

FOCUS FEATURE

AN SMD INITIATIVE

That 'Normal Ageing' Feeling? It Could Be Your Prostate

Most men don't think about their prostate until it starts causing problems. Yet this small gland plays an important role in men's health, and its changes become increasingly common with age.

In fact, nearly 1 in 2 men above the age of 60 suffer from benign prostate hyperplasia (BPH), with increasing life expectancy and lifestyle changes, this number continues to rise, making BPH one of the most frequently seen urological conditions in older men today.

A Common Condition Hiding in Plain Sight
The prostate is a small, walnut-sized gland located just below the bladder. It surrounds the urethra, the tube that carries urine out of the body, and contributes to the production of seminal fluid.²

For most of a man's life, the prostate quietly does its job without drawing attention. However, as men grow older, this gland can begin to change in size and function.

Not Cancer, But Not Something to Ignore
BPH simply means non-cancerous enlargement of the prostate gland. The word *benign* is important; it indicates that the condition is not cancer and does not lead to cancer. However, even though it is not life-threatening, the enlargement can press against the urinary passage and gradually interfere with normal urination.²

This is why many men begin to notice subtle changes in their urinary habits over time.

Why Does It Happen with Age?

The exact cause of BPH is not completely understood, but age-related hormonal changes are believed to play a major role.

As men age, levels of testosterone and other hormones fluctuate. These hormonal shifts can stimulate the prostate to grow. Unlike earlier growth phases in life,

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Dr. Surdas R.

this enlargement tends to continue slowly over the years. Because this process is gradual, symptoms may not appear immediately and can often go unnoticed in the early stages.²

Who Is More Likely to Develop It?

While ageing is the most significant factor, certain conditions and lifestyle patterns can increase the likelihood of developing BPH:²

- Men above 50 years of age
 - Family history of prostate problems
 - Sedentary lifestyle or lack of regular physical activity
 - Obesity and metabolic conditions such as diabetes
 - Associated conditions like heart disease
- These factors do not directly cause BPH but can contribute to its progression or severity.

Awareness Is the First Step to Control
Understanding BPH is the first step toward managing it effectively. While it is a common condition, it does not have to be silently endured.

Recognising that these changes are not just "normal ageing" but a manageable medical condition can help men take timely action and avoid unnecessary discomfort.

Source:

1. Noor NM et al. Asian Journal of Pharmacy and Pharmacology 2024; 10(1): 29-34
2. Benign Prostatic Hyperplasia (BPH) Patient Guide, Available at: <https://www.urologyhealth.org/documents/Product-Store/English/Benign-Prostatic-Hyperplasia-Patient-Guide.pdf>, last accessed on 06th April, 2026

– Dr. Surdas. R
MS, Mch (SGPGI)
Consultant Urologist and Renal
Transplant Surgeon
Aster Mims Calicut

Tune in to express on
FOR ALL THINGS
LIFE AND LIFESTYLE!

Health coach Sarah Nicole Edwards busts food myths and shares insights on gut health and building healthy habits in a conversation with Neha

Available on: Youtube and Spotify

CANARA BANK, Recovery Section,
Canara Bank Regional Office, Kannur. Mob: 9446998407.
e-mail: roknrsrec@canarabank.com

GOLD AUCTION SALE NOTICE

The under mentioned persons are hereby informed that they have failed to pay off the liability in the loan accounts. Notices sent to them by Registered Post have been delivered to the party or returned undelivered, to the Bank. They are therefore requested to pay off the liability and other charges and redeem the pledged securities on or before 28.09.2026, failing which the said securities will be sold by the Bank in public auction at the cost of the borrower. The auction will be conducted through offline at below mentioned branches on 30.09.2026 or on any other convenient date thereafter without further notice, at the absolute discretion of the Bank.

