



Unlike dry heat, where sweat evaporates and carries warmth away from the body, high humidity neutralises that mechanism entirely. Sweat sits on the skin, cooling fails, core temperature rises, and the heart works harder to compensate

UNNIKRISHNAN S @T'Puram

THE alarm rings at 6 am, but the heat has already arrived. By the time Rinu Raj, a 35-year-old government employee in Thiruvananthapuram, drops her seven-year-old daughter Tara at a summer camp and navigates the city's clogged streets on her scooter, her clothes are soaked. She reaches her desk with a throbbing head, stinging eyes, and a bone-deep exhaustion she can't quite explain. Rinu doesn't live on the scorched Deccan Plateau. She lives on the coast. And still, the heat is winning.

Across India, from humid southern cities to the parched northern plains, millions of people are losing that same quiet battle every day. What looks like ordinary summer fatigue is, doctors warn, the early signature of something far more serious, a slow-moving health emergency unfolding simultaneously in hospital waiting rooms, paediatric wards, and specialist clinics across the country.

The body registers heat stress in stages, and the first warnings are easy to dismiss. Persistent headaches, dizziness, sudden fatigue, and muscle cramps are the body's opening distress signals. Left unaddressed, they escalate into heat exhaustion, marked by heavy sweating, nausea, and a racing pulse, and in the most severe cases, heatstroke, where the body's internal temperature regulation collapses entirely. Heatstroke is a medical emergency. It can cause organ damage, neurological complications, and death. Yet every summer, patients arrive at emergency rooms having ignored the warning signs for hours, convinced they were simply tired from the commute.

Skin, too, bears the brunt of prolonged heat exposure. Prickly heat rash, fungal infections, and severe sunburn are surging in dermatology clinics. The combination of sweat, humidity, and UV exposure creates conditions where skin breaks down faster than it can recover, particularly in people who spend long hours outdoors. For children, whose skin is more sensitive, even brief afternoon exposure can trigger rashes that take days to heal and cause considerable distress.

The digestive system is equally vulnerable. Heat accelerates bacterial growth in food and water, making gastrointestinal infections dramatically more common in summer months. Dr Sunil Puraswani, a paediatrician at Motherhood Hospitals, treats between 30-40 children daily through this season, most arriving with vomiting, loose motions, and dehydration, almost always traced back to food or drinks consumed outdoors in the heat. Adults are not immune. Foodborne illness, stomach

HEAT & HUMIDITY

Know the real danger

High humidity prevents sweat from evaporating — trapping heat inside the body. In such a scenario, the 'real feel' can be **8-12°C** more than what the thermometer reads. It's not just the heat, it's the humidity

THE HEAT INDEX — YOUR REAL GUIDE

- 27-32°C Fatigue with prolonged exposure
- 32-41°C Cramps and exhaustion likely
- 32-41°C Real risk of heatstroke
- 54°C+ Heatstroke even in healthy people

HEAT-RELATED HEALTH ISSUES

HEATSTROKE
Body temp >40°C | Sweating stops | Skin turns hot, red, dry | Confusion, seizures, collapse | Medical emergency — act immediately

HEAT EXHAUSTION
Heavy sweating, nausea, racing pulse, dizziness, and fatigue | Move to a cool place | Hydrate and rest at once

DEHYDRATION
Fluid loss without replacement reduces blood volume, strains kidneys, and raises risk of kidney stones and acute kidney injury

STOMACH INFECTIONS
Humidity accelerates bacterial growth, causes spike in typhoid, jaundice, waterborne illness, gastroenteritis cases in summer months

SKIN CONDITIONS
Heat rash, fungal infections, and sunburn rise sharply | Sweat and humidity break down skin faster than it can recover

EMERGENCY SIGNS
Confusion, dry hot skin, persistent vomiting, inability to stand | Temp >40°C | Seizures — do not wait, seek care immediately

DON'T LOSE YOUR COOL

IGNORING EARLY SIGNS OF HEAT STRESS ON THE BODY CAN ESCALATE INTO EXHAUSTION AND HEAT STROKE

cramps, and diarrhoea spike across age groups during heatwaves, straining both individuals and the healthcare system.

