

Versatile nutrition for a multifaceted woman like you

Ahmedabad: Taking on many different roles during the course of days, weeks and months can often lead to women compromising on their health and well-being. The hectic work schedules combined with a wide array of responsibilities often entail skipping meals, taking enormous amounts of stress and being prone to fatigue and illness. We ensure that always keep a box of a handful of almonds with you.

Time is money when it comes to meals.

Discipline is key to living a healthy life. As part of this, it is necessary to not just eat meals but to eat them on time. Erratic schedules often put women in the position of eating at odd timings and subsequently experiencing fatigue. "Discipline is and has been very important to all of us. It was and is an essential part of our lives as we hailed from the Armed Forces. Hence it is important to eat on

time as our body requires regular and timely nutrition," shares Dr. Madhu Chopra. Adding to Dr. Chopra's health tips, nutritionist KomalPatel adds: "The daily consumption of 23 almonds allows you to take monounsaturated fats which are helpful towards greater heart health. They help maintain your good cholesterol level and the best part is that they are low-calorie treats as well! So, the next time you find yourself reaching out for the cookie jar, pause and prioritize healthier options."

Today's woman is confident, self-assured and poised to give her best at everything she ventures into. Celebrating womanhood on International Women's Day, actor Priyanka Chopra's mother, Dr. Madhu Chopra gives us tips on how to prioritize sustained well-being on Women's Day and every day. (19-10)

Nuvoco wins the FICCI CSR Award 2017-18 for Women Empowerment



Ahmedabad: Nuvoco Vistas Corp Ltd (formerly Lafarge India Limited), one of the country's leading building materials manufacturers, bagged the FICCI CSR Award for 2017-18 in the Women Empowerment category at the 17th edition of FICCI CSR Awards ceremony held in New Delhi. They were awarded for their project 'Aakriti', which has brought about economic empowerment of women in the community by engaging them in sustainable sources of livelihood.

Joydeep Chatterjee, Chief of Projects, CSR & Corporate Affairs, Nuvoco, said, "Aakriti has been one of our most challenging projects as it required changing highly conservative mindsets while also identifying a sustainable source of livelihood that was also considered acceptable for women in that milieu. It is also one of our significant initiatives in enterprise development, which is thriving and self-sustaining. Viewed against this backdrop, the FICCI Award is an important validation of our efforts." (19-10)

Lifebuoy creates huge public awareness on 'Hygienic Living' in Kumbh Mela 2019 as 'SwasthyaSehbhagi'



Ahmedabad: Lifebuoy, the world's No. 1 germ protection brand has been acknowledged as 'SwasthyaSehbhagi' in Kumbh Mela 2019. The Mela Authorities have recognized the efforts of Lifebuoy as 'SwasthyaSehbhagi' (Hygiene Partner) in this grand event to encourage people to adopt the healthy habit of hand-washing through a series of highly innovative initiatives. Appreciating Lifebuoy's

efforts at the Kumbh Mela, ACOMO Dr VK Mishra, Nodal Officer Sanitation, Kumbh Mela Authorities, Prayagraj said, "We appreciate the role played by Lifebuoy as 'SwasthyaSehbhagi' (Hygiene Partner) in this grand event to spread the message of hygiene and sanitation. We are hopeful that these initiatives will help drive a behavioral change among the masses." (19-10)

inaugurates centenary celebrations of DAV College and addresses annual day of BNSD College

New Delhi: The President of India, Shri Ram Nath Kovind, inaugurated the centenary celebrations of the DAV College, Kanpur today (February 25, 2019) in Kanpur. In a separate event, he also graced and addressed the alumni association conference and annual day function of the

BNSD Inter College and Shiksha Niketan, Kanpur. In his younger days, the President studied in both the institutions.

Earlier in the day the President visited the Balaji Mandir, Kanpur and the Dhamma Kalyana Kanpur International Vipassana Meditation Centre.

Godfrey Phillips India wins the 6th Annual Greentech CSR Gold Award 2018 for its Farmer Community Program



Ahmedabad: Godfrey Phillips India wins the 6th Annual Greentech CSR Gold Award 2018 for its Farmer Community Program. Godfrey Phillips India has been adjudged the Gold Award winner of the 6th Annual Greentech CSR Award 2018 for the Burley Tobacco farmers Community program in Guntur District, Andhra. This prestigious Award presented was received by Ms. Vaishali De, Head, CSR, Godfrey Phillips India in Panaji, Goa. Godfrey Phillips India is head quartered at New Delhi.

