



Indowind Energy Ltd

CIN : L40108TN1995PLC032311
E-mail : contact@indowind.com

July 31, 2025

BSE LIMITED

The General Manager,
The Corporate Relation Department,
Phiroze Jeejybhoy Tower,
44+ Floor, Dalal Street,
Mumbai – 400 001
Scrip Code: 532894

NATIONAL STOCK EXCHANGE OF INDIA LIMITED

Listing Department
Exchange Plaza, Bandra Kurla
Complex, -Bandra (E),
Mumbai – 400 051
NSE Symbol: INDOWIND

Dear Sir/Madam,

Sub: Disclosure under Regulation 30 of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015

Pursuant to Regulation 30 read with sub-para 12, Para A Part A Schedule III of the of the SEBI (Listing Obligations and Disclosure Requirements) Regulations, 2015, please find enclosed herewith the newspaper clipping regarding containing information about the publication of Special Window for Re-lodgement of Transfer Requests of Physical Shares in accordance with SEBI Circular No. SEBI/HO/MIRSD/MIRSD-PoD/P/CIR/2025/97 dated July 02, 2025 published on Thursday, July 31 2025, in Trinity (English Newspaper) and Makkal Kural (Tamil Newspaper).

The above information is also available on the website of the Company www.indowind.co.in

We request you to kindly take on record the above compliance.

Thanking you.

For INDOWIND ENERGY LIMITED

B SHARATH

COMPANY SECRETARY & COMPLIANCE OFFICER





HEALTH MATTERS



Walk faster, age slower: 14-step boost that builds strength

Frailty is a medically defined condition in older adults that increases vulnerability to everyday stresses, leading to a higher risk of falls, hospitalization and loss of independence. Warning signs of frailty include:

1. Unintentional weight loss
2. Moving slowly
3. Feeling weak
4. Persistent tiredness
5. Low levels of physical activity

Because most of these signs have a direct link to how active someone is, walking is a particularly effective way to help older adults improve their overall health and quality of life and maintain independence for longer.

But a common question remains: How fast should older adults walk to see real benefits? Traditionally, the "talk test" has been used to guide walking intensity: people are encouraged to walk at a pace that makes it difficult to sing but still allows for comfortable conversation. However, this method is subjective and difficult to apply consistently.

A new study led by researchers at the University of Chicago Medicine found that walking slightly faster -- 14 steps



per minute more than a person's usual pace -- led to meaningful improvements in physical function among older adults who were frail or at risk of becoming frail. In a second study, the researchers developed and tested a smartphone app designed to accurately measure walking pace, making it easier to integrate this beneficial practice into daily life.

Walking cadence - the number of steps taken per minute - is an intuitive and pragmatic way to measure walking intensity. Daniel Rubin, MD, an anesthesiologist at UChicago Medicine, became interested in cadence because of his clinical experience evaluating older patients preparing for surgery.

"Older adults have a high risk of complications associated with surgery," he said. "Traditionally, surgical teams have relied on physical function questionnaires to risk stratify patients, but I thought there must be a way to develop more objective metrics."

In a secondary analysis of a randomised controlled trial, Rubin and his colleagues studied older adults classified as frail or prefrail. Participants were enrolled in structured walking programs within their retirement communities, guided and assessed by clinical research staff, and cadence was measured by a device fitted to their thigh. One group was encouraged to walk "as fast

as safely possible," while another group walked at their usual comfortable pace.

The study's results showed clear benefits: those who increased their cadence by at least 14 steps per minute above their usual pace (to roughly 100 steps per minute) experienced substantial improvements in their functional capacity, demonstrated by their ability to walk longer distances in a standardised test.

"People who haven't experienced frailty can't imagine how big a difference it makes to be able to not get tired going to the grocery store or not need to sit down while they're out," Rubin said.

Building on these findings, Rubin's team created a smartphone app called "Walk Test," which they designed specifically for measuring walking cadence accurately.

"We didn't necessarily trust smartphones' built-in analytics," Rubin said. "Instead, we built an app that uses a novel open-source method to analyze the data measured by the phone and lets us actively engage users in brief, deliberate walking tests, ensuring accurate measurement."

Validation testing showed that the app counts steps per minute with exceptional accuracy, closely matching specialized, research-grade accelerometers. Rubin noted that Walk Test was designed for accessibility and user-friendliness in addition to accuracy.

