

SCROLL, SWIPE, SUFFER

What scrolling does to your brain

YOU open Instagram to check one notification. Twenty minutes later, you emerge slightly dazed, unsure what you actually consumed. Sound familiar? For millions of Indians, this is not simply a bad habit. It is the result of how the brain responds to rewards, attention and uncertainty.

India's digital exposure is now among the highest in the world. Internet subscribers crossed 1.02 billion by December 2025, according to TRAI. Indians collectively spent 1.1 trillion hours on smartphones in 2024, averaging five hours a day on mobile apps, with nearly 70% of that time devoted to social media, gaming and video, according to the FICCI-EY entertainment report. The Economic Survey 2025-26 has gone a step further,

formally identifying digital addiction as a public health concern, particularly among young people.

At the centre of the issue is the brain's reward system, in which dopamine plays a key role. Social media platforms are designed around variable rewards: a like, a comment, a share, a new video. Each unpredictable interaction activates reward circuitry that encourages users to keep scrolling. Infinite feeds remove natural stopping points, ensuring the brain rarely receives a signal to disengage. Social media competes for attention, disrupts sleep and reshapes how we think.

— Shabeel MT, Mavoor, Calicut

MYTHS & TRACES

An electrical impulse along the nerve cell

BRAIN RECEIVES AND PROCESSES SIGNALS IN TWO MAIN STEPS

THE FACT
Brain freeze is not caused by your brain getting cold. Rapid temperature changes in the roof of your mouth trigger it

BRAIN FREEZE HAPPENS IN YOUR BRAIN

THINK AGAIN

A chemical message across the gaps between cells

WHAT'S REALLY HAPPENING

- When you eat ice cream or drink something very cold too quickly, the temperature of the roof of your mouth drops suddenly
- This cools nearby blood vessels and nerves, particularly those connected to the trigeminal nerve, one of the major nerves responsible for facial sensation
- In response, blood vessels rapidly constrict and then
- Your brain mistakenly interprets these signals as coming from your forehead, creating the sharp headache known as brain freeze
- Scientists call this phenomenon sphenopalatine ganglioneuralgia
- The pain usually lasts only a few seconds to a couple of minutes before blood flow and temperature return to normal

POSSIBLE, RIGHT?



Do crows recognise human faces?

THAT crow staring at you may actually recognise your face. Research has shown that crows can identify individual humans and remember them for years. In a well-known University of Washington study, researchers captured crows while wearing specific masks. The birds later reacted aggressively to those same masks but ignored others. Remarkably, they continued responding to the "dangerous" faces even seven years later. Younger crows that had never experienced the capture also joined in, suggesting the birds can share information about threats.

BRAIN CANDY • A few people grind their teeth while sleeping, a condition known as sleep bruxism, often without realising it

TAMREEN SULTANA @Hyderabad

WHEN Ronaldo Laishram was growing up in Manipur, he often came across scientific discoveries named after places far from home.

Years later, the astrophysicist has helped place a piece of Manipur on the cosmic map. Leading an international team of researchers using the James Webb Space Telescope (JWST) and the Subaru Telescope, Laishram studied the Loktak Protocluster, a giant assembly of galaxies that existed when the universe was only 1.2 billion years old. The observations offer evidence that a galaxy's environment was already influencing its evolution at this early stage of cosmic history.

Named after Loktak Lake, Manipur's iconic freshwater lake, the protocluster provides astronomers with a rare glimpse into how some of the universe's largest structures were taking shape in their infancy. Because its light has taken about 12.6 billion years to reach Earth, astronomers see the system as it appeared when the universe was less than a tenth of its present age.

A PIECE OF MANIPUR AMONG THE STARS

DISCOVERED BY AN INTERNATIONAL TEAM LED BY ASTROPHYSICIST RONALDO LAISHRAM, THE STRUCTURE WAS NAMED AFTER LOKTAK LAKE IN MANIPUR, INDIA

Galaxies in a crowded neighbourhood

Galaxy clusters are among the largest structures in the universe. Their earliest stages are known as protoclusters, vast concentrations of galaxies that later grow into the giant clusters seen today.