Underlying all these conditions is dehydration, the common thread connecting most heat-related illnesses. The body's first response to heat is sweat, an efficient cooling mechanism that also depletes fluids and electrolytes faster than most people realise. When those losses go unreplenished, blood volume drops, circulation strains, and organs begin to feel the pressure. Dr Mohammed Taif Bendigeri, senior consultant urologist at the Asian Institute of Nephrology and Urology in Hyderabad, warns that reduced blood flow to the kidneys can trigger acute kidney injury, a sudden, dangerous decline in function that often goes unrecognised until it becomes serious.

Chronic dehydration across a season can do something slower and equally damaging — concentrate urine to the point where minerals crystallise into kidney stones, and over years, push patients toward chronic kidney disease. The damage doesn't announce itself.

It accumulates quietly, commute by commute.

The most critical mistake, doctors agree, is waiting for thirst before drinking water. Thirst is a late signal — by the time it arrives, the body has already begun to compromise. Consistent hydration throughout the day, not reactive gulping, is what protects the body under sustained heat. Caffeine, alcohol, and high-salt foods compound the kidneys' burden and should be limited. Children should be dressed in loose, breathable cotton and kept indoors during peak afternoon hours, roughly 11am to 4pm. When outdoor exposure is unavoidable for anyone, shade and rest are not indulgences. They are clinical necessities.

India's summers have always been punishing. But as temperatures climb higher and linger longer, the body's margin for error shrinks. The heat no longer reserves its worst for the desert or the plateau — it arrives on coastal commutes, in school courtyards, in the bodies of people simply trying to get through an ordinary day.

SUN AND SKIN PROTECTION

SUNSCREEN: ● Use SPF 30 or higher; SPF 50 for prolonged exposure ● Apply 20 minutes before stepping out ● Reapply every 2 hours — and after sweating or swimming ● Don't skip on cloudy days — UV penetrates cloud cover ● Use on all exposed skin, including the back of the neck and ears

PHYSICAL PROTECTION: ● Wear wide-brimmed hats and UV-protective sunglasses ● Choose light-coloured, full-sleeve cotton clothing ● Use an umbrella — it cuts direct UV exposure significantly ● Stay in shaded areas when outdoors ● Cool the neck, armpits, and groin — not the forehead — to lower core temperature fast

HYDRATION REMINDERS: ● Plain water is best; home ORS for heavy exertion ● Cool water, not ice-cold, is ideal for quick cooling ● Avoid sugary sports drinks — they slow absorption ● Fresh coconut water and lime water are good natural options ● Eat water-rich foods — cucumber, watermelon, curd

CHILDREN — OUTDOORS AND SWIMMING

No outdoor play between 11am and 4pm

Dress in light, loose cotton

Avoid outside food and drinks — infection risk is high

Swimming: Apply waterproof sunscreen; reapply every two hours

Watch for sudden quietness, limpness or unusual fatigue

Hydrate before, during and after any activity

BENGALURU METROPOLITAN TRANSPORT CORPORATION
Central Office: Stores & Purchase Department K.H. Road, Shanthinagar, Bengaluru-560 027
No: BMTCC/CO/ISOP/TENDER/04/2026-27 Date: 04.05.2026

NOTICE INVITING TENDER
B.M.T.C invites tender for procurement of the following Goods & Services through KPP Portal:

Sr. No.	Tender No.	Description	Last Date for Submission in KPPP
Short-Term Tender			
1	BMTCC/2026-27/IND0292	Procurement of ETM Thermal paper Rolls.	20.05.2026 at 17.00 hrs.
Regular Tender			
2	BMTCC/2026-27/SE1241	Selection of Transaction Advisor for Asset Monetization of Several Assets of BMTCC.	04.06.2026 at 17.00 hrs.

