

NOTICE
DHUNSERI INVESTMENT LTD
4A, Dhunseri House, Woodburn Park, Kolkata, West Bengal, 700020
Notice is hereby given that the share certificate no 3336 with distinctive no(s) 2388112 To 2388188 in respect folio no S00594 registered in the name of Sunil Shah & Jyoti Sunil Shah reported to lost and the company had received application for issue of duplicate share certificate(s). If no objection from any interested person is received by the company's registrars Maheshwari Datamatics Pvt Ltd, 23 RN Mukherjee road, Kolkata - 700001 within 15 days from the publication hereof the company will proceed to issue duplicate share certificate(s) to the applicants Date - 16 May 2022

NOTICE
DHUNSERI VENTURE LTD
4A, Dhunseri House, Woodburn Park, Kolkata, West Bengal, 700020
Notice is hereby given that the share certificate no 11953 with distinctive no(s) 3676401 To 3676500 & share certificate no 25549 with distinctive no(s) 6825165 To 6825219 in respect folio no S03604 registered in the name of Sunil Shah & Jyoti Sunil Shah reported to lost and the company had received application for issue of duplicate share certificate(s). If no objection from any interested person is received by the company's registrars Maheshwari Datamatics Pvt Ltd, 23 RN Mukherjee road, Kolkata - 700001 within 15 days from the publication hereof the company will proceed to issue duplicate share certificate(s) to the applicants Date - 16 May 2022

कार्यालय अधीक्षण अभियन्ता, निर्माण मण्डल, उत्तराखण्ड पेयजल संसाधन विकास एवं निर्माण निगम
102-नर्मकालेश्वर, कन्वेलिया, देवप्रयाग रोड, पौड़ी (पड़वाल)
ईमेल - sopauriupjn@gmail.com फ़ोन - 01388-222387
फ़ैक्स: 1/ईम-देवप्रयाग/पिबिद
दिनांक: 14/05/2022
"ई-निविदा सूचना"
अधीक्षण अभियन्ता, निर्माण मण्डल, उत्तराखण्ड पेयजल निगम, पौड़ी के पत्रांक 798/निविदा कोटेशन/157 दिनांक 29.04.2022 द्वारा जल जीवन मिशन के अन्तर्गत जनपद पौड़ी के विकास क्षेत्र नैनीडांडा की अदालीखाल शासनाधीनपौड़ी, के निर्माण कार्य हेतु राज्य सरकार की वेबसाइट <http://www.uktenders.gov.in> के माध्यम से दिनांक 14.05.2022 से 28.05.2022 तक ई-निविदाये आमंत्रित की जा रही है, निविदाओं की नियम एवं शर्तें उपरोक्त वेबसाइट से प्राप्त की जा सकती है।
अधीक्षण अभियन्ता

BEFORE THE NATIONAL COMPANY LAW TRIBUNAL
COURT NO 4, MUMBAI BENCH, AT MUMBAI
CP (GAA) No. 90/MB./IV/2022 connected with CA (GAA) 113/MB./2021
In the matter of Section 230 and 232 of the Companies Act, 2013 and other applicable provisions of the Companies Act, 2013.
And
In the matter of the Scheme of Amalgamation and Demerger under sections 230 to 232 and other applicable provisions of the Companies Act, 2013 for 1) amalgamation of Zircon Hotels Private Limited "Transferor Company - 1" CIN-No U55101GJ2014PTC12016 and Zircon Hospitality "Transferee Company-2" CIN-No U55101GJ2014PTC121017 with Hotel Suba Star Private Limited "Transferee Company" CIN No. U99999GJ1997PTC120713 and 2) demerger of the Hotel Suba Elite Baroda Hotel undertaking of Hotel Suba Palace Private Limited "Transferee Company - 3"/ "Suba Palace" CIN U55204MH2011PTC222504 ("Scheme").
NOTICE OF PETITION
Notice is hereby given that by an Order dated August 16, 2021, the Mumbai Bench of the Hon'ble Tribunal has inter-alia dispensed with meetings of secured, unsecured creditors and equity shareholders of Suba Palace, subject to strict compliance with the conditions as laid in the aforesaid order.
The Scheme was admitted on May 12, 2022, and fixed for hearing before the Hon'ble Tribunal on July 14, 2022. The Scheme is subject to the approval of the Hon'ble Tribunal. A copy of the Scheme can be obtained free of charge from the registered office of the Suba Palace as stated below, on all the working days except Saturday, Sunday, and public holidays.
Any person whose interest is likely to be affected by the proposed Scheme may submit his/ her/ its representations if any within 10 (Ten) days of this notice to the Hon'ble Tribunal and a copy of the same shall be simultaneously served at the registered office of the Suba Palace.
Date: 16-05-2022
Place: Mumbai
Mr. Devang Mehta
Advocate for the Petitioner Companies
M/s. SL Partners
Advocates & Solicitors
Hotel Suba Company Private Limited
CIN U55204MH2011PTC222504
Registered Office: Apollo Bunder, Near Gateway of India, Colaba, Mumbai - 400039, Maharashtra. Tel No: 22885444; E-mail: info@hotelsubapalace.com

