

PARADIGM SHIFT: The new name tells a completely different story from PCOS. It recognises a whole-body systemic disorder rather than a localised reproductive issue

What PMOS Actually Affects

are dysregulated simultaneously — including the ovaries, adrenal glands, pancreas, and the brain's hypothalamus

HORMONAL HEALTH: Multiple endocrine glands

INSULIN SECRETION: Excess insulin aggressively stimulates the ovaries to overproduce male hormones (androgens), creating a vicious feedback loop

INFLAMMATORY RESPONSE: Chronic, low-grade inflammation runs throughout the body, contributing to long-term cardiovascular risk and accelerated biological ageing

REPRODUCTIVE HEALTH: Fertility challenges are entirely real, but they are just one manifestation among many — not the defining feature of the condition

OVULATION: Irregular or absent ovulation is a downstream consequence of hormonal and metabolic chaos, not the root cause

'Cyst' myth busted: PCOS is now PMOS

UNNIKRISHNAN S @T'Puram

FOR years, Ishitha assumed her irregular periods and stubborn weight gain were just inherited traits. When a gynaecologist in Kochi finally diagnosed her at 23 with polycystic ovary syndrome (PCOS), she spent hours online bewildered. Like most young women in India, the word 'ovary' instantly conjured anxieties about marriage and fertility. Yet, she could not fathom what structural fluid sacs on her ovaries had to do with her chronic brain fog, anxiety, and prediabetic blood sugar. The answer is almost nothing.

That confusion — shared by millions of Indian women — is precisely why an international panel of scientists has formally renamed the condition. PCOS is now polyendocrine metabolic ovarian syndrome (PMOS). Published in *The Lancet*, this change corrects a deeply misleading medical misnomer: The old name pointed at the wrong thing — those 'cysts' on ultrasounds were actually just arrested egg follicles. By anchoring the diagnosis solely in the ovaries, medicine obscured how the condition dra-

cally disrupts a woman's entire hormonal and metabolic architecture. "The new name reflects the true nature of the condition — a chronic, multisystem endocrine-metabolic disorder. It shifts the focus from ovarian morphology to the broader hormonal and metabolic implications," said Dr Reji Mohan, associate professor in reproductive medicine at Government Medical College, Thiruvananthapuram.

India has a massive stake in this rebranding. Between 16% and 18% of Indian women live with PMOS — far above the global average. Crucially, South Asian women develop metabolic complications much earlier and at lower body weights than western populations. A woman can be slim by every conventional standard and still carry severe insulin resistance. Clinicians call this 'lean PMOS,' and because it defies traditional weight stereotypes, it is being missed every single day. These diagnostic blind spots have created a heavily fragmented healthcare experience. Research shows almost 85% of Indian patients had to consult multiple doctors before receiving a clear explanation. The old name fed this cycle:



women with weight issues went to one specialist, those with acne or hair loss to another, and those struggling emotionally to a third. No single doctor looked at the whole picture because the name itself buried the underlying systemic link.

Modern lifestyle patterns are accelerating the crisis. Clinicians across Kerala are reporting a sharp spike in PMOS cases among women in their early twenties. Many visit outpatient clinics primarily for infertility, entirely unaware that their broader metabolic health is compromised.

"High consumption of processed foods, irregular meal timings, prolonged screen time, and poor sleep cycles are all aggravating hormonal

imbalance. Stress from academics, work pressure, and social media play a significant role." said Dr Reji Mohan. For women who have lived for years with the distressing phrase "cysts on the ovaries," this sudden nomenclature shift can trigger fresh anxieties about past diagnoses or scans. However, frontline physicians emphasize that this is an evolution in medical language, not a clinical error. "Their diagnosis remains accurate and the treatment plan unchanged. What has evolved is our scientific understanding. This is not a contradiction — it is an invitation to look beyond fertility and consider overall health," said Dr Reji Mohan.

The word "polyendocrine" explicitly acknowledges that multiple hormonal systems are misfiring simultaneously — including insulin, androgens, and brain signals. Meanwhile, 'metabolic' places insulin resistance and cardiovascular risks at the absolute centre of care, where clinical evidence proves they belong. "PMOS strips away the stigma of cysts and empowers lifestyle management. For many patients, the old term simply did not capture their experience. This updated term emphasizes that the condition involves more than just the ovaries," said Dr Sajith Mohan R, Consultant, Dept. of Obstetrics and Gynaecology, KIMSHEALTH, Thiruvananthapuram.