Corrigendum: The last date & time for submission of following tender is extended as under:

3	BMTCC/2026-26/IND0259	Procurement of Auto Electrical Items	04.06.2026 at 17.00 hrs.
---	-----------------------	--------------------------------------	--------------------------

The above mentioned tender details can be obtained from <https://kppp.karnataka.gov.in>. Further, any addendum/corrigendum in respect of change in calendar of events, specification, other tender terms and conditions etc. will be uploaded /published through KPP Portal only.
Note: Interested Bidders need to register in the KPP Portal. For further information visit BMTCC Central Office or Logon to <https://kppp.karnataka.gov.in>
Sd/- CONTROLLER OF STORES & PURCHASES (Tender Inviting Authority)

ICICI Bank Branch Office: ICICI Bank Limited, Pushpangalam Estate, NH Bye Pass Road, Edappally, Kochin- 682024

PUBLIC NOTICE-TENDER CUM E-AUCTION FOR SALE OF SECURED ASSET
[See proviso to Rule 8(6)]
Notice for sale of immovable asset(s)

E-Auction Sale Notice for the sale of immovable asset(s) under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) of the Security Interest (Enforcement) Rules, 2002.

This notice is hereby given to the public in general and in particular to the Borrower(s) and Guarantor(s) that the below described immovable property mortgaged/charged to the Secured Creditor, the physical possession of which has been taken by the Authorised Officer of ICICI Bank Limited will be sold on 'As is where is', 'As is what is' and 'Whatever there is' as per the brief particulars given hereunder:

Sr. No.	Name of Borrower(s)/Co-Borrowers/ Guarantors/ Loan Account No.	Details of the Secured asset(s) with known encumbrances, if any	Amount Outstanding	Reserve Price Earnest Money Deposit	Date and Time of Property Inspection	Date & Time of E-Auction
1.	Mr. Abdulsathar A M (Borrower) Mrs. Femeena Abdulsathar, Mrs. Aisha Muhammad And Mr. Muhammad Hagi (Co-Borrower) Mr. Abdulsathar A M (Mortgagor) Loan Account No. 116251000002	5 BHK House With Land Area 12202 In Built-Up Area 2600 Sq. Ft In 11.34 Acres (28 Cents) In Survey No. 129/1, In Kumaranallur Village, Thalappilly Taluk, Thrissur District- 680590, Bounded On The: North By: Pathway, South By: Lane, East By: Pathway, West By: Private Property	Rs. 1,83,13,781/- As on April 28, 2026	Rs. 60,00,000/-	From 10:00 AM To 10:30 AM	May 28, 2026 From 10:30 AM To 11:30 AM

The online auction will be conducted on the website (URL Link-assets.matexauctions.com), of our auction agency M/s. Matex Technologies Private Limited The Mortgagors/Notices are given a last chance to pay the total dues with further interest by May 26, 2026, before 05:00 P.M., else the secured asset(s) will be sold as per schedule. The prospective bidder(s) must submit the Earnest Money Deposit (EMD) Demand Draft (DD) (Refer Column E) at ICICI Bank Limited, Pushpangalam Estate, NH Bye Pass Road, Edappally, Kochin- 682024 Branch on or before May 26, 2026, by 05:00 P.M. Thereafter, they have to submit their offer through the website mentioned above on or before May 26, 2026, by 05:00 P.M. along with the scanned image of the Bank acknowledged DD towards proof of payment of EMD. In case the prospective bidder(s) is/are unable to submit his/ her/ their offer through the website, then the signed copy of tender documents may be submitted at ICICI Bank Limited, Pushpangalam Estate, NH Bye Pass Road, Edappally, Kochin- 682024 Branch on or before May 26, 2026 by 05:00 P.M. Earnest Money Deposit DD/PO should be from a Nationalised/ Scheduled Bank in favour of 'ICICI Bank Limited' payable at Kochin.

For any further clarifications in terms of inspection, Terms and Conditions of the E-Auction or submission of tenders, contact ICICI Bank Employee Phone No. 8129501439 and 9655225532. The Authorised Officer reserves the right to reject any or all the bids without furnishing any further reasons. For detailed Terms and Conditions of the sale, please visit www.icicibank.com/h4p4
Date : May 05, 2026 Place: Thrissur Authorized Officer ICICI Bank Limited

കേരള ഗ്രാമീണ ബാങ്ക് Kerala Grameena Bank HEAD OFFICE: MALAPPURAM, REGIONAL OFFICE THRISSUR, Kishanu Square , Power House Junction Viyyoor Thrissur 680010, E-mail: rotsr@kgb.bank.in

SALE NOTICE
E-Auction Sale Notice for Sale of Immovable Properties under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) of the Security Interest (Enforcement) Rules, 2002

Notice is hereby given to the public in general and in particular to the Borrower (s) and Guarantor (s) that the below described immovable properties mortgaged/charged to the Secured Creditor, the Physical/Symbolic Possession of which has been taken by the Authorised Officer of Kerala Grameena Bank will be sold on 'As is where is', 'As is what is', basis on 04-06-2026 for recovery of below mentioned amount to the below mentioned branches from below mentioned Borrowers.