Sl. No.	Branch Name	Date of Loan	Loan Number	Name and Address of the Borrower	Liabilities of the party under Gold Loans as well as other loan/credit facility
1.	Kadur (DP CODE- 4699)	10.11.2025	164106593962	Aryalekshmi V S, S M Nivas, Eruvally, Kadur, Kannur Kerala- 670842	Rs 4,68,704.10 + interest and other charges
2.	Thokkiliangadi (DP CODE- 14235)	23.01.2023	180145578420	Anil Poovan, Pannoy House, Kannavam PO, Mananthan, Kuthuparamba, Kannur, Kerala- 670650	Rs 32,345 + interest and other charges
3.	Perrikkallur (DP CODE- 1701)	20.11.2023	180240546888	Roji S/o Thomas, Puthusseriyil House PO, Mullankolay, Pulupaly, Kerala- 673579	Rs 7,52,728.49 + interest and other charges
4.	Perrikkallur (DP CODE- 1701)	04.12.2024	180365148922	Sibi S/o Joseph, Parayappanall, Marakkadavu Pulupaly, Weyanad, Kerala- 673579	Rs 2,41,627.01 + interest and other charges

Note: Amount outstanding should include all liabilities of the party under gold loans as well as any other loan/credit facility.
Date: 14-09-2026
Sd/- Manager, Regional Office, Kannur

Bank of Baroda
REGIONAL OFFICE, CALICUT
No. 1136, Ace Atria, Second Floor,
Near English Church, Kannur Road
Kozhikode-673011

TENDER NOTICE
Bank of Baroda invites sealed offers from reputed building owners for leasing suitable premises for opening its new branch at Thiruvambadi, Kozhikode District, Kerala. The premises should be located on the ground floor and have a built-up area location on the ground floor in area measuring 1200 sq.ft to 1600 sq.ft. Last date of submission of offers is 05.10.2026 upto 03.00 P.M.
For more details log on Bank's website www.bankofbaroda.bank.in (tenders)
Regional Head, Bank of Baroda, Regional Office, Calicut

KERAFED
Kerfed invites sealed tenders for sale of 500 MT oil cake at Kerafed Coconut Complex, Neduvannur, Kozhikode and 500 MT oil cake at Kerafed Oil Complex, Karunagappally. Last date & time for submission: 22.09.2026, 2.00 PM. Date & time of opening : 22.09.2026, 3.00 PM. For more details visit www.kerafed.com
Thiruvananthapuram Sd/-
14.09.2026 Managing Director

KERALA STATE CO-OPERATIVE BANK LTD.
REGIONAL OFFICE, THIRISSUR-22,
PHONE:- 0487-2325700
Web Site: www.keralabank.in
E-mail id: tsro2@keralabank.co.in

TENDER NOTICE
Competitive tenders are invited from leading reputed firms for the printing and supply of 30 Nos. of forms / items to the Regional Office, The Kerala State Co-Operative Bank Ltd., Thirissur. Tenders should be reached to the undersigned on or before 3.00 PM on 06.10.2026. Tenders will be opened at 4.00 PM in the same day itself. Further details can be availed from the undersigned office or by downloading from our website www.keralabank.in. (Sd/-)
Thirissur, General Manager,
15.09.2026, Regional Office, Thirissur

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BANARAS LOCOMOTIVE WORKS, VARANASI-221004

Bid No. E-24/2026-27 E-TENDER NOTICE Date: 11/09/2026

E-Tenders are invited for and on behalf of the President of India for the supply of following items. Only e-tender for which acceptance for tender has been given in the Digital Signature and registrations on IREPS. The details of tenders are in the following sequence. S.No., Tender No. (Due Date), Description, PL No. and Quantity.