The challenge now shifts from global laboratories to India's public health infrastructure. ICMR guidelines, medical college textbooks, and health insurance policies must be rapidly overhauled to mandate and cover systemic metabolic monitoring — such as lipid profiles, glucose tolerance tests, and cardiac screenings.

EARLY SCREENING CAN CLOSE THE GAP IN PREVENTIVE CARE FOR WOMEN

A 14-year-old girl in rural Rajasthan receiving her HPV vaccine and a seventy-year-old woman holding a health insurance card for the first time may seem to belong to different chapters of India's healthcare story. They are not. Both reflect the same stubborn reality: women's health is addressed when illness arrives, rather than before it does. This gap can still be closed.

The structural barriers are well understood. The World Economic Forum estimates full gender parity remains 134 years away. Women spend nearly two-and-a-half times more hours than men on unpaid care work. In countless homes, a woman postpones her own screening because there are children, parents, a household. Women who delay preventive care are far more likely to enter the healthcare system at an advanced stage of illness.

The figures from Apollo's Health of the Nation Report 2026 reveal the scale of this problem. Among eligible women between the age of 30 to 49, only 1.9% have undergone cervical cancer screening. Fewer than 1% have had mammograms nationally. Among women who were screened, breast cancer was detected in one out of 359, their mean age being 51. Women from economically weaker households were far less likely to seek screening. Behind each number is an illness that could have been caught earlier.

Awareness is as important as access. Women exposed to cancer awareness through television and media were two times more likely to undergo breast cancer screening. Communication, therefore, is part of the intervention itself.

Adolescence is a crucial window for prevention. India's HPV vaccination programme targets nearly 1.15 crore 14-year-old girls annually through govern-

ment facilities. Cervical cancer is among the few cancers that vaccination and early screening can effectively prevent. Larger industry intervention can enhance the range of impact ensuring consistent, community-rooted implementation. This could change the health trajectory of an entire generation.

At the other end of life, the challenge is equally severe. India's elderly population has crossed 104 million and is projected to reach 319 million by 2050. The extension of Ayushman Bharat to cover all citizens aged 70 and above, with coverage of up to ₹5 lakh regardless of income, is a significant step. But elderly women in rural areas still face barriers of geography, mobility, and health literacy. Reaching them requires mobile screening units, community health workers guiding them, insurance access, and awareness campaigns in local languages.

No single institution can take the sole responsibility. Public systems, private providers, and civil society must work with shared goals and real accountability.

I grew up watching my father build Apollo on the belief that quality healthcare should reach every person. That conviction guides how I think about prevention today. Every stage of a woman's life carries a window for timely care. Once that window closes, the cost grows considerably. India now has the opportunity to build a system that treats women's health as a continuous commitment rather than a response to crisis.



DR PREETHA REDDY, Executive Vice-Chairperson, Apollo Hospitals Enterprise Limited



Bangalore Metro Rail Corporation Limited
(A Joint Venture of GoI & GoK)
Metro Rail Depot, Old Madras Road, Near NGEF Bus Stop, Baiyappanahalli, Bengaluru - 560 038. Ph: 080-25191039
e-mail: contactus@bmrcl.co.in Website: www.bmrcl.co.in
Bid No.: BMRCL/2026-27/BD/WORK/INDENT/133 Date: 21.05.2026

TENDER NOTIFICATION

BMRCCL invites tenders from eligible Tenderers for "Maintenance contract for artifice works (petty repair works) at Hebbagodi Depot". The works details can be obtained from the procurement website. The Tender documents can be obtained and submitted on or before 25.06.2026 up to 17:00 hrs. Further details can be obtained from website <https://kppp.karnataka.gov.in> or contact this office during office working hours.

Sd/- Executive Director (O & M)

ICICI Bank Branch Office: ICICI Bank Limited, Pushpamangalam Estate, NH Bye pass road, Edappally, Cochin - 682024

PUBLIC NOTICE-TENDER CUM E-AUCTION FOR SALE OF SECURED ASSET
[See proviso to Rule 9(6)]
[Notice for sale of immovable asset(s)]

E-Auction Sale Notice for the sale of immovable asset(s) under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 9 (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 what is', 'As is what is' and 'Whatever there is' as per the brief particulars given hereunder;