Using the Subaru Telescope's Hyper Suprime-Cam, Laishram and his colleagues identified a massive protocluster dating back about 12.6 billion years. Follow-up observations with JWST allowed the team to examine its galaxies in unprecedented detail.

The findings, published in *The Astrophysical Journal Letters*, address an important question in astronomy: when did a galaxy's surroundings begin shaping how it evolved?

In the present-day universe, astronomers know that galaxies located in dense environments often evolve differently from those in more isolated regions. Large galaxy clusters can affect how quickly galaxies form stars, how they grow and even their overall shape.

What has remained less clear is when these environmental influences first

began operating. Observing galaxies in a protocluster provides a rare opportunity to examine these processes at a much earlier stage of cosmic history, when the universe itself was still relatively young.

"Our findings show that even at this early stage, the environment mattered," Laishram says.

"The galaxies within the protocluster were about 1.4 times larger than similar galaxies located in less dense regions. This pushes the timeline of environmental influence further back than previously confirmed and will help scientists better understand the earliest stages of galaxy formation and evolution."

The team identified the structure by mapping young, star-forming galaxies clustered in a region far denser than the cosmic average.

Comparisons between galaxies inside and outside the protocluster revealed a striking difference.

Observations showed that galaxies within the dense protocluster had already built up larger, more extended stellar structures than comparable galaxies elsewhere, suggesting their surroundings were influencing how they grew.

SCIENCE NEWS



Skeletons from Stone Age without skulls found

Archaeologists have uncovered nearly 80 headless human skeletons at the 7,000-year-old Neolithic settlement of Vrbale in Slovakia. Researchers believe the skulls were deliberately removed after death, possibly as part of ritual practices. The missing heads and unusual burials offer rare insights into Stone Age beliefs.

CHOLAMANDALAM INVESTMENT AND FINANCE COMPANY LIMITED

DEMAND NOTICE
UNDER THE PROVISIONS OF THE SECURITISATION AND RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT, 2002 ("the Act") AND THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002 ("the Rules")

Sr. No.	Name & Address of the Borrower/s & Co-Borrower/s	Loan Amt.	Dt. of Demand Notice & O/s. Amt.	Description of the Property / Secured Asset
1.	Loan A/C. No(s): HL25THA000134505 1. Rathesh Karukulam Poyil 2. Janu Kanaran 3. Pratheesh K. 4. Kanaran Chathu 5. Sudeesh Kanaran 6. Aswathi MV 7. Sathesh K. Add For Sr. No. 1 to 6 :- Karukulam Poyil, Karukulam, Vanimel, Karukulam Masjid, Kozhikode, Kerala-673 506; AND Also at : 156713, Karavalam Poyil House, Nedumparambu P O, Vanimel, Vadakara, Kozhikode, Kerala-673 506.	Rs. 20,00,000/-	10.06.2026 Rs. 21,14,992/- One Lakh Fourteen Thousand Nine Hundred Ninety Two Only) as on 10.06.2026	All And Every Parcel Of Property Comprises Of 15.40 Acres Of Land With Everything In Old Survey No. 73/1 And Re-Survey Number 156/2A (Re Survey No. 156/13 Asser, Re Survey Number 156/2A, Re-Survey Block Number 006, In Velliyode Village, Vadakara Taluk, Nadapuram Sub District, Kozhikode District As Per The Assignment Deed No. 1849/1988 In Sro Nadapuram Respectively In The Name Of Kanaran Nadapuram Of The Property As Per Deed. North : College Poyil Property, South : Second Portion Of Property & Kannan & Property Of Four Others; East : Property Of College; West : Property Of Kattathil Abdul & Kanu. Boundaries Of The Property As Per Location Sketch - North : Madrasa Committee Property; South : Property Of Rathesh; East : Madrasa Committee Property; West : Panchayath Road.