The award recognizes the impact of the Company's CSR initiatives in changing the lives of the marginalized, poor farmers of Guntur district, Andhra. The marginalized Burley Tobacco Farmers with land holdings between 1 to 5

acres continue to struggle with the droughts and lack of water for irrigation that allow them to only grow a single crop. Given this context, farmers are caught in the trap of seasonal employment, low incomes, lower bargaining power, increasing debts and a downward trend in labour prices. Along with these issues, there are larger community issues arising from drought such as low access to safe and potable water, high fluoride contamination in groundwater, poor access to toilets, lack of community sanitation and hygiene, limited access to education and skills beyond farming, and with non-availability of social protection, the children of farmers and laborers' inadvertently get pushed into child labour. -

Miraj Cinemas hits a century



Ahmedabad: Miraj Cinemas, one of the fastest growing brands in movie screening space has touched the 100-screen milestone.

Since its inception the company has been taking giant strides lodging its entry among the top 5 players within the category in just 5 years. Miraj is now present in 14 states and 40 locations in the country operating 110 screens.

Commenting on reaching a 100-screen milestone, Mr.

Madan Paliwal, Chairman of Miraj Group asserted, "It is a happy moment for the whole Miraj family today to become 100 screen multiplex players in the country. From here on we expect Miraj Cinema's growth will be much faster where we will aim to touch the 200-screen milestone pan India by March 2020. This aggressive expansion will be fuelled by an investment of Rs 200 crore by the company in a from internal accrual and mix of debt and equity." (19-10)

PM addresses Rising India Summit

New Delhi: The Prime Minister, Shri Narendra Modi, today addressed the Network-18 Rising India Summit in New Delhi.

He expressed happiness that he has got an opportunity to speak on the subject "Rising India", just a short while after dedicating the Rashtriya Samar Smaarak, or National War Memorial, to the nation. He said the theme - Beyond Politics: Defining National Priorities - is an extremely important one.

He said he will approach the subject by drawing a contrast between the past and the present, to illustrate the kind of results that can be achieved when national interest is prioritized.

He described how, before 2014, inflation and income tax rates were high, whereas GDP growth was low. He said now, GDP growth is back in the range of 7 to 8 percent, while inflation and fiscal deficit are low. He said people have also been given relief, as far as income tax is concerned.

Talking about India's global standing, he said that the 21st century, was once described as India's century. But by 2013, India had become one of the "fragile five" global economies. Today, India is the fastest growing major economy. On Ease of Doing Business, he said India slid from 132 in 2011, to 142 in 2014. Today, we stand at 77, he said.

The Prime Minister said one reason for this decline in "Doing Business" ranking, was corruption. In this context, he mentioned various scandals that had hit the headlines at that time,

including coal, CWG, spectrum etc.

He explained how the Union Government began with the Jan Dhan Yojana, under which 34 crore bank accounts have been opened. He said these accounts were linked with Aadhaar numbers and mobile phones. Today, he said, benefits under about 425 welfare schemes are being directly transferred to these bank accounts. He said that six lakh crore rupees have been transferred directly to beneficiaries. He said 8 crore fake beneficiaries were also eliminated in the process, 1.1 lakh crore rupees are being saved.

The Prime Minister mentioned that the Ayushman Bharat scheme also does not have any scope for leakage, as the money is transferred directly into the account of the hospital. The beneficiaries have Aadhaar cards, and have been selected based on the 2015 socio-economic survey. Similarly, he said, leakages are not possible in the PM Kisan Samman Nidhi, wherein about 12 crore farmers will receive direct benefit transfers.

The Prime Minister mentioned projects such as the Bansagar Dam in Uttar Pradesh, and the Mandal Dam in Jharkhand, which have seen huge cost escalations, as they have been delayed for decades. He said the honest taxpayer was paying for these delays. The Prime Minister said that he has himself reviewed progress of projects worth over 12 lakh crore rupees, under the PRAGATI initiative. He said a lot of these projects are in the North-East. He said

PM addresses ex-servicemen, attends Dedication Ceremony of National War Memorial

New Delhi: The Prime Minister, Shri Narendra Modi, today lit the eternal flame, to mark the dedication of the National War Memorial in New Delhi, to the nation. He visited the various sections of the Memorial.

Earlier, addressing a large rally of Ex-Servicemen, the Prime Minister said that it is the result of the valour and dedication of lakhs of soldiers that the Indian Army is today considered among the strongest in the world.

The Prime Minister said that the soldiers have been the first line of defence, both against enemies, and against natural disasters.

