

















- **Shrinivas Dempo**, Industrialist







may not be correct to say that Nuvem Assembly segment had less polling compared to other segments. “The total votes polled in Nuvem has crossed 20,000. One has to understand that there a significant number of voters are working abroad. In my own ward, around hundred voters are presently abroad. Such a situation is prevailing in other areas of Nuvem”, he said, adding that Captain Virioto should get minimum 16,000 vote lead.



## BIZ BULLETIN

### IDBI Bank gets ₹2.97 cr GST demand order

IDBI Bank on Tuesday said it has received a GST demand order of Rs 2.97 crore along with interest and penalty for alleged excess availment of input tax credit (ITC). In a regulatory filing, the private sector bank said the Dehradun state tax department has issued an order under the GST rules pertaining to 2018-19 fiscal for alleged excess availment and utilisation of ITC. The order includes a tax demand of Rs 1.42 crore as well as interest and penalty of Rs 1.41 crore and Rs 0.14 crore, respectively.

### Sanstar gets Sebi's nod to float IPO

Plant-based speciality products company Sanstar Ltd has received Sebi's go-ahead to float an initial public offering, an update with the markets regulator showed on Tuesday. The proposed initial public offering (IPO) comprises a fresh issue of 4 crore shares and an Offer For Sale (OFS) of up to 80 lakh shares by its promoters and promoter group selling shareholders, according to the draft red herring prospectus (DRHP).

### Premier Roadlines IPO to open on May 10

Logistics solutions provider Premier Roadlines on Tuesday said it has fixed the price band at Rs 63 to Rs 67 per equity share for its initial public offer which will hit the capital market on Friday to mop up a little over Rs 40 crore. The company's shares will open for public subscription on May 10 and end on May 14. Shares of the company will be listed on the NSE's SME platform EMERGE, the company said in a statement.

### Piotex Industries IPO to open on May 10

Piotex Industries Limited, a leading supplier of yarn, fabric and cotton bale, announced that its initial public offering (IPO) will open on May 10, 2024 and conclude on May 14, 2024. The company intends to raise approximately Rs. 14.47 crore from the offering and aims to be listed on the BSE SME platform. The price band for the issue has been fixed at Rs. 94/- per share, and the lot size will be 1,200 equity shares.

### Finelistsings Technologies IPO to open on May 7

Finelistsings Technologies Limited, one of the leading player in the luxury car retail and software development sectors, has announced its plan to go public with an Initial Public Offering (IPO) on May 07, 2024. The company is aiming to raise Rs 13.53 Crore at the price of Rs 123 per share through this IPO, with shares set to be listed on the BSE SME platform. The issue size is Up to 11,00,000 equity shares at face value of Rs 10 each.

### Lendingkart raises \$10 mn for lending to MSMEs

Fintech company Lendingkart, on Tuesday, said that it raised \$10 million by way of external commercial borrowing from a fund managed by a leading global impact investment manager and member of the Schroders Group 'BlueOrchard'. The company said that this funding will be used for onward lending activities for MSMEs. "We see this investment as a testament to our unwavering dedication to supporting Indian MSMEs," Harshvardhan Lunia, Founder and CEO of Lendingkart Group, said in a statement.

### Knit secures \$4 million in seed funding

SaaS (software-as-a-service) startup Knit on Tuesday said it has secured funding of USD 1 million (about 8.3 crore) from Endiya Partners, Axilor Ventures and angel investors. The funds will be used to enhance the product capabilities and incorporate generative AI technologies to further streamline integration processes, the company said in a statement.

### Sunkind Energy gets solar projects in 4 states

Sunkind Energy on Tuesday said it has secured a contract for rooftop solar projects totalling 10 MW in four states. Cedar Textiles has awarded a project of 2 MWp (megawatt peak), Aditya Birla Group company ABREL Solar Power (1.5 MWp), Jindal Stainless (4 MWp), Jindal Steel and Power (1 MWp) and SBF Rapid (1.5 MWp), the company said.

### PhonePe unveils cashback offer for Akshaya Tiritiya

PhonePe has announced a compelling offer for Akshaya Tiritiya. On 10th May 2024, users can avail assured cashback of up to Rs 2000 on a minimum order value of Rs 1000 on the PhonePe app. The unique offer, available exclusively on PhonePe, is applicable only on one-time purchase of 24k digital gold. Users can choose to pay through multiple modes of payment such as UPI, UPI Lite, credit & debit cards, wallet and gift cards.

### Senco Gold & Diamonds unveils Bangle Festival

Leading jewellery retailer Senco Gold & Diamonds has announced the launch of its new Bangle Festival and offers to mark Akshaya Tiritiya. Senco Gold & Diamonds is giving discounts to its esteemed customers from April 8 – May 12, 2024, of upto 60% in making charges on Diamond Jewellery & Polki Jewellery and upto 5% discount on Diamond Value pan India. —Agencies

# Markets end lower dragged by HDFC Bank, Reliance, ICICI Bank

After a positive start, Sensex-Nifty ended in red amid high volatility and continued FII selling

PTI / Mumbai

Equity benchmark indices Sensex and Nifty declined on Tuesday dragged by HDFC Bank, Reliance Industries and ICICI Bank amid concerns over rich valuation of equities. After a positive start on Tuesday, the Indian stock market encountered selling pressure, leading to both indices slipping into the negative territory.

Starting all its early gains, the 30-share BSE Sensex went lower by 383.69 points or 0.52 per cent to settle at 73,511.85. During the day, it tanked 636.28 points or 0.86 per cent to 73,259.26. The NSE Nifty declined 140.20 points or 0.62 per cent to 22,302.50.

From the Sensex basket, Power Grid, IndusInd Bank, Tata Motors, JSW Steel, NTPC, HCL Technologies, Tata Steel, ICICI Bank, Mahindra & Mahindra, Axis Bank, HDFC Bank and Reliance Industries were among the major laggards.

Among the gainers, Hindustan Unilever



climbed over 5 per cent. Tech Mahindra, Nestle, ITC, Wipro, Tata Consultancy Services and Kotak Mahindra Bank were the other major gainers.

"Domestic benchmark indices opened higher on Tuesday, aided by favourable global clues. However, after some initial jitters, the market saw massive profit-booking," said Hrishikesh Yedve, AVP Technical and Derivatives Research, Asit C. Mehta Investment In-

termediates Ltd.

In the broader market, the BSE midcap gauge declined 1.90 per cent and smallcap index dipped 1.65 per cent.

