Health Matters

MODERATE & STRENUOUS EXERCISE ALLEVIATE ANXIETY

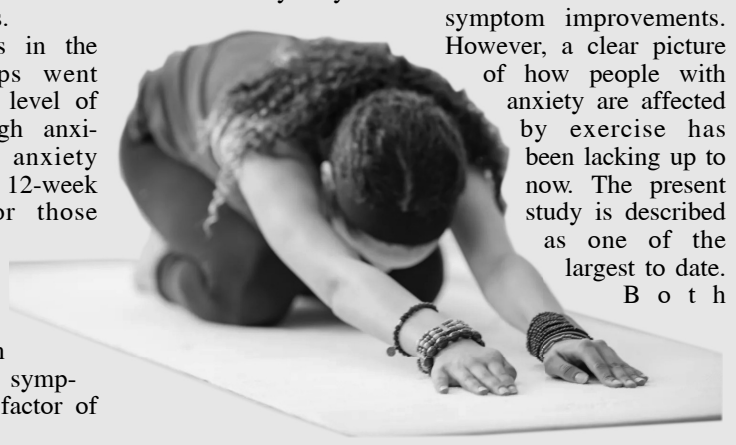
Both moderate and strenuous exercise alleviate symptoms of anxiety, even when the disorder is chronic, a study led by researchers at the University of Gothenburg shows.

The study, published in the *Journal of Affective Disorders*, is based on 286 patients with anxiety syndrome, recruited from primary care services in Gothenburg and the northern part of Halland County. Half of the patients had lived with anxiety for at least ten years. Their average age was 39 years, and 70 percent were women.

Through drawing of lots, participants were assigned to group exercise sessions, either moderate or strenuous, for 12 weeks. The results show that their anxiety symptoms were significantly alleviated even when the anxiety was a chronic condition, compared with a control group who received advice on physical activity according to public health recommendations.

Most individuals in the treatment groups went from a baseline level of moderate to high anxiety to a low anxiety level after the 12-week programme. For those who exercised at relatively low intensity, the chance of improvement in terms of anxiety symptoms rose by a factor of 3.62. The corresponding factor for those who exercised at higher intensity was 4.88. Participants had no knowledge of the physical training or counseling people outside their own group were receiving.

"There was a significant intensity trend for improvement -- that is, the more intensely they exercised, the more their anxiety symptoms improved," states Malin Henriksson, doctoral student at Sahlgrenska Academy at the University of Gothenburg, specialist in general medicine in the Halland Region, and the study's first author.



Previous studies of physical exercise in depression have shown clear symptom improvements. However, a clear picture of how people with anxiety are affected by exercise has been lacking up to now. The present study is described as one of the largest to date.

Both treatment groups had 60-minute training sessions three times a week, under a physical therapist's guidance. The sessions included both cardio (aerobic) and strength training. A warmup was followed by circle training around 12 stations for 45 minutes, and sessions ended with cooldown and stretching.

Members of the group that exercised at a moderate level were intended to reach some 60 percent of their maximum heart rate - a degree of exertion rated as light or moderate. In the group that trained more intensively, the aim was to attain 75 percent of maximum heart rate, and this degree of exertion was perceived as high.

The levels were regularly validated using the Borg scale, an established rating scale for perceived physical exertion, and confirmed with heart rate monitors.

Vaccination do's & dont's as US opens up borders

More than a year and a half after COVID-19 concerns prompted the US to close its borders to international travelers from countries including Brazil, China, India, South Africa, the United Kingdom and much of Europe, restrictions are shifting to focus on vaccine status.

Beginning Monday, November 8, bans on travel from specific countries are over. The US will allow in international travelers, but they must be vaccinated with a few exceptions.

The US is also reopening the land borders with Canada and Mexico for vaccinated people. Most trips from Canada and Mexico to the U.S. are by land rather than air.

The goal is to restore more normal travel while limiting the spread of COVID-19, the government says. The travel industry and European allies have pushed for an end to country-specific bans. Americans have been allowed to fly to Europe for months, and Europeans have been pushing the U.S. to change its policies.

In 2019, before the pandemic, about one-fifth of the roughly 79 million visitors to the U.S. came from Europe.