ISMT Limited
Regd. Office : Panama House, Vman Nagar, Pune - 411014
Phone : 020-41434100 Fax : 020-26630779
E-mail : secretarial@ismt.co.in Website : www.ismt.co.in
CIN:L27109PN1999PLC016417
NOTICE OF EXTRAORDINARY GENERAL MEETING

NOTICE is hereby given that an EXTRAORDINARY GENERAL MEETING (EGM) of ISMT Ltd. ("Company") will be held on Thursday, June 09, 2022 at 4.00 p.m. through Video Conferencing (VC) without physical presence of members, in compliance with the applicable provisions of the Companies Act, 2013 read with General Circular No. 14/2020 & 20/2021 dt. April 08, 2020 & December 08, 2021, respectively, issued by the Ministry of Corporate Affairs.
In compliance with the aforesaid Circulars, the requirement of dispatching physical copies of EGM Notice has been dispensed with & the same is being served through electronic mode to Members whose e-mail ids are registered with the Company. Members who have not registered their e-mail IDs are requested to register the same by following the instructions given below:
1. **Members holding Shares in Physical form:**
To write an e-mail to KFin Technologies Ltd., RTA of the Company at einward.ris@kfinitech.com or to the Company at secretarial@ismt.co.in by mentioning folio number, e-mail ID and mobile number;
2. **Members holding Shares in Dematerialized form:**
To contact their Depository Participant/ Stock Broker for updation of email ID, mobile number & other details.
EGM Notice is being made available on Company's website www.ismt.co.in, Stock Exchanges website www.bseindia.com & www.nseindia.com & on website of Central Depository Services (India) Ltd. (CDSL) at www.evotingindia.com
The Company is providing e-voting facility in respect of businesses to be transacted at the EGM & has availed services of CDSL for providing e-voting & VC facility for shareholders to participate in the EGM. For details on EGM participation via VC & e-voting, please refer instructions given in EGM Notice. E-voting shall commence on Monday, June 06, 2022 at 9.00 a.m. IST & ends on Wednesday, June 08, 2022 at 5.00 p.m. IST. During this period, Members holding shares as on cut-off date i.e. June 02, 2022 may cast their vote electronically. Members, who will be present in EGM through VC & have not cast vote previously & are otherwise not barred from doing so, shall be eligible to vote through e-voting system of CDSL during the EGM. Persons becoming Members of the Company after dispatch of EGM Notice, may write an e-mail to secretarial@ismt.co.in for obtaining login credentials for e-voting & VC.
For any queries/ issues regarding e-voting, please refer the Frequently Asked Questions (FAQs) & e-voting manual available at www.evotingindia.com under help section or write an email to helpdesk.evoting@cdslindia.com.
For ISMT Limited
Chetan Nathani
Company Secretary
Place : Pune
Date : May 15, 2022

