

**Kauvery Hospital Vadapalani installs AED at Sivan Park, KK Nagar**



Chennai: Kauvery Hospital Vadapalani, a unit of Kauvery Group of Hospitals, a leading multispecialty healthcare chain in Tamil Nadu, installed an Automated External Defibrillator at Sivan Park KK Nagar. The initiative under Restart Heart Foundation, is to address the rising numbers of sudden cardiac arrests, educate the community on prevention of deaths due to cardiac arrests and equip them with the skills to provide immediate response to such a life threatening emergency. The inauguration was by Thiru. A. M. V. Prabhakara Raja, MLA, Virugambakkam Constituency. Speaking on the initiative, Dr Aravindan Selvaraj, Co-Founder & Executive Director Kauvery Group of Hospitals "There has been a sudden spurt in deaths due to sudden cardiac arrests, most of which could have been prevented with timely intervention and emergency precautions. More than 70% of cardiac arrests occur outside the hospital, and with the right intervention the chances of survival can improve significantly. Hence, it is essential to educate the public and the corporation staff – who are often the bystanders. Through the Restart Heart Foundation, we shall be installing AED at more locations in the region, and train the facility staff on Basic Life Support and First Aid. We believe the initiative will create a significant impact on overall well-being of the community."

**Rapido launches 'Bike Pink' Service in Chennai to Empower Women Bike Captains & Riders**



Chennai: Rapido, India's leading bike taxi aggregator, has taken a significant step towards empowering women in Chennai with the launch of its 'Bike Pink' service at Urban Square, Kathipara. The inaugural event was graced by Hon'ble Dr. Thamizhachi Thangapandian, Member of Parliament, South Chennai Parliamentary Constituency, who flagged off this pioneering service. Shravya Reddy, Chief of Staff Rapido and Rohit Rathod, Director of Bike Taxi operations were also present at the event. The 'Bike Pink' service marks the first-of-its-kind in Tamil Nadu for women riders and captains, underscoring Rapido's unwavering commitment to women's empowerment and the creation of new employment opportunities. This unique service is tailored to meet the needs of women riders by providing them with women captains for their daily commute. It will provide more transportation choices for female riders while also ensuring convenient last-mile connectivity. Expressing his enthusiasm for 'Rapido Bike Pink' service, Pavan Guntupalli, Co-Founder, Rapido said, "We believe in the power of women to drive change and progress in society. Bike Pink is our way of not only providing last mile connectivity to women riders but also creating meaningful income opportunities for our women bike-taxi captains. We are committed to expanding this service and empowering women from all walks of life."

**Pine Labs introduces Mini, a QR-first device with card acceptance**

Chennai: Leading merchant commerce omni-channel platform, Pine Labs has announced the launch of Mini, a revolutionary QR and Card acceptance device. Expected to be available at nearly one-third of the cost of a regular Point of Sale (PoS) terminal, Pine Labs Mini is an ideal solution for small merchants. Most PoS devices in India are tailored for debit/credit card customers. For the first time, Pine Labs is introducing in India a QR-first and card tap contactless payments device targeted at SMEs. This price-friendly product is expected to further boost digital payments adoption in India.



Commenting on the launch, Navnit Nakra, CRO, Pine Labs, said, "QR-based and card tap payments are a perfect solve for Indian consumers on the go. On the merchant-side, an absolute must is a fast checkout experience and elimination of the cost barrier in point-of-sale digitisation. Addressing these needs, we are delighted to launch a QR-first, card accepting, cost-effective PoS solution called Pine Labs Mini."

Pine Labs has been at the forefront of the on-going digital payments revolution in India offering merchants innovative payment solutions for their omnichannel needs. As a tech-first organisation it continues to innovate to solve for merchant pain points.

**Are you a first time home loan borrower? keep these things in mind**

Chennai : Bank/ HFC accept home loan income on the basis of applicant's income, credit score, repayment capacity, etc. If an applicant fails to meet those conditions it may lead to rejection of the home loan application. Also, learn how you can increase your chances of getting a home loan.