Main requirements All adult foreign nationals travelling to the U.S. must be fully vaccinated before boarding their flight. Like before, travelers will still have to show proof of a negative COVID-19 test taken within 72 hours of departure to the US. Children under 18 don't need to be vaccinated but they do need to take a COVID test. Kids 2 and younger are exempt from testing requirements.

Since half the world remains unvaccinated, and vaccine distribution has been so skewed to rich countries, the Biden administration is leaving a loophole for people who live in countries where vaccines are scarce. That list includes about 50 countries where fewer than 10% of people have been vaccinated. Travelers from those countries will need permission from the U.S. government to come, and it can't be just for tourism or business travel.

The US Government says it will permit unvaccinated international visitors to enter the country if there is a humanitarian or emergency reason, such as an emergency medical evacuation. Those exceptions will be applied extremely narrowly and require approval from the Centers for Disease Control and Prevention. There could also be a medical exception, with documentation from a doctor.

For US citizens

Americans who are unvaccinated have to show proof of a negative COVID-19 test within one day of international travel. If you're vaccinated, you need to take a test within three days of your departure, for both Americans and citizens of other countries. This does not apply to flights within the U.S.

The airlines will have to verify vaccine records and match them against ID, and if they don't, they could face fines of up to nearly $35,000 per violation. Airlines will also collect information about passengers for contact tracing efforts. There will be CDC workers spot-checking travelers for compliance in the U.S.

Any COVID-19 vaccine approved for emergency use by the World Health Organisation, which include the Pfizer, Moderna and Johnson & Johnson vaccines used in the US as well as most used overseas, such as AstraZeneca and China's Sinovac. Not currently allowed is Russia's Sputnik V vaccine, which is authorized in 70 countries. The WHO is reviewing Sputnik but hasn't approved it.

The impact While the administration is characterising this as a reopening, some people who were technically allowed to fly to the U.S. earlier in the pandemic are now blocked because of their vaccination status. Other roadblocks to normal travel resuming are big delays in issuing U.S. visas, which people in most countries need to visit the US for business and tourism, and restrictions in other countries that make travel difficult. Even though people coming from China will now be allowed into the US, for example, not many are expected to travel because of restrictions at home. Before the pandemic, Chinese tourists were a lucrative market for the U.S. travel industry.

Industry experts do expect a big influx in people flying from Europe, and hope that a broader recovery in travel follows as more people globally get vaccinated, U.S. visa processing speeds up, other countries lift their own restrictions and people feel less scared about getting COVID because of travel.

Inexpensive oral drug can enhance radiation therapy

Treatment with arginine, one of the amino-acid building blocks of proteins, enhanced the effectiveness of radiation therapy in cancer patients with brain metastases, in a proof-of-concept, randomised clinical trial from investigators at Weill Cornell Medicine and Angel H. Roffo Cancer Institute.

The study, published recently in Science Advances, reported the results of administering arginine, which can be delivered in oral form, prior to standard radiation therapy in 31 patients who had brain metastases. Nearly 78 percent had a complete or partial response in their brain tumors over the follow-up period of up to four years, while only 22 per cent of the 32 patients who received a placebo prior to radiotherapy had such a response.

The trial was designed to gauge the effectiveness of arginine as a "radiosensitiser" that enhances the effects of radiation treatment. However, the results, and arginine's apparent mechanism of action, suggest that the amino acid might be useful more broadly as an anticancer therapy.

"Based on these findings we should continue to investigate arginine in combination with radiotherapy but also in combination with chemotherapy or immunotherapy, and even arginine on its own," said senior author Dr. Leandro Cerchietti, an associate professor of medicine in the Division of Haematology and Medical Oncology, who participated in designing and implementing the trial at Angel H. Roffo Cancer Institute in Argentina where he was an attending oncologist. The trial was co-led by Dr. Alfredo Navigante at the Roffo Cancer Institute.

Arginine, also called L-arginine, is inexpensive and widely available, generally considered safe, and can get relatively easily from the bloodstream into the brain. The idea of using it to treat cancer arose from observations that tumors often aid their own survival by producing high levels of the related molecule nitric oxide (NO). The latter regulates multiple processes in the body including the flow of blood through blood vessels, and tumors cells often make more NO by upregulating their production of special enzymes called NO synthases, which synthesise NO from arginine.