1	Name and Address of the Secured Creditor: Kerala Grameena Bank, Irinjilakuda Branch, Door No.5/62/C, Menon Annex Pattammal Road Junction,Irinjalakuda-680121	Name & Address of the Borrower (s) and Guarantor(s) Mortgagor: (1) Sri.Sasidharan,S/o Umni Nair, (2) Smt.Santha,W/o Sasidharan, (3) Sri.Sahul T,S/o Sasidharan, all residing at: Thayyappullath House, Kizhuthani, Thannisseri P O, Thrissur- 680701	Total liabilities: Rs. 10,50,452.41 (as on 12.04.2026) plus further interest and charges from 11.04.2026
Description of the Property: All that part and parcel of the property consisting of 1.62 Acres in Survey No.1308/3-22PART in Karalam Village, Mukundapuram Taluk, Thrissur District belongs to Sri.Sasidharan,S/o Umni Nair,Thayyappullath House,Kizhuthani,Thannisseri P O,Thrissur-680701. Boundaries: North: Property of Nadvuyil Muriyil House, Thazhekkad P.O., Thrissur. South: Property of Moolayil Janakiamma, West: Property of Kalingapuram Ramandanah.			
Reserve Price: Rs.15,33,000/- (Rupees Fifteen Lakh Thirty Three Thousand Only)			
Earnest Money Deposit: Rs.1,53,300/- (Rupees One Lakh Fifty Three Thousand Three Hundred Only)			
2	Name and Address of the Secured Creditor: Kerala Grameena Bank, Alur Branch, Kainadath Parambil Building, Door No.61/4, Alloor P.O.-680683	Name & Address of the Borrower (s) and Guarantor(s) Mortgagor:(1) Mrs.VishnuPriya K.M, W/o Upas N.T., (2) Mr. Upas N.T, S/o Thankappan, both residing at: Nadvuyil Muriyil House, Thazhekkad P.O., Thrissur-680697	Total liabilities: Rs.7,10,333.36 (as on 20.04.2026) plus further interest and charges from 19-04-2026
Description of the Property: All that part and parcel of the property consisting of 2.10 Acres in Survey Number 600/10 of land of Thazhekkad Village, Chalakudy Taluk, Thrissur District belongs to Mrs VishnuPriya K M, W/o Upas N T, Nadvuyil Muriyil House, Thazhekkad P.O,Thrissur-680697. Boundaries: North: Property of Moni, East: Private Way, South: Property of Mary Mindia, West: Property of Vijayakumar.			
Reserve Price: Rs.13,39,000/- (Rupees Thirteen Lakh Thirty Nine Thousand Only)			
Earnest Money Deposit: Rs.1,33,900/- (Rupees One Lakh Thirty Nine Thousand Nine Hundred Only)			
Date and Time of E-Auction: 04-06-2026 (10.00 am to 12.00 pm) (with unlimited extension of 5 min. duration each till the conclusion of the sale)			
The Earnest Money Deposit shall be deposited on or before 28-05-2026 upto 4.00 p.m Details of EMD and other documents to be submitted to service provider on or before 28-05-2026 upto 5.00 pm. Date up to which documents can be deposited with Bank is 28-05-2026 upto 5.00 pm.			
Portal of E-Auction: https://www.bankeauctions.com			
For further details, contact Smt.Sandhya L.R, Chief Manager/Authorized Officer, Kerala Grameena Bank, RO Thrissur (9400999975) or Sri.Nijil, Branch in Charge (9400999262), e-mail id: kgb262@kgb.bank.in for SI.No.1 or Roshni A.R, Branch in Charge (9400999293), e-mail id: kgb293@kgb.bank.in for SI.No.2 or the service Provider: M/s. C1 India Pvt. Ltd, 301, 1st Floor, UdayogVihar-11, Gurgaon, Haryana122015. (Contact No.-917418281709/7291981124/25/26). Email: tn@india.com support@bankeauctions.com.			
Place : Thrissur, Date: 22-04-2026, 23-04-2026 (Sd/-) Authorised Officer, Kerala Grameena Bank			

Bengal Janata Party!