If you're considering applying for a home loan for the first time, there are several important factors to keep in mind. Home loan applications are approved based on the applicant's income, credit score, repayment capacity, and more. Failing to meet these criteria could lead to your home loan application being rejected. Learn how you can improve your chances of getting approved for a home loan:

Check your credit score before applying for a loan. When you apply for a home loan, the bank first checks your credit score. Having a credit score of 750 or more will increase your chances of getting a loan approval as well as getting at a lower interest rate. Hence, one must check their credit score before applying for a home loan.

If your score is low, you can take adequate steps to improve it. After receiving a loan application lender first checks borrower's credit score. Since a high credit score shows a good credit repayment record and less risk for the lender. They prefer applicant with a credit score of 750 or higher. It is important to check your credit score before applying for a loan and take needful steps to improve your score, if it is in a poor condition. Always pay your EMIs and credit card bills on time, do not apply for multiple loans or credit cards in a short span of time and do not exhaust your credit limit very often. repeatedly use your entire credit card limit.

Add a Co-Applicant. Insufficient income, a low credit score, and a high income-to-debt ratio are some of the major reasons for home loan application rejections. To avoid such a situation, you can add a co-applicant in your application to enhance your eligibility for the loan. Co-applicant can be your family member who has a stable income and a good credit score. Adding a co-applicant can also help you secure a higher loan amount. (Ratan Chowdhary, Business Head, Home Loans, Paisabazaar)

**Interesting and easy ways to spruce up your fitness routine**

Coimbatore : Sticking to the same fitness routine day in and day out can sometimes become monotonous and dull. It's essential to keep your workouts interesting and enjoyable to maintain motivation and make progress towards your fitness goals. Fortunately, there are several interesting and easy ways to spruce up your fitness routine and keep things fresh and exciting. Here are some creative ideas to add variety and spice to your fitness regimen, making them more enjoyable and effective.



Almonds are a convenient and nutritious pre-workout snack. They are a source of healthy fats, protein, and fiber, which can provide sustained energy for your workouts. Grab a handful of almonds before your workout to fuel your body and help you perform at your best. You can also pair almonds with a piece of fruit for a balanced snack that provides both carbohydrates and protein to keep you energized throughout your workout. In fact, a recent nutrition research found that consuming almonds during the day helped in retaining strength and reduced post exercise fatigue after a work-out session. In addition to this, the research also showcased that almond consumption has lower levels of serum creatine kinase (marker of muscle damage) and improved mood states post exercise. Hence, I would recommend you to eat a handful of almonds daily as a pre-workout snack!



► Camila Mendes poses for photographers upon arrival at the amfAR, foundation for aids research, dinner during the 80th edition of the Venice Film Festival in Venice, Italy,