Among the indices, realty dropped 3.41 per cent, utilities (2.85 per cent), commodities (2.18 per cent), consumer discretionary (1.73 per cent) and telecommunication (1.43 per cent). IT and tech were the gainers.

In Asian markets, Seoul, Tokyo and Shanghai settled with gains while Hong Kong ended lower.

European markets were trading higher. Wall Street ended in the green on Monday.

Global oil benchmark Brent crude climbed 0.23 per cent to USD 83.51 a barrel.

Foreign Institutional Investors (FIIs) of-floated equities worth Rs 3,668.84 crore on Tuesday, according to exchange data.

The BSE benchmark edged up 17.39 points or 0.02 per cent to settle at 73,895.54 on Monday. The NSE Nifty declined 33.15 points or 0.15 per cent to 22,442.70.

## Sebi rejects NSE's proposal to extend trading hours



PTI / New Delhi

Capital markets regulator Sebi has rejected a proposal by the National Stock Exchange (NSE) to extend the trading hours in the equity derivatives segment citing a lack of feedback from the stock brokers community.

"Currently, there is no plan to extend the timings as Sebi has returned our application as the stock brokers have not given the feedback that Sebi wanted. So, as of now, the extended time frame (plan) is shelved," NSE MD and

CEO Ashishkumar Chauhan said in a post-earnings analysts call. This came after the NSE had urged Sebi to extend trading hours in the equity derivatives segment in a phased manner. This was aimed at potentially curtailing the overnight risk arising from global information flow. Sriram Krishnan, Chief Business Development Officer of NSE, had told PTI in September that the bourse was planning a session from 6 pm to 9 pm after a break from the closure of the regular session from 9.15 am to 3.30 pm. Based on the response, a gradual extension of the market timing till 11.55 pm was proposed on the lines of commodity derivatives.

To begin with, only index derivatives in phase 1 were proposed to be available followed by single stock options and others.

## NSE to conduct live trading on May 18 to test preparedness for disruption

PTI / New Delhi

The National Stock Exchange (NSE) on Tuesday said it will conduct a special trading session in the equity and equity derivative segments on May 18 to check its preparedness to handle major disruption or failure at the primary site.

The special live trading session will have an intra-day switchover from the Primary Site (PR) to the Disaster Recovery (DR) site.

In a circular, the exchange said there will be two sessions – the first from 9:15 am to 10 am from the PR, and the second from 11:30 am to 12:30 pm from the DR site.

During the special session, all securities, including those on which derivative products are available, will have a maximum



**Switching to the DR site is done to ensure biz continuity in the case of a major disruption or failure at the primary site**

price band of 5 per cent. Securities already in the 2 per cent or lower price band will continue to be available in the respective bands.

"Exchange shall be conducting a special live trading session with intra-day switch over from

## 'Robust govt capex, improvement in biz confidence to push growth'

PTI / New Delhi

Robust capital expenditure by the government and improvement in business confidence will push the country's economic growth in 2024-25, an official said on Tuesday.

Chief Economic Adviser in the Ministry of Rural Development Kuntal Sensarma said that the focus areas in 2024-25 should be in infrastructure growth, inclusive development and harnessing demographic dividend, among others.

"The major reasons cited for India's growth prospects in FY25 include robust public investment/ capex push by the government, sustained growth in business and consumer confidence, and strong services sector, among others," industry body PHDCCI said in a statement quoting Sensarma.

He was speaking at the chamber's conference on 'Economy: Inflation, Investments, Interest Rates and Inclusive Growth (EII-II) Perspective for FY 2024-25' here. Speaking at the event, Sak-



**Going forward the Indian economy will grow at the rate of 8%, says Sakshi Gupta, Principal Economist at HDFC Bank**

shi Gupta, Principal Economist at HDFC Bank, said that despite the challenges of the global economy, India is consistently performing well and inflation is under the target band set by the monetary policy committee.

She estimated that going forward the Indian economy will grow at the rate of 8 per cent.

Presenting the interim Budget in February, Finance Minister Nirmala Sitharaman announced a Rs 11.11 lakh crore spending on infrastructure.

## April e-way bill generation at 3-month low

INFORMIST / New Delhi

The number of e-way bills generated jumped 14.5% year-on-year to 96.65 mln rupees in April, according to data from the Goods and Services Tax Network. Irrespective of the on-year growth, this was at a three-month low, and down 6.7% from March's data. E-way bills generated in March were at an all-time high of 103.55 mln. An e-way bill is a GST document for transport of goods worth more than 50,000 rupees within or outside a state. As such, the number of e-way bills generated is taken as a lead indicator of economic activity and domestic trade.

The increase in e-way bills suggests that GST collections are likely to be robust in May as most of the transactions will be reflected in this month's collections.

## NIELSENIQ REPORT

### FMCG industry sees 6.5% volume growth in Mar qtr, rural surpass urban consumption

PTI / New Delhi

The Indian FMCG industry experienced a 6.5 per cent growth in volume terms at a national level in the January-March period of 2024, with rural consumption surpassing urban for the first time in five quarters, according to consumer intelligence firm NielsenIQ.

Both food and non-food sectors contributed to the growth in consumption in the first quarter of 2024, but non-food saw almost double the growth as compared to food, NielsenIQ (NIQ) said in its quarterly snapshot for Q1 2024.

The FMCG industry has experienced a 6.6 per cent growth in value, attributed to a 6.5 per cent increase in volume at an all-India level. The volume growth for this quarter was higher than Q1 2023,



which stood at 3.1 per cent, it added. NIQ Head of Customer Success India, Roosevelt Dsouza said, "The FMCG industry's growth continues to be driven by consumption trends in Q12024 with rural areas surpassing urban growth for the first time in five quarters." Notably, Dsouza said home and personal care (HPC) categories have outperformed food categories. While food categories witness higher unit purchases, the growth in

HPC is largely driven by the popularity of larger pack sizes.

The quarterly snapshot pointed out that there is a consumption slowdown in urban and modern trade, while there is an uptick in rural and traditional trade.

"Rural consumption growth has gradually picked up pace and has surpassed urban (growth) in Q12024. Urban sees sequential decline in consumer demand leading to 5.7 per cent this quarter," NIQ said.

Within the retail sector, modern trade continues to exhibit strong double-digit volume growth at 14.7 per cent. Traditional trade, on the other hand, experienced stable growth, with volumes registering 5.6 per cent growth in Q1 2024, compared to 5.3 per cent in the previous quarter (Q4 2023).

## India's consumption reflects significant divide; K-shaped trend continues: Report

PTI / Mumbai

A Swiss brokerage on Tuesday said there is a "significant divide" in India's consumption story and that the K-shaped trend is likely to continue in the near-future.