The Prime Minister recalled the CRPF jawans who sacrificed their lives in

the recent terror attack in Pulwama, and paid homage to all the martyrs who made the supreme sacrifice, defending India. He said that today New India is growing in stature globally, and this is due in large measure to its Armed Forces. He expressed happiness that the National War Memorial, or Rashtriya Samar Smaarak, is being dedicated today.

The Prime Minister recalled that the Union Government had also fulfilled its pledge of providing One Rank, One Pension to the soldiers and ex-servicemen. He said OROP has resulted in an increase in pension of upto 40 percent, and an increase in salaries of soldiers of upto 55 percent, compared to

Eastern India has been a focus area for the Government.

On employment, the Prime Minister said that India is now the fastest growing major economy; FDI is at an all-time high; poverty is reducing rapidly, as per international reports; pace of infrastructure development is faster than before; and tourism is rising. He said all of this could not be possible without employment

opportunities also increasing.

He also spoke of the increase in numbers of professionals, and commercial vehicles sold. He said that under the Pradhan Mantri Mudra Yojana, more than 15 crore entrepreneurs have been given loans worth more than 7 lakh crore rupees. He said that this too, would lead to creation of jobs. The Prime Minister also mentioned rising numbers of EPFO subscribers.

Catholic Syrian Bank
The Catholic Syrian Bank Ltd.
(Regd. Office: Thrissur)
Zonal Office, Jolly Makers Chambers II, 4th Floor, Vinay K Shah Marg,
Nariman Point, Mumbai -21 Phone: 022-22821636 e-mail: mumbaizone@csb.co.in
CIN : U65191KL1920PLC000175

AUCTION SALE NOTICE

Sale of Secured Assets Charged to the Bank under Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (SARFAESI ACT)

Whereas, the under noted persons have borrowed money from The Catholic Syrian Bank Ltd, Ahmedabad Branch and they owe the amounts with interest, cost and other charges thereon as mentioned against their name herein below. The Bank had issued notice under the Act and the Authorised Officer had taken possession of the mortgaged property and bank has decided to sell the property under Rules 7, 8 and 9 of the Security Interest (Enforcement) Rules, 2002, by inviting tender from the general public. As per the Act, Secured creditor is entitled to effect sale of the assets taken possession of and realise the proceeds towards outstanding balance. In accordance with the same, the Authorised officer intend selling the schedule mentioned securities by way of public tender/auction.

Name and address of the secured creditor	The Catholic syrian Bank Ltd, Ahmedabad Branch
Name and Address of the borrower and guarantor	1. Swastik Polyflex India Pvt Ltd, Block E, Shop No. G.F.48, Sahajanand Avenue, Near Torrent Power Ltd, Naranpura, Ahmedabad-380013 2. Mr. Sandeep Kumar Shripal, Lane No. 19, Plot No. 419, Satyagrah Chhaavani, Behind Bhavnirjar Temple, Satellite, Ahmedabad-380015 3. Mrs. Varsha Sandeep Kumar Jain, Lane No. 19, Plot No. 419, Satyagrah Chhaavani, Behind Bhavnirjar Temple, Satellite, Ahmedabad-380015
Total Liabilities as on 07.02.2019	Rs.6,42,64,237/- (Rupees Six Crore Forty Two lakhs sixty Four thousand Two Hundred and Thirty Seven Only)
Date and Time of auction	30.03.2019 at 11.30 AM The Catholic syrian Bank Ltd, Ground Floor, Shaldal Complex, Opposite Bata showroom, Times Of India Char Rasta, Ashram road, Ahmedabad-380009

Details of Secured Assets

Schedule A- Hypothecation of plant and machinery and other movable assets such as

