

# PREBIOTIC-RICH FOODS AID IN THE MAINTENANCE OF GOOD GUT HEALTH

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We are aware that gut health can be enhanced by probiotic microorganisms. Foods like curd, idly batter, cheese, buttermilk, and bread naturally have it. It is also used as a supplement to help the digestive system. Do you know about foods high in prebiotics, though?

Trillions of bacteria in our digestive tract perform a variety of tasks, including digesting nutrition as well as regulating the immune system. Like our need for food, the gut bacteria require energy to function. Prebiotics are the fiber that these microscopic gut pals were fed.

Fatty acids are released as an outcome of the fermentation of prebiotics in the large intestine. It has numerous health benefits and is further absorbed by the cells lining the colon. Our gut microbiota can even influence disease risk, such as colon cancer, inflammatory bowel disease, and

type II diabetes. The microorganisms that inhabit our digestive tracts are greatly influenced by the foods we eat and lifestyle choices we make.

Natural prebiotic-dense food sources are described in depth in this article. Prebiotic fiber is abundant in a wide variety of foods that we eat every day. Below is a list of the best 7 readily available prebiotic foods:

**Fermented rice:** For centuries, fermented rice has been an integral part of the Indian Food. This has a lot of microflora, which functions as a prebiotic and promotes improved immunity, healthy digestion, and the healing of gastrointestinal infections. Superfood for prebiotics would be fermented rice mixed with onion and curd. The iron content of rice that has been fermented for 12 hours overnight is 21 times higher than that of cooked rice. **Banana:** Bananas are full of fiber, vitamins, and minerals. This



fruit can lessen bloating and aid in building good bacteria in your stomach. Not-too-ripe bananas should be your first preference. However, a banana with yoghurt as a dessert or a banana smoothie with yoghurt and honey would be a nice choice.

**Onion:** Prebiotics, antioxidants, and flavonoids abound in onions. Onions aid to boost your immune

system and digestive health while accelerating the breakdown of meals. Onions can be consumed raw in salads, sandwiches, and prepared meals like soups, stews, and main courses. They can also be eaten raw with fermented rice. **Garlic:** Garlic strengthens the immune system and helps ward against the flu and colds. One herb that enhances the taste and nutritional value of our meals is garlic. It has been used for general health purposes for hundreds of years and is a good source of inulin, which supports healthy gut bacteria. Although raw garlic is ideal for you, you may still use it in cooking to get the health advantages.

**Apple:** Apples are rich in antioxidants and vitamin C. Pectin helps manage cholesterol and boost metabolism in addition to aiding in digestion. Apple fiber reduces dangerous germs and enhances beneficial bac-

teria in your digestive system. Apple peels contain numerous essential nutrients, but the flesh portion provides health benefits as well. Thus, every part of the fruit is what makes an apple necessary to eat.

**Barley:** Foods high in soluble fiber-based prebiotics are essential for good health. Barley is high in soluble fiber components, like glucan, which operate as a prebiotic to support the health of the digestive tract and aid in gastrointestinal function. It is used to preserve a healthy colon wall and the colonic environment. **Oats:** Oats are a very adaptable grain that is rich in fiber and other nutrients that support a healthy heart and digestive system. High in glucan fiber, which is connected to good gut bacteria, are whole oats. You can eat oats uncooked by soaking them in milk, or you can boil them. They also facilitate better digestion and sugar regulation.