"India's consumption story reflects a significant divide, driven by a resilient economy but characterised by a stark contrast in spending patterns," UBS India economist Tanvee Gupta Jain said in a note. "...the divergence between affluent and broad-based household demand persists, accentuated by factors such as income inequality, increased consumer credit access, and declining household savings," she added.

The brokerage anticipates household consumption growth in FY25 to "remain subdued" at 4.5 per cent, which is below the trend observed in previous years.

It can be noted that after the



pandemic, concerns have been raised about a K-shaped growth representative of deepening inequalities in the country. Some economists have gone public with their disapproval and called the pandemic as a 'leveller' for reducing inequalities as well.

The UBS report said India's household consumption nearly doubled in the past decade to USD 2.1 trillion in 2023, with an annual compound growth rate of 7.2 per cent. However, household consumption growth remained muted in the last two years, it said, adding that it is the affluent seg-

ment that witnessed a significant increase in demand.

The brokerage said the consumption growth recovery is "uneven", and pointed out that there has been faster growth in premium car sales, residential units of over Rs 1 crore, smartphones costing over USD 300, or Rs 25,000, while entry-level and mass market goods have seen muted growth post-pandemic.

It attributed the divide in consumption to factors such as income continuity being enjoyed by those in the top of the pyramid versus the bottom, limited fiscal support for vulnerable sections and lower household savings due to weaker incomes.

The 'K-shaped' consumption pattern continues post pandemic as well, it said, adding that the urban economy continues to outperform relative to the rural economy recovery post-pandemic.

## Apple working on own AI chips for data centres: Report

IANIS / New Delhi

As the race for artificial intelligence (AI) chips intensifies, Apple has joined the bandwagon and is now reportedly working on its own chips for data centres.

The aim of the iPhone maker is to run AI software in data centre servers to give the company an edge, The Wall Street Journal reported on Tuesday.

The 'Project ACDC' (Apple Chips in Data Centre) will first use the indigenous chips in the company's own servers, the report mentioned.

The tech giant is likely to unveil new AI products at its flagship Worldwide Developers Conference (WWDC) in June.

Tech giants like Microsoft,

Google, Meta and OpenAI are working on developing custom server hardware to power AI models. According to the company's CEO Tim Cook, Apple is making "significant investments" in generative AI. Apple is likely to soon share "very exciting things" with customers.

Cook said last week that "We have advantages that will differentiate us in this new era, including Apple's unique combination of seamless hardware, software and services integration, groundbreaking Apple's silicon and with our industry-leading neural engines".

Apple is also reportedly integrating OpenAI's ChatGPT and Google's Gemini into its upcoming iPhones.

## Telecom dept blocks mobile handsets, disconnects numbers involved in frauds

PTI / New Delhi

Tightening the noose around fraudsters engaged in defrauding mobile users through text messages, the Department of Telecom (DoT) has started blocking handsets used in such activities besides disconnecting mobile numbers. The DoT has launched Chakshu portal two months ago to handle telecom fraud related grievances.

Since the launch of the portal, the department has blacklisted 52 entities involved in sending malicious and phishing SMSes, blocked 348 mobile handsets on pan-India basis and flagged 10,834 suspected mobile numbers for re-verification, according to official sources. In response to a post on social media platform X by a tech-



nology professional on an SMS related fraud, the DoT said that it has blocked the mobile number mentioned in the post as well as blocked handsets linked to it.

"Mobile number is disconnected, and 20 associated mobile handsets have been blocked for misuse in cybercrime/financial fraud. If you observe any such incidents, please immediately report suspected fraud to Chakshu," DoT said in its reply.

According to official sources,

the DoT has deactivated 700 SMS content templates.

The source said: "10,834 suspected mobile numbers flagged for re-verification to the telecom operators, 8,272 mobile connections disconnected failing re-verification till April 30, 2024."

Besides, DoT has blocked 1.58 lakh unique mobile device identification number IMEI due to involvement in cyber crimes and financial frauds or mobile connections taken on fake or forged documents.

Till April 30 this year, DoT has disconnected a total of 1.66 crore mobile connections, out of which 30.14 lakh were disconnected based on users' feedback and 53.78 lakh for exceeding individual limit to buy new SIM cards, as per official data.

## Gilts end down as momentum punctured by lack of fresh cues

INFORMIST / New Delhi

Government bond prices ended lower due to a spate of profit-booking by mutual funds and state-owned banks near psychologically crucial levels. Traders lacked fresh cues, and were uncomfortable purchasing after prices rose sharply on Monday, dealers said.

The 10-year benchmark 7.18%, 2033 bond closed at 100.33 rupees, or 7.13% yield, compared with 100.48 rupees, or 7.11% yield, a day before. The 7.10%, 2034 bond closed at 100.04 rupees, or 7.09% yield, compared with 100.19 rupees, or 7.07% yield, on the previous day.

Prices had opened flat but consistently lost momentum through the day as traders lacked further positive cues after a correction in US Treasury yields and a government bond buyback this week had aided bonds on Monday. US Treasury yields and crude oil prices were little changed from the previous day's close.

On Monday, the 7.18%, 2033 bond's price had jumped 27 paise, falling below the key 7.12%-mark. The 7.10%, 2034 bond was also not seen offering much value under the 7.08% yield, and the next trigger for bond prices to move higher may not be this week, dealers said.

## TO CURB FAKE ONLINE REVIEWS Consumer affairs ministry to meet e-commerce firms on May 15

PTI / New Delhi

The government has called a meeting of e-commerce players and organisations engaged in publishing online reviews for consultation on quality control order in the works to check fake reviews, according to a notice issued by the Consumer Affairs Ministry.

The consumer affairs ministry has also floated a draft of the Online Consumer Reviews (Quality Control) Order, 2024 (QCO) which proposes to accept reviews from verified purchasers and users of the product.



"This QCO mandates all the e-commerce aggregators and organisations engaged in publishing online reviews to

declare self-compliance to the essential requirement prescribed in the order...

"An organisation is required to register with BIS and declare compliance to essential requirements. In this regard, a stakeholder consultation, chaired by Secretary (CA), to discuss the draft QCO has been scheduled on May 15, 2024," the notice said.

The draft QCO mandates that the organisations shall not publish reviews that have been purchased and written by individuals employed for writing review by itself or the supplier, seller, or by a third party.

The consumer affairs ministry has proposed that all organisations managing and publishing online consumer reviews shall conform to the essential requirements, including bar on publishing fake reviews and register themselves as 'Review Administrator' with BIS declaring self-compliance to the essential requirements prescribed in this order.

