



## GUJARAT AMBUJA EXPORTS LIMITED

### NURTURING BRANDS

#### A First for India

GAEI launches India's first  
Sodium Gluconate for concrete admixtures.

Precision chemistry  
for better performance, consistent results,  
and stronger construction.



Product  
Sodium Gluconate  
in 25 KG Packaging  
Manufactured at Shiroda  
For Concrete Admixtures

STANDALONE FINANCIAL HIGHLIGHTS FOR THE QUARTER AND  
NINE MONTHS ENDED 31<sup>st</sup> DECEMBER, 2025

(₹ in Crores)

HIGHLIGHTS	QUARTER ENDED		NINE MONTHS ENDED	
	31.12.2025	31.12.2024	31.12.2025	31.12.2024
Net Sales	1484.19	1130.88	4262.11	3345.96
EBITDA	131.87	132.39	353.82	396.92
Cash Profit Before Tax*	121.69	129.52	329.05	386.40
Profit Before Tax*	88.34	97.70	225.24	292.51
Profit After Tax*	66.66	71.86	169.54	218.13
Cash Profit After Tax*	99.41	103.68	273.55	312.02
EPS - ₹ per share	1.44	1.57	3.70	4.76
(Face Value of ₹ 1/-)				

\* The above results are after considering impact of exceptional items on account of new labour codes.

Regd. Office : "AMBuja TOWER", Opp. Sindhu Bhavan, Sindhu Bhavan Road,  
Bodakdev, P.O. Thaltej, Ahmedabad - 380 054.  
Ph. : +91 79 6155 6677; Fax : +91 79 6155 6678;  
Email : [info@ambuja.com](mailto:info@ambuja.com) [www.ambuja.com](http://www.ambuja.com)

CIN : U51404GJ991PLC16151

Note : This is not a statutory advertisement. For detailed financial results, please refer to our website [www.ambuja.com](http://www.ambuja.com)



## कोल इंडिया लिमिटेड

(कोल इंडिया लिमिटेड)  
(भारत सरकार का एक संस्था)  
कंपनी विवरण, तीसी विभाग, ऑफ-इन्फो-04-पाराम  
पर्सन - एस-पी-एस, एस्केप-पार्क, न्यू टार्ट, रायगढ़े  
कोलकाता-700156, दूरध्वनि: 033-2324-5655  
ईमेल: [complianceofficer@coalindia.in](mailto:complianceofficer@coalindia.in)

वेबसाइट: [www.coalindia.in](http://www.coalindia.in) फोनफॉन्यून: +91-33-23199-B1973-G0028844

### NOTICE OF BOARD MEETING

For consideration of Un-Audited Financial Results for the  
3<sup>rd</sup> quarter and Nine months ended 31<sup>st</sup> December, 2025 and  
declaration of 3<sup>rd</sup> Interim Dividend, if any

Pursuant to Regulation 28 & 33 of the SEBI (LoD) Regulations 2015, notice is  
hereby given that a meeting of Board of Directors of the company will be  
held on Thursday, 12<sup>th</sup> February, 2026, inter-alia, to consider, approve and  
take on record Un-Audited Financial Results of the Company (Standalone &  
Consolidated) for the 3<sup>rd</sup> quarter and Nine months ended 31<sup>st</sup> December,  
2025 after the results are reviewed by the Audit Committee of the Board.

Further, pursuant to Regulation 29 of the Listing Regulations, 2015, notice is  
also given that Board of Directors of the company may also, inter-alia, consider  
and declare payment of 3<sup>rd</sup> Interim Dividend for FY 2025-26, if any.

The Company has already closed its "Trading Window" under "CODE OF  
INTERNAL PROCEDURES AND CONDUCT FOR PREVENTION OF  
INSIDER TRADING IN SECURITIES OF COAL INDIA LIMITED" from 1<sup>st</sup> January,  
2024 and it will re-open on 16<sup>th</sup> February, 2026.