2.	Loan A/C. No(s): HL05MAN000034150 1. Aji, C/o. Hamsa, 2. Salmath Aji, C/o. Hamsa, Add For Sr. No. 1 to 2 :- Areekkattuparambil, Vattaparamba, Aligaramba Malappuram, Perinthalmanna, Kerala - 679 357; AND also at : 281/A-22A-33A, Aligaramba Village, Perinthalmanna Taluk, Malappuram District Aligaramba Town, Perinthalmanna-679 357	Rs. 17,19,274/-	11.06.2026 Rs. 20,17,389/- One Lakh Seventeen Thousand Three Hundred Eighty Nine Only) as on 11.06.2026	The Subject Residential Property Comprises Of An Extent 2.02 Acres Of Land With Building And Everything In Survey Number 281/A-22A-33A In Aligaramba Desam / Kara / Muri, Aligaramba Village, Perinthalmanna Taluk, Perinthalmanna Sub District, Malappuram District And Described In The Schedule To Jenam Assignment Deed No. 2022/2021 In Favour Of All. Boundaries Of The Property As Per Deed. North : Legal Heirs Of Sainaba, South : Property Of Fatimahab; East : Property Of Athikurshi Sameer; West : 10 Feet Wide Private Road. Boundaries Of The Property As Per Location Sketch - North : Legal Heirs Of Sainaba; South : Remaining Property Of Fatimahab; East : Property Of Athikurshi Sameer; West : 10 Feet Wide.
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3.	Loan A/C. No(s): HL05CAL000051731 & HL13CAL000114662 1. Mr. / Mrs. Shamsudheen Kollandi Parambath 2. Mr. / Mrs. Mubeena (Alias) Mubeena Yousof 3. Mr. / Mrs. Shammam PP Add For Sr. No. 1 to 3 :- Sabeel, Azhivoy, Kozhikode, Near Masjid, Vadakara, Kerala - 673 309; AND also at : Re-Sy Nos. 96/78, 3/527 A, in Azhivoy Grama Panchayath, Azhivoy Village, Vadakara Taluk, Kozhikode District, Azhivoy Near Masjid, Vadakara-673 309.	Rs. 24,47,000/- & LAN : Rs. 4,50,000/-	10.06.2026 Rs. 30,07,523/- Thirty Lakh Seven Thousand Five Hundred Twenty Three Only) as on 10.06.2026	All And Every Parcel Of Property Comprises Of 1.62 Acres(4 Cent) Of Land With Building Number 3/527-A With Everything In Old Survey No. 177/3 And Re-Survey Number 36/76, 96/78, Re-Survey Block Number 001 In Azhivoy Village, Vadakara Taluk, Azhivoy Sub District, Kozhikode District As Per The Sale Deed Number 577/2018 In SRO Azhivoy Respectively In The Name Of Mubeena P.P. Boundaries Of The Property As Per Deed. North : Property In The Name Of Others And Own Property; South : Own Property And Property Given For Pathway; East : Narrow Pathway; West : Remaining Own Property. Boundaries Of The Property As Per Location Sketch - North : Property Of Subaizi; South : Property Of Salam; East : Way; West : Property Of Salam.
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4.	Loan A/C. No(s): HL05NUR000033652 1. Mrs. / Mrs. Aneesh 2. Mr. / Mrs. Manalel Ramya Mol Add For Sr. No. 1 to 2 :- Kappurathodi, Vattayangad, Taliparamba, Kerala-670 703; AND also at : 2/857 / Payam Construction Vilamana Itty Kanmar 670703, Vilamana GLPS Taliparamba-670 703.	Rs. 26,18,724/-	11.06.2026 Rs. 28,64,805/- Eight Lakh Sixty Four Thousand Eight Hundred Five Only) as on 11.06.2026	The Subject Residential Property Comprises Of An Extent Of 5.67 Acres Of Land In Old Survey No. 48, 60, Re-Survey No. 2/450 (As Per Revenue Records 2/857), Thandapur No. As Per Tax Receipt 2632 In Vilamana Village, Ittli Taluk, Ulliyil Sub District, Kannur District and Described In The Schedule To Sale Deed No 188/2021. Boundaries Of The Property As Per Jenam Deed. North : Remaining Property of Sasidharan; South : Panchayath Road & 3 M Private Road; East : Property Of Sasidharan; West : Owned By Sasidharan Used As 10 Feet Wide Private Road. Boundaries Of The Property As Per Location Certificate. North : Owned By Sasidharan; South : Chettyarpedika Vilamana Road; East : Owned By Sasidharan & Private Road; West : Private Road.
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THIS NOTICE IS SENT IN SUPERSESSION OF OUR EARLIER NOTICE DATED 20.02.2023. Please be informed that earlier Notice dated: 20.02.2023 issued under 13(2) of the SARFAESI Act, stands withdrawn with immediate effect.