CLASSIFIED CENTRES IN MUMBAI
Budhar Publicity Pvt. Ltd.,
Kalyan (W),
Phone : 0251-2205995
Mobile : 9322400262
Dimensions Advertising,
Dombivli (E),
Phone : 0251-2445074
Mobile : 9322597885
Prabhakar Advertisers,
Dombivli (E),
Phone : 0251-2489017
Mobile : 9819875111
Radhika Advertising,
Dombivli (E),
Phone : 9920909141
Mobile : 983355898
Bajaj Publicity
Dombivli (E),
Phone : 9320962437
Mobile : 9821467209
Pinky Advertising,
Ambernath (E),
Mobile : 9322681423
Ambition Advertising,
Ghatkopar (E),
Phone : 24210792 / 94.
Dattaguru Advertising
Ghatkopar (W),
Phone : 6128 6428
Mobile : 9870528143
K. Parth Publicity,
Ghatkopar (E),
Phone : 2501 3939 / 2501 2323
Mobile : 9322400262
Sanjeevani Advtg,
Kanjurmarg, LBS Marg,
Phone : 022-25776168
Mobile : 9819091044
Sandip Advtg,
Bhandup (W),
Phone : 022-25946518
Mobile : 9820750922
Mahesh Advertising & Designing,
Mulund (W),
Phone : 25622469 / 25682469
Pratik Advertising,
Mulund (W),
Phone : 25911666
Mobile : 9821154666
Shree Mahapragya
Mulund (E),
Phone : 21634727
Mobile : 9930350884
Synthesis Communications
Mulund (E),
Phone : 2563836465
Ryo Advertising,
Ghatkopar (W),
Phone : 67704000/ 6500
Mobile : 9821306406
Sadguru Advertising,
Vikhroli (W),
Phone : 6128 6428
Mobile : 9820319546

CLASSIFIEDS
BUSINESS
LOANS
FOR FUNDING AGAINST LISTED SHARES
VFS Capital
naz@vpsc.com
www.vpsc.com
0070691857-105-1

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SHRIRAM TRANSPORT FINANCE COMPANY LIMITED
Corporate Identity Number (CIN): L65191TN1979PLC007874
Registered Office: Sri Towers, Plot No. 14A, South Phase, Industrial Estate, Guindy, Chennai - 600 032, Tamil Nadu, India.
Tel No: 91-44-4852 4666 Fax: 91-44-4852 5666.
Website: www.stfc.in Email id: finance@stfc.in

ISSUED FOR INFORMATION PURPOSES ONLY
Notice in relation to intimation of the Second Put Option exercisable in relation to Outstanding 15,850 Senior, Secured, Rated, Listed, Redeemable, Non-Convertible Debentures having face value of ₹ 10,00,000/- each aggregating to ₹ 1585,00,00,000/-, bearing Security Name- 'Series STFC PP 2021-22 K-03 Option 2' ("Debentures") issued by Shriram Transport Finance Company Limited ("the Company") on private placement basis pursuant to Shelf Disclosure Document dated April 26, 2021, the Supplemental Disclosure Document dated June 11, 2021 and the Debenture Trust Deed dated September 22, 2020 and the Restated Debenture Trust Deed dated February 4, 2021 executed between the Company and Catalyst Trusteeship Limited as the Debenture trustee ("Debenture Trustee"). Pursuant to terms of the Debentures, the Company had issued and allotted the Debentures aggregating to ₹ 1600,00,00,000/- to the Debenture Holders on the Deemed Date Allotment, i.e. June 17, 2021.
As per the terms of the issue of Debentures, the Second Put Option Date is June 17, 2022. Eligible Debenture Holders: shall mean all holders of the said Debentures.
Please be informed that on exercising of Put Option by the Eligible Debenture Holder on or before Put Notification Date i.e. June 02, 2022, the Company will redeem the Debentures on the Put Option date being June 17, 2022 to the Eligible Debenture Holders who are beneficiaries on Record Date (15 days prior to the Put Option date).
The details of ISIN of the Debentures are given below:

Security name	ISIN	Script Code	Redemption amount per Debenture
Series STFC PP 2021-22 K-03 Option 2	INE721A07QK5	973242	(Principal+Interest*)

(*Note:- The Coupon rate will be the simple average of the Coupon Rates determined on 10/06/21, 17/09/21, 17/12/21 & 17/03/22, as per the term sheet)

For any queries/clarifications with regard to the above, the Debenture holders can contact Company's Registrar and Transfer Agent, Integrated Registry Management Services Private Limited, Telephone No. 044-28140801 to 28140803, Contact person Ms Anusha, Email ID anusha@integratedindia.in with a copy to us at finance@stfc.in

For Shriram Transport Finance Company Limited
sd/-
Parag Sharma
Joint Managing Director & CFO
Place : Mumbai
Date : May 16, 2022

Chaitanya India Fin Credit Private Limited
CIN: U67190KA2009PTC049494
#145,2nd Floor, NR Square, 1st Main Road, Sirsi Circle, Chamrajpet, Bangalore - 560018
Extract of Audited Financial Results for the Quarter and Year ended March 31, 2022
(All amounts in ₹ lakhs unless otherwise stated)

Sr. No.	Particulars	Quarter ended March 31, 2022	Year ended March 31, 2022	Year ended March 31, 2021
1	Total Income From Operations	1,269.54	3,611.90	2,337.09
2	Net Profit / (Loss) for the period (before Tax, Exceptional and/or Extraordinary Items)	336.62	703.10	251.61
3	Net Profit / (Loss) for the period before tax (after Exceptional and/or Extraordinary Items)	336.62	703.10	251.61
4	Net Profit / (Loss) for the period after tax (after Exceptional and/or Extraordinary Items)	240.94	522.52	206.26
5	Total Comprehensive Income for the period (Comprising Profit/(Loss) for the period (after tax) and Other Comprehensive Income (after tax))	220.47	503.42	228.62
6	Paid up Equity Share Capital	1,035.00	1,035.00	1,035.00
7	Reserves (excluding Revaluation Reserve)	2,950.77	2,950.77	2,447.34
8	Securities Premium Account	2,139.95	2,139.95	2,139.95
9	Net worth	3,985.77	3,985.77	3,482.34
10	Outstanding Debts	20,293.50	20,293.50	10,115.91
11	Outstanding Redeemable Preference Shares	NIL	NIL	NIL
12	Debt Equity Ratio	5.09	5.09	2.91
13	Earnings Per Share			
13.1	Basic: (Rs)	2.33	5.05	2.06
13.2	Diluted: (Rs)	2.33	5.05	2.06
14	Capital Redemption Reserve	NIL	NIL	NIL
15	Debenture Redemption Reserve	10.00	10.00	10.00

Notes

- The above Audited financial results of Chaitanya India Fin Credit Private Limited ("the Company") for the quarter and year ended March 31, 2022 have been reviewed by the Audit Committee and approved by the Board of Directors at their respective meetings held on May 6, 2022 and May 14, 2022.
- The Company has availed exemption provided under SEBI Circular - SEBI/HO/DHOS/CIR/2021/000000637 dated October 5, 2021 as regard to disclosure relating to corresponding quarter results ending March 31, 2021
- Figures of the previous periods have been regrouped, wherever necessary, to make them comparable with the current period.
- Debt Service Coverage Ratio & Interest Service Coverage Ratio are not applicable to NBFC.
- The above is an extract of the financial results filed with the Stock exchanges under Regulation 52 of the LODR Regulations. The full format of the financial results is available on the websites of the Stock Exchange and the listed entity URL-<https://www.chaitanyaindia.in/corporate-governance>
- For the other line items referred to in regulation 52 (4) of the LODR Regulations, pertinent disclosures have been made to the Bombay Stock Exchange(s) and can be accessed on the URL-<https://www.bseindia.com/stock-share-price/chaitanya-india-fin-credit-pvt-ltd/145c1pc122/955517/corp-announcements/>