The proposed QCO bars platforms from rewarding consumers based on the content, edit reviews, prevent publishing of negative reviews and accepting reviews from individuals who have not used or experienced the good or service.



» BIZ BULLETIN

**Voltas Q4 net down 22.5% at ₹110.64 crore**

Voltas Ltd on Tuesday reported a 22.75 per cent decline in consolidated net profit to Rs 110.64 crore in the fourth quarter ended March 31, 2024, impacted by higher expenses. The company had posted a consolidated net profit of Rs 143.23 crore in the same period previous fiscal, Voltas said in a regulatory filing. Consolidated revenue from operations during the quarter under review stood at Rs 4,202.88 crore as against Rs 2,956.8 crore in the year-ago period, it added.

**SRF Q4 profit falls 25% to ₹422 crore**

Chemical firm SRF Ltd on Tuesday reported a 25 per cent decline in its net profit to Rs 422 crore for the quarter ended March 2024 on lower income. "The company's Profit After Tax (PAT) decreased 25 per cent from Rs 562 crore to Rs 422 crore in Q4FY24 when compared with the corresponding period of the last year," SRF said in a statement.

**IRB Infra Q4 net profit grows 45% to ₹189 crore**

IRB Infrastructure Developers on Tuesday reported a 45 per cent rise in consolidated net profit to Rs 188.87 crore for the March 2024 quarter, mainly due to higher income. Its net profit was Rs 130.15 crore in the quarter ended March 2023, the company said in a regulatory filing. Total income surged to Rs 2,504.49 crore from Rs 1,698.91 crore in the year-ago period.

**Rane Engine Valve Q4 PAT remains flat at ₹4.7 crore**

Rane Engine Valve Ltd on Tuesday reported a profit after tax for the January-March 2024 quarter at Rs 4.7 crore. The city-based manufacturer of engine valves, had clocked PAT at Rs 4.9 crore during the corresponding quarter of last year. For the year ending March 31, 2024, the profit after tax stood at Rs 11.5 crore, Rane Engine Valve Ltd said.

**Hindustan Media Q4 PAT down 11% at ₹10.74 cr**

Hindustan Media Ventures Ltd on Tuesday reported an 11 per cent decline in consolidated profit after tax at Rs 10.74 crore for the fourth quarter ended March 31, 2024. The company had posted a profit after tax (PAT) of Rs 12.08 crore in the same quarter previous fiscal, Hindustan Media Ventures Ltd (HMVL) said in a regulatory filing.

**Bigbloc Construction posts 55% jump in Q4 profit**

Bigbloc Construction Ltd on Tuesday reported a more than 55 per cent jump in profit after tax for the March quarter of FY2023-24 on the back of strong sales. The Surat-based company, which is the largest manufacturer of Aerated Autoclaved Concrete (AAC) blocks, bricks, and panels in India, reported a profit after tax of Rs 8.65 crore for the March quarter against Rs 5.56 crore in the year-ago period, according to BSE filing.

**Happiest Minds Tech Q4 profit up 25% to ₹72 cr**

IT firm Happiest Minds Technologies reported a 24.83 per cent increase in consolidated net profits at Rs 71.98 crore for the quarter ended March 2024, and said it expects to encash on its newly launched GenAI business unit. According to a stock exchange filing, the company clocked a profit of Rs 57.66 crore in the year-ago period.

**Aadhar Hsg garners ₹898 cr from anchor investors**

Aadhar Housing Finance Ltd, which is backed by private equity major Blackstone, on Tuesday said it has mobilised Rs 898 crore from anchor investors, a day before the launch of its initial public offering (IPO). The company has decided to allot 2.85 crore equity shares to 61 funds at Rs 315 apiece, according to a circular uploaded on BSE's website.

**TBO Tek garners ₹696 cr from anchor investors**

TBO Tek on Tuesday said it has collected a little over Rs 696 crore from anchor investors ahead of its IPO. The company has allotted 75.7 lakh equity shares to 47 funds at Rs 920 apiece, aggregating the transaction size to Rs 696.5 crore.

**IGL Q4 net profit rises 16%**

PTI / New Delhi

Indraprastha Gas Ltd, India's largest CNG retailer, on Tuesday reported a 16 per cent rise in March quarter net profit as it sold more gas.

The net profit of Rs 382.80 crore in the latest January-March quarter was compared to Rs 329.75 crore profit registered a year ago, the company said in a statement.

For the full 2023-24 fiscal (April 2023 to March 2024), net profit soared 21 per cent to Rs 1,748.08 crore as against Rs 1,445.02 crore in the previous year.

Turnover slipped marginally to Rs 3,949.17 crore in January-March from Rs 4,042.57 crore in the corresponding quarter of 2022-23.

The gross turnover during the financial year 2023-24 was Rs 15,403.13 crore as compared to Rs 15,543.67 crore in the preceding financial year 2022-23 primarily due to cooling off of international gas prices despite increase in sales volume.

"The sales volume in the quarter

**Dr Reddy's Q4 PAT rises 36% to ₹1,307 cr; revenue at ₹7,083 cr**

PTI / New Delhi

Dr Reddy's Laboratories on Tuesday reported a 36 per cent increase in its consolidated profit after tax at Rs 1,307 crore for the quarter ended March 2024, aided by robust sales in the US market.

The Hyderabad-based drug major had reported a profit after tax of Rs 959 crore in the January-March quarter of 2022-23 fiscal.

Revenue increased to Rs 7,083 crore in the period under review from Rs 6,297 crore in the fourth quarter of FY23.

For the full year ended on March 31, 2024, the drug major said its PAT rose to Rs 5,568 crore as compared with Rs 4,507 crore in 2022-23 financial year.

Revenue rose to Rs 27,916 crore for FY24 as against Rs 24,588 crore in FY23.

"Our growth and profitability in FY2024 has been driven by our performance in the US. We have also made significant progress on future growth drivers through licensing, collaboration and pipeline building," Dr Reddy's Co-Chairman and Managing Director GV Prasad said.

The company saw its revenue grow by 28



per cent in the North American market at Rs 129.9 billion in FY24.

"The growth was largely on account of increase in base business volumes, integration of Mayne portfolio, forex gains partly offset by price erosion," the company said.

The company said its FY24 revenues in the domestic market stood at Rs 46.4 billion, a decline of 5 per cent as against FY23.

Dr Reddy's board, which met on Tuesday, recommended a final dividend of Rs 40 per share of Rs 5 each for the financial year 2023-24. The company said it has appointed M V Narasimham as the Chief Financial Officer of the company.

