



▶ Vice President Jagdeep Dhankhar and Chairman, Indian Space Research Organisation, S Somanath during a meeting, at Upa-Rashtrapati Nivas in New Delhi,



▶ Prime Minister Narendra Modi with Gujarat Governor Acharya Devvrat and Chief Minister Bhupendra Patel during an event marking the completion of 20 years of the 'Vibrant Gujarat Global Summit', in Ahmedabad,

CELEBRATING THE IMPORTANCE OF PHYSIOTHERAPY

Physiotherapy is a health-care profession focused on improving physical function and well-being. It employs various techniques, including exercises, manual therapy, and modalities like ultrasound and electrical stimulation, to alleviate pain, restore mobility, and enhance overall quality of life. Physiotherapists work with patients of all ages and conditions, promoting optimal physical health and recovery. The ageing process often comes with physical challenges, including reduced muscle strength, joint stiffness, and decreased mobility. These issues can have a profound effect on an individual's quality of life, making simple tasks more challenging and contributing to a decline in overall health. This is where physiotherapy steps in as a crucial component of our comprehensive senior care program. Physiotherapy is not just about alleviating pain or recovering from injuries; it is a holistic approach to enhancing the well-being of our elderly residents. Our dedicated team of physiotherapists at Athulya works closely with each resident to create personalized treatment plans tailored to their specific needs and goals. Whether it's improving balance to prevent



falls or reducing the discomfort associated with age-related conditions, physiotherapy is a cornerstone of our care strategy. One of the primary benefits of physiotherapy is its ability to restore and maintain mobility. Through a combination of targeted exercises, manual therapy, and assistive devices, our physiotherapists help residents regain strength, flexibility, and independence. This not only improves their physical capabilities but also boosts their self-esteem and mental well-being. Dr Ignatius Jacob, Consultant - Athulya Senior Care, Chennai said, we believe that ageing should not mean giving up on the activities and hobbies that bring joy and purpose to life. Physiotherapy enables our residents to continue pursuing

their passions, whether it's gardening, dancing, or simply taking a leisurely stroll in our beautifully landscaped gardens. It empowers them to remain active participants in their own lives. Furthermore, physiotherapy is a preventive measure against common age-related issues such as falls and fractures. By improving balance and coordination, residents are less likely to experience accidents that can lead to serious injuries. This not only saves them from physical pain but also reduces the emotional and financial burden that falls can impose. The benefits of physiotherapy extend beyond the physical realm. Engaging in regular physical activity, even in a supervised setting, has been shown to have a positive impact on mental health. It promotes a sense of accomplishment, reduces stress, and enhances overall emotional well-being. Our residents often report feeling happier and more confident as they progress in their physiotherapy sessions. Physiotherapy is a cornerstone of our senior care approach at Athulya Senior Care. It is not merely a treatment for physical ailments but a comprehensive strategy to improve the lives of our elderly residents.



▶ Commuters on a road during rain in Hubballi,

AT 2+2 DIALOGUE, US-INDIA EMPHASISE TRANSFORMATIVE MOMENTUM IN TIES FOR INDO-PACIFIC SECURITY

WASHINGTON: Top US Defence and State Department officials co-chaired the seventh 2+2 Intersessional Dialogue with their Indian counterparts here on September 26 and laid their emphasis on the transformative momentum in US-India ties and reiterated the need to uphold security in the Indo-Pacific region, the Pentagon said on Wednesday. The US Defence Department said they reviewed progress toward operationalizing major bilateral initiatives on information-sharing, defence industrial cooperation, and joint service engagements. The dialogue was co-chaired by Assistant Secretary of Defence for Indo-Pacific Security Affairs Ely Ratner alongside Assistant Secretary of State for South and Central Asian Affairs Donald Lu. Additional Secretary Vani Rao of the Indian Ministry of External Affairs, and Joint Secretary Vishwesh Negi of the Indian Ministry of Defence, said Department of Defence spokesperson John Supple. The officials underscored the transformative momentum in US-India relations and reaffirmed that a strong US-India partnership is essential to upholding security and prosperity in the Indo-Pacific region, he added. Assistant Secretary Ratner reaffirmed the Department's commitment to working with India to advance our shared vision for a free and open Indo-Pacific. "It was terrific to co-chair today's U.S.-India 2+2 Intersessional Dialogue, where we reviewed the progress we've made on ambitious initiatives across the Major Defense Partnership," posted Ratner on X. The 2+2 Intersessional Dialogue advanced a wide range of ambitious initiatives across the breadth of the US-India partnership, including defence and security, emerging technologies, people-to-people ties, clean energy, and supply chain resilience. On the defence side, Assistant Secretary Ratner and his counterparts reviewed the progress the two

countries have made on implementing the Roadmap for US-India Defence Industrial Cooperation; they welcomed progress on new co-production initiatives and committed to expeditiously conclude negotiations on Security of Supply Arrangement and Reciprocal Defence Procurement agreements, the statement said. They also discussed opportunities to further strengthen interoperability and logistics cooperation, including through combined maritime engagements in the Indian Ocean region, as well as expanded cooperation in the space and cyber domains. The officials also discussed regional security developments and strategic priorities across the Indo-Pacific region, it added.