For and on behalf of the Board of Directors
Chaitanya India Fin Credit Private Limited
sd/-
Anand Rao
Joint Managing Director
DIN: 01713987
Bangalore
May 14, 2022

3P LAND HOLDINGS LIMITED
CIN: L74999MH1999PLC013394
Regd. Office : Tergaon, Pune 411 033. Tel:+91-20-40773333, Fax:91-20-40773388.
E-mail: admin@3pland.com Website : www.3pland.com
Statement of Standalone and Consolidated Audited Financial Results for the Quarter and Year ended March 31, 2022
(₹ In lakhs unless stated otherwise)

Sr. No.	Particulars	Standalone Results				Consolidated Results					
		Quarter ended		Year ended		Quarter ended		Year ended			
		31.03.2022 (Audited)	31.12.2021 (Unaudited)	31.03.2021 (Audited)	31.03.2022 (Audited)	31.03.2021 (Audited)	31.03.2022 (Unaudited)	31.03.2021 (Audited)	31.03.2022 (Audited)		
1	Total Income from Operations	42.97	43.46	35.93	214.64	140.61	42.97	43.46	35.93	214.64	140.61
2	Profit/(Loss) before exceptional item share of profit/(Loss) of Associate and tax	31.10	32.30	26.48	168.93	86.39	31.10	32.30	26.48	168.93	86.38
3	Net Profit / (Loss) for the period after exceptional item, share of profit / (Loss) of Associate but before tax	31.10	32.30	26.48	168.93	86.39	31.10	32.30	7.34	157.49	8.91
4	Net Profit / (Loss) for the period after tax	23.39	24.30	13.31	126.91	63.87	23.39	24.30	-5.83	115.47	-13.60
5	Other Comprehensive Income (net of tax)	282.35	-546.69	244.21	1,896.23	1,746.08	282.35	-546.69	244.21	1,896.23	1,746.08
6	Total Comprehensive Income for the period [Comprising Profit for the period (after tax) and Other Comprehensive Income (after tax)]	305.74	-522.39	257.52	2,023.14	1,809.95	305.74	-522.39	238.38	2,017.70	1,732.48
7	Equity Share Capital (face value ₹ 2/-per share)	360.00	360.00	360.00	360.00	360.00	360.00	360.00	360.00	360.00	360.00
8	Other equity (excluding revaluation reserve)				6,476.62	4,453.48				6,313.97	4,302.27
9	Earnings per share (of ₹ 2 each) Basic & Diluted.(₹.)	0.13	0.14	0.07	0.71	0.35	0.13	0.14	-0.03	0.64	-0.08

Notes:

- The above results have been reviewed by the Audit Committee and approved by the Board of Directors at its meeting held on May 14, 2022.
- The Statutory Auditors have carried out the audit for the year ended March 31, 2022.
- This statement has been prepared in accordance with the Companies (Indian Accounting Standards) Rules, 2015 (as amended), prescribed under Section 133 of the Companies Act, 2013 (InIdAs) and other recognised accounting practices and policies to the extent applicable.
- The above is an extract of the detailed format of Financial Results for the year ended 31st March, 2022 filed with the Stock Exchanges under Regulation 33 of SEBI (Listing Obligations And Disclosure Requirements) Regulations, 2015. The full format of these Financial Results is available on Stock Exchange website (www.bseindia.com and www.nseindia.com) and Company's website (www.3pland.com).
- Previous periods amounts have been regrouped wherever considered necessary to conform to current period's presentation.