Amul Taste of victory

PRECAUTIONS BY GROUP

PREGNANT WOMEN
Avoid outdoor exposure between 11am-4pm
Drink at least 3 litres of water daily
Wear loose, breathable cotton clothing
Watch for swelling, dizziness, or reduced foetal movement — seek care promptly
Keep cool indoors with fans or air conditioning

DIABETICS AND HEART PATIENTS
Check BP, sugar, and kidney function before peak summer
Heat destabilises blood sugar and blood pressure
Review medications with your doctor — diuretics, beta-blockers, and ACE inhibitors raise heart risk
Have a summer check-up — treat it like a service before a long drive
Never skip medication; increase hydration instead

INTERNATIONAL FLOWER AUCTION BANGALORE LIMITED
#24, BELLARY ROAD, HEBBAL, Bengaluru-560024
Phone:- 8431235867/ 9980303339
E-Mail:- ifablimited@gmail.com, Website :- www.ifabindia.org

IFAB/2025-26/PM/WORK_INDENT3/CALL-4 Date: 30.04.2026

TENDER For Supply and Installation of Technological Equipment's
Including Double Deep Racking System, Pallets, Conveyor Belt System, Etc., and Construction of Flower Storage Cold Rooms for Strengthening of International Flower Auction Bangalore Limited Under RIDF Project.

Two bid system online tenders are invited through Karnataka e-procurement portal <https://kppp.karnataka.gov.in>, by IFAB Ltd., on 30.04.2026 for Supply and Installation of Technological Equipment's including Double Deep Racking System, Pallets, Conveyor Belt System, Etc., and Construction of Flower Storage Cold Rooms (IFAB/2025-26/PM/WORK_INDENT3 /CALL-4) Under RIDF at International Flower Auction Bangalore Limited from the interested parties. The documents are available in the Karnataka Procurement Portal only from 30.04.2026 and last date for bid submission is on 11.05.2026 till 4.00 PM.

Please note the date variation in the tender document uploaded in the portal i.e., the last date is mentioned as 23-04-2026 by typing mistake. It is requested to read it as 11.05.2026

Sd/- Managing Director
DIP/CP/480/SHIRDI SAI/2026-27

ARM BRANCH, 2nd Floor, Canara Bank Building, Chittoor Road, Ernakulam South, Ernakulam -682016, Ph: 0484-2353072, 2353071
ernakulam@canarabank.com

POSSESSION NOTICE [SECTION 13(4)] (For Immovable Properties)

Whereas: The Authorized Officer of the Canara Bank under Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (Act 54 of 2002) (hereinafter referred to as 'the Act') and in exercise of powers conferred under Section 13 (12) read with Rule 3 of the Security Interest (Enforcement) Rules, 2002, issued a Demand Notice dated 18.02.2026 in respect of credit facilities availed from our Ernakulam South Branch calling upon the borrowers/guarantors Mr. Arif A K & Mrs. Fatima Muhammed to repay the amount mentioned in the notice, being Rs. 2,80,02,439.02 (Rupees Two Crores Eighty Lakhs Two Thousand Four Hundred Thirty Nine and Two Paise Only) as at 18/02/2026 together with further interest and incidental charges and costs within 60 days from the date of receipt of the said notice.

The borrowers/guarantors having failed to repay the amount, notice is hereby given to the borrowers/guarantors and the public in general that the undersigned has taken possession of the property described herein below in exercise of powers conferred on him / her under section 13 (4) of the said Act, read with Rule 8 & 9 of the said Rule on this 2nd May 2026.

The borrowers/guarantors in particular and the public in general are hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of Canara Bank for an amount Rs.2,84,13,188.06 (Rupees Two Crores Eighty Four Lakhs Thirteen Thousand One Hundred Eighty Eight and Eight Paise Only) as at 06/04/2026 with incidental charges and further interest thereon.

The borrowers/guarantors attention is invited to the provisions of Section 13 (8) of the Act, in respect of time available, to redeem the secured assets.