## Amazon Pay launches sign language video KYC service for hearing and speech impaired customers

Chennai: In an endeavor towards inclusivity, Amazon Pay recently launched a video sign language Know Your Customer (KYC) service for hearing and speech impaired customers, which involves communication through sign languages, a pioneering initiative in the digital payments sector in India. The company has rolled out the initiative that enables two-way video communication in sign-language between Amazon Pay employees and customers. The goal is to make the KYC process effortless for those who rely on sign language, and making digital payments more inclusive. The innovative initiative aligns with Amazon's commitment to Digital Bharat, ensuring that its services are inclusive and accessible to all, in line with the broader vision for a digitally empowered India. Speaking about the service, Vikas Bansal, Director Payments and Financial services, IN Payments, said, "Our sign-language video KYC service is a natural extension of Amazon Pay's focus on Customer Obsession and Financial Inclusion. With this service, which we have implemented within the scope of our barrier-free service, we enable our customers with disabilities to benefit from video KYC easily and safely. This service offers them the enhanced benefits of digital wallet for their everyday payment needs. We want to ensure that our products are inclusive and that our services, experiences, and functionality is available to everyone, regardless of their ability." Amazon Pay has provided Indian sign language training to over 120 employees that provide video-based KYC services to customers across India. The interactive training module, focused on equipping employees with the ability to effectively communicate with hearing and speech-impaired customers, is developed by the in-house team. Amazon remains committed to cultivating an inclusive culture that provides equal opportunities for all employees to unlock their full potential. The focus extends beyond gender diversity to encompass various cohorts, including women, the LGBTQIA+ community, military veterans, and the differently abled. At Amazon, a diverse workforce drives innovation, helps understand the diverse customer base, and enhances decision-making through diverse perspectives. The company's commitment to DE&I is reflected in its policies, programs, and initiatives aimed at promoting diversity, equity, and inclusion in the workplace.



Residents shift to a safer place from a flooded area after heavy rainfall owing to Cyclone Michaung, in Chennai.

## Chinmaya Mission Coimbatore's Gyana Yagna begins



Coimbatore: Chinmaya Mission, Coimbatore is organising a 5-day Special Discourse on Hanuman Chalisa, by Pujya Swami Swaroopananda Ji, Global Head - Chinmaya Mission Worldwide from December 10 -14 at Chinmaya Vidyalaya Auditorium in Vadavalli, Coimbatore from 6 p.m. to 8 p.m. Swami Samprathistananda, Chairperson, Chinmaya Garden Trust in Coimbatore addressed the press and media regarding this event, and shared that Hanuman Chalisa is a devotional hymn in praise of Lord Hanuman. It is a set of 40 poetic verses dedicated to him and it was composed by Shri Tulsidas, a Hindu saint and poet who is renowned for his devotion to Lord Ram. She said that reciting Hanuman Chalisa calls upon Hanuman's involvement in critical problems and gives solutions to troubles and wisdom to lead a peaceful, fearless life. The discourse attaches very high significance as the participants will be able to listen to the Global Head of Chinmaya Mission and his valuable thoughts about Hanuman Chalisa.

She conveyed at a press meet that Swami Swaroopananda will speak about 8 verses each day and share his perspectives in English to the audience. Around 2000 participants from Coimbatore, Tiruppur and neighbouring regions are expected to take part in the discourse series.

## Integra Essentia Ltd. Bags Fresh Orders Worth INR 120 Million

Chennai: Integra Essentia Limited, a prominent player engaged in business of Life Essentials, has announced updates from the Agro Products & Infrastructural Materials Business Divisions. The company has bagged fresh orders collectively amounting to INR 120+ Million for Premium Dry Fruit (Cashew Nuts) along with the Infrastructure Materials Division for ERW Steel Pipes and HR Coils. The Company has been working on long-term associations with several prestigious customers/ consumers eyeing an overall growth of 15-20% during the current Fiscal Year (on Year-on-Year basis) and is expecting to achieve or even exceed the targeted revenue numbers during F.Y. 2023-24. Integra Essentia Limited is aiming at synergistic integrations / amalgamations to tap into the business potential embedded in the ever-growing demand of life essentials and a wide variety of life essentials and lifestyle products, based on modern business approach of sourcing, producing and marketing of wide range of bulk and specialty materials and services. Integra Essentia Ltd. is a company engaged in business of Life Essentials i.e. Food (Agro Products), Clothing (Textiles and Garments), Infrastructure (Materials and Services for Construction and Infrastructure Development) and Energy (Materials, Products and Services for the Renewable Energy Equipment and Projects) and many more Products and Services required to sustain the modern life.