**WORLD ECONOMIC FORUM REPORT**

**EO data can generate \$3 tn in economic benefits; help cut two Gt CO2 emissions**

PTI / New Delhi

Earth observation data could generate over USD 3 trillion in economic benefits globally and help eliminate two gigatonnes of greenhouse gas emissions annually by 2030, according to a new report by the World Economic Forum. Earth observation data refers to the collection, analysis, and presentation of information about the Earth's physical, chemical, and biological systems using remote sensing technologies.

The report, created in partner-



ship with Deloitte and endorsed by industry and climate leaders, emphasised that EO data is a crucial tool for economic growth and sustainability. While certain sectors like agriculture, energy, and finance are expected to benefit the most from EO data, nearly all industries can gain insights to im-

prove operations and reduce environmental impact.

For example, farmers can use EO data to enhance crop yield and sustainability practices, while insurance companies can better understand and mitigate environmental risks. The report predicted that the global value of EO data could grow from USD 266 billion at present to over USD 700 billion by 2030. This could lead to a cumulative USD 3.8 trillion contribution to global GDP and help eliminate 2 gigatonnes of greenhouse gas emissions annually.

**Jaiprakash Associates defaults on ₹4,616 cr loans**

PTI / New Delhi

Crisis-hit Jaypee Group's flagship firm Jaiprakash Associates has defaulted on loans worth Rs 4,616 crore, including principal and interest amount.

In a regulatory filing late on Monday, Jaiprakash Associates Ltd (JAL) has informed that the company on April 30, defaulted on repayments of a principal amount of Rs 1,751 crore and interest of Rs 2,865 crore.

"Total borrowing (including interest) of the company is Rs 29,805 crore, repayable by 2037, against which only Rs 4,616 crore is overdue as on April 30, 2024," JAL said.

The loans pertained to various banks, and the nature of the obligation is fund-based working capital, non-fund-based working cap-



ital, term loans and FCCBs (foreign currency convertible bonds).

Out of the total borrowing of Rs 29,805 crore, the company said Rs 18,955 crore will be transferred to the proposed Special Purpose Vehicle (SPV). For this, a Scheme of Arrangement duly approved by all the stakeholders, is pending for sanction of the National Company Law Tribunal (NCLT).

The entire loan in any case is under restructuring, the company said.

**PB Fintech Q4 PAT rises 62% to ₹60 cr**

IANs / New Delhi

PB Fintech Ltd, the parent firm of Policybazaar and Paisabazaar platforms, on Tuesday posted a net profit of Rs 60.2 crore in the fourth quarter of FY24, a 62 per cent jump (quarter-on-quarter).

The operating revenue jumped 25 per cent to Rs 1,089.6 crore in Q4, the company said in a statement. For the full year (FY24), profit after tax (PAT) improved from a loss of Rs 488 crore to a profit of Rs 64 crore (YoY).

Policybazaar's total insurance premium for Q4 stood at Rs 5,127 crore, a 43 per cent increase (YoY), led by growth in the new health and life insurance business.

**Sri Lanka okays 20-year power purchase pact with Adani Green**

PTI / Colombo

Sri Lanka has approved a 20-year power purchase agreement between the island nation's government and Adani Green Energy for the development of 484 megawatt wind power stations in the northeast region.

"The negotiated tariff rate of USD 0.0826 per kilo watt hour is to be paid in local rupees on the prevailing exchange rate at the time of payment," energy minister Kanchana Wijesekara said in a post on social media platform X.

He added that the purchasing cost would be below the current average cost of energy at 39.02 Sri Lanka rupees per kilo watt hour.

**Export Concerns Shake Up Spice Industry for Investors**

BY TEJI MANDI



The Indian spice export industry, valued at \$4.25 billion, is currently going through a tough phase, with Indian spices becoming a topic of discussion internationally. Reports have surfaced about adulteration and harmful elements present in Indian spices, causing concern in several countries. Let's understand what exactly has happened and how it could impact the Indian spice industry.

**What's Happening?**

Singapore and Hong Kong have banned some spices from renowned brands like MDH and Everest due to the presence of ethylene oxide (ETO) found during inspection, which could potentially cause diseases like cancer.

**Impact on Exports**

According to IBEF, India is the largest exporter of spice products in the world. During FY24 (until February 2024), India exported spices worth \$3.67 billion, whereas in FY23, the country exported spices worth \$3.73 billion. From 2016-17 to 2022-23, India's total export volume has grown at a CAGR of 5.85%. These allegations could adversely affect India's spice exports.

**Harmful Substances in Spices: A Recurring Issue?**

In 2014, biochemistry expert Dr Ipsita Mazumdar found lead in some popular spice brands sold in Kolkata, raising concerns about the potential risks of consuming these products. While FSSAI is responsible for ensuring the safety of food products, recently, they have increased the permissible limit of pesticides in spices and herbs by 10 times, raising further concerns.

Teji Mandi (TM Investment Technologies Pvt Ltd) is a SEBI registered Research Analyst (RA). Information in this article should not be construed as investment advice. Please visit [www.tejimandi.com](http://www.tejimandi.com) to know more.

**Japan's SMFG invests ₹1,300 crore in SMFG India Credit Co for expansion**

PTI / Mumbai

Japan's Sumitomo Mitsui Financial Group (SMFG) on Tuesday announced a Rs 1,300 crore investment in domestic non-bank lender SMFG India Credit Co (SMICC) through a rights issue.

Pankaj Malik, the chief financial officer of SMICC, said the Rs 1,300 crore should be seen as a "strategic move" which underscores its commitment to fortify expansion efforts.

SMICC has invested Rs 150 crore in its wholly-owned subsidiary SMFG India Home Finance Co, known as SMFG Grihashakti, a statement said. SMFGICC, an NBFC - Investment and Credit Company (NBFC-ICC), was acquired by SMFG in 2021 for a deal reported at USD 2 billion.



Its investment in Grihashakti will help it amplify the market presence by taking affordable housing finance solutions to the underserved population in India and drive sustained growth, Malik added.

SMICC's assets under management (AUM) stood at Rs 42,487 crore as of December 31, 2023, while the April-December 2023 disbursements were higher by 46 per cent compared to the year-ago period at Rs 28,790 crore.

It has 990 branches in the country at present, as per the statement.

**United Breweries Q4 PAT jumps 5-fold**

PTI / New Delhi



United Breweries Ltd on Tuesday reported a more than five-fold jump in net profit to Rs 80.15 crore for the January-March period of 2023-24 compared to the year-ago period.

