Health Matters

Resistance exercise to treat anxiety & depression

A new study by researchers at University of Limerick in Ireland and at Iowa State University has demonstrated the impact resistance exercise training can have in the treatment of anxiety and depressive symptoms.

The new study provides evidence to support the benefits of resistance exercise training can have on anxiety and depression and offers an examination of possible underlying mechanisms.

The research was carried out by professor Matthew P. Herring at University of Limerick and professor Jacob D. Meyer at Iowa State University.

The researchers said there was "exciting evidence" that resistance exercise training may be an accessible alternative therapy to improve anxiety and depression like more established therapies, while also improving other important aspects of health.

Herring explained: "Anxiety and depressive symptoms and disorders are prevalent and debilitating public health burdens for which successful treatment is limited.

"The healthful benefits of resistance exercise training, or muscle-strengthening exercise involving exerting force against a load repeatedly for the purpose of generating a training response, are well-established," said Dr Herring, Associate Professor in the Physical Activity for Health Research Centre, Health Research Institute, and Department of Physical Education and Sport Sciences within the Faculty of Education and Health Sciences in UL.

"However, the potential impact of resistance exercise training in the treatment of anxiety and depressive symptoms and disorders remains relatively understudied. Moreover, the plausible psychobiological mechanisms, which help us to better understand how and why resistance exercise training may improve these mental health outcomes, are poorly understood."

The researchers argue that, while the available studies in this area are focused on relatively small sample sizes, there is sufficient evidence from previous and ongoing research at UL and the National Institute of Health funded research with Dr Meyer and colleagues at Iowa State University, to suggest that resistance exercise training does improve anxiety and depressive symptoms and disorders -- though disorders themselves are scarcely studied.

"There is a critical need for confirmatory, definitive trials that adequately address limitations, including small sample sizes, but the limited evidence available to us provides initial support for the beneficial effects of resistance exercise training on these mental health outcomes, including increased insulin-like growth factor 1, cerebrovascular adaptations, and potential neural adaptations influenced by controlled breathing inherent to resistance exercise," Herring remarked.

"We are tremendously excited to have what we expect to be a highly cited snapshot of the promising available literature that supports resistance exercise training in improving anxiety and depression.

"Notwithstanding the limitations of the limited number of studies to date, there is exciting evidence, particularly from our previous and ongoing research of the available studies, that suggests that resistance exercise training may be an accessible alternative therapy to improve anxiety and depression.

"A more exciting aspect is that there is substantial promise in investigating the unknown mechanisms

that may underlie these benefits to move us closer to maximizing benefits and to optimising the prescription of resistance exercise via precision medicine approaches," Herring added.

Professor Meyer, a co-author on the study, said: "The current research provides a foundation for testing if resistance training can be a key behavioural treatment approach for depression and anxiety.

"As resistance training likely works through both shared and distinct mechanisms to achieve its positive mood effects compared to aerobic exercise, it has the potential to be used in conjunction with aerobic exercise or as a standalone therapy for these debilitating conditions.

"Our research will use the platform established by current research as a springboard to comprehensively evaluate these potential benefits of resistance exercise in clinical populations while also identifying who would be the most likely to benefit from resistance exercise."

FORM B
PUBLIC ANNOUNCEMENT
(Regulation 12 of the Insolvency and Bankruptcy Board of India (Liquidation Process) Regulations, 2016)
FOR THE ATTENTION OF THE STAKEHOLDERS OF
M/S. FIPOLA RETAIL (INDIA) PRIVATE LIMITED

Sl. No.	PARTICULARS	DETAILS
1.	Name of the corporate debtor	**M/S. FIPOLA RETAIL (INDIA) PRIVATE LIMITED**
2.	Date of Incorporation of corporate debtor	28.12.2016
3.	Authority under which corporate debtor is Incorporated / registered	Registrar of Companies - Chennai
4.	Corporate Identity No. / Limited Liability Identification No. of corporate debtor	U15532TN2016PTC113906
5.	Address of the registered office and principal office (if any) of corporate debtor	No. 5, Cenotaph Road, Teynampet, (Landmark - Lanson Toyota Building), Chennai, Tamil Nadu, India, 600018.
6.	Date of closure of Insolvency Resolution Process	29.10.2023
7.	Liquidation commencement date of corporate debtor	08.02.2024 (Orders Received On 12.02.2024)
8.	Name and registration number of the insolvency professional acting as LIQUIDATOR	SANKAR VARADHARAJAN IBBI/IPA-002/IP-N01057/2020-2021/13449
9.	Address and e-mail of the liquidator, as registered with the Board	No.6/12, Appavoo Gramani 1st Street, Mandaveli, Chennai – 600 028 Mobile : 97911 69369 Email : advsankarirp@gmail.com
10.	Address and e-mail to be used for correspondence with the liquidator	No.6/12, Appavoo Gramani 1st Street, Mandaveli, Chennai – 600 028 Mobile : 97911 69369 Email : advsankarirp@gmail.com
11.	Last date for submission of claims	09.03.2024