DESCRIPTION OF THE IMMOVABLE PROPERTY

All that part and parcel of the property consisting of 38.04 Acres of Land (4.45 Acres in Re sy no.821/2-29, 10.12 Acres in Re sy no.821/2-30, 23.47 Acres in Re sy no.821/2-31) of Mattathur Village, along with building and other improvements thereon situated at Chalakudy Taluk Thrissur District in the name of Mr. Arif A K & Mrs. Fatima Muhammed covered by Document No.615/2024 of Kodaly SRO Boundaries as per Decree No.615/2024. North : Thodu & property of Sukumar; South : Property of Subran; East : Panchayath Road & Property of Subran West : Property of Chandan, Veludhan; CERSAI ID: 400079363875

This Possession Notice is issued in supersession of the Possession notice dated 11.06.2025 by our Ernakulam South Branch

Date: 02-05-2026, Place: Ernakulam Authorized Officer, Canara Bank

ARM BRANCH 2nd Floor, Canara Bank Building, Chittoor Road, Ernakulam South, Ernakulam - 682016, Ph: 0484-2353072, 2353071
ernakulam@canarabank.com

SALE NOTICE
E-AUCTION SALE NOTICE OF IMMOVABLE PROPERTIES THROUGH E-AUCTION (ONLINE AUCTION) UNDER RULES 8(6) & 9 OF THE SECURITY INTEREST (ENFORCEMENT) RULES 2002.

Notice is hereby given to the public in general and in particular to the Borrowers and Guarantors that the below described immovable property mortgaged/charged to the Secured Creditor, the symbolic/constructive possession of which has been taken by the Authorised Officer of Canara Bank, will be sold on 'As is where is', 'As is what is', and 'Whatever there is' basis on 04.06.2026, (Time: 10:30 A.M. to 11:30 A.M. (With unlimited extension of 5 minutes duration each till the conclusion of the sale)) for recovery of Rs.76,51,336.74 (Rupees Seventy Six Lakh Fifty One Thousand Three Hundred Thirty Six and Paise Seventy Four Only) due as on 08.04.2026 plus further interest thereon along with and other charges due to the Asset Recovery Management Branch, Ernakulam of Canara Bank from Borrower M/s. Mistycool Cold Storage and Warehouse.

The Reserve price will be Rs.2,66,00,000 (Rupees Two Crore Sixty Six Lakh Only). And the Earnest Money deposit (EMD) will be Rs. 26,60,000 (Rupees Twenty Six Lakh Sixty Thousand Only). The Earnest Money shall be deposited on or before 03.06.2026 till 05.00 PM. (Only the bids with minimum 1 incremental offer above reserve price will be accepted).

DETAILS OF PROPERTY: (Property in the name of Mr. Sunny Davis G D covered by Document No.187/2012 of Annamanada SRO)

All that part and parcel of the immovable property to an extent of 16.39 Acres of land comprising of 11.73 Acres of land in Sy.No.328/2 (as per revenue records Re Sy No.328/2-4) and 4.66 Acres of land in Sy.No.328/2 (as per revenue records Re Sy No.328/2-5) situated at Kizhakkummary village along with Warehouse and other improvements thereon at Mukundapuram Taluk, Thrissur District in the name of Mr. Sunny Davis G D with following boundaries: Boundaries as per Title deed for 11.73 Acres: North: Own Property of Sunny Davis. South: Panchayath Road. East : Property of Nalpadan Kochupailo Paulson. West : Own Property of Sunny Davis and Property of Pappayappan Anthony and Abraham. Boundaries as per Title deed for 4.66 Acres: North: Property of Pappayappan Anthony. South: Property of Abraham and Kukku Varghese. East : Own Property of Sunny Davis. West: Panchayath Road.

For Detailed terms and conditions of the sale please refer the link "E-Auction" provided in Canara Bank Website (www.canarabank.com) or may contact Canara Bank Asset Recovery Management Branch, Ernakulam (Ph. No. 0484 - 2353072 / 2353071) E-mail: cb2875@canarabank.com during office hours on any working day.

Portal of E-Auction: <https://baanknet.com>
Ernakulam, 27.04.2026 (Sd/-) Authorised Officer, CANARA BANK