"We wanted to make it as low-barrier as possible so it's easy for older adults to use without additional equipment," he said. "The people who need the most help are usually the least well-equipped to get started."

The research highlights walking as a widely accessible exercise with substantial health benefits.

"Even casual walking had positive effects on our study participants," Rubin said. But for those who are able, increasing their walking pace judiciously can yield even greater results.

To use cadence to guide your walking intensity, start by measuring your usual walking pace in steps per minute to establish a baseline. From there, try increasing your pace slightly to find a level that still feels comfortable but brisker.



Irregular sleep cause for many diseases: Study

A groundbreaking international study, recently published, analysed objective sleep data from 88,461 adults in the UK Biobank and found significant associations between sleep traits and 172 diseases. The research, led by teams from Peking University and Army Medical University, highlights sleep regularity - such as bedtime consistency and circadian rhythm stability - as an under-recognised but critical factor in disease risk. Using actigraphy data over an average of 6.8 years, researchers identified that 92 diseases had over 20% of their

risk attributable to poor sleep behavior. Notably, irregular bedtime (after 00:30) was linked to a 2.57-fold higher risk of liver cirrhosis, while low interday stability increased the risk of gangrene by 2.61 times.

Importantly, the study challenges previous claims that "long sleep" (≥9 hours) is harmful. While subjective reports have linked long sleep to stroke and heart disease, objective data revealed this association in only one disease. Misclassification may be to blame: 21.67% of "long sleepers" actually slept less than 6 hours, suggesting that time

spent in bed is often confused with actual sleep time.

"Our findings underscore the overlooked importance of sleep regularity. It's time we broaden our definition of good sleep beyond just duration," said prof. Shengfeng Wang, senior author of the study.

The team confirmed several associations in US populations and identified inflammatory pathways as a possible biological link. Future research will explore causality and assess the impact of sleep interventions on chronic disease outcomes.

Beware of hi-calorie intake, smoking risks

Rome: A new study suggests that an increased risk of lung cancer may be linked to consumption of ultra processed foods.

Ultra processed foods contain ingredients "never or rarely used in kitchens, or classes of additives whose function is to make the final product palatable or more appealing," according to the Food and Agriculture Organization of the United Nations.

Those ingredients - found in items such as sodas, chips, packaged soups, chicken nuggets and ice cream - can include preservatives against mold or bacteria, artificial colouring, emulsifiers to stop separation and added or altered sugar, salt and fats to make food more appealing, reports CNN.

People who eat the

most ultraprocessed foods are 41 percent more likely to be diagnosed with lung cancer than those who eat the least, even after accounting for other factors such as smoking, according to the study published Tuesday in the journal *Thorax*.

For this study, researchers analyzed data from more than 100,000 people who completed the National Health and Nutrition Examination Survey's Food Frequency Questionnaire on their dietary habits and compared the information with medical records for lung cancer diagnoses.

It was found that on average, people had nearly three servings a day of ultra processed foods, most commonly lunch meat, diet or caffeinated soft drinks, or decaffeinated

soft drinks, the study authors wrote.

The authors found that the association between ultra-processed food consumption and lung cancer risk was stronger among never-smokers.

Often, ultraprocessed food consumption is associated with a lower diet quality, such as a higher intake of saturated fats, chemicals, salt and sugar, as well as higher calorie consumption, Katz said.

Lung cancer is a common form of cancer, with an estimated 2.4 million new cases worldwide in 2022, according to the World Health Organization.

Smoking is the main contributor to lung cancer risk, but people who don't smoke can still get it, which suggests other factors are at play, Katz said.

Columbia scientists turn yogurt into healing gel

Researchers from Columbia Engineering have established a framework for the design of bioactive injectable hydrogels formulated with extracellular vesicles (EVs) for tissue engineering and regenerative medicine applications.

Santiago Correa, assistant professor of biomedical engineering at Columbia Engineering, and his collaborators describe an injectable hydrogel platform that uses EVs from milk to address longstanding barriers in the development of biomaterials for regenerative medicine. EVs are particles naturally secreted by cells and carry hundreds of biological signals, like proteins and genetic material, enabling sophisticated cellular communication that synthetic materials cannot easily replicate.