Notice is hereby given that the National Company Law Tribunal Chennai has ordered the commencement of liquidation of the **M/S.FIPOLA RETAIL (INDIA) PRIVATE LIMITED** on 08.02.2024 under section 33 of the Code.

The stakeholders of **M/S.FIPOLA RETAIL (INDIA) PRIVATE LIMITED** are hereby called upon to submit their claims with proof on or before **09.03.2024** to the liquidator at the address mentioned against item No.10.

The financial creditors shall submit their claims with proof by electronic means only. All other creditors may submit the claims with the proof in person, by post or by electronic means.

Submission of false or misleading proof of claims shall attract penalties.

In case a stakeholder does not submit its claims during the liquidation process, the claims submitted by such a stakeholder during the corporate insolvency resolution process under the Insolvency and Bankruptcy Board of India (Insolvency Resolution Process for Corporate Persons) Regulations, 2016, shall be deemed to be submitted under section 38.

Date : 14.02.2024
Place : Chennai

Name and signature of liquidator:
SANKAR VARADHARAJAN (Liquidator)

FORM NO. URC-2
Advertisement giving notice about registration under Part I of Chapter XXI
[Pursuant to section 374(b) of the companies Act, 2013 and rule 4(1) of the companies (Authorised to Register) Rules, 2014]

1. Notice is hereby given that in pursuance of sub-section (2) of section 366 of the Companies Act, 2013, an application has been made to the Central Registration Centre, Indian Institute of Corporate Affairs (IICA), Plot No. 6, 7, 8, Sector 5, IMT Manesar, District Gurgaon (Haryana), Pin Code- 122050 that **M/s. DNC Promoters ("the Firm")** a partnership firm may be registered under Part I of Chapter XXI of the Companies Act 2013, as a company limited by shares.
2. The principal objects of the proposed company are as follows:

i. To take up the business of builders, contractors, land developers, property owners and to act as estate agents and property consultants and dealers in and manufacturers of prefabricated and pre-cast houses, buildings, and erections and materials, tools, implements, machinery and metalware in connection therewith or incidental thereto and to carry on any other business that is customarily, usually and conveniently carried on therewith.

ii. To erect, build, construct, maintain, alter, extend, enlarge, purchase and sell, pull, down remove replace, improve or develop and to work, maintain, manage and control any buildings, chawls, offices, factories, mills, foundries, refineries, furnaces, godowns, warehouses, shops machinery, engines, roadway or other means of transport, sidings bridges, take, water courses, water systems wharves, electrical works gas works or works operated by any other kind of fuel or power and also such other machinery equipment conveyances works and conveniences to subsidize, contribute to or otherwise give assistance or take part in doing any of these things and/or to join with any other person or company or with any Government or Governmental authority in doing any of these.

iii. To do the business of Housing by constructing houses, bungalows row houses, farm, houses, resorts with or without adjoining gardens and selling, let exchange, deal with, dispose of the same and to prepare, manufacture and deal in materials, necessary for building and to carry on business as building contractors and developers and to acquire land and plots for colonization or otherwise, sell plots, flats, construct buildings for sale and rent or both on installments or otherwise.

iv. To carry on the businesses of proprietors of lands, flats, maisonettes, dwelling, houses, shops, offices, industrial estates, leases of lands, flats and other immovable properties and purchase, take on lease or otherwise acquire and hold and lands or buildings of any tenure or description wherever situated, or right or interests therein or connected therewith, to prepare building, sites and to construct, reconstruct, pull-down, renovate, alter, improve, decorate, furnish and maintain flats, maisonettes, dwelling houses, shops, offices, blocks, buildings, industrial estates, works and conveniences basis and transfer such building to co-operative society, limited companies or association of person or association of person or individual as the case may be , to lay out roads, pleasure gardens, recreation grounds, auditorium, theatres and sports pavilion to plant, drain, or otherwise improve land building or any part thereof.