Sr. No.	Name of Borrower(s)/Co-Borrower(s)/Guarantor(s)/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
(A)	(B)	(C)	(D)	(E)	(F)	(G)
1.	Mr. Jishor P K (Borrower) Mrs. Aneesha P K (Co-Borrower) Loan Account No. LBTR000005214383	3 BHK House with Land area 1744 in built up area of 1415 Sq. Ft in 1.62 Ares (4 Cents) in SY No. 3163, Thorav Village, Mukundhapuram Taluk, Thrissur District, Pin- 680301. Bounded on the North: Property of Binoy South: 3 Meter Pathway East: 3.65 Meter Pathway West: Property of Annie and Sathysheelan	Rs. 36,69,808/- (as on May 19, 2026)	Rs. 36,000/- to Rs. 3,60,000/-	26.05.2026 from 10:00AM to 12:00 PM	03.06.2026 from 10:30 AM to 11:30 AM

The online auction will be conducted on the website (<https://assets.matexauctions.com>) of our auction agency Matex Technologies Private Limited. The Mortgages/ Notices are given a last chance to pay the total dues with further interest by July 02, 2026 before 05:00 PM 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, Pushpamangalam Estate, NH Bye pass road, Edappally, Cochin-682024 Branch on or before July 02, 2026 by 05:00 PM. Thereafter, they have to submit their offer through the website mentioned above on or before July 02, 2026 by 05:00 PM 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 offer through the website, then the signed copy of tender documents may be submitted at ICICI Bank, Pushpamangalam Estate, NH Bye pass road, Edappally, Cochin-682024 Branch on or before July 02, 2026 by 05:00 PM. Earnest Money Deposit DD/PO should be from a Nationalised/ Scheduled Bank in favour of 'ICICI Bank Limited' payable to Cochin.

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. 9655225532/8129501439. 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/n4p4s

Date: May 26, 2026 Place: Bangalore

Authorized Officer, ICICI Bank Limited

AXIS BANK Plot No. 41, Seshadri Road, Anand Rao Circle, Bangalore-560009

DEMAND NOTICE

Notice is hereby given that the following borrowers have defaulted in the repayment of principal and interest of credit facilities obtained by them from the bank and said facilities have turned in to Non-performing Assets. The notices were issued to them under section 13 (2) of Securitisation and Re-construction of Financial Assets and Enforcement of Security Interest Act, 2002 on their last known addresses, however the same have returned un-served and as such they are hereby informed by way of public notice about the same.

Sl. No.	Name & Address of the Borrower	Property Address on Which Loan Availed	Notice Date	Bal. OS (Claimed) in Rs.
1.	(1) Mr. Mustooru Sasidhar S/o Mr. M. Lakshmana (2) Mrs. Sowmya Kaniampati W/o. Mr. Mustooru Sasidhar, Both are residing at: Doctor's Quarters, St. Martin's Hospital Ambalavayal P. Wayanad, Kerala-673593. Also at: No. 49, 3rd Cross, SBM Colony, Brindavan Nagar, Bangalore North-560054.	Description of The Property Belongs to Mr. Mustooru Sasidhar & Mrs. Sowmya Kaniampati All that piece and parcel of property bearing no.11 (Old no.11/73-3), present BBMP katha no.49, PID No.2-97-39, New PID no.017-W0333-23, situated at 3rd Cross, S.B.M.Officers' Colony, 8th Main, Brindavan Nagar, Mathikere, BBMP Ward no. 2, Bangalore, measuring East to West: 40 ft. or 12.19 Mtrs. and North to South: 35 ft. or 10.66 Mtrs. in all measuring 1400 Sq.ft (129.14 Sq.Mtrs.) together with house constructed thereon in an area of 1800 Sq.ft., and bounded as follows: On the East by: Private Property, West by: 25 feet Road, North by: Site no. 12, South by: Site No.10, Bangalore North-560054.	29.04.2026 NPA Date 21.04.2026	ASSET POWER BRE Loan A/c No. LPR05106787901 Amount: Rs.96,58,147/- Total Amount: Rs.90,21,960/- Overdraft Against Property Loan A/c No. 922030016826241 Amount: Rs.15,00,000/- Total Amount: Rs.10,71,305/- Total OS Amount: Rs.1,00,93,265/- as on 27.04.2026

Please note that as mention in sub-sec. 13 of sec-13 of the aforesaid Act, you shall not transfer by way of sale, lease or otherwise any of the assets stated under security referred to in this notice without prior written consent of our bank.

The steps are being taken for substituted service of notice. The above borrowers and/or the guarantors (where ever applicable) are advised to make the payments of outstanding dues as mentioned above along with future interest and applicable charges within 60 days from the date of the publication of this notice falling which further steps will be taken after the expiry of 60 days of the date of this notice as per the provision of Securitisation and Re-construction of Financial Assets and Enforcement of Security Interest Act, 2002. Please note that under Section 13(13) of the said Act, no Borrower shall, after Receipt of Notice referred to in sub-section (2), transfer by way of sale, lease or otherwise any of his secured assets referred to in the notice, without prior written consent of the secured creditor. The Borrower's attention is invited to the provisions of sub-section (8) of section 13 of the Act. The borrowers may redeem the secured assets by paying the dues of the secured creditor together with all costs, charges and expenses incurred at any time before the date of publication of notice for public auction or inviting quotations or tender from public or private treaty for transfer by way of lease, assignment or sale of the secured assets.