- 1) Demag- LT Plastic injection mouldings Machine Model DT-180-900 LNC-5,2007 make 5/N LTI-1800409-30 KW Power- Qty-1
- 2) Demag- LT Plastic injection mouldings Machine Model DT-200-1400 LNC-5,2007 make 5/N LTI-2000109-30 KW Power- Qty-1
- 3) Shyam Plastic Ind make 8 lit Jar capacity blow moulding machine with Hydraulic Power Pack 3 HP Motor with Pre Form set and air control unit 2007 make- 6 sets
- 4) cooling tower FRP Varun Make 2 HP Motor-2007 make MD-60 model- Qty 01
- 5) Compressor Receiving Tank 2007 Make- Qty 2
- 6) Air compressor IR Model 151 3 HP Double head 5/N 7061656- Qty 1
- 7) Compressor for chiller plant Micro Tech Model 015 TH S/27042017, IR-15 T2 Air Compressor S/N 7063848-7063847-7063850- Qty- 4 Nos.
- 8) Prasad Chiller GWK Coolteck S/N 468/02/2014 Wecco -50 L 24 KW Energy 50 KW Cooling Capacity at 30 degree- Qty 1
- 9) Prasad Chiller GWK Coolteck S/N 571/02/2014, Wecco -30 L 17 KW Energy 33.2 KW Cooling Capacity at 30 degree- Qty 1
- 10) HDPE Black Tank Narmada make 1000 lit capacity- Qty 1
- 11) Old Chiller disintegrated condition SOHAM Technologies- 20 KW Energy Old and in scrap condition- Qty 2
- 12) Shreejee Make 2 MT Crane Motorised with structure- Qty 1
- 13) Plastic pallets 1 yellow Blue Colours- Approx 100 Nos.
- 14) Material handling Manual Pallet Truck- Qty 2
- 15) Top Loader Tester for Mechanical Compression strength Test- Qty 1
- 16) Various moulds for Pre Forms (6 set) cap Mould (5 sets) Blow Moulds 10 Nos and other Miscellaneous sold etc- 21 sets

Schedule B- Details of Mortgaged assets

Mortgage of all that part and parcel of property being factory land measuring about 6938 Sq mt of land and building industrial shed thereon situated at 193/Paiki Ghanshyam Industrial estate, Village Vasna Jyada, Opp Bhagyodaya Mand, Sanand Virangam Road, Taluka Sanand, District Ahmedabad owned and possessed by M/S Swastik Polyflex (India) Pvt Ltd as per sale deed No. 7045/2013 dated 19.11.2013 of SRO Sanand and bounded as under

On the North : By Survey No. 193/P
On the South : By factory of Rajdeep and Jayram corobox
On the East : By internal Road and Ghanshyam Estate
On the West : By Bon Biscuits & Priyanka Carbon Factory

Reserve Price	Rs.4,00,00,000/- (Rupees Four Crores Only)
Earnest Money deposit (EMD)	Rs. 40,00,000/- (Rupees Forty Lakhs Only)

Terms and Conditions of Auction

- 1) The intending bidders should submit their bids in the prescribed tender form in a sealed cover superscribing "Sale - A/c of M/S Swastik Polyflex India Pvt Ltd" along with Earnest Money Deposit (EMD) by way of Demand draft/Banker's cheque favouring The Catholic Syrian Bank Ltd, Ahmedabad Branch payable at Mumbai on any working day on or before 29.03.2019 during business hours directly to the Senior Manager, The Catholic Syrian Bank Ltd, Ahmedabad Branch. The DD number, date and bank's name should be superscribed on the cover. The tender form and letter of authority can be obtained from the Senior Manager, The Catholic Syrian Bank Ltd, Ahmedabad Branch on any working day on or before 29.03.2019 during business hours. The EMD is refundable, if the bid is not successful. The EMD shall be liable for forfeiture without any prior notice if the successful bidder fails to adhere to the terms of sale, time and commit any default, in any manner and the sale shall be conferred on the person making highest offer/Tender/Bid.
- 2) Along with the tender form, the intending purchaser shall also attach a copy of the PAN card issued by the IT Department and also his /her identity proof and proof of residence.
- 3) The sealed tender will be opened by the Authorised Officer on 30.03.2019 at 11.30 AM in the presence of available/attending applicants or their representatives. The authorised representatives must carry with themselves letter of authority in the prescribed format from the principal bidder with necessary document for identification. The Authorised Officer has absolute discretion to negotiate to raise the offered amount/permit inter-se bidding among the participants to get maximum revised offer/price for the property. The sale shall be considered only if the bid is above the reserve price and the sale is subject to confirmation by the Bank (Secured creditor). The Authorised Officer has absolute right to accept or reject the application or adjourn/postpone the sale without assigning any reason therefor and also to modify any terms and conditions of this sale without any prior notice.
- 4) Sale is subject to confirmation by the Bank. The secured asset will not be sold for an amount below the reserve price.
- 5) The successful bidder shall deposit 25% (inclusive of Earnest Money Deposited) of the bid amount immediately on the sale being knocked down in his favour or on the next working day and the balance within fifteen days from the date of confirmation of sale or such extended period as stipulated in the relevant provisions of SARFAESI Rules 2002. Payment is to be made in the form of Demand draft drawn in favour of The Catholic Syrian Bank Ltd, payable at Ahmedabad. In case of default, the entire amount deposited till then shall be forfeited without any prior notice.
- 6) The successful bidder should bear the charges/fees payable for conveyance such as stamp duty, registration fees etc as applicable as per law and shall also comply with the provisions of IT Act. The Bank will not be held responsible for any charges, lien, encumbrance, property tax or any other dues to the Government or anybody in respect of the property under sale and property will be sold on "as is where is" basis and "as is what is" condition and no representation and warranties are given by the Bank relating to encumbrances, statutory liabilities etc., and the prospective buyers should satisfy themselves on the extent, title, ownership, statutory approvals as to existence of any encumbrance, charges, payments etc, before participating in the sale. The immovable property described herein above shall remain and be at the sole risk of the successful purchaser in all respects including loss or damage caused by fire, theft or other accidents and risk from the date of confirmation of sale by the Authorised Officer. The successful bidder shall not be entitled to annul the sale on any ground of whatsoever nature.
- 7) The property can be inspected on any working day on or before 28.03.2019 between 2 PM and 5 PM after getting prior appointment. Interested purchasers may contact the Senior Manager, The Catholic Syrian Bank Ahmedabad before the date of inspection.
- 8) The borrower/guarantors attention is invited to provisions of sub section (B) of Section 13 of the act in respect of time available to redeem the secured assets. If the dues together with all costs, charges and expenses incurred are tendered at any time before the date fixed for sale or transfer, the secured asset will not be sold or transferred and no further steps will be taken for transfer or sale of the secured asset.
- 9) This is a Notice to the Borrower and the Public in general and this notice is issued without prejudice to any other remedy available to the secured creditor.