3. A copy of the draft memorandum and articles of association of the proposed company may be inspected at the office at New No.23(Old No.T3A), 1st Avenue Ashok Nagar, Chennai 600083.
4. Notice is hereby given that any person objecting to this application may communicate their objection in writing to the Registrar at Central Registration Centre, Indian Institute of Corporate Affairs (IICA), Plot No. 6, 7, 8, Sector 5, IMT Manesar, District Gurgaon (Haryana), Pin Code- 122050, within twenty-one days from the date of publication of this notice, with a copy to the firm at its registered office.

Dated this 29th day of January 2024

Name of Applicant
1. D.N.C. Manivannan

CHANGE OF NAME

I, KARUPPASAMY
S/o - Sankaran
Date of birth - 14.07.1959
Place of birth - Sankarankovil, Tenkasi District
Residing Address - No.2/43, Pachaiyamman Kovil Street, Zamin Pallavaram, Pallavaram, Kancheepuram, Tamilnadu - 600043.
Shall henceforth be known as
KARUPPAIYA

KARUPPASAMY

NAME CHANGE

I, SRI VATSALA APPALA, D/o. Sharma, Date of Birth: 18.10.1981, Residing at Kum Kum Apartment, 4th Floor, Door.No.153, Varathammal Garden Main Road, Secretariat Colony, Kellys, Chennai-600010, shall henceforth be known as GAYATHRI

SRI VATSALA APPALA

PUBLIC NOTICE / DOCUMENT MISSING

I, A. Srinivasan, Director, M/s. VEES PROPERTIES LIMITED was in possession of the following original documents in my safe custody at my residence in the address mentioned below:

The documents mentioned below are pertaining to vacant land in Padappai Village, Kancheepuram District, owned by the above company. These are Registered at Padappai Registrar office.

Documents Nos.7873/2007, 7874/2007, 8138/2007, 8141/2007, 8142/2007, 8143/2007, 8145/2007, 8148/2007, 8149/2007, 8150/2007, 8151/2007, 852/2008, 854/2008, 855/2008, 857/2008, 858/2008, 859/2008, 861/2008, 1775/2008, 1776/2008, 1777/2008, 1783/2008, 1785/2008, 1786/2008, 2024/2008, 2752/2008, 2753/2008, 2755/2008, 2756/2008, 2757/2008, 3500/2008, 3496/2008, 4126/2008, 4127/2008, 4128/2008, 5371/2008, 5374/2008, 5377/2008, 5594/2008 and 6276/2008

I was carrying the above documents along with other documents to a nearby place. But, at a later date I found the above documents missing..

I am proposing to apply for copy documents of the same to replace the original documents for all the legal transactions.

Any person who has any objection in any manner whatsoever regarding the same can immediately communicate to the undersigned in writing with reasons for objection with sufficient documentary proof.

Residential Address:
A.Srinivasan,
No.3/642, MGR Nagar, Palavakkam,
Thiruvanmiyur, Chennai 600 041.
Cell: 9840398005.

Shriram Properties
Homes that live in you

SHRIRAM PROPERTIES LIMITED

Corporate Identity Number (CIN) : L72200TN2000PLC044560
Registered Office: Lakshmi Leela Rite Choice Chamber New No. 9, Bazullah Road, T Nagar, Chennai - 600017
Corporate Office: Shriram House No. 31, 2nd Main Road, T. Chowdaiah Road, Sadashivanagar, Bengaluru - 560080
Telephone +91-80-40229999 | Fax +91-80-41236222 | Email ID: cs.spl@shriramproperties.com Website: www.shriramproperties.com

Extract of Consolidated Financial Results for the quarter and nine months ended 31 December 2023

(Rs.in Lakhs)

