

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.

"Excessive and problematic use of technology has been recognised as a major public health problem," said Dr Yatan Pal Singh Balhara of AIIMS Delhi, who leads India's first Centre for Advanced Research on Addictive Behaviours.

The effects extend beyond screen time. Research shows that even a silent smartphone sitting on a desk can drain attention. Higher screen use has also been linked to greater levels of depression, anxiety, stress and low self-esteem among young people.

Social media doesn't just consume time; it competes for attention, disrupts sleep and reshapes how we think.

— Shabeel MT, Mavoor, Calicut

## DECODE

Solve the following questions and send your answers to xplore.science@newindianexpress.com along with your name. The correct entries will receive a shout-out in the next edition.



### THINK IT THROUGH

- What principle forbids the creation of an exact copy of an arbitrary unknown quantum state? (2, 7, 7)
- What mechanism explains how fundamental particles acquire mass through interaction with a pervasive field? (5, 9)
- Which cult sci-fi film features a university professor who claims to have lived for over 14,000 years? (3, 3, 4, 5)
- Which series follows a government division investigating strange scientific phenomena? (6)
- Which evolutionary biologist developed the theory of endosymbiosis, explaining the origin of mitochondria? (4, 8)
- Which astronomer provided key evidence for dark matter through galaxy rotation studies? (4, 5)

Answers to previous puzzle: Time Dilation, Jocelyn Bell, Tachyon, Hawking Radiation, Altered Carbon, Rosalind Franklin

Shoutout to the solvers: Sugandha Biswas, Parthasarathy Mandadi, Seira Rimu Thomas, Abigail Suzanne, U. Narayana, Deepak Arjun, Shrishty Surya

## MYTHS & FACTS



**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 few people grind their teeth while sleeping, a condition known as sleep bruxism, often without realising it

## 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 expand, triggering pain signals
- 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



## 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.

# A PIECE OF MANIPUR AMONG THE STARS

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.

### Galaxies in a crowded neighbourhood

Galaxy clusters are among the largest structures in the universe. Their earliest stages are known as protoclusters, vast concentrations

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

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.

The findings suggest that environmental effects were already influencing galaxy growth at a remarkably early stage in cosmic history.

### Why Loktak?

For Laishram, the discovery carries a personal significance too. "I wanted to give this discovery a connection to my home state of Manipur," he says. "As a child, I often saw discoveries named after places around the world and hoped that something from Manipur would one day be represented in our understanding of the universe."



As a child, I often saw discoveries named after places around the world and hoped that something from Manipur would one day be represented in our understanding of the universe. Naming this discovery after my home state was very meaningful to me

## SCIENCE NEWS



## The 68-quadrillion-mile network beneath us

Scientists have mapped a vast underground fungal network for the first time, revealing an estimated 110 quadrillion kilometres of interconnected fungi. These networks help plants obtain nutrients, store carbon and regulate climate, moving roughly four billion tonnes of carbon dioxide into soils each year globally.

**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 8(6))  
Notice for sale of immovable assets

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 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
(A)	(B)	(C)	(D)	(E)	(F)	(G)
1.	Mr. Subair P T (Borrower) Loan Account No. LBPGT00007150013 and TBPGT00007065382	2 BHK House With Land Area 2905 Sq Ft And Built-up Area of 474 Sq.ft. in 2.7 Ares (6.7 Cents) in No. 965/25/4, Pattambi Village, Pattambi Taluk, Palakkad District, Pin- 689303. Bounded On The North: Property of Karyattu, South: Municipality Road East: Property of Karyatt Beegathumma, West: Property of Payarottil Muthu.	Rs. 24,31,840/- (As on June 06, 2026)	Rs. 2,35,000/-	July 17, 2026 From 10:00 AM To 12:00 PM	July 24, 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 Solutions Private Limited. The Mortgagees/ Notices are given a last chance to pay the total dues with further interest by July 23, 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, Pushpamangalam Estate, NH Bye Pass Road, Edappally, Cochin - 682024 Branch on or before July 23, 2026, before 05:00 P.M. Thereafter, they have to submit their offer through the website mentioned above on or before July 23, 2026, before 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, Pushpamangalam Estate, NH Bye Pass Road, Edappally, Cochin - 682024 Branch on or before July 23, 2026 before 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 EMD, please contact the Authorised Officer of ICICI Bank, Pushpamangalam Estate, NH Bye Pass Road, Edappally, Cochin - 682024 Branch. 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: June 17, 2026 Place: Palakkad

Authorized Officer ICICI Bank Limited

**INDIAN BANK** STRESSED ASSETS MANAGEMENT BRANCH - CHENNAI  
55, Ethiraj Salai, Zonal Office Building II Floor, Wellington Estate, Egmore, Chennai - 600 008. Telephone : 044 - 2821 6711. email: sam@chennai@indianbank.com