01. 10261019 (28/09/2026), Price Agreement/Running Contract for supply of STEEL-CRANKSHAFTS, PL No. 16140163 and 274 Nos., 02. 10251251 (25/09/2026), MACHINED PISTON, PL No. 16120073 and 8000 Nos., 03. 10261351 (06/10/2026), Kit of Piston & Piston Ring set, PL No. 16031027 and 3914 Set, 04. 10261404 (30/10/2026), KIT OF TURBO CHARGER COMPONENTS, 16081110 and 161 Nos., 05. 10261400 (24/09/2026), Nozzle Ring, PL No. 16080610 and 639 Nos., 06. 10261461 (29/09/2026), Pump & Motor Assembly, PL No. 16241526 and 316 Nos., 07. 03261498 (28-SEP-26 15:00), PINION 17 TEETH, Part No. 18440010 and 650 Nos., 08. 03261486 (28-SEP-26 15:00), VALVE RELAY, Part No. 17452582 and 490 Nos., 09. 03261510 (05.10.2026), HIGH TENSILE TIGHT COUPLER, PL No. 29130074 and 78 NOS., 10. 09261078 (30/09/2026), SCAVENGE BLOWER TO TMOIL COOLING UNIT INCLUDING MOTOR (WOULD WITH RESISTANCE WIRE) Spec: CLWIS/30021 ALT. H OR LATEST AND RDSO SPEC: 10/3039 (MOTOR) WITH AMENDMENT NOS. 01 TO 06 OR LATEST to PL No. 29440117 and 700 Sets; 11. 09261084 (30/09/2026), TRACTION MOTOR BLOWER INCLUDING MOTOR (WOULD WITH CORONA RESISTANCE WIRE) Spec: CLWIS/30019 ALT.G OR LATEST AND RDSO SPEC: 10/3039 (MOTOR) WITH AMENDMENT NOS. 01 TO 06 OR LATEST to PL No. 29440015 and 307 Sets. The details of above tenders are available on website www.blw.indianrailways.gov.in and www.ireps.gov.in. Corrigendum 12, Tender No. 04251104, Bid No. E-302025-26, Rev. 09, Existing due Date: 10/09/2026 and Revise due Date: 15/10/2026. All other terms and condition shall remain unchanged.

PRO/BLWS-25 Senior Material Manager/Shell
f bhwvaranasi Website: blw.indianrailways.gov.in

SULTHAN BATTERY BRANCH (DP CODE-0834)
Sulthan BATTERY BRANCH NO. 4852 A, Ward No. 4, Sulthan BATTERY BRANCH 673592 Email id: cb0834@canarabank.com.

SALE NOTICE

E-Auction Sale Notice for Sale of Immovable Properties under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8(6) & 9 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 possession of which has been taken by the Authorised Officer of Sulthan BATTERY BRANCH (DP CODE-0834) of the Canara Bank will be sold on "As is where is", "As is what is", and "Whatever there is" on 30.09.2026, between 11.00 AM to 11.30 AM for recovery of Rs. 16,83,125.05/- (Rupees Sixteen Lakhs Eighty Three Thousand One Hundred Twenty Five and Paise Five Only) as on 30.08.2026 and further interest and other charges including legal expenses due to Sulthan BATTERY BRANCH (DP CODE-0834) of the Canara Bank from Borrowers: Sri Libin A Sabu, Sri Sabu, 2 Smt. Abhimol Tomy, W/o Libin A Sabu, both are residing at Akkalayal House, Nenmeni Post, Koliyad, S. BATTERY Taluk, Wayanad Dist-673592

Details and full description of the immovable property with known encumbrances, if any: All that part and parcel of land measuring 10 cents with building thereon along with all other improvements in Re. Sy.Nos. 69/172.79/7 (old Sy.Nos. 69/172.79/10) in Nenmeni Village, Nenmani Desom, Sulthan BATTERY Taluk and Sub Division in Wayanad District owned by Sri Libin A Sabu. Boundaries : East : Property of Edward, North : Property of Sasi, West : Property of Babu, Paulose, South : Panchayath Road

Reserve Price: Rs. 12,38,000/- (Rupees Twelve Lakhs Thirty Eight Thousand Only) Earnest Money Deposit (EMD): Rs. 1,23,800/- (Rupees One lakh Twenty Three Thousand Eight Hundred Only)