Reducing NO production is one possible way of exploiting tumours' dependence on this molecule, but hasn't worked well, in part because of adverse side effects. The investigators hypothesized that boosting NO production instead - by adding its precursor arginine - might be beneficial, because while tumors can use NO to aid their growth and survival, they must keep its production below certain limits.

"Nitric oxide is a reactive molecule that on its own, or through other reactive molecules derived from it, can stress and damage a cell - so a cell can tolerate only so much of it," said study lead author Dr. Rossella Marullo, an instructor in medicine in the Division of Hematology and Medical Oncology at Weill Cornell Medicine. Overloading a high-NO tumor with much more NO prior to radiation treatment could weaken the tumor's ability to repair radiation-induced DNA damage, she added - and indeed her preclinical experiments in mice confirmed this effect.

CASTLE TRADERS LIMITED

(CIN: L51909TN1983PLC045632)
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Statement of Unaudited Standalone and Consolidated Financial Results for the Quarter/Half - Year ended 30th September, 2021

Amount (in Rs.)

Particulars	Standalone						Consolidated					
	Quarter ended			Half - Year ended		Year ended	Quarter ended			Half - Year ended		Year ended
	30.09.2021 Unaudited	30.06.2021 Unaudited	30.09.2020 Unaudited	30.09.2021 Unaudited	30.09.2020 Unaudited	31.03.2021 Audited	30.09.2021 Unaudited	30.06.2021 Unaudited	30.09.2020 Unaudited	30.09.2021 Unaudited	30.09.2020 Unaudited	31.03.2021 Audited
Total Income from Operations	11,573,820	677,924	16,861,865	12,251,744	17,269,165	88,772,202	11,573,820	677,924	16,861,865	12,251,744	17,269,165	88,772,202
Net Profit/(Loss) before Tax (before Exceptional Items)	536,641	(353,667)	1,192,917	182,974	926,117	1,890,500	536,641	(353,667)	1,192,917	182,974	926,117	1,890,500 Net
Profit/(Loss) after Tax (after Exceptional items)	401,586	(264,650)	882,870	136,936	616,111	1,386,033	401,586	(264,650)	882,870	136,936	616,111	1,386,033
Shares of Associate for the year profit/(Loss)	-	-	-	-	-	-	8,051,423	8,678,686	11,472,798	16,730,109	19,847,760	59,532,632
Profit/(Loss) for the year after Share from Associate	-	-	-	-	-	-	8,453,009	8,414,036	12,355,668	16,867,045	20,463,871	60,918,665
Total Comprehensive Income for the period	461,170	1,522,870	439,621	1,984,040	378,575	(7,100,403)	8,512,593	10,201,556	11,912,419	18,714,149	19,988,799	52,162,775
Equity share capital (Face Value of Rs.10/-per Share)	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000	2,450,000
Other Equity excluding revaluation reserves	-	-	-	-	-	26,558,850	-	-	-	-	-	163,641,848
Earning Per Share of Rs.10 each- Basic and Diluted EPS (not annualised)	1.64	(1.08)	3.60	0.56	2.51	5.66	34.50	34.34	50.43	68.85	83.53	248.65

Note:
1. The above is an extract of the detailed format of Financial Results filed with the Stock Exchange under the Regulation 33 of the SEBI (LODR) Regulations, 2015. The full format of Financial Results are available on the Stock Exchange website namely www.msei.in and on the Company's website www.castletraders.in
2. The above results for the Quarter and Half Year ending 30th September, 2021 were reviewed and recommended by the Audit Committee and approved by the Board of Directors in their meeting held on 10th November, 2021.
3. The full impact of COVID19 still remains uncertain and could be different from our estimates when we prepared these financial results. The Company will continue to closely monitor any material changes to future economic conditions.