Sl. No.	Particulars	QUARTER ENDED			NINE MONTHS ENDED		YEAR ENDED
		31 December 2023 [Unaudited]	30 September 2023 [Unaudited]	31 December 2022 [Unaudited]	31 December 2023 [Unaudited]	31 December 2022 [Unaudited]	31 March 2023 [Audited]
1	Total income	24,057	23,124	22,201	62,898	64,295	81,393
2	Net Profit/(Loss) before tax	1,382	2,581	2,223	6,400	5,778	7,155
3	Net Profit/(Loss) after tax	1,848	2,016	2,236	5,526	5,243	6,825
4	Total comprehensive Income/(loss) for the period	1,847	2,006	2,235	5,505	5,243	6,796
5	Total comprehensive income/(loss) attributable to: Owners of the Holding Company	1,847	2,005	2,235	5,504	5,075	6,568
6	Equity Share capital (Face value of Rs.10 each)	17,005	17,002	16,996	17,005	16,996	16,996
7	Reserves (Other Equity excluding Revaluation Reserves)						102,984
8	Earnings/(Loss) per share (of Rs.10 each)						
	Basic (Rs.)	1.08	1.18	1.32	3.24	2.99	3.88
	Diluted (Rs.)	1.08	1.18	1.31	3.24	2.98	3.88

Notes

1) Brief of Standalone Financial Results for the quarter ended and nine months ended 31 December 2023 is as follows:

Particulars	QUARTER ENDED			NINE MONTHS ENDED		YEAR ENDED
	31 December 2023 [Unaudited]	30 September 2023 [Unaudited]	31 December 2022 [Unaudited]	31 December 2023 [Unaudited]	31 December 2022 [Unaudited]	31 March 2023 [Audited]
Total income	7,209	6,602	8,229	18,777	19,924	29,040
Profit before impairment, exceptional items and taxes	2,636	1,833	3,439	4,897	4,423	7,310
Impairment/write-off	21	76	1	97	166	2,052
Net profit/(loss) after tax	2,296	1,315	3,452	3,955	4,266	5,034

2) The above is an extract of the detailed format of quarterly financial results filed with the Stock exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the quarterly financial results are available on the website of the Stock exchange(s) viz. www.bseindia.com, www.nseindia.com and the same is also available on Company's website viz. **www.shriramproperties.com**

For and behalf of the Board of Directors of Shriram Properties Limited
Murali M
Chairman & Managing Director
DIN: 00030096

Bengaluru
14 February 2024

PRADHIN LIMITED

CIN: L15100TN1982PLC0009418
Regd. Off. :61, Sembudoss Street, Chennai, Tamil Nadu- 600001
email:info.info.pradhin@gmail.com

Extracts of Statement of Unaudited Financial Results for the Quarter & nine months ended 31st December, 2023

(Rs. In Lacs)

	Particulars	Quarter Ended			Nine Month ended figure	Year Ended
		31-Dec-23	30-Sep-23	31-Dec-22	31-Dec-23	31-Mar-23
		Unaudited	Unaudited	Unaudited	Unaudited	Audited
1	Total income from operations (net)	-	248.37	791.28	297.90	1,718.88
2	Net Profit / (Loss) for the period from ordinary activities (Before tax, Exceptional and /or Extraordinary items)	(2.33)	3.92	(5.24)	(5.38)	(11.51)
3	Net Profit / (Loss) for the period before tax (after Exceptional and /or Extraordinary items)	(2.33)	3.92	(5.24)	(5.38)	(11.51)
4	Net Profit / (Loss) for the period after tax (after Exceptional and /or Extraordinary items)	(1.77)	3.92	(5.24)	(4.82)	(10.24)
5	Total Comprehensive Income for the period [(comprising profit or (loss) for the period (after tax) and other Comprehensive income (after tax)]	(1.77)	3.92	(5.24)	(4.82)	(10.24)
6	Paidup Equity Share Capital (Face Value RS. 10/- per share)	364.69	364.69	364.69	364.69	364.69
7	Reserves(excluding revaluation reserve)	-	-	-	-	-
8	Earnings per share (Basic and Diluted) (of Rs. 10/- each) (not annualised for the quarters)	(0.05)	0.11	(0.14)	(0.13)	(0.28)

Notes :

1 The above is an extract of the detailed format of Financial Results for the quarter and nine months ended 31st December, 2023 filed with the stock exchanges under Regulation 33 of the SEBI (Listing and Other Disclosure Requirements) Regulation,2015. The full format of the Financial Result for the quarter and nine months ended 31st December, 2023 is available on **www.bseindia.com**

2 The above unaudited financial results of the Company for the quarter and nine month ended 31st December 2023 has been reviewed by the Audit Committee and taken on record approved by the Board of Directors at its meeting held on 12th February 2024

3 The above results are in compliant with Indian Accounting Standard (Ind AS) notified by the Ministry of Corporate Affairs

