

The Authorised Officer of L&T Finance Limited 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 the said Act is auctioning the following property on **"AS IS WHERE IS BASIS"** and **"AS IS WHAT IS CONDITION"** by way of **"PUBLIC AUCTION"** for recovery of its dues and further interest, charges and costs etc.

Date: 24.04.2025
Place: Surat

Sd/-
Authorized Officer
For L&T Finance Limited

applicable to everyone, as genes are the reason. The study elaborated further that people who are genetically predisposed to lower natural dopamine levels are more likely to experience depression after using Ozempic.

The researchers analysed and found that GLP-1 drugs, like Ozempic, target certain genes like *DRD3*, *BDNF*, and *CREB1*. This can further worsen depressive symptoms. While there's no

The sun's ultraviolet rays can damage your skin even before you realise it. This is why skipping sunscreen is a big no! It is the ultimate weapon against premature aging, hyperpigmentation, sagging skin and skin cancer. The best sunscreen protects your skin from the harmful effects of the sun's ultraviolet rays. Packed with ingredients that either absorb, reflect or scatter UV radiation, it can tackle sunburn and maintain a healthy skin barrier. But the real challenge is to choose a sunscreen that perfectly suits your skin type and needs. As a beginner, searching for a non-greasy, effective sunscreen can be a challenging task. Read this expert-backed guide that simplifies it all for every skin type. Sunscreen is your skin's BFF! They help protect your skin health and prevent sun damage. The best sunscreen for women and men can tackle sunburn, premature aging, dark spots and decrease the risk of skin cancer (The Skin Cancer Foundation). Regular use may even maintain an even skin tone, prevent collagen breakdown and keep your skin youthful over time. Celebrity Dermatologist Dr Meghna Mour, Chief Dermatologist & Hair Transplant Surgeon, Co-founder & Medical Head, Skucci Supercliniq says, "Even on cloudy days or indoors, UV rays penetrate and

cause long-term damage. Think of sunscreen as a daily investment in your skin's future." SPF stands for sun protection factor. It measures how well a sunscreen protects your skin from UVB rays, which are responsible for sunburn and skin damage. SPF is directly related to the amount of solar exposure. As the SPF value increases, sunburn protection also increases (Food and Drug Administration).

SPF 30 filters about 97% of UVB rays, while SPF 50 filters about 98%. It's not a linear scale, so going higher than SPF 50 offers a marginal added benefit but no harm, says the expert. But, it is important to note that no SPF blocks 100% of UVB rays. Therefore, it is crucial to reapply the best sunscreen for oily skin every 2-3 hours. While choosing the best sunscreen for dry skin or any other skin type, look for PA+++ and broad-spectrum protection on the label. PA ratings measure protection against UVA rays, which cause premature aging and pigmentation. The more plus signs, the higher the protection. Broad-spectrum means the sunscreen shields you from both UVA and UVB rays, providing complete protection from sunburn, aging, and skin damage. For daily use, always opt for a broad-spectrum sunscreen with at least SPF 30 and PA+++ or higher.

He adds, "Personally, I always make sure to empty the Tetra Pack and then consume it, rather than putting a straw directly into it. Another thing to look out for is puffy packages. If there is gas buildup and pressure, and the package has become puffy, we should avoid those. That's a clear sign of contamination and microbial growth inside the tetra pack. The same goes for bottles and bottled beverages, always keep an eye out for any growth or foreign contamination before consuming them." He continues, "If you don't have a choice and have to go with the unpackaged beverage, make sure to check for basic hygiene at the vendor, street food, or restaurant. Ensure the surroundings are clean and that they have an FSSAI license. The area should not



be near a drain or nala where the beverages are being prepared. By ensuring that the vendor is following hygiene practices and maintaining cleanliness, you can protect yourself."

"Another thing that we all typically shy away from is the ice being used at roadside vendors. While it's not always the culprit, you should still be careful about how it's stored and how it's being served to you," Dr Arora advises. Dr Arora also emphasises the importance of caution with milk-based beverages during the summer. "Like any other season, milk products and milk-based beverages have a higher risk of spoilage and contamination. So, you must

be very careful while consuming them. Trust your taste buds and your nose, if you detect even a slight foul smell or an off taste, it's best to avoid it altogether." Lastly, he shares a tip for juice lovers: "Juices are very popular in summer and are indeed healthy, but again, ensure the juice vendor is properly cleaning the juicer, washing it thoroughly, and not letting it stand with pulp and remnants from the last service, which can rot and cause infections." By taking these simple yet effective precautions, you can stay hydrated and healthy throughout the summer without worrying about the safety of your beverages.