On behalf of the Board of Directors
sd/-
G.N.Jajodia
Chairman
Place: Mumbai
Date: 14.05.2022

HERANBA INDUSTRIES LIMITED
A Govt. Recognised Export House
CIN : L24231GJ1992PLC017315
Registered Off : Plot No. 1504/1505/1506/1 GIDC, Phase-III Vapi Valsad-396195, Gujarat, India,
Corporate Off : 2nd Floor, A Wing, Fortune Avirahi, Jain Derasar Road, Borivali West, Mumbai - 400092
Email : compliance@heranba.com, Website : www.heranba.co.in

EXTRACT OF THE AUDITED FINANCIAL RESULTS FOR THE QUARTER AND YEAR ENDED 31st MARCH 2022
(₹ in millions except per share data)

Sl. No.	Particulars	Quarter Ended		Year Ended		
		31-03-2022 (Unaudited)	31-12-2021 (Unaudited)	31-03-2021 (Unaudited)	31-03-2022 (Audited)	31-03-2021 (Audited)
1	Total Income from operations	3,549.17	4,005.22	2,731.76	14,697.23	12,256.77
2	Net Profit/(loss) for the Period (before tax, exceptional items)	582.64	712.68	577.55	2,552.50	2,082.85
3	Exceptional items (expenses)	-	-	-	-	-
4	Net profit/(loss) for the period before tax (after exceptional items)	582.64	712.68	577.55	2,552.50	2,082.85
5	Net profit/(loss) for the period after tax (after exceptional items)	425.76	534.86	432.00	1,890.63	1,542.26
6	Total comprehensive income/(loss) for the period	417.21	546.92	432.64	1,891.25	1,544.30
7	Equity share capital (face value Rs. 10/- each)	400.13	400.13	400.13	400.13	400.13
8	Other Equity	-	-	-	6,744.45	4,881.21
9	Earnings per share- (face value Rs. 10/- each) Basic(Rs.)/Diluted (in Rs)	10.64	13.37	11.04	47.25	39.41

Notes:

- The above is an extract of the detailed format of financial results filed with the stock exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulation, 2015. The Full format of these results is available on the stock exchanges website i.e. www.bseindia.com & www.nseindia.com also on the companies' website www.heranba.co.in.
- The above results have been reviewed by the Audit Committee and thereafter approved by the board of directors in their respective meetings held on May 14, 2022.
- The previous financial period figures have been regrouped/rearranged/restated wherever considered necessary.

By order of the Board
For Heranba Industries Limited
sd/-
Raghuram K. Shetty
Managing Director
Place : Mumbai
Date : May 14, 2022

affle
AFFLE (INDIA) LIMITED
Registered Office | 102, Wellington Business Park-I, Off Andheri Kuria Road, Marol, Andheri (East), Mumbai - 400059
(P) 0124-4992914 (W) www.affle.com Email: compliance@affle.com
CIN: L65990MH1994PLC080451

Extract of statement of audited consolidated financial results for the quarter and year ended March 31, 2022
(Amount in INR Mn, unless otherwise stated)

Particulars	Quarter ended March 31, 2022 (Audited)	Quarter ended March 31, 2021 (Audited)	Year ended March 31, 2022 (Audited)	Year ended March 31, 2021 (Audited)
Total income	3,443.99	1,775.86	11,533.31	5,579.97
Profit before tax	762.54	639.71	2,447.96	1,479.21
Net profit for the periods / years	686.94	586.06	2,146.92	1,350.37
Total comprehensive income for the periods / years	761.15	587.75	2,261.73	1,295.99
Paid-up equity share capital (face value INR 2/- per equity share)	266.50	254.96	266.50	254.96
Other equity for the year	-	-	11,514.65	3,332.62
Earnings per equity share (face value INR 2/- per equity share)				
Basic:	5.18	4.60	16.18	10.59
Diluted:	5.18	4.60	16.18	10.59

Notes

- The above results have been reviewed by the Audit Committee on May 12, 2022 and approved by the Board of Directors at its meeting held on May 14, 2022. The Statutory Auditors have expressed an unmodified audit opinion on these results.
- Key standalone financial information:**

Particulars	Quarter ended March 31, 2022 (Audited)	Quarter ended March 31, 2021 (Audited)	Year ended March 31, 2022 (Audited)	Year ended March 31, 2021 (Audited)
Total income	1,161.78	758.63	4,287.03	2,731.11
Net profit for the periods / years	133.40	106.93	565.48	282.27
Total comprehensive income for the periods / years	133.91	107.14	565.75	281.56

3. The above is an extract of the detailed format of the financial results filed with the Stock Exchanges under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015 as amended.
The full format of the financial results are available to the investors on the websites of stock exchange, www.bseindia.com and www.nseindia.com and on the website of the Company i.e. www.affle.com.