The Earnest money shall be deposited on or before 28.09.2026 till 5.00 PM

For further details Chief Manager, Sulthan BATTERY BRANCH (DP CODE-0834), e-Mail: cb0834@canarabank.com (Mobile: 8547857241) may be contacted during office hours on any working day or npacopal@canarabank.com the service provider M/s PSB Alliance (Baanknet), website - <https://baanknet.com> Contact Person Mr. Karan Modi, Mob No.: 7016716557, Mr. Vasu Patel, Mob No.: 9510974587, Mr. Kashyap Patel, Mob No.: 6354604864, Mr. Animesh Jain, Mob No.: 7045812345 Email: support.baanknet@psballiance.com.

Kannur 14.09.2026 Sd/ Authorised Officer, Canara Bank

Stressed Asset Management Department, Circle Office
Shathabdi Bhavan, Mini By Pass Road, Govindapuram,
Kozhikode 673 016. Ph : (0495) 2740531, Email : cokozasmd@pnbbank.in

POSSESSION NOTICE (For Immovable Property)

Whereas, Authorized Officer of Punjab National Bank under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 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 25.05.2026 calling upon the Borrowers of BO: Nilambur, Sri Scaria K U, Kankikulathil, Irunur, Erumamunda, Nilambur-679334 to repay the amount mentioned in the notice being Rs.13,17,123.93 (Rupees Thirteen lakhs seventeen thousand one hundred twenty three and Paise ninety three only) plus cost/expenses until payment in full within 60 days from the date of notice/date of receipt of the said notice.

The present book outstanding as on 08/09/2026 in the Account Number 432300890002817 is Rs. 13,17,123.93 plus further interest at the contracted rate with monthly rest on the respective amount from 19/04/2026, plus cost/expenses until payment in full.

The borrower having failed to repay the entire amount demanded, notice is hereby given to the borrower and the public in general that the undersigned has taken possession of the property described here in below in exercise of powers conferred on him/ her under sub section 4 of Section 13 of the SARFAESI Act read with rule 8 of the Security Interest Enforcement Rules 2002 on this 10th day of September 2026.

The borrowers attention is invited to Provisions of Sub Section 8 of Section 13 of the Act, in respect of time available, to redeem the secured asset.

The borrower in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of the Punjab National Bank for the above amount and interest thereon.

Description of Immovable property

All that part and parcel of property consisting of 6.07 ares of unsurveyed land with residential building at Kurumbalangudi village, arnsom and Desom, Nilambur Taluk, Malappuram District owned by Sri Scaria K U. Boundaries as per Title deed : East : Varkey vaka sthalem, North : Njangalude baki sthalem, West : Panchayath road/ ninn varunna 12 adi veethiyilulla pothu vazhi, South : Thomas vaka sthalem.

Place: Nilambur Sd/- (Chief Manager)
Date: 10.09.2026 Authorised Officer, Punjab National Bank

കേരള ഗ്രാമീണ ബാങ്ക് KERALA GRAMEENA BANK
Scheduled Bank Owned by Government

HEAD OFFICE: MALAPPURAM
REGIONAL OFFICE: KOZHIKODE, KERALA
Ph: 0495 2383036, rokzkd@kqb.bank.in

SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES

E AUCTION SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES UNDER THE SECURITISATION AND RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT 2002 READ WITH PROVISION 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 Kerala Grammeena Bank (Secured Creditor) the Physical/Symbolic Possession of which has been taken by the Authorised Officer of Kerala Grammeena Bank will be sold on "As is where is", "As is what is" basis for recovery of respective debts with future interest and costs to the Kerala Grammeena Bank as mentioned below.