The borrower/s are hereby advised to comply with the Demand Notice(s) and to pay the demand amount mentioned therein and hereinabove within 60 days from the date of this publication together with applicable interest, additional interest, bounce charges, cost and expenses till the date of realization of payment. The borrower/s may note that Cholamandalam Investment and Finance Company Ltd. is a secured creditor and the loan facility availed by the Borrower(s) is a secured debt against the immovable property / properties being the secured asset(s) mortgaged by the borrower(s). In the event borrower(s) are failed to discharge their liabilities in full within the stipulated time, The Secured Creditor shall be entitled to exercise all the rights U/s. 13(4) of the Act to take possession of the secured asset(s) including but not limited to transfer the same by way of sale or by invoking any other remedy available under the Act and the Rules thereunder and realize payment. The Secured Creditor is also empowered to ATTACH AND/OR SEAL the secured asset(s) before enforcing the right to sale or transfer. Subsequent to the sale of the secured asset(s), the Secured Creditor also has a right to initiate separate legal proceedings to recover the balance dues, in case the value of the mortgaged properties is insufficient to cover the dues payable to the Secured Creditor. This remedy is in addition and independent of all the other remedies available to the Secured Creditor under any other law.

The attention of the borrower/s is invited to Section 13(8) of the Act, in respect of time available, to redeem the secured assets and further to Section 13(1) of the Act, whereby the borrower/s is restrained / prohibited from disposing of or dealing with the secured asset(s) or transferring by way of sale, lease or otherwise (other than in the ordinary course of business) any of the secured asset(s), without prior written consent of the Secured Creditor and non-compliance with the above is an offence punishable under Section 29 of the said Act. The copy of the Demand Notice is available with the undersigned and the borrower/s may, if they so desire, can collect the same from the undersigned on any working day during normal office hours.

Place : Kozhikode, Malappuram, Kannur, Kerala
Date : 10.06.2026 / 11.06.2026

Authorized Officer
For Cholamandalam Investment and Finance Company Limited

ICICI Bank

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

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
(A)	(B)	(C)	(D)	(E)	(F)	(G)
1.	M/s Ms Enterprises, Swapna (Legal Heir), Thejaswi (Legal Heir), Sree Durga (Legal Heir) (Borrower) Mr. Subeesh Velu (Guarantor) Mrs. Swapna, Mrs. Thejaswi and Mrs. Sree Durga (Mortgagor) Loan Account No. 021905500228, 021905500232 and 021995000001	Commercial Building With Land Area 5057 Sq. Ft. Built-Up Area 1- 1550 Sq. And Built-Up Area 2- 1280 Sq. Ft In 4.7 Acres (11.6 Cents), Re Sy No. 185/10-16 in Niramarathur Village, Tirur Taluk, Malappuram- 671019. Bounded On The: North By: Road, South By: Remaining Property, East By: Road, West By: Property of Palarakkal Kunnuparampu	Rs. 27,18,455/- (As on June 09, 2026)	Rs. 54,50,000/- To Rs. 5,45,000/- 12:00 PM To 11:30 AM	21. July 2026 From 10:30 AM To 11:30 AM	28. 2026 From 10:30 AM To 11:30 AM