## IDFC FIRST Private Banking and Hurun India release India's Top 200 Self-made Entrepreneurs of the Millennia 2023

Chennai: IDFC FIRST Private Banking and Hurun India launched the first edition of 'IDFC FIRST Private Hurun India's Top 200 Self-made Entrepreneurs of the Millennia 2023', a list of the 200 most valuable companies in India founded after the year 2000. These companies are ranked according to their value, defined as market capitalization for listed companies and valuations for non-listed companies. The cut-off date to arrive at this list was 30th September 2023. This list refers to companies headquartered in India only (state-owned companies and subsidiaries of foreign companies are not included). Mr. Vikas Sharma, Head-Wealth Management & Private Banking, IDFC FIRST Bank said: "The IDFC FIRST Private Hurun India's Top 200 Self-made entrepreneurs of the Millennia 2023 list recognises first generation people who have created valuable enterprises across different industries. The list showcases the immense talent, innovation, and accomplishments of India's visionary founders, those who are propelling the nation's entrepreneurial ecosystem to new heights. It is a great privilege for IDFC FIRST Bank to associate with Hurun India who have come up with this list after painstaking research." Anas Rahman Junaid MD and Chief Researcher, Hurun India said: "The IDFC FIRST Private Hurun India's Top 200 Self-made Entrepreneurs of the Millennia 2023 list demonstrates the vibrance of Indian entrepreneurship across age groups, gender, and geography. 1/3rd of the list is aged under 40 and the eldest on the list is 80 years old. It is interesting to note that Bengaluru occupies the top choice for most of the founders in the list to start their companies - this is in stark contrast to Hurun India Rich List, in which the entrants preferred Mumbai and New Delhi over Bengaluru." The 'IDFC FIRST Private Hurun India's Top 200 Self-made Entrepreneurs of the Millennia 2023' is a prestigious list that recognizes the 200 most valuable companies based in India, all of which were established on or after the year 2000. This list specifically focuses on the exceptional achievements of self-made Indian entrepreneurs who have successfully built and nurtured the most valuable companies during this millennium. The ranking of this list is in the order of the value of the enterprises created by the Founders and not the net-worth of the Founders themselves. Hurun Report's team of researchers have travelled the length and breadth of the country, cross-checking information with entrepreneurs, industry experts, journalists, bankers, and other sources of publicly available data.

## KRISHNAGIRI FLYING SQUAD TAHSILDAR SEIZED 3800 KG OF RATION RICE!



Krishnagiri Flying Squad led by Tahsildar Chinnaswamy along with Revenue Inspector Duraimurugan and Choolagiri RI Surya were conducting a vehicle search near Bagalur village of Hosur Taluk Krishnagiri District. During the search, a four-wheeler DOST vehicle with registration number TN 23 CX 6532 was stopped and searched on suspicion. During the investigation, it was found

that about 3800 kg of ration rice in 76 bags weighing 50 kg was smuggled to Karnataka state. Vijayakumar, son of John from Vaniyampadi area, who was following the vehicle, was caught and interrogated by the Flying Squad district officer, who fled saying that he had smuggled Tamil Nadu government ration rice from Vaniyampadi area to Karnataka. As smuggling of ration rice pro-

vided free of cost by the Tamil Nadu government to other states is a crime under law, the rice smuggling vehicle and the rice were seized and handed over to the Tamil Nadu Consumer Goods Trading Corporation warehouse. The vehicle has been handed over to the police and a case has been registered by the police and investigation is underway.

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**NOTICE**  
 Notice is hereby given in terms of paragraph 93 of the Master Direction- Non-Banking Financial Company - Housing Finance Company (Reserve Bank) Directions, 2021, that the branch office of the Company located at Block No.5, Thekkalai Road, Opp NPTC Shed, Karaikudi, Madurai 630002, Pin Code -630002 will be closed with effect from close of business hours of 04<sup>th</sup> March, 2024 as operations are being shifted to a nearby branch office located at No: S 76, Sudamani Nagar, 120 Feet Road South, Karaikudi, Sivagangal District, Tamil Nadu - 630561. In case any assistance is required, you may contact the nearest branch office as mentioned above or send an email to connect@indostarhfc.com.  
 This notice may be accessed on the Company's website (www.indostarhfc.com).

For IndoStar Home Finance Private Limited  
 Sd/-  
 Nidhi Sadani  
 Company Secretary

Date : 06-12-2023