The beverages maker had reported a net profit of Rs 13.05 crore for the April-March quarter of 2022-23, according to an exchange filing. Revenue from operations rose 17 per cent to Rs 4,788.68 crore in the last quarter of FY24 compared to Rs 4,081.01 crore in the year-ago quarter.

Total expenses rose to Rs 4,705.38 crore in the quarter under review from Rs 4,079.32 crore in the year-ago period.

Net profit for the full fiscal year

**Trends Shopping Festival is here**

India's largest and fastest growing apparel, accessories and footwear specialty chain of Reliance Retail, TRENDS, announced the hottest sale of this Summer, TRENDS SHOPPING FESTIVAL in Mumbai city in the state of Maharashtra. Trends is truly democratizing fashion in India, by strengthening its reach & connect with consumers in India – right from Metros, mini metros, Tier 1, 2 towns and beyond- with the small towns of India!

Trends embarked on the journey to democratize fashion in 2007 with its first store at Ambience Mall, Gurgaon. Trends is India's favorite fashion shopping destination and is patronized by an average of over three and a half lakh customers every day.

**TRENDS SHOPPING FESTIVAL** TRENDS stores in Mumbai boasts of modern looks and ambience featuring an exciting range of good quality and fashion merchandise that is relevant to the consumers of the region and at prices that are affordable and seen as high value for money.

Customers of Mumbai can look



forward to a uniquely special and superlative experience of shopping for trendy Women's Wear, Men's Wear, Kids Wear & Fashion Accessories, at delightful prices. Not only this but on 11th & 12th May TRENDS Mumbai are having TRENDS SHOPPING FESTIVAL for their customers, Shop for apparel worth Rs. 3499 & get apparel worth Rs. 3499 absolutely free. So head to your nearest TRENDS store now, for the joy of a great fashion shopping experience!

**AIBOC MS-1 holds health check up camp on account of Intl Labour Day**



In wake of recently observed International Labour Day, All India Bank Officers' Confederation Maharashtra State - 1 Unit had organized a health check-up camp for sake of banking community. This Health check up camp aimed to prioritize health and well-being of bank staff. The camp was inaugurated at the hands of BOI MD CEO Rajneesh Kamatak, Sr Vice President Manoj Wadnerkar, Mohan Gohil, BOI Executive Directors Rajagopal, Karthikeyan, Subrat Kumar, Rajiv Mishra, CGM HR Rajesh Ingale, other senior Executives & trade union leaders. This event was conducted in collaboration with Kokilaben

Dhirubhai Ambani Hospital under co-operation of Bank Management. BOI MD CEO while addressing the gathering, commended the entire team led by FBOIOA President G Nageswar, General Secretary Nilesh Pawar for orderly arrangement of said medical camp. ED Rajagopal & Karthikeyan also heaped praises on the leadership for recognizing importance of healthy workforce. Organiser of the said event, AIBOC Maharashtra State Secretary Nilesh Pawar conveyed heartfelt greetings on account of International Labour Day. He appealed bankers to their health and maintain necessary work-life balance while striving for the progress of Bank.







Money Plant Vastu

Benefits and ideal placement

JYOTI S

Characterized by its green and shiny heart-shaped leaves, a money plant is popular for its ornamental appeal and for adding aesthetic value to your home decor. In fact, most designers consider it to be an integral part of your living room Vastu and use it extensively while designing a house. The widespread use of synthetic material and pollutants has severely dented the quality of air we breathe in. This is where the benefit of the money plant comes from. A natural air purifier, money plants possess the ability to filter the air and activate the flow of positive energies in the house. Like everything else, the money plant Vastu also deserves special attention in the overall Vastu plan of a house. Their correct placement can energize your surroundings and are known to bring in wealth and prosperity. Read on to know its benefits and ideal placement of money plants in the house. A money plant can be placed in the house at various places. Let's look the effects of placing a money plant in the house:

Placement of money plants in the house

Money plant in bedroom:

Consider placing a money plant in your bedroom if it's in the North, East, South East, or South, but avoid doing so in a South West or West bedroom. This plant acts as a natural air filter, absorbing negative energy and boosting creativity and mood. It reduces stress, controls humidity, and produces oxygen.

Money plant in bathroom:

Optimal for bathrooms if placed correctly, a lush green money plant enhances beauty while clearing negative energies. Representing the Air element, it counteracts bad water energies, thriving in humid conditions. It absorbs negativity, creating a positive ambience.

Money plant in kitchen:

A small money plant in the kitchen can balance negative energies, especially if your kitchen's direction isn't ideal. Placing it in the North can counterbalance any imbalance caused by the kitchen's fire activity. Following money plant Vastu principles, it helps harmonize the space.

Ideal money plant directions as per vastu

Money plant in North direction:

This is an excellent position to place a money plant. North is ruled by the lord of wealth, Kubera as per Vastu Purusha Mandala. Thus placing a money plant in the North can bring in new avenues of growth, better opportunities in jobs and business and a constant flow of cash.

Money plant in East direction:

East is also a favorable direction for placing a money plant. Keeping a money plant here can help you expand your social circle and create powerful contacts with influential people.

Money plant in South East direction:

This is perhaps the most recommended direction by most Vastu experts while doing money plant Vastu. The logic behind this is that the South East is the direction of goddess Lakshmi - the giver of wealth and prosperity.

Money plant in South direction:

A money plant can be placed in the South direction. Like the south east, a money plant here should also be grown in soil instead of a water bottle. It is important to note that the vines should not be left to spread on the floor. Instead, you should use threads or climbers for the plant to grow vertically upwards.

Money plant in South West direction:

Both green color and plants are anti-activity in the South West. Therefore, you should avoid placing a money plant here. Doing so can cause instability in life and career and can even lead to dis cordial relationships. It can well become a reason for bad luck if placed here.

Money plant in West direction:

A money plant in the West is also best avoided. However, if you have no other choice but to place it here, use a blue water bottle to grow a money plant in the West.

AMRITHA K

We all love taking good care of our skin - and also our hair. Most of us go to expensive salons for skin treatments, facials and massages. But are they really worth it? Well, no, if you ask us. The reason being that salon treatments involve a lot of chemicals. Even if you go for a fruit facial or a fruit clean-up, yet it contains some amount of chemical content in it. Having opted for a fruit facial or a clean-up doesn't mean that it is all natural and chemical free. So... what do we do? What about making a facial kit at home? Sounds interesting, isn't it? And, for that matter, it is not at all complicated. You can easily make a facial kit at home with minimal ingredients. And since summer isn't over yet, we have curated a summer-special facial kit, especially for you. This facial kit can be made at home in three easy steps. And...what are they - toner, scrub and face pack. And, all of these things with just one ingredient - cucumber. So, let's begin with the fun-filled cucumber facial kit recipe, here is the step-by-step instruction.