For further information contact 079-26585930, 7016535461

Sd/-
Date : 26.02.2019
Place : Ahmedabad
Authorised Officer
THE CATHOLIC SYRIAN BANK LTD

HDFC Housing Development Finance Corporation Ltd.
Branch Address: HDFC House, Trident, Race Course, Vadodara-390007
Phone : 0265 - 2308400, 2354298, 2320240 Fax : 0265 - 2353271

POSSESSION NOTICE

Whereas the Authorised Officer/s of **Housing Development Finance Corporation Limited**, under Securitisation 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 Demand Notices under Section 13 (2) of the said Act, calling upon the following borrower(s) / Legal Heir(s) and Legal Representative(s) to pay the amounts mentioned against their respective names together with interest thereon at the applicable rates as mentioned in the said notices, within 60 days from the date of the said Notice/s, incidental expenses, costs, charges etc. till the date of payment and / or realisation.

Sr. No.	Name of Borrower(s)/ Legal Heir(s)/ Legal Representative(s)	Outstanding Dues	Date of Demand Notice	Date of Possession	Description of Secured Asset(s)/ Immovable Property (ies)
(a)	(b)	(c)	(d)	(e)	(f)
1	MR. Ashok V. Patel (Borrower)	Rs. 17,21,358/- as on 30 th Apr., 2018*	02-May.,-2018	25/02/2019 (Physical)	85, Sai Darshan Bunglows, Kayavarohan Chokdi, Tharvasa Road, Dabhoi, Dist Vadodara

*with further interest as applicable, incidental expenses, costs, charges etc incurred till the date of payment and / or realisation.

However, since the borrower/s / Legal Heir(s) and Legal Representative(s) mentioned herein above have failed to repay the amounts due, notice is hereby given to the borrower/s / Legal Heir(s) and Legal Representative(s) mentioned herein above in particular and to the public in general that the Authorised Officer/s of **HDFC** have taken **Physical Possession** of the immovable property (ies) / secured asset(s) described herein above in exercise of powers conferred on him/them under Section 13 (4) of the said Act read with Rule 8 of the said Rules on the dates mentioned above.

The borrower(s) / Legal Heir(s) and Legal Representative(s) mentioned herein above in particular and the public in general are hereby cautioned not to deal with the aforesaid Immovable Property(ies) / Secured Asset(s) and any dealings with the said Immovable Property (ies) / Secured Asset(s) will be subject to the mortgage of Housing Development Finance Corporation Ltd.

Date : 26-02-2019
Place : Vadodara.

For Housing Development Finance Corporation Ltd.
Sd/-
Authorised Officer

Regd. Office: Ramon House, H T Parekh Marg, 169, Backbay Reclamation, Churchgate, Mumbai- 400020.
Corporate Identity Number : CIN : L70100MH977PLC019916. E-mail : customercare@hdfc.com, Website : www.hdfc.com