**OUT OF TUNE: NATIONAL DERANGEMENTS**

KYIV: Whenever a country's social contract unravels, conditions become ripe for rumors and absurdities to circulate. Even when these are outrageous and obviously nonsensical, they can give expression to a people's deepest fears and prejudices. Such is the case in Russia today, where Sergei Markov, a former adviser to President Vladimir Putin, has warned that Ukraine is creating "gay super-soldiers" to wage war against his country: "Military theorists and historians know which army in Greece was the strongest, remember? The Spartans. They were united by a homosexual brotherhood. They were all homos. These were the politics of their leadership. I think they are planning the same for Ukraine's Armed Forces." Of course, this mixture of homophobia, fake history, and Marvel comic-inspired ideas of super-soldiers indicates that Markov is not interested in encouraging critical thinking and reasoned analysis. No matter: such idiotic statements apparently resonate with at least some important segments of Russian society. The same derangement also increasingly applies to Russian historical memories of major national traumas and crimes. At a recent ceremony in Velikiye Luki, in Russia's Pskov region, a priest known as "Father Anthony" doused holy water on a 26-foot statue of Stalin. Though "the Church suffered" during Stalin's long reign of terror, he observed, Russians today should be grateful that they have so many "new Russian martyrs and confessors to whom we now pray and are helping us in our Motherland's resurgence." Such perverse reasoning is just a step away from arguing that Jews should be grateful to Hitler for opening the way for the State of Israel. In fact, precisely that has already effectively happened. According to a 2019 investigation by Channel 13 news in Israel, future Israeli army officers at the state-funded Bnei David military prep school are taught, by rabbis, that: "The Holocaust was not about killing the Jews. Nonsense. And that it was systematic and ideological makes it more moral than random murder. Humanism, secular culture – that is the Holocaust. The real Holocaust is pluralism. The Nazi logic was internally consistent. Hitler said that a certain group in society is the cause of all the evil in the world and therefore it must be exterminated. "For years, God has been screaming that the Diaspora is over but Jews aren't obeying. That is their disease that the Holocaust must cure. Hitler was the most righteous. Of course he was right in every word he said. His ideology was correct. [The Nazis'] only error was who was on which side." The lesson does not end there. Students also learn that: "With the help of God, slavery will return. The non-Jews will want to be our slaves. These people around us have genetic problems. Ask an average Arab what he wants to be. He wants to be under occupation. They don't know how to run a country or anything. Yes, we are racists. We believe in racism. Races have genetic characteristics. So we must consider how to help them." To be sure, this extreme

rhetoric is openly endorsed by only a tiny, fanatical religious minority. And yet, it hints at the underlying premise behind the current far-right government's policies in the West Bank. To compare the situation in Israel and its occupied territories to Nazi Germany may appear a ridiculous exaggeration, and if a non-Jew makes this comparison, he is instantly dismissed as anti-Semitic; but if leading Jewish figures do so, they ought to be listened to. When a society has wrapped itself in layers of tendentious self-justification, it takes insiders to pull back the shroud. Consider the case of Amiram Levin, the former head of the Israel Defense Forces' Northern Command. Speaking recently to Israel's public broadcasting station about the situation in the West Bank, he contends that "there hasn't been a democracy there in 57 years, there is total apartheid. "The IDF, which is forced to exert sovereignty there, is rotting from the inside. It's standing by, looking at the settler rioters and is beginning to be a partner to war crimes." When asked to elaborate, Levin invoked Nazi Germany: "It's hard for us to say it, but it's the truth. Walk around Hebron, look at the streets. Streets where Arabs are no longer allowed to go on, only Jews. That's exactly what happened there, in that dark country." That a retired IDF general could come to such a conclusion attests not only to his extraordinary ethical stance, but also to just how bad things have gotten there. But as long as there are Israelis like Levin, there is hope, because it is only with the solidarity and support of people like him that the West Bank Palestinians have a chance. In both Russia and Israel today, the social pact is fracturing under the weight of colonialism and fundamental disagreements about foundational principles. These conditions lend themselves to increasingly absurd and extreme forms of rationalisation. But just because you can come up with a reason for doing something does not mean that you should do it. When societies fragment, resisting wrong reasons often requires more strength than following right reasons.



► Lawyers of Allahabad High Court raise slogans during a protest over the alleged police lathi-charge on advocates in Hapur district last week, in Prayagraj.

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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 Old T S No.18/1A, New T S No.1807/2 Part, Ward-1, Block 35, Sivarajpet, Koviloor Road, Tirupattur Taluka, Vellore District 635601 will be closed with effect from close of business hours of 01<sup>st</sup> December, 2023 as operations are being shifted to a nearby branch office located at D.No : 346/4, Saibaba Nagar, Vaniyambadi Main Road, Tirupattur Town, Tamil Nadu – 635601. In case any assistance is required, you may contact the nearest branch office as mentioned above or send an email to contact@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 : 04-09-2023