The said notice may be accessed on the company's website at [www.coalindia.in](http://www.coalindia.in) in  
under "Investor Center, Events & Announcements" and also on Stock  
Exchange websites [www.bseindia.com](http://www.bseindia.com) and [www.mseindia.com](http://www.mseindia.com)

For Coal India Limited

Sd/-

Place: Kolkata B.P. Dubey  
Date: 30.01.2026 Executive Director (CS) & Compliance Officer



## SAKSOFT LIMITED

Regd. & Corp. Office: Global Infocity Park, 2<sup>nd</sup> Floor, Block - A, No. D-1203, Sankandhavadi, Perungudi, Chennai - 600 096.  
Phone: +91-44-24543500, CIN: L72200TN1995PLC054429 | Email: [investor@saksoft.com.in](mailto:investor@saksoft.com.in) | Website: [www.saksoft.com](http://www.saksoft.com)

Extract of Statement of Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2025

Particulars	Quarter ended 31.12.2025	Nine months ended 31.12.2025	Quarter ended 31.12.2024	Nine months ended 31.12.2024
Income from operations				
Net Profit / (Loss) for the period (before Tax, Exceptional and or Extraordinary Items)	25,077.67	75,634.92	22,853.64	64,312.61
Exceptional Items	4,288.40	13,719.77	3,606.00	10,492.35
Impact of Losses (Refer to note (3))	486.45	486.45	-	-
Net Profit / (Loss) for the period before Tax (after Exceptional and or Extraordinary Items)	3,801.95	13,233.32	3,066.00	10,492.35
Profit after Tax (before Exceptional and or Extraordinary Items)	2,902.40	9,733.89	2,702.29	7,677.14
Total Comprehensive income for the period (Comprising Profit / (Loss) for the period (after Tax) and other Comprehensive Income (after Tax))	3,506.41	12,166.38	2,013.66	8,369.64
For the period (after Tax) and other Comprehensive Income (after Tax)	1,278.39	1,278.39	1,217.21	1,217.21
Earnings Per Share (of ₹ 1/- each) (for continuing and discontinued operations)	2.27	7.51	2.12	6.20
(b) Diluted (₹) (not annualised)	2.21	7.43	2.12	6.20
Notes:				
1. Key Standalone Financial Information				
Income from operations	12,123.36	37,478.12	10,925.60	31,155.30
Profit / (Loss) before tax	1,496.85	7,731.40	1,236.28	6,279.87
Profit / (Loss) after tax	1,135.36	5,870.42	1,082.32	4,783.46

7. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2025, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2025" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

8. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2024, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2024" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

9. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2023, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2023" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

10. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2022, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2022" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

11. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2021, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2021" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

12. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2020, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2020" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

13. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2019, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2019" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

14. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2018, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2018" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

15. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2017, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2017" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

16. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2016, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2016" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

17. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2015, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2015" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

18. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2014, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2014" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

19. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2013, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2013" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

20. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2012, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2012" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

21. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2011, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2011" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

22. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2010, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2010" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

23. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2009, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2009" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

24. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2008, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2008" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

25. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2007, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2007" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

26. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2006, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2006" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

27. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2005, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2005" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

28. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2004, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2004" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

29. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2003, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2003" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

30. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2002, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2002" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

31. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2001, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2001" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

32. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 2000, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 2000" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

33. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1999, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1999" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

34. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1998, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1998" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

35. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1997, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1997" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

36. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1996, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1996" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

37. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1995, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1995" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

38. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1994, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1994" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

39. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1993, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1993" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

40. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1992, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1992" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

41. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1991, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1991" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

42. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1990, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1990" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

43. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1989, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1989" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

44. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1988, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1988" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

45. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1987, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1987" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

46. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1986, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1986" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

47. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1985, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1985" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

48. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1984, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1984" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

49. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1983, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1983" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

50. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1982, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1982" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

51. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1981, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1981" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

52. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1980, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1980" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

53. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1979, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1979" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

54. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1978, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1978" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

55. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1977, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1977" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

56. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1976, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1976" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

57. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1975, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1975" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

58. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1974, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1974" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

59. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1973, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1973" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

60. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1972, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1972" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

61. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1971, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1971" as per Regulation 33 and 52 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, as amended.

62. The above is the full and final extract of the audited financial results for the quarter and nine months ended 31 December, 1970, as per the format of the "Statement of the Consolidated Unaudited Financial Results for the Quarter and Nine months ended 31 December, 1

### दोष नवन्याचा नाही, मोबाइलचा!

रं सांगा, तुमची खुप विडिचिद होते, डोके कुटून जाईल असे वाटत नास? संसाप सतप होते. पण कुणाला बोलार? बॉयफ्रेंड असे वा नवरा ते एका कानाने एकतात आणि त्याचा कानाने सोडून देता. त्यांच्या डोक्यात काहीच कसं घुसत नाही, असे वाटून जास्त विडिचिद होते. पण तुम्हारा जर असे सांगीतल की, या विडिचिला बॉयफ्रेंड किंवा नवरा नाही तर तुमच्या हाताला सतत चिकटलेला बॉयफ्रेंड जबाबदार आहे.