APPENDIX IV-A (See Proviso to rule 8(6))

**SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES**

E-Auction Sale Notice for Sale of Immovable Assets under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act 2002 read with proviso to Rule 9(1) 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 property mortgaged/charged to the Secured Creditor, the Physical possession of which has been taken by the Authorised Officer of Indian Bank, Pallavaram Branch, (now transferred to SAM Branch, Chennai), Secured Creditor, will be sold on "As is where is", "As is what is" and "Whatever there is" on 03.07.2026, for recovery of Rs.3,12,52,99,800 (Rupees Three crores twelve lakhs thousand five hundred twenty nine and paise ninety eight only) (as on 14.06.2026) with further interest from 15.06.2026 and costs, other charges and expenses thereon, due to the Indian Bank, Pallavaram Branch (now transferred to SAM Branch, Chennai), Secured Creditor from:

**NAME AND ADDRESS OF THE BORROWERS (1) Mr. A K Shajahan, (Borrower/Mortgagor), S/o Mr. Alavi, Attukandathil, Vazhnamuram, Karakurissi, Palakkad, Kerala - 678 955. (2) Mrs. Sareena K, (Co-borrower), W/o A K Shajahan, Attukandathil, Vazhnamuram, Karakurissi, Palakkad, Kerala - 678 955.**

**SHORT DESCRIPTION OF THE PROPERTY** The specific details of the property intended to be brought to sale through e-auction mode are enumerated below:

**Property 1 - Mortgaged Asset standing in the name of Mr. A K Shajahan, S/o Mr. Alavi :** A residential flat bearing No. T1, Block-A in the 3rd Floor of the building known as GUBERAN FLATS having super built up area of 1280 SFT inclusive of common area, covered car parking along with undivided share of 416 SFT of land out of total piece and parcel of land bearing Plot No.259 total measuring 5100 SFT, Sub Division Plan Vide SD/WDCN14/00108/2019, Sub Divided Plot No.259A (2480 SFT) & 259B (2000 SFT) and 10 feet passage (620 SFT) total measuring 5100 SFT, comprised in Survey No. 130/11B & 131/18, Patta No. 19698 as per Patta Number Survey No.131/18 & 130/11B situated at in GUBERAN NAGAR EXTENSION 8th Street, Madipakkam-1 Village, Sholinganallur Taluk, Chennai District, Greater Chennai Corporation Division-188, Zone 14. Prior Encumbrances on property : NIL. PROPERTY ID No. : IDIB7581598223A. CERSA/ASSET ID : 200076526272

**RESERVE PRICE : Rs.60.00 Lakhs Bid Increment : Rs.50,000/- EMD : Rs.6.00 Lakhs**

BANK WEBSITE	E-AUCTION WEBSITE	SALE NOTICE	PROPERTY LOCATION	PROPERTY PHOTO 1	PROPERTY PHOTO 2

**Property 2 - Mortgaged Asset standing in the name of Mr. A K Shajahan, S/o Mr. Alavi :** A residential flat bearing No.S1, Block-A in the 2nd Floor of the building known as GUBERAN FLATS having super built up area of 1280 SFT inclusive of common area, covered car parking along with undivided share of 416 SFT of land out of total piece and parcel of land bearing Plot No.259 total measuring 5100 SFT, Sub Division Plan Vide SD/WDCN14/00108/2019, Sub Divided Plot No.259A (2480 SFT) & 259B (2000 SFT) and 10 feet passage (620 SFT) total measuring 5100 SFT, comprised in Survey No. 130/11B & 131/18, Patta No. 19698 as per Patta Number Survey No.131/18 & 130/11B situated at in GUBERAN NAGAR EXTENSION 8th Street, Madipakkam-1 Village, Sholinganallur Taluk, Chennai District, Greater Chennai Corporation Division-188, Zone 14. Prior Encumbrances on property : NIL. PROPERTY ID No. : IDIB7581598223C. CERSA/ASSET ID : 200076526278

**RESERVE PRICE : Rs.60.00 Lakhs Bid Increment : Rs.50,000/- EMD : Rs.6.00 Lakhs**

BANK WEBSITE	E-AUCTION WEBSITE	SALE NOTICE	PROPERTY LOCATION	PROPERTY PHOTO 1	PROPERTY PHOTO 2

Date and Time of Inspection of the Properties & related documents : 24.06.2026 to 25.06.2026 between 10.00 a.m. and 4.00 p.m.

**DATE AND TIME OF E-AUCTION : 03.07.2026 FROM 11.00 A.M. TO 4.00 P.M.**

Last Date for submission of Tender form/EMD : 03.07.2026

Bidders are advised to visit the website (https://www.banknet.com) of our e auction service provider PSB Alliance Pvt. Ltd to participate in online bid. For Technical Assistance Please call PSB Alliance Pvt. Ltd. Helpdesk No.8291220220, email ID : support.banknet@psballiance.com and other help line numbers available in service providers help desk. For Registration status with PSB Alliance Pvt. Ltd. and EMD Status, please contact support.banknet@psballiance.com.