By order of the Board
For Affle (India) Limited
sd/-
Anuj Khanna Sood
Managing Director & Chief Executive Officer
Date: 14/05/2022

संप्रेरक असंतुलन : लक्षणे ओळखून गंभीर विकार टाळा



शकतात. चिंता, नेराश, पौष्टिक आहाराचा अभाव, प्रजननक्षमतेच्या समस्येनीही हे असंतुलन होऊ शकते. घट्टील लक्षणे वारंवार दिखल्याने तातडीची वैद्यकीय सल्ला घेऊन उपचार घ्यावेत. योग्य व्यायाम व पथ्ये पाळावीत, असा वैद्यकीय तज्ज्ञांचा सल्ला आहे.



त्वचा किंवा खूप प्रमाणात तेलकट त्वचा हेही या असंतुलनाचे लक्षण आहे.
६) अनियमित पाळी : अनियमित मॉसिक पाळी आणि त्या वेळी येवढा होत असतो, तर हे लक्षणेही लक्षण असू शकते.
७) अपचन : बद्धकोटता, भूक न लागणे, पोट फुरणे, आल्यापच, जेवणातून अस्वस्थ वाटणे ही लक्षणेही असंतुलनाची अस्वस्थता.

आरोग्यवार्ता

नवी दिल्ली : बहुसंख्य विद्यायां कधी ना कधी संप्रेरकांच्या असंतुलनामुळे (हॉर्मोनल इम्बॅलन्स) होण्याचा त्रासला समोर जाऊ लागतो. या असंतुलनामागे तालपान, वैदी जीवनशैली, मधुमेह, अयोग्य आहार अशी अनेक कारणे आहेत. मात्र, या लक्षणांक दुर्लक्ष केल्यास स्त्री बीजाणु विकार (पीसीओडी), थायरॉइडच्या समस्या किंवा चंथल्यासारखे विकार होऊ

१) लहरी स्वरुपात : एका क्षणी आनंदी असताना दुःखाच्या क्षणी क्रोध येत असतो. चिंताकृत होत असत तर हे संप्रेरक असंतुलनाचे हे लक्षण असू शकते.
२) अशक्तपणा : नीट झोप झाल्यानंतरही सकाळी उठल्यानंतर सध्या असतकामागे जाणत असते, तर ते संप्रेरक असंतुलनाचे लक्षण असण्याची शक्यता आहे.
३) केस गळणे : केस चांगल्या स्वरुपात असतानाही अचानक गळू लागत तर ही समस्या असू शकते.

४) अचानक वजन वाढणे : वजन वाढणे हे संप्रेरक असंतुलनाचे मुख्यत्वे दिसणारे लक्षण आहे. तुम्ही नियमित व्यायाम, पौष्टिक आहार, योग्य प्रमाणात निद्रा घेत असाल व तरीही वजन वाढत असते, तर वैद्यकीय तज्ज्ञांचा सल्ला घ्या.
५) त्वचाविकार : मुंम, चेहरा आणि त्वचेवरील डाग, रक्ष-कोरडी

समस्या असल्यास निद्रानाश, खिंडी निद्रा व नऊ तासांपर्यंत झोपूनही थकलेपणा जाणवते. संप्रेरक असंतुलनावर मात करणारासोटी योग्य व निरोगी जीवनशैली अवलंबावी लागते. चल पद्धतीचे व्यायाम, प्राणायामासारखे स्वस्थतेचे व्यायाम, तणाव व्यवस्थापन आणि वैद्यकीय उपचार उपयोजी ठरतात.