In this study, Correa and colleagues designed a hydrogel system where EVs play a dual role: they act as bioactive cargo but also serve as



essential structural building blocks, by crosslinking biocompatible polymers to form an injectable material. Using an unconventional approach that leveraged milk EVs from yogurt, the team was able to overcome yield constraints that hinder the development of EV-based biomaterials. The yogurt EVs enabled the hydrogel to both mimic the mechanics of living tissue and actively engage surrounding cells, promoting healing and tissue regeneration without the need for additional chemical additives.

"This project started as a basic question about how to build EV-based hydrogels. Yogurt EVs gave us a practical tool for that, but they turned out to be more than a model," said Correa who led the study with

Artemis Margaronis, an NSF graduate research fellow in the Correa lab. "We found that they have inherent regenerative potential, which opens the door to new, accessible therapeutic materials."

Correa directs the Nanoscale Immunoenvironment Lab at Columbia University, where his research focuses on drug delivery and immunoenvironment. He is also a member of the Herbert Irving Comprehensive Cancer Center and collaborated on this project with Kam Leong, a fellow Columbia Engineering faculty member. The study was further strengthened through international collaboration with researchers from the University of Padova, including Elisa Cimetta (Department of Industrial Engineering) and graduate student Caterina Piunti.

Most people have heard of St John's Wort and omega-3s. But did you know there are a lot more over-the-counter herbal products and supplements out there targeting depression? In a review of clinical trials of these products, researchers found 64 different over-the-counter (OTC) products that have been evaluated for depression - but with differing levels of evidence for each.

Depression is increasingly common, to the extent that it is sometimes described as an epidemic. In the UK, 11.3% of people report mild depressive symptoms, 4.2% moderate depressive symptoms, and 3.3% severe depressive symptoms. Many of us know someone who struggles with minor or moderate levels of depression, or we may struggle from depressive symptoms ourselves. Often, we will try many things to help, such as antidepressants, talking therapies, meditation, or exercise. One common treatment people try is OTC products which are widely available and accessible from supermarkets, pharmacies, health food shops, and online.

Once you start looking into which OTC product might be helpful, the list becomes endless. This is particularly the case if you read online blogs or look at social media promotion of various products. How do we know what is evidence-based? What products are effective? Are they safe? Given my background, I was naturally interested in understanding which products might be helpful and where research should focus next.

As a team we reviewed 23,933 study records and 1,367 papers. Overall, we found 209 clinical trials that assessed 64 OTC products for depression where the product was taken for more than one week. We focused on the most rigorous way of evaluating the effectiveness and safety - clinical trials. Studies in adults aged 18-60 years with

depression symptoms or a diagnosis were included. We also checked if there was an age bias by reviewing trials in older people separately and found there is. This project is part of a larger series of studies, also looking into products for anxiety and insomnia.

It can be challenging to classify OTC products - different countries have different regulations, and some products are commonly used in some places but not in others. Two volunteers from the public helped us to narrow our choices, which helped us exclude some very obscure products, such as eels' head powder!

We anticipated a lot of studies, but over 200 was more than we expected! We had to recruit an intern to help us to sort through the findings. Studies were not always straightforward - some tested multiple doses or products, some were in addition to antidepressants and in some trials people had a range of physical conditions in addition to depression. We grouped our findings into products with substantive evidence (more than 10 trials), emerging evidence (between two and nine tri-

als), and single trials only.

The products with substantive evidence are those that are well known - omega-3s (39 trials), St John's Wort (38), probiotics (18) and vitamin D (14) - as well as saffron (18), which is important in the Middle East and parts of Asia.

Compared to placebo, fewer omega-3 trials found effects for depression than those that found no effects. However, St John's Wort and saffron more often showed effects compared to placebo, and similar results to prescription antidepressants. Probiotics and vitamin D were more likely to reduce depressive symptoms than placebo.

Out of the 18 products with emerging evidence, folic acid, lavender, zinc, tryptophan, rhodiola, and lemon balm were the most promising. Bitter orange, Persian lavender, and chamomile tea also showed positive effects in two trials each. Some products that are gaining in popularity, such as melatonin, magnesium, and curcumin, showed mixed effects upon depression across multiple clinical trials. Mixed results were also found for cinnamon, echium, vitamin C, and a

Only few OTC drugs help depression patients



combination of vitamin D plus calcium. Probiotics, which support the good bacteria in our gut, and a supplement called SAME did not seem to be better than placebo. 41 products had only a single trial available. This is helpful as a starting point, but does not give us conclusive evidence.