For property details and photograph of the property and auction terms and conditions please visit : https://www.banknet.com and for clarifications related to this portal please contact Helpdesk No. 8291220220.

Bidders are advised to use Property ID Number mentioned above while searching for the property in the website with https://www.banknet.com.

Date : 15.06.2026 Place : Chennai

AUTHORISED OFFICER, INDIAN BANK.

**SBI STATE BANK OF INDIA** STRESSED ASSETS MANAGEMENT BRANCH  
Raja Plaza, First Floor, No. 1112, Avinashi Road, COIMBATORE 641 037  
Land Line No:(Office) 0422 - 2245451, 2245452

The Authorised Officer  
Shri. R. Rupalingappa  
Mobile No: 9445610618  
e-mail ID - sbi.16454@sbi.co.in

**SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES**

E-Auction Sale Notice for Sale of Immovable Assets under the Securitisation 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 to the Borrower and Guarantor(s) in particular that the below described immovable properties mortgaged to the Secured Creditor, the physical possession of which has been taken by the Authorised Officer of State Bank of India, the Secured Creditor, will be sold on "As is Where is", "As is What is" and "Whatever there is" basis on 09.07.2026, for recovery of Rs. 27,97,23,430.35 (Rupees Twenty Seven Crore Ninety Seven Lakh Twenty Three Thousand Four Hundred Thirty and Thirty Five paise Only) as on 31.05.2026, with future interest and expenses and costs due to the State Bank of India for the Housing Loan availed by Mr. C Padmakumar and various credit facilities availed by M/s. Peejay Agro Foods Private Limited now represented by its Liquidator Shri. R. Raghavendran, having its registered office at Ayyappankavu Road, Karayoddi PO, Thrissur - 680505 and guarantors (1) Shri. C Padmakumar, S/o C P Padmanabha Menon, Chathanath House, West Nada, Guruvayur, Thrissur - 680101 (2) Shri. KK Joshi, S/o K J Kochappen, Kuruthukulam House, Enamakal (PO), Thrissur - 680510.

**DESCRIPTION OF PROPERTIES**

**PROPERTY ID: SBINPEEJAYAGROP6 (Physical Possession with the Bank)**  
All that part and parcel of property having extent of 7.11 Ares comprised in Re.Sy.No. 88/14 together with residential building in Guruvayur Municipality in Mammiyur Desom, Guruvayur Village, Chavakkad Taluk, Kottapadi Sub District and Thrissur District registered in the name of Mr. C Padmakumar, by virtue of Partition Deed No.376/2009 dated 28.02.2009 and Partition Deed 371/1977 dated 18.04.1977, of SRO Kottapadi. **Boundaries (as per title deed):** North: Property of Shri. Santhosh Kumar, East: Property of Kesavan, West: Municipal Road, South: Property of Sunny and property sold by Padmini.

**Reserve Price : Rs.2,75,00,000/- EMD Amount : Rs.27,50,000/- Bid Multiplier : Rs.5,00,000/-**

Encumbrances known to the Bank if any: NIL

**DETAILS OF E-AUCTION SALE:**

Date and time of e- Auction : 09.07.2026 (Thursday); 11.00 A.M. to 4.00 P.M (with unlimited extension of 10 minutes if bidding continues till sale is concluded)

Inspection of properties : 04.07.2026 - 11.00 A.M. & 4.00 P.M., with prior information to Authorised Officer

EMD shall be deposited through NEFT/RTGS to credit of E-WALLET (Refer Point No.13-b in terms & conditions uploaded in the website)

Last Date and Time within which EMD to be remitted : 09.07.2026 & 10.59 A.M. (Being the 10% of Reserve price to be remitted to M/s. PSB Alliance, e-Auction Portal wallet in https://banknet.com portal by intending bidders through their Bank account. This may take some time as per Banking process and hence, bidders, in their own interest, are advised to submit the Pre-Bid EMD amount well in advance to avoid any last-minute problem).

The auction will be conducted online only, through the web portal https://banknet.com. The bidder registration should be completed by bidder well in advance.

For detailed terms and conditions of the sale, please refer to the link provided in State Bank of India, the secured Creditor website https://sbi.bank.in or the website of service provider for e-Auction M/s. PSB Alliance https://banknet.com (Toll free No: +91 8291220220, Email ID: support.BAANKNET@psballiance.com)

(R. Rupalingappa)  
Authorised Officer & Assistant General Manager  
State Bank of India

Date : 11.06.2026  
Place : Coimbatore