Date: 25.05.2026 Place: Bangalore

Sd/- Authorised Officer Axis Bank Ltd.

Bank of Baroda PEENYA II STAGE BRANCH (Bengaluru North Region) #3/1A, NH-4, Tumkur Road, Peenya, Bengaluru-560058 Tel: 91-80-28396100/28394237, E-mail: vipeen@bankofbaroda.com

NOTICE TO BORROWERS/GUARANTORS/MORTGAGORS
(UNDER SUB-SECTION (2) OF SECTION 13 OF THE SARFAESI ACT, 2002)

'At your request, Bank has extended credit facilities to the below mentioned individuals against secured assets through its Bank of Baroda, Peenya II Stage Branch. The relevant particulars of the property on which you have created security interest by execution of security agreement/documents & creation of mortgage by way of deposit of title deeds are furnished hereunder. As the operation and conduct of the financial assistance/ credit facilities have become irregular, the debt has been classified as Non Performing Assets in accordance with the directives/guidelines issued by Reserve Bank of India consequent to the default committed by the borrowers in repayment of the principal debt and interest thereon. As the demand notice sent by Speed Post AD calling upon you, was un-served/not acknowledged, this publication is now issued.

1. Name and Address of the Borrowers/Co-Borrowers/Mortgagors/Guarantors: 1. Mr. Siddalingappa K K S/o Late Kapani Gowda (Borrower), 2. Mr. Shanthakumar K S, S/o Mr. Siddalingappa K K (Co-Borrower) Both are residing at: No. 10, 1 Cross, 8th Main Road, Bhuvaneshwari Nagar, Bangalore - 560057. 3. Mr. Siddalingappa K K (Borrower) 4. Shantha Kumar K S (Co-Borrower) Both are residing at: Survey, No.64, Huruli Chikkanahalli Village, Near Sai Enclave Layout, Silvapura Road, Hesaraghatta Hobli, Bangalore - 560090. 5. Mrs. Goetha M W/o Mr. C Mohan (Guarantor) No.1125, 6th Cross, Kalyannagar, T. Dasarahalli, Bangalore 560073.

Nature and type of facility	Limit (Rs.in Lakhs)	Rate of Interest	O/S as on 08.05.2026 (excluding of un-serviced interest up to 07.05.2026)
Mortgage Loan	12.50	11.75%	9,57,711.00+3,95,922.96 (Un-serviced interest upto 08.05.2026)

Amount Outstanding : Rs.9,57,711.00 (Rupees Nine Lakhs Fifty Seven Thousand Seven Hundred Eleven Only) as on 08.05.2026 along with the further interest there on. NPA Date : 08.05.2026 Demand Notice Date : 11.05.2026

Security agreement with brief description of securities

Various security and financial documents executed by Borrower Guarantor dated 29.09.2014 a Mortgage created by way of Deposit of Title Deeds of all the piece and parcel immovable property dated 29.09.2014 as detailed below:

EM of Western portion of the land bearing Sy.No.64 Hurulichikkanahalli Village, Hesaraghatta Hobli, Bangalore North Taluk measuring to the extent of 25 guntas excluding 1 gunta of Kharab land out of 4 acres 12 guntas excluding 6 guntas of Kharab land and bounded on the East by: Remaining middle portion of same land bearing Sy.No.64, West by : Sy. No.56 belongs to Channathimmaiah and Bylappa's, property, North by: Land bearing Sy. No. 65 and 66 belongs to H Ramaiah Pandu Venkatesh and Muddahanumaiiah, South by: Land bearing Sy.No.62 and 63 belongs to Govindappa Muddahanumaiiah Channathimmaiah and others.

If you fail to repay the aforesaid sum with interest and incidental expenses within 60 days from the date of this notice, Bank shall exercise all or any of the rights detailed under sub section (4) of the section 13 of the SARFAESI Act. You are also put on notice that in terms of sub section 13 of section 13, you shall not transfer by way of sale, lease or otherwise the said secured assets detailed above without obtaining written consent of the Bank. This notice is without prejudice to the Bank's rights to initiate such other action or legal proceedings as it deems necessary under any other applicable provisions of law.