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दोघे अटकेत; आरोगीकडून ३० लाखांच्या ८ मोटारी जप्त लोकसत्ता प्रतिनिधी

३१, सोनिवडी रस्ता, केडगाव, जि. अहमदनगर) अशी अटक करण्यात आलेल्यांची नावे आहेत. महेश बाळकृष्ण सुर्यवंशी (वय २६, रा. अंबेगाव पट्टा, साईसिद्धी चौक, काजूर) याने प्रशांत खुरपे उर्फ पाटील याला भाडेतेत्त्वावर मोटार दिली होती. खुरपेने सुर्यवंशीची मोटार आरोगी खेरेडे, भारलसिंगला भाडेतेत्त्वावर दिली होती. आरोगी खुरपेला भाडे दिले नाही. खुरपेकडून सुर्यवंशीला भाडे देण्यात आले नव्हते. त्यामुळे सुर्यवंशीने मोटार परत करण्यास सांगितले होते. आरोगी खेरेडे, भारलसिंगने खुरपेला मोटार तसेच भाडे दिले नव्हते.

विरोगी पथकाला मिळाली होती. त्यानंतर पोलिसांनी खेरेडे, भारलसिंगचा शोध घेण्यास सुरुवात केली. पोलिसांनी दोघांना सापळा लावून अटक केली. चौकशीत आरोगीची भाडेतेत्त्वावर घेतलेल्या आठ मोटारींची परस्पर विक्री केल्याचे पथकदास आले. दोघांकडून ३०

लाख रुपयांच्या आठ मोटारी जप्त करण्यात आल्या आहेत. सहायक आयुक्त गजानन टोपे यांच्या मार्गदर्शनाखाली पोलिस निरीक्षक राजेंद्र कदम, उपनिरीक्षक शुभांगी नरके, शाहीद शेख, नीलेश शिववारे, धनंजय ताजणे, मंगी जाधव आदींनी ही कारवाई केली.

लोकसत्ता प्रतिनिधी
पुणे : नवजात बाळ्याच्या जन्मानंतर त्याला कोणताही दुर्मीळ आजार नाही, याची खात्री करून घेण्यासाठी विविध चाचण्या उल्लेख आहेत. त्या केल्याने आजारांचे निदान लवकरात लवकर होणे आणि त्यासाठी उपचार सुरू करणे शक्य आहे. असे तज्ज्ञ डॉक्टरांकडून सांगण्यात आले आहे.
जन्माजत इदरोग्य, अनुवांशिक परिस्थिती, चाचण्याची स्थिती आणि फुफ्फुस विकारांची शक्यता असल्याचे निदान करता येते. मानसिक समस्या, थायरॉइड, ऑस्टिओमा यांचे लवकर निदान झाल्यास भविष्यातील गुंतागुंती टाळणे शक्य होते. याकडे लक्ष वेधण्यात आले आहे.
डॉ. प्रेरणा अमरवात म्हणाल्या, वैद्यकीय तंत्रज्ञानातील संशोधनाचे सामर्थ्य प्रगतीमुळे सहसा लक्षणे आढळल्याशिवायच न दिसून येणारे आजारी काही चाचण्यांमुळे ओळखणे शक्य होते. यामध्ये चाचण्यांच्या विकारांसारखे दुर्मीळ आणि अनुवांशिक विकार आहेत. सदीप पेशाब किंवा विशिष्ट पेशाबमधून अभावामुळे ते दोष उद्भवतात. काही विशिष्ट ग्रंथी पुरेशी संप्रेरके तयार करत नसतील, तर त्यामुळे जन्माजत बाळ्याला जन्माजत हायपोथायराइड किंवा एडेलन हायपरप्लासिया असू शकते.
लहान मुलांमध्ये दिवसाच्या निरंतरालाखाली हिमोग्लोबिनच्या समस्येचे लवकर निराकरण झाल्यास उपचार सुरू करणे शक्य होते. सिस्टिक फायब्रोसिस, यॅबीर झ्युनोडेफिशियन्सी आणि श्रवणक्षमतेतील दोष यांचावतही लवकर निदान झाले असताना मागे

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