale will be done by the undersigned through the e-auction platform www.mateauxactions.com

Asset	Reserve Price (INR)	Initial EMD Amount (INR)	Bid Incremental Value (INR)
Sale of Corporate Debtor as a going concern E-auction time 03:00PM to 05:00 PM	Rs. 27,73,82,435.50/-	Rs. 2,77,38,243.55/-	Rs. 10,00,000.00/-

Date of Inspection: 21-11-2023 to 27-11-2023
EOD submission last date: 19-11-2023
EMD last date: 19-11-2023
Declaration of Qualified Bidder date: 20-11-2023

Terms and Condition of the E-auction are as under

- E-auction will be conducted on "AS IS WHERE IS", "AS IS WHAT IS" and "WHATEVER THERE IS BASIS" as such base is without any kind of warranties and indemnities through approved service provider MateXNet Pvt.Ltd. (MateXNet) through platform www.mateauxactions.com
- The Complete E-Auction process document containing details of the Assets, online e-auction Bid Form, Declaration and Undertaking Form, General Terms and Conditions of online auction sale can be obtained by contacting liquidator at liquidator.nutrionex@gmail.com.
- Date of Inspection: 21st Nov, 2023 to 27th Nov, 2023 from 10.00 A.M. to 5.00 P.M.) with prior intimation to the Liquidator. EMD Submission last date: 28th Nov, 2023 (Before 03:00 p.m.)
- EMD shall be deposited on or before 28th Nov, 2023 through Demand Draft / NEFT / RTGS / Cheque in the below-mentioned Bank account: Account Number: 04706330004148 Beneficiary Name: NUTRIONEX MANUFACTURERS LIMITED IN LIQUIDATION, IFC Code: YESB000470 Bank Name: Yes Bank Branch: VAISHALI BRANCH.
- Detailed terms and conditions are available in the e-auction process document which will be uploaded on the e-auction agency's website on 5th Nov, 2023.
- Last date for submission of Expression of Interest - 19th Nov, 2023.
- Declaration of Qualified Bidders- 20th Nov, 2023.

Debashish Nanda
Liquidator
in the matter Nutrionex Manufacturers Limited-In Liquidation
IBBI (Regn. No.-IBBI/PA-003/IN/NO04/2017-2018/10316
Address: CS-14, C-Floor Ansal Plaza, Vashi, Ghazabadi, Ultra Pradesh-400101
Date: 5th November
Place: Ghazabadi
Email: liquidator.nutrionex@gmail.com