Date : 21.05.2026 Place : Bengaluru Sd/- Authorised Officer Bank of Baroda

GOVERNMENT OF KARNATAKA
CITY MUNICIPAL COUNCIL, CHALLAKERE-577522
(Telephone & Fax No. 08195-250958 E-mail: ka.challakere.cmc@gmail.com
No: CMCC/L/24.10.7.25.5%/CR 02/2026-27 Date: 20.05.2026

PUBLIC ANNOUNCEMENT (2nd Time)

Under the Hon'ble Chief Minister's Amrut Nagarothana Phase-4 Scheme for the year 2024-25, steps have been taken to implement the remaining programs in the units of 24.10%, 7.25% and 5% under individual programs. Accordingly, the following applications are invited from Scheduled Castes/Scheduled Tribes and other categories and specially-Challenged persons to avail the facilities for the following programs mentioned below: -

Last date for submission of applications:- 30-05-2026

Under the Hon'ble Chief Minister's Amrut Nagarothana Phase-4 scheme, 24.10% reserved grant under the TSP program and under the individual program

SL	Details of projects	Estimated amount	Documents to be attached
1	Providing incentives to Scheduled Caste students pursuing postgraduate degrees as per government guidelines.	15.00 Lakhs	(1) Submit a certificate of study from the head of the concerned educational institution regarding the current year (2) Caste & Income Certificate for the current year (3) BPL Ration Card, Election ID Card, Xerox (4) Previous year's certified mark sheet (5) Xerox copy of bank passbook and Aadhaar card (eKYC is mandatory)
2	Purchase and distribution of three-wheelers to the disabled living within the limits of Challakere Municipal Corporation (40 applications have already been accepted and only 08 applications have been invited for the remaining)	63.75 Lakhs	(1) Physically Challenged Identity Certificate, UDID Card (2) Valid Caste & Income Verification Certificate for the current year (3) BPL Ration Card & Election Identity Card

Sd/- Commissioner, City Municipal Council, Challakere
RO.No.121-DIPR/CTA/KSMCA/2026-27

Karnataka Handloom Development Corporation Limited
(A Govt. of Karnataka Undertaking)
Vidya Vikas Scheme Godown, Shed No. A-54(a), 2nd Stage Peenya, 2nd Main, Bengaluru-560058. Mob: 8970893384. E-Mail: khdcvvs@gmail.com | Website: khcltd.com
No.KHDC/LM(WHS)/MD/Rent/Lease/2026-27/28 Dated:25.05.2026

e-TENDER NOTIFICATION

The Managing Director, Karnataka Handloom Development Corporation Limited., (KHDC/L) invites e-tender from interested bidders (Govt/PSU/Institution and other organization) on Rent/ License of the following Buildings located at Peenya 2nd Stage, 2nd Main Road, Peenya, Bangalore-560058 under the condition of "AS AND WHERE IS BASIS" as per Karnataka Transparency in Public Procurement Act-1999 & Rules 2000 in two cover system as follows:

Sl. No.	Shed No and Address Details	Total Area of Plot measuring in Sq Ft	Size of the Constructed Shed Area Measuring in Sq Ft	Vacant Land Adjacent to the Shed in Sq Ft	Total Area including Constructed Shed and vacant Land Adjacent to the Shed in Sq Ft (as one Unit)	Prescribed EMD Amount in Rs.
1	Shed No A-8, Peenya II Stage, Bangalore-560058	5215.91	5165.54	10381.45	45000.00	
2	Shed No A-54 (a), Peenya II Stage, Bangalore-560058	9860.79	0	9860.79	50000.00	
3	Shed No A-54 (b), Peenya II Stage, Bangalore-560058	5324.19	4510.55	9834.74	45000.00	
4	Shed No A-177, (Vacant Land) 4th Cross, Peenya 1st Stage, Bangalore	Building Structure Damaged	10147 (including Damaged Building Structure)	10147	45000.00	
5	Shed No A-58, Peenya II Stage, Bangalore-560058 (Partial Corner Portion Shop with built in furniture)	434	0	434	10000.00	

The Tender Documents may be downloaded through KPP Portal website <https://kppp.karnataka.gov.in> or KHDC/L website <https://khdc.karnataka.gov.in>. The Last Date and Time for Submission of Tenders Bid along with prescribed EMD is fixed on 23.06.2026 up to 5.30 PM. The Interested Bidders may inspect the above Land and Building during the office hours on the above address. The Managing Director, KHDC/L reserves the right to partially or totally accept, negotiate or reject the tender without any notification.

Sd/- Managing Director
DIPR/CP/JA/804/2026-27