Sl. No.	Branch	Name of the Borrowers / Mortgagors / Guarantors	Total Liabilities	Details of full Description of the Immovable Property
1	Unnikulam	(1) M/s. Amrutha Ayur Nursing Home and Research Centre, Ekarool, Kozhikode, represented by legal heirs of Sri.Madhavan V P (Late) S/o Unnipperi Kurupparukandy, Ekarool, Unnikulam, Kozhikode-673574, (2) Smt. Madhavi, W/o Madhavan V P (Late), (3) Smt. Sajini V P, D/o Madhavan V P (Late), (4) Sri. Sanjeev V P, S/o Madhavan V P (Late), (5) Sri. Rajeev V P, S/o Madhavan V P (Late), Nos. 2 to 5 are residing at Avilora Malaiyil, Ekarool PO, 673574, (6) Sri. Ajith Simhan V P, S/o Madhavan V P (Late), residing at Viapari poyil, Ekarool PO, 673574, (7) Sri. Jawahar VP, S/o Madhavan V P (Late), residing at Kurupparu kandy, Ekarool PO, Unnikulam, Kozhikode District, 673574, (8) Smt. Noothan VP, D/o Madhavan V P (Late), Kurupparukandy, Ekarool PO, Unnikulam, Kozhikode District, 673574	Rs. 66,33,855/- in respect of Loan Account No. (MSMCC) 4015513101024 4 as on 09.09.2026 plus further interest and charges from 01.09.2026.	15 Cents in Survey Number 37/551 of Unnikulam Village Of Thamarassery Taluk, Boundaries: North: Ayammud Kutty Kaivasam S t h a l a m , East: Muhammed Kaivasam, South: Abdul Latheef Kaivasam, West: Packer Kaivasam, Sthalam and Pathway.
2	Unnikulam	Sri. Ibrahim C.P (Cust id: 402081378; Main holder), S/o. Ammed Koya, and Guarantor Smt. Pathumma C P, Cust id: 402081170, W/o. Ammed Koya, both are having registered address at Chara Parambil, Unnikulam, Iyyad (PO), Kozhikode (Dt) - 673574.	Rs. 7,59,556.89 in respect of Loan Account No.(HLG) 15515324001117 as on 09.09.2026 plus further interest and charges from 19.08.2026.	(1) 9.30 Ares in Sy No. 76/1 Re Sy No.126/1 in Sivapuram Village of Thamarassery Taluk Kozhikode District. Boundaries: North: Jaffer, East: Chandran, South: Appu Nar, West: Vazhi Sthalam, Sareenda. (2) 1.26 Ares in Sy No. 76/1 Re Sy No.126/1 in Sivapuram Village of Thamarassery Taluk Kozhikode District. Boundaries: North: Road, East: Jaffer, South: Ibrahim, West: Assan Koya
3	Uliyilery	M/s M Kay Traders, Prop. Reema Dinesh, W/o Dinesh M K with registered address at Perambra Road, Uliyilery (PO), Kozhikode (Dt)-673323, Sri. Dinesan M K, S/o, Gangadharan, with registered address at Mannar Kuzhiyil, Uliyilery (PO), Kozhikode (Dt)-673323 and Smt. Reema Dinesh, W/o Dinesan M K, with registered address at Mannar Kuzhiyil, Uliyilery (PO), Kozhikode (Dt)-673323.	Rs. 23,46,140/- in respect of Loan Account No. (MSRRC) 40162131011155 as on 09.09.2026 plus further interest and charges from 01.09.2026.	5.02 Ares in Re.Survey Number 35-3 Sy No.82/2 of Uliyilery Village of Qulandy Taluk. Boundaries: North: Ammini Kaivasam, East: Road, South: Nandan Kaivasam, West: Edavazhi
4	Kallai	Smt. Pressi E, W/o Ramesan, Kurnayikkal, Omassery Thazham, Calicut Medical College (PO), Kozhikode (Dt)-673008, Sri. Ramesan K, S/o Vasu K, Kurnayikkal, Omassery Thazham, Calicut Medical College (PO), Kozhikode (Dt)-673008	(1) Rs. 57,169.72 in respect of Loan Account No. (FTTLZ) 26015440000121 as on 10.09.2026 plus further interest and charges from 30.08.2026, (2) Rs. 6,51,857.65 in respect of Loan Account No. (MSRRC) 40260131003004 as on 10.09.2026 plus further interest and charges from 01.09.2026.	1,2146 Ares in Survey No 76/50 Re Sy No.78/78 as per Thandapadi Account 4185 of Kakkur Village of Kozhikode Taluk. Boundaries: North: Mannu Road, East: Biju and Ashalatha Enniyar Kaivasam, South: Thadakkrishnan Muthalper Kaivasam, West: Anganwadi Kaivasa Sthalam.