For and on Behalf of the Board of Directors
Pradhin Limited
Hariprit Thorave
Director
Din: 10359981

Place : Chennai
Date: 13.02.2024

MUNOTH COMMUNICATION LIMITED

Regd. Office : Suite No. 48 "MUNOTH CENTRE",
3rd Floor, 343, Triplicane High Road, Chennai 600 005. CIN : L65991TN1984PLC010816

UNAUDITED FINANCIAL RESULTS FOR THE THIRD QUARTER AND NINE MONTHS ENDED 31ST DECEMBER 2023

(Rs. In Lakhs)

Sl. No.	Particulars	STANDALONE						CONSOLIDATED					
		3 months ended 31.12.2023	Previous 3 months ended 30.09.2023	Corresponding 3 months ended 31.12.2022	9 months ended 31.12.2023	9 months ended 31.12.2022	Year ended 31.03.2023	3 months ended 31.12.2023	Previous 3 months ended 30.09.2023	Corresponding 3 months ended 31.12.2022	9 months ended 31.12.2023	9 months ended 31.12.2022	Year ended 31.03.2023
		Unaudited	Unaudited	Unaudited	Unaudited	Unaudited	Audited	Unaudited	Unaudited	Unaudited	Unaudited	Unaudited	Audited
1	Total income from operations	0.00	0.08	0.02	0.08	0.02	0.02	0.00	0.08	0.02	0.08	0.02	0.02
2	Net Profit / Loss for the period (before Tax, Exceptional and / or Extraordinary items #)	(7.39)	(11.13)	(12.40)	(27.03)	(34.54)	(114.86)	(7.39)	(11.12)	(12.40)	(27.03)	(34.54)	(115.38)
3	Net Profit / Loss for the period before tax (after Tax, Exceptional and / or Extraordinary items #)	(7.39)	(11.13)	(12.40)	(27.03)	(34.54)	(114.86)	(7.39)	(11.12)	(12.40)	(27.03)	(34.54)	(115.38)
4	Net Profit / Loss for the period after tax (after Tax, Exceptional and / or Extraordinary items #)	(7.39)	(11.13)	(12.40)	(27.30)	(34.54)	(115.04)	(7.39)	(11.12)	(12.40)	(27.30)	(34.54)	(115.56)
5	Share of profit of associate accounted for using the equity method, if any,	-	-	-	-	-	-	-	-	-	-	-	(0.52)
6	Total Comprehensive Income for the period [comprising Profit / (Loss) for the period (after tax) and Other Comprehensive Income (after tax)]	(102.41)	8.17	(24.34)	(155.98)	(7.03)	750.47	(102.41)	8.18	(24.34)	(155.98)	(7.03)	749.95
7	Equity Share Capital	964.94	964.94	964.94	964.94	964.94	964.94	964.94	964.94	964.94	964.94	964.94	964.94
8	Reserves (Excluding Revaluation Reserve as shown in the audited balance sheet of previous year)	-	-	-	-	-	469.25	-	-	-	-	-	476.86
9	Earnings Per Share (Face value of Rs .10/- each) (not annualised) Basic & Diluted:	(0.07)	(0.12)	(0.13)	(0.28)	(0.36)	(1.19)	(0.07)	(0.12)	(0.13)	(0.28)	(0.36)	(1.20)

Notes:

1. The above information has been extract from the detailed Third quarter and nine months ended 31st December 2023 unaudited Financial Results which have been reviewed by the Audit Committee, approved by the board of Directors in the Board meeting held on 14th February 2024, being subjected to a limited review by the statutory auditors and filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the same are available on the Stock Exchange Website i.e. www.bseindia.com and on the company's website www.munothcommunication.com. The results include the consolidated unaudited financial results of the following company: Munoth communication and CFORE Telecom Limited.
2. The financial results have been prepared in accordance with the Companies (Indian Accounting Standards) Rules, 2015 (IND-AS) prescribed under section 133 of the companies act 2013 and other accounting principles generally accepted in India.
3. Figures for the previous period have been regrouped/rearranged wherever necessary.
4. Segment wise reporting is not applicable as the company operates in a single segment viz; selling and distribution of mobile phones and accessories.

for Munoth Communication Limited
Jaswant Munoth
Managing Director
(DIN No : 00769545)

Place : Chennai
Date : 14.02.2024