विश्वास नाही बसणार पण हे खरं आहे.

आजच्या डिजिटल युआत मोबाइल, लैपटॉप, टैबलेट किंवा टीवीची यावर टाळणे जलजवळ अशेच झाले आहे. काम, शिक्षण, मोरेजन आणि संवाद यासाठी सतत स्क्रीनकडे पाहावे लगते. मात्र दीर्घकाळ आणि चुकीच्या पद्धतीने स्क्रीन पाहिल्यास शेरीरावर आणि मनावर त्याचे नकारातक परेणाम

दिसून येतात. त्यामुळे स्क्रीन वापराना योग्य काळी थेणे अत्यंत गरजेचे आहे.

#### होतं काय?

सतत स्क्रीनकडे पाहिल्यामुळे सर्वात जास्त परिणाम डोळावंवार होते. डोळावंवारी जलजवळ, कोळेंगपापा, पाणी थेणे, धूसर दिसणे आणि डोकेदुखी लक्षणे दिसून लगतात. याला डिजिटल आय देणे

असेही होटले जाते. स्क्रीनकडे पाहताना पापण्या कमी प्रमाणात लवतात, त्यामुळे डोळे कोरडे पडतात आणि थकवा वाढतो.

मान, खांवे, पाठदुखी हीदेखील समस्या आहे. मान आखडणे, मणगवाचे ग्रास सुरु होऊ शकतात.

झोपेचरही परिणाम होतो. मोबाइल किंवा लैपटॉपमधून निधाणाने निळा प्रकाश (ल्लू लाटा) मेंदूला सर्वके ठेवतो आणि मेलोटोनिन हार्मोनच्या निर्मिती अद्यथळा आणतो. त्यामुळे झोप उतिरा लागणे, झोपेची गुणवत्ता कमी होणे आणि सकाळी थकवा जाणवणे अशा समस्या उद्दारतात. सोशल मीडिया आणि माहितीचा मारा यासुपै विडिचिड, तणाव, एकाचत तीनी होणे आणि चिंता वाढू शकते. कामात लक्षण न लागणे असून एक गंगीर आहे. मोबाइल किंवा स्मार्टफोन थाबूले की विडिचिद होणे. एकदम मूड जाणे, दूसरा वाटणे किंवा एकदम तीच आनंद होणे असे टोकावे मूड रिंग जोहू लागतात.

(महिला आणि मानसिक आरोग्य याविषयावर विशेष लेख वाचा: [www.lokmatsakhi.com](http://www.lokmatsakhi.com))

# कॅन्सर असेल तर..? लवकर उपचार, मोठा आधार

## जागतिक कर्करोग दिन : स्त्रियांना होणारे कॅन्सर लवकर निदान झाले तर टाळत येतात; पण..



स्त्र राही शब्द उच्चाराला की आपल्या जलजवळा किंवा दूरचाचा नावेगाइकंमध्ये किंवा परिवतांमध्ये त्यांच्या नावावरीला मृत्यू कॅन्सरने झालेला असतो, त्यांचे चेहरे डोळ्यांसमेरे येतात. कॅन्सर हे निदान त्यासोबत भीती, चिता, खर्च, धावाप्ल आणि खालावाणीरा प्रकृती घेऊन येते. कॅन्सरच्या निदानानंतर फक्त रुग्णाचे नव्हे तर संपूर्ण कुरुंबाचे आयुष्य बदलते. मात्र हे सर्व चित्र बदलू शकते, जर कॅन्सरचे निदान सुरुवातीच्या टप्प्यामध्ये झाले तर!

लवकर निदान अत्यंत महत्त्वाचे, कारण कॅन्सरच्या सुरुवातीच्या टप्प्यामध्ये उपचाराचे पर्याय तसेच उपचारानंतर मिळणाऱ्या आयुष्याची प्रत्यावरीदेखील चांगली असते. तरीदेखील असे दिसून येते की, स्त्रियांमधील कॅन्सरचे निदान सहाना तिस्या किंवा चौथ्या टप्प्यामध्ये होते. आणि केवळ निदान उतिरा झाले मृत्यून

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