Date & Time of E-auction: 16.10.2026, (12.00 noon to 02.00 pm). Reserve Price: Rs. 24,00,000/- (Rupees Twenty Four Lakhs Only). EMD: Rs. 2,40,000/- (Rupees Two Lakh Forty Thousand Only). A/c. No. 401551013050114, IFSC Code: KLG80040155

Date & Time of E-auction: 16.10.2026, (12.00 noon to 02.00 pm). Reserve Price: Rs. 42,00,000/- (Rupees Forty Two Lakhs Only). EMD: Rs. 4,20,000/- (Rupees Four Lakh Twenty Thousand Only). A/c. No. 401621013050114, IFSC Code: KLG80040155

Date & Time of E-auction: 16.10.2026, (12.00 noon to 02.00 pm). Reserve Price: Rs. 19,60,000/- (Rupees Nineteen lakh Sixty Thousand Only). Earnest Money Deposit: Rs.1,96,000/- (Rupees One Lakh Ninety Six Thousand Only). A/c. No. 401621013050114, IFSC Code: KLG80040162.

Date & Time of E-auction: 16.10.2026, (12.00 noon to 02.00 pm). Reserve Price: Rs. 3,15,000/- (Rupees Three Lakhs Fifty Thousand Only). EMD: Rs. 31,500/- (Rupees Thirty One Thousand Five Hundred Only). A/c. No. 402601013050114, IFSC Code: KLG80040260

Auction service provider: M/s. C1 India Pvt. Ltd., 301, 1st Floor, Udyog Vihar-II, Gurgaon, Haryana-122015
Portal of E-auction: <https://www.bankauctions.com>

OTHER TERMS AND CONDITIONS: (a) The properties will be sold in "As is where is" condition, including encumbrances if any. (There are no encumbrances to the knowledge of the bank.) (b) The properties will not be sold below the Reserve Price. (c) The property can be inspected, with Prior Appointment with Authorized Officer on the dates mentioned in Sale Notice. (d) Bid Incremental amount is Rs. 10,000/-. The intending bidders shall deposit bid application with Earnest Money Deposit (EMD) being 10% of the Reserve Price at the Kerala Grammeena Bank, (respective branch) by way of DD/Authorised/Authorised Officer, Kerala Grammeena Bank or by NEFT/RTGS to the account no. as given above against each account on or before 14.10.2026 upto 5.00 pm, Details of EMD and other documents to be submitted to service provider on or before 14.10.2026 upto 5.00 pm. Date up to which documents can be deposited with Bank is 14.10.2026 upto 5.00 pm. (e) Sale shall be confirmed in favour of the successful bidder, subject to confirmation of the same by the secured creditor. (f) After payment of the EMD plus the interest, the intending bidders should submit a copy of the following documents/dates on or before 14.10.2026 upto 5.00 pm to Kerala Grammeena Bank, (respective branch) by hand or by email: (i) Demand Draft/Pay order towards EMD amount, if paid through RTGS/NEFT, acknowledgment receipt thereof with UTR No., (ii) Photocopies of PAN Card, ID Proof and Address proof. However, successful bidder would have to produce these documents in original to the Bank at the time of making payment of balance amount of 25% of bid amount. (iii) Bidders Name, Contact No., Address, E-Mail id. Bidder's A/c details for online refund of EMD. (g) The successful bidder shall deposit 25% of the sale price (inclusive of the EMD already paid), immediately on the sale being knocked down in his/her favour and the balance with in 15 days from the date of confirmation of sale. If the successful bidder fails to pay the sale price as stated above, the deposit made by him/her shall be forfeited by the Authorized Officer without any notice and property shall forthwith be put up for sale again. (h) For sale proceeds of Rs. 50 Lakhs (Rupees Fifty Lakhs Only) and above, the successful bidder will have to deduct TDS at the rate 1% on the Sale proceeds and submit the original receipt of TDS certificate to the Bank. (i) All charges for conveyance, stamp duty and registration, etc. as applicable shall be borne by the successful bidder only. (j) Authorised Officer reserves the right to postpone/cancel or vary the terms and conditions of auction without assigning any reasons therefor.