How to do a cucumber facial at home in three easy steps

1 Toner

Since toner is the first step in a facial process, we will begin with the ingredients required for it.

**Ingredients:** 1 cucumber, 1 lemon, 1 bottle to store the toner for later use.

**How to do:** Take a medium-sized bowl. Take a peeler and peel the outer layer of the cucumber. Cut it into small pieces and grate it with the help of a grater. Now, take a strainer and strain out the cucumber juice in the bowl. Cut the lemon into half and squeeze it into the

bowl. Mix cucumber juice and lemon well until they gel into one liquid. Pour the toner into the bottle and store it in the refrigerator for later use.

**Tip:** Instead of a grater, you can even put the cucumber pieces in a juicer mixer and grind it well, until it turns into a smooth liquid.

**How to apply:** Take a cotton ball and dip it into the toner. Apply the toner on your face in a circular motion. Avoid the eyes, ears, and mouth. Keep massaging your face with the toner for a few minutes, say 1-2 minutes. Let it dry for sometime and then wash it off with cold water. Pat your face dry with a towel. You must be wondering what benefit could a cucumber toner, or a scrub or face mask do to your skin? Well, it definitely does a lot of good. Keep reading to know its amazing benefits and we assure you that it is worth it!

2 Scrub

Moving on to the next part of the cucumber facial - scrub. This is an essential part of a facial, as it removes the dead skin cells and gives you a smooth skin.

**Ingredients:** 1 cucumber, 1 tablespoon sugar, 1 lemon.

**How to do:** Take a small bowl and add sugar to it. Cut the lemon into half and squeeze out a few drops of lemon into the bowl. Mix lemon with sugar. Now, cut an inch of cucumber and dip it into the sugar-lime mixture. Rub it on your face well. Do this activity for at least 5 minutes and rinse off your face with water. Once we are done with the scrubbing part, let's head on to the third and the crucial step of the cucumber facial - face mask.

3 Face mask

**Ingredients:** 2 tablespoons cucumber juice, 1 tablespoon rosewater, 2 tablespoons multani mitti (Fuller's Earth).

**How to do:** Take a bowl and add multani mitti to it. Add cucumber juice to it. Now, add rosewater and blend well until it forms a smooth paste. Let the mixture rest for a few minutes and it is ready for use.

**How to apply:** Take a brush and apply the face pack. Avoid the eyes, ears, and mouth. Apply it to your neck too. Wait for 20 minutes till the pack dries completely. Wash off your face with cold water and pat it dry with a towel.

Benefits of cucumber facial

- Since cucumber is made of 96% water, it helps to keep your skin hydrated.
- It helps in reducing dark circles.
- It acts as an anti-tan agent.
- It gives you glowing skin.
- It treats blemishes.
- It is very good for those who have dry skin, as it helps to lock the moisture in the skin.

ACL injury: Return to sports after ACL tear

DR. MANU BORA  
MUMBAI

The anterior cruciate ligament (ACL) is the main stabilizing ligament on the inside of the knee. Its main function is to prevent the tibia (shin bone) from sliding forward and rotating on the femur (thigh bone). Tears/ruptures of the ligament result in knee instability. What are the causes? ACL tears are typically caused by twisting or hyperextension injuries. Sports activities like pivoting or sudden deceleration when running and falls during skiing are considered non-contact causes of ACL tears. Direct trauma to the back or side of the knee during collision sports is considered a contact injury to the ACL.

What are the symptoms?

ACL tears cause immediate pain and often swelling. You may feel something "pop" inside the knee. An initial inability to bear weight on the leg may subside and walking may be possible after several minutes. The knee may feel loose or that it is going to "give out" and returning to sport is impossible. Over time, swelling will increase, and motion may be lost.

How is it diagnosed?

Your surgeon will perform a thorough history and physical exam with X-rays. On exams, swelling and loss of motion and strength are present. Your surgeon will perform maneuvers to check the stability of all the knee ligaments and the meniscus. An MRI is helpful to confirm the diagnosis, showing the ACL tear. The type of tear (partial, complete, avulsion from either the tibia or femur) can be defined, which may assist in surgical planning. The MRI may also show bone bruising secondary to the injury.

How is it treated?

**■ Non-operative:** Non-operative treatment for ACL tears does not lead to healing. Some patients opt out of surgery, increasing the risk of arthritis and meniscus tears due to joint instability. This treatment involves anti-inflammatory medication, physical therapy, cryotherapy, and activity

modification to decrease swelling and improve motion and strength. It's shown to simplify surgery and enhance patient outcomes. However, in surgical cases where immediate repair of meniscus and cartilage injuries is necessary, non-operative treatment may be skipped.

■ Operative:

Operative management of ACL tears varies depending on the tear type. ACL repair is suitable for cases where the ligament is clearly torn off the femur or tibia. It's done through minimally-invasive arthroscopic surgery, where the ligament is sewn back into place and secured with screws or buttons, sometimes reinforced with high-strength suture. Formal reconstruction involves fixing a new ACL graft in place of the original ligament, a decision made collaboratively between you and your surgeon. Techniques, including graft choice, are typically minimally invasive and may involve taking the graft from your knee or a donor. Rehabilitation and return to daily activities depend on the chosen technique and graft, guided by your surgeon's judgment.

■ InternalBrace option

The InternalBrace procedure, which has been proven to be efficacious, can be applied in various ways throughout the knee. This augmentation helps prevent excess range of motion during the healing phase and may reduce the chances of secondary injury. In the setting of ACL reconstruction, the InternalBrace procedure helps protect against various modes of failure including creep and irreversible stretch, traumatic tearing, and slippage of the tendon-bone interface. The InternalBrace technique may also help protect small and vulnerable ACL reconstruction grafts from these modes of failure.

"In my 15 years of practice, we observed that most athletes who come to me with sports injuries have ACL tears and the main issue that bothers them is the long-drawn-out process of recovery after surgery. They worry that they may lose their form waiting to heal", stated Dr. Manu Bora. He noted, "We've operated on numerous cases, employing various techniques, and found the All Inside Internal Brace Technique for ACL surgery to offer the swiftest patient rehabilitation and return to sport. The overwhelmingly positive patient feedback, particularly regarding reduced post-operative pain since implementing this technique, has been remarkable."

You don't need coffee to keep you awake!