On behalf of the Board of Directors
For CASTLE TRADERS LIMITED
Sd/-
BHARAT KUMAR CHORDIA
Wholetime Director - [DIN: 00049455]

Place : Chennai
Date : November 10, 2021

VIRGO POLYMERS (INDIA) LIMITED

CIN:L25200TN1985PLC011622
Regd.Office : A1A MMDA INDL COMPLEX, Marai Malai Nagar, Kancheepuram Dist 603209

STATEMENT OF UNAUDITED FINANCIAL RESULTS FOR THE QUARTER ENDED 30TH SEPT 2021

(Rs in Lacs)

Sl. NO	PARTICULARS	Quarter ended		Year ended
		30/09/2021	30/09/2020	31.03.2021
		UNAudited	UNAudited	Audited
1	Total Income from Operations (Net)	2,935.86	1,907.72	8,212.43
2	Net Profit / (Loss) for the period (before tax , exceptional and /or Extraordinary items)	19.69	59.69	69.32
3	Net Profit / (Loss) for the period before tax (after exceptional and / or Extraordinary items)	19.69	59.69	69.32
4	Net Profit / (Loss) for the period after tax (After exceptional and /or Extraordinary items)	13.69	59.69	46.82
5	Total comprehensive income for the period (comprising profit /(loss) for the period (after tax) and other comprehensive income (after tax)	13.69	59.69	46.82
6	Paid up Equity share capital	333.61	333.61	333.61
7	Reserves (excluding Revalution Reserve)	1,363.43	1,308.27	1,336.16
8	Securites Premium Account	297.92	297.92	297.92
9	Net worth	1,697.04	1,641.88	1,669.77
10	Paid up debt capital/outstanding debt	0.09	0.16	0.12
11	outstanding redeemable preference shares	-	-	-
12	Debt Equity Ratio	2.08	1.27	1.67
13	Earnings Per Share (for Continuing operations) (of Rs. 10/- each) Basic and Diluted	0.40	1.76	1.38
14	Capital Redemption Reserve	0.0	0.0	0.0
15	Debenture Redemption Reserve	0.0	0.0	0.0
16	Debt Services coverage ration	0.0	0.0	0.0
17	Interest Service Ceverage Ratio	1.91	3.18	2.21

Notes:
1. The above is an extract of the detailed format of the Financial Results filed with the Stock Exchanges under Regulation 33 of SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015.
2. Full format of above extract of Financial Results, is available in exchange website www.bseindia.com.
3. Company does not have term loan so Debt Service coverage ration is Nil.

For and behalf of the Board of Directors
Mr.Vivek Ramsisaria
Executive Chairman

Place: Chennai
Date: 10-11-2021

KARTIK INVESTMENTS TRUST LIMITED

CIN : L65993TN1978PLC012913
Registered Office : Parry House, No.43, Moore Street, Parrys, Chennai - 600 001.
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STATEMENT OF UNAUDITED FINANCIAL RESULTS FOR THE QUARTER AND SIX MONTHS ENDED SEPTEMBER 30, 2021

(₹ in Lakhs)

Sl.No.	Particulars	Three months ended 30.09.2021	Preceding three months ended 30.06.2021	Corressponding three months ended in previous year 30.09.2020	Six Month ended 30.09.2021	Six Month ended 30.09.2020	Year ended 31.03.2021
		Unaudited	Unaudited	Unaudited	Unaudited	Unaudited	Audited
1.	Total income from operations	0.97	0.94	3.21	1.91	4.34	6.05
2.	Net Profit / (Loss) from Ordinary Activities Before Tax	(1.20)	(0.78)	1.55	(1.98)	0.81	(1.52)
3.	Net Profit / (Loss) from Ordinary Activities After Tax	(1.20)	(0.78)	1.35	(1.98)	0.61	(1.62)
4.	Total Comprehensive Income (After Tax)	(2.24)	16.06	2.56	13.82	32.19	68.01
5.	Paid-up equity share capital (Rs.10/- per share)	24.40	24.40	24.40	24.40	24.40	24.40
6.	Earnings per Share (EPS) - not annualised- before and after extraordinary items (in Rs.)						
	a) Basic	(0.49)	(0.32)	0.55	(0.81)	0.25	(0.66)
	b) Diluted	(0.49)	(0.32)	0.55	(0.81)	0.25	(0.66)

Note:
1. The above results were reviewed by the Audit Committee and approved by the Board of Directors at their respective meetings held on November 10, 2021 and have been subjected to limited review by the Auditors.
2. The above is an extract of the detailed format of Unaudited Financial Results for the Quarter / Half year ended September 30, 2021 filed with the Stock Exchange under Regulation 33 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015. The full format of the Financial Results are available on the website of Stock Exchange, **www.bseindia.com** and also on the Company's website, **www.kartikinvestments.com**.

For Kartik Investments Trust Limited
Aparna S
Director

Place: Chennai
Date : November 10, 2021