For further details, Sri. Vidyadharan M R, Chief Manager/Authorised Officer, Kerala Grammeena Bank, Kozhikode Regional Office (Mob. No. 9400999090) or the service provider (M/s C1 India Pvt. Ltd.), (Contact No.- 491 7418281709 Email: support@bankauctions.com), Respective branch in-charge / office may also be contacted for the specific property. Unnikulam Branch: Smt. Soumya M, Branch in Charge/Officer, (Mob No.: 9400999155), e-mail id: kqb155@kqb.bank.in, Uliyilery Branch: Smt. Neethu V R, Branch in Charge/Officer, (Mob No.: 9400999162), e-mail id: kqb162@kqb.bank.in, Kallai Branch: Smt. Rema K V, Branch in Charge/Officer, (Mob No.: 9400999260), e-mail id: kqb260@kqb.bank.in. Place: Kozhikode, Date: 09.09.2026 (For Sl No.1 to 3) & 10.09.2026 (For Sl No.4) Sd/- Authorised Officer, Kerala Grammeena Bank

QuoteExpress WITHOUT HARD WORK, NOTHING GROWS BUT WEEDS > GORDON B HINCKLEY

SOUTH INDIAN Bank

REGIONAL OFFICE KANNUR
SIB House, Chaled - Alavil Road, Kannur
Pin: 670014 Kerala, Tel: +91 497 2713233/34/35,
email: ro1016@sib.bank.in, CIN No: L55191KL1929PLC001017

POSSESSION NOTICE (FOR IMMOVABLE PROPERTY) Rule 8 (1)

Whereas, the undersigned being the Authorised Officer of The South Indian Bank Ltd. under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 (54 of 2002) and in exercise of powers conferred under Section 13 (12) read with rule 3 of the Security Interest (Enforcement) Rules, 2002 issued demand notice dated 04-06-2026 u/s.13(2) of the Act calling upon the borrower-(i) Mr Abraham P T, S/o Thomas P O, Puthanpurakkal House, Odavayal, Kalathuvayal P.O, Ambalavayal, Wayanad, Kerala - 673593, and guarantor (ii) Mrs Sheeba Jose, W/o Abraham P T, Puthanpurakkal House, Kalathuvayal P.O, Ambalavayal, Wayanad, Kerala - 673593 to repay the amount mentioned in the notice being a sum of Rs. 8,00,809.46 (Rupees Eight Lakhs Eight Hundred Nine and Paise Forty Six Only) as on 03-06-2026 with further interest and costs within 60 days from the date of receipt of the said notice. The borrower and guarantor having failed to repay the amount, notice is hereby given to the borrower, guarantor and the public in general that the undersigned has taken Symbolic Possession of properties described herein below in exercise of powers conferred on him under sub section (4) of section 13 of Act read with rule 8 of the Security Interest (Enforcement) Rules, 2002 on this 10th day of September 2026. The borrower/guarantor in particular and the public in general is hereby cautioned not to deal with the property and any dealings with the property will be subject to the charge of The South Indian Bank Ltd. for an amount of Rs.8,00,809.46 (Rupees Eight Lakh Eight Hundred Nine and Paise Forty Six Only) as on 09.09.2026 together with further interest and costs thereon. The attention of the borrower/guarantor is invited to the provisions of Section 13(8) of the Sarfaesi Act, 2002 entitling you to redeem the property prior to publication of the notice of sale.