PRAVEEN KUMAR

We all have the habit of gulping a cup of coffee the moment we feel drowsy. Of course, your coffee surely gives you that quick jolt of energy but the problem is that it is just a temporary high. After some time, the effect soon wanes and your alertness and focus gets diffused soon. Then you will again feel like gulping more coffee. This becomes a dangerous addiction as you keep filling your belly with coffee but its effect is just temporary.

Well, you don't need only caffeine to make you feel alert or stimulate your mind. There are other foods which can at least keep you awake during your work day. Too much caffeine can harm your health in many ways. So, read on to know about the other options.

■ Yoghurt

Yes, yoghurt can do the job of keeping you awake. It can also reduce fatigue. It keeps you active. Just have a cup of yoghurt when you feel like drinking coffee and you will quickly feel good enough to carry on with your work.

■ Apple

This snack can make you feel alert. Eat an apple along with some peanut butter. Apple can be digested easily and peanut butter offers protein. Both of them make you feel energetic.

■ Whole grains

If your diet contains whole grains, you can solve the problem of feeling drowsy during the day. These grains keep your energy levels stable and avoid a crash.

■ Fruit

Even fruits can give you instant energy like caffeine. Fruits contain natural sugar which can energise you fast. Choose citrus fruits as they offer vitamin C.

■ Water

You might be surprised but even dehydration could make you feel drowsy and low. Drink sufficient water and see the difference.

■ Beans

Enjoy beans as a snack or include it in your meal. They are rich in proteins and also contain complex carbs. Well, beans can offer stable levels of energy.

■ Eggs

Eggs contain protein and they keep your energy levels stable. Consume eggs for breakfast or lunch to avoid energy crashes.

ANAGHA BABU

Do you frequently experience headaches, itching, fatigue, yeast infection, etc. for no apparent reason? Chances are that you're suffering from a fungal infection called Candidiasis. It's not surprising if you haven't heard of it before because, more often than not, this condition remains undiagnosed or misdiagnosed in most people. This article focuses on how you can control and prevent this infection through your diet. Candidiasis or simply Candida is a fungal infection caused due to an abnormal overgrowth of the fungus Candida albicans. Most people already have this pathogen inside their bodies but it is kept under control by certain good microbes within the body. Because of various reasons, sometimes the balance of these good microbes in the digestive tract gets disturbed. When this happens, Candida albicans makes use of the situation to spread at a rapid pace, covering a considerably huge portion of the digestive tract, which leads to the symptoms mentioned above.

What causes candida to overgrow?

The most common and acknowledged causes of Candida are antibiotics! Yes, even though antibiotics are good for our body, they come with a price. This is because many a time antibiotics disrupt the balance of our immune and digestive systems as they kill even the helpful bacteria which play important roles in maintaining our bodies. This makes it easier for Candida to spread faster and release more and more toxins. Another reason for this infection is stress - typically longer periods of stress. Most people these days are victims of stressful lives, not realising that stress has the potential to alter not just the exterior but also the interior of the body, especially by suppressing the immune system badly. Yet another reason could be the consumption of a diet rich in unhealthy sugars for a long time. We consume a lot of sugar every day from different sources, but then again, sugar is what helps Candida grow further.



What should a candida diet essentially include?

While you're on a Candida diet, you'll be working on avoiding the factors that cause it in the first place. Meaning, you must consume a diet low in sugar, which has anti-inflammatory properties and keeps the digestive tract healthy. It is not going to be easy, as eliminating a whole lot of microbes is going to take time and effort. You must supplement your low sugar

diet with probiotics, aka good bacteria. They not just maintain the pH balance of your stomach, they fight with Candida albicans to eliminate them and prevent them from spreading further. Along with this, you can either use natural antifungals like aloe vera, cinnamon, turmeric, cloves, garlic, ginger, etc. or you can consult a doctor to get prescription antifungal supplements.

What foods should you include in a candida diet?

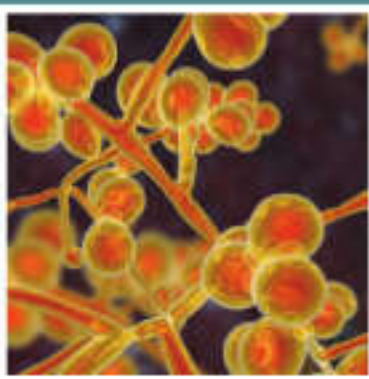
Don't worry. You don't have to force yourself to eat tasteless food. There are lots of resources which contain proteins, non-starchy carbohydrates, probiotics, etc. Here are the foods:

■ Grains:

Grains that contain a high content of fibre are essential for the proper functioning of the digestive system and to eliminate the toxins produced by Candida albicans. For example, quinoa, millets, etc.

■ Dairy products:

Fermented dairy products like yoghurt contain good bacteria that fight Candida effectively. Ghee and butter are also allowed.



■ Vegetables:

Choose vegetables that are low in starch that will deprive Candida of sugars on which they thrive. For example, broccoli, onions, eggplants, zucchini, etc.

■ Oils:

Just like coconut and olives, their oil is also great to fight Candida as they have antifungal properties. That said, heating your oil too much will strip it of these antifungal properties.

**■ Meat:** Processed meat usually contains more sugars and hence, you must try to eat organic, fresh meat. Same is the case with fish. You can also include eggs.

**■ Fruits:** Increase the consumption of fruits like avocados, lemons, olives and limes which are low in sugars compared to other fruits.

**■ Nuts:** Nuts like almonds and hazelnuts and seeds like coconut (excellent option), chia, sunflower and flax can be included in your diet.

**■ Drinks:** Non-caffeinated drinks and different varieties of herbal tea can be included more in your diet.

**■ Sugars/sweeteners:** You don't have to miss your sweet. Instead of sugar, you can use xylitol or erythritol which have lower sugar levels. Use them in small amounts.

What should you avoid while on a candida diet?

Even though there are a lot of foods you can consume on this diet, unfortunately, the number of avoidable foods weighs down the scale. Here's a list of things you must keep away from.

- All forms of pork and processed meat.
- Tuna and swordfish.
- Grains that contain gluten.
- Nuts and seeds - the ones that are high in mold. Example: cashews, peanuts, pistachios, etc.
- Fruit juice and fruits high in sugar - even dried ones like raisins.
- Salad dressings and condiments.
- Dairy products
- Oils - processed vegetable oils and refined oils.
- Aaffeine, soft drinks, energy drinks & all alcoholic drinks are a big NO.

Basically, you must completely avoid foods that have high sugar content or use them as little as possible or find better alternatives for them.

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