The online auction will be conducted on the website (URL Link- assets.motexauctions.com) of our auction agency M/s Motex Solutions Private Limited. The Mortgagors/ Noticees are given a last chance to pay the total dues with further interest by July 27, 2026 before 05.00 P.M., else the secured asset(s) will be sold as per schedule. The prospective bidders must submit the Earnest Money Deposit (EMD) Demand Draft (DD) (Refer Column E) at ICICI Bank Limited, Pushpamangalam Estate, NH Bye Pass Road, Edappally, Cochin - 682024 Branch on or before July 27, 2026, by 05.00 P.M. Thereafter, they have to submit their offer through the website mentioned above on or before July 27, 2026 by 05.00 P.M. on 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, Pushpamangalam Estate, NH Bye Pass Road, Edappally, Cochin - 682024 Branch on or before July 27, 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 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 Authorized 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/44p4. Date: June 17, 2026 Place: Malappuram

Authorized Officer
ICICI Bank Limited

HDFC BANK

Regd. Office: HDFC Bank House, Senapati Bapat Marg, Lower Park (W) Mumbai 400013

AUCTION SALE NOTICE

The borrowers concerned and the public at large are hereby informed that a public auction of gold jewellery/ornaments pledged as security in the loan accounts listed below is proposed to be conducted. These items were pledged by borrowers who have defaulted in repaying their dues as per the terms of the executed Loan Agreements, despite reminders issued by HDFC Bank Limited ("the Bank") directing them to clear their outstanding amounts. The Bank had earlier issued notices granting the borrowers seven (7) days' time to repay the full outstanding dues in their respective loan accounts. As the borrowers have failed to regularize their accounts, the Bank, in exercise of its rights as pledgee under the Loan Agreement and applicable law, has decided to enforce the pledge and proceed with the sale of the pledged gold jewellery/ornaments by way of public auction to recover the dues.

S. No	Loan No.	Borrower's Name	Loan Amount ₹	Place of Auction (Branch Address)	Date of Auction
1	74829486	MUZAMMIL M	₹ 100000	HDFC Bank Ltd./Ground Floor, Emerald Building, Bye Pass Road, Kondotty, Malappuram, Kondotty, Kerala	17/07/2026

The auction shall be carried out strictly on an "AS IS WHERE IS", "AS IS WHAT IS", and "WHATEVER THERE IS" basis. The Bank makes no warranty or representation, express or implied, regarding the quality, purity, caratage, weight, or valuation of the pledged gold jewellery/ornaments. Prospective bidders are solely responsible for inspecting and satisfying themselves regarding the condition, purity, caratage, weight, and valuation of the pledged items prior to placing their bids. Inspection will be permitted 45 minutes before the auction. By participating in the auction, bidders shall be deemed to have independently inspected the pledged items and to accept all associated risks without any reliance on representations by the Bank. No requests for return, exchange, refund, compensation, or cancellation will be entertained after the sale has been concluded. All bids shall be subject to a minimum reserve price determined by the Bank in accordance with applicable regulatory norms. The auction value will be conducted at the branch(es) mentioned below from 3:30 p.m. onwards. If, for any reason, the auction of any pledged security cannot be conducted or completed on the scheduled date, the Bank reserves the right to continue or reschedule the auction on any subsequent date and time without further notice.

Date: 16/06/2026
Place: Kochi

Authorized Officer
HDFC Bank Ltd.

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