DESCRIPTION OF THE IMMOVABLE PROPERTY

All that part and parcel of land measuring 10.12 Ares(4.05 Ares + 6.07 Ares) along with building and all other constructions,improvements, easementary rights existing and appurtenant thereon situated in Sy.No. 298/1A1A1A of Ambalavayal Village,Sulthan BATTERY Taluk,Wayanad District and owned by Mr. Abraham P T, more fully described in Pattayam Right Assignment Deed No. 4812/2009 dated 29.10.2009 (registered on 30.10.2009) of Sub Registrar Office Sulthan BATTERY. **BOUNDARIES as per Location Certificate No.180/15 dated 23.03.2015 issued by V.O Ambalavayal:** North : Property of Sudhakaran East: Road, South: Property of Varkey, West: Property of Ramachandran

Place: Sulthan BATTERY, Date: 10/09/2026 Sd/- Basil John, Chief Manager, Authorised Officer, The South Indian Bank Ltd

CANARA BANK ARM BRANCH
2nd Floor, Canara Bank Building, Chittoor Road, Ernakulam South, Ernakulam-682016.
Ph: 0484-2353072,2353071, Email: cb2875@canarabank.com

SALE NOTICE

Notice is hereby given to the public in general and in particular to the Borrower (s) and Guarantor (s) that the Bank had invoked the loan documents/hypothecation agreement and has taken physical possession of the vehicle by seizure and is in the custody of the Bank in execution of orders under Section 14 of the SARFAESI Act.

Notice is hereby given to the public in general and in particular to the Borrowers and Guarantors that the below described movable property hypothecated / charged to the Secured Creditor, the physical 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 below mentioned date for recovery of Rs. 1,02,91,923.56 (Rupees One Crore Two Lakhs Ninety One Thousand Nine Hundred Twenty Three and Paise Fifty Six only) due as on 12/08/2026 plus further interest thereon along with other charges due to the Asset Recovery Management Branch, Ernakulam of Canara Bank from Borrowers Mr.Muhammad Hafeez Methalayil and Mrs.Shebeela M.K.

Description of Vehicle: Mercedes Benz EQS 580 4 MATIC Electric (BOV), Month/Year of Mfg. - 08/2022, Make: Mercedes Benz India Pvt Ltd, Model:EQS 580 4 MATIC, Body Type:Sedan, Reg No: KL39V0444, Reg Date:08.08.2024, Engine No: 78606001032534, Chassis No: W1KZ971446L900009, Colour (As per RC) Diamond White Bright

Reserve price: Rs. 65,00,000/- (Rupees Sixty Five Lakhs only)

EMD: Rs. 6,50,000/- (Rupees Six Lakhs Fifty Thousand only)

(Only the bids with minimum 1 incremental offer above reserve price will be accepted)

Date & Time of E-auction: 28/09/2026, Between 10:30 AM to 11:30 A.M
(With unlimited extension of 5 minutes duration each till the conclusion of the sale)

Last Date for submission of EMD: on or before 28/09/2026 by 10.00 A.M.

The vehicle can be inspected Date & Time: 24.09.2026 between 11:00 A.M. and 05:00 P.M.

For detailed terms and conditions of the sale please refer the link "E-Auction" provided in Canara Bank's website (www.canarabank.com) or may contact Canara Bank Asset Recovery Management Branch, Ernakulam (Ph. No. 0484-23530