PUBLIC NOTICE

The will dated 05.02.1997 registered under Document No 3/1997 and comprised the property in Cuddalore R.D. . Kullanchavadi sub Re. Pullyur West Old s.No.1236/2 to Which New Surey No51/2_4.00 Hectares.It is laminated because the original is not damaged.The original is not with anybody and not mortgaged with any Bank.If anybody has got any objections With in 7days of knowing the notice information with related proper document.

Correspondence Address.
K.PARAMESWARI
W/O N.Kanagasabai
S.pudur.,
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Cuddalore.Taluk.
Cell.9500600345.

PUBLIC NOTICE

I, T.Vasantakumar s/o. Thangaraj, permanently residing at the address No.342, Mettuththeru, Sengam Vattam, Kuppanattam Village, Tiruvannamalai District. My father Mr. Thangaraj has submitted three documents viz., self-purchased document no.1920/1981 in the year 1981 and self-purchased document no.688/2006 and 791/2006 in the year 2006 on 22.08.2023. I was coming to a xerox shop near Sengam bus stand to get xerox done, I misplaced it somewhere on the way, and even after searching in many places, I could not find the document. Online Complaint Reference No.CAT23185252.

T.VASANTAKUMAR
Mobile No: 9751194161

IndoStar Home Finance Private Limited

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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 No. 97H/34, 1st Floor, VASR Plaza, Palayamkottai Road, Pudukudi, Tuticorin - 625008, Tamil Nadu will be closed with effect from close of business hours of 26th December, 2023 as operations are being shifted to a nearby branch office located at IndoStar Home Finance Pvt Ltd. 109/5K/10C, Ettayapuram Road, Tuticorin, Tamil Nadu - 628002. 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 : 27-09-2023

DOCUMENT MISSING

I, MATHALAIMARY, W/o. Malayappan, residing at No.120B, North Street, Elayankanni Village & Post, Thandrapet Taluk, Tiruvannamalai District, do hereby state that I lost my Thandrapet Sub-Registrar office original registered Parent Document No.2829/1982, dated 05.11.1982. The above said Original Registered Parent Document missing in xerox shop near Thanipadi Bus Stand dated on 14.09.2023 at about 11.00 A.M. The Online Complaint Registered the Tamil Nadu Police Portal Reference No. CAM23184491, dated on 25.09.2023. I request to contact the number given below who ever finds the Registered Original Parent Document.
MATHALAIMARY, W/o. Malayappan,
Cell No: 63853 04424.

Utkarsh Small Finance Bank Leads the Way with Interoperable Cardless Cash Withdrawal (ICCW) Using UPI on ATMs

Coimbatore: Utkarsh Small Finance Bank Limited ("USFBL" or the "Bank"), announced the launch of an innovative service, set to revolutionise cash withdrawal experiences. Utkarsh Small Finance Bank is dedicated to offering process-centric, technology-driven, and customer-oriented services that lead to a reliable, scalable, and sustainable institution, driving socio-economic change. The Bank is pleased to announce the launch of Interoperable Cardless Cash Withdrawal (ICCW) service, that utilises UPI (Unified Payments Interface) on its ATM networks. This is in line with the Reserve Bank of India's directive in May 2022, urging all banks to provide Interoperable Cardless Cash Withdrawal (ICCW) options at their ATMs, and Utkarsh Small Finance Bank has taken the lead in fulfilling this mandate.

Mr. Govind Singh, Managing Director of Utkarsh Small Finance Bank, commented, "This represents a significant improvement, shifting from using an UPI app on a mobile phone to accessing an ATM, without the need for any physical cards. It epitomises next-generation banking solutions, delivering utmost convenience to our valued consumers. He further added, "Utkarsh Small Finance Bank continues to lead the way in banking innovation, making every day financial transactions more accessible, secure, and convenient for our valued customers. We look forward to a future where ICCW becomes a cornerstone of modern banking, ushering in a new era of financial convenience."