It's good news that very few safety concerns arose from any of these products, whether they were taken alone or in combination with antidepressants.

FEDBANK FINANCIAL SERVICES LTD. AUCTION NOTICE

This is to inform the public at large, that FEDBANK FINANCIAL SERVICES LTD., has decided to conduct Auction of Gold ornaments belonging to accounts (mentioned below) which have become overdue or which have defaults or margin breach customers. The Auction would be held at respective Branches specified below on **Monday 11.08.2025 between 10.00 a.m. to 12.00 p.m.** This would continue till the auction process is over.

CHENNAI SOUTH - Mogappair East - 967211285, FEDGL02150005568, Perambur - 9840441045, FEDGL02090008430, 008550, CHENNAI - NORTH - Ambattur Ot - 7548898865, FEDGL01790006679

Change in Venue or Date, if any will be displayed on our Website www.fedfina.com. All bidders participating will be intimated subsequently with respect to acceptance or rejection of bids submitted by them. Customer who want to release their ornaments shall visit at the base branch wherein the ornaments were pledged by the customer or contact at the number mentioned above on or before 10.08.2025 subject to the terms and condition applicable. Auction will be conducted at respective branches, in case the auction does not get completed on the given date due to any reasons, the auction in respect thereto shall be conducted on subsequent working days at district level branch after displaying the details on our Website. No further communication shall be issued in this regard.

Date: 31.07.2025
Place: CHENNAI
For, sd/- Authorised Signatory
Fedbank Financial Services Ltd.

INDUS FINANCE LIMITED

CIN : L65191TN1992PLC022317

Regd. Office: Kothari Building, IV Floor, 114, M.G. Road, Nungambakkam, Chennai - 600034 | Ph : +91 44 28331956 / 57 / 58 / 59
E-mail : cs@indusfinance.in

NOTICE TO SHAREHOLDERS SPECIAL WINDOW FOR RELODGEMENT OF TRANSFER REQUESTS OF PHYSICAL SHARES

Notice is hereby given to Shareholders that in terms of SEBI Circular No. SEBI/HO/MIRSD/ MIRSD-POD/P/CIR/2025/97 dated 02nd July, 2025, a Special Window has been opened for a period of six months, from 07th July, 2025 to 06th January, 2026, to facilitate re-lodgement of transfer requests of physical shares.

This facility is available for transfer deeds that were lodged prior to 01st April, 2019, but were rejected/returned/not attended to due to deficiency in the documents/process/otherwise.

All transfer requests duly rectified and re-lodged during the aforesaid period will be processed through the transfer-cum-demat mode, i.e., the shares will be issued only in dematerialised form after transfer. The lodger(s) must have a demat account and provide the Client Master List (CML) along with the transfer documents, share certificate(s) and other necessary document(s) while lodging the documents for transfer with our RTA.

Eligible shareholders are requested to contact the Company's Registrar and Transfer Agent (RTA) i.e. Cameo Corporate Services Limited, Subramanian Building, No 1, Club House Road, Chennai, Tamil Nadu, 600002, Contact: 044-28460390, Email: cameo@cameoindia.com or contact the Company at cs@indusfinance.in for further assistance.

Eligible shareholders are requested to submit their transfer requests duly complete in all respects on or before the SEBI deadline of 06th January, 2026.

Thank you.
For Indus Finance Limited
Sd/-
K K Dinakar
Company Secretary & Compliance Officer

Date: 30.07.2025
Place: Chennai

INDOWIND ENERGY LIMITED

CIN : L40108TN1995PLC032311

Regd. Office: Kothari Buildings, 4th Floor, Chennai, Tamil Nadu-600034
Ph : +91 44 28331956 / 57 / 58 / 59 | Fax : +91 44 28330208
E-mail : contact@indowind.com

NOTICE TO SHAREHOLDERS SPECIAL WINDOW FOR RELODGEMENT OF TRANSFER REQUESTS OF PHYSICAL SHARES

Notice is hereby given to Shareholders that in terms of SEBI Circular No. SEBI/HO/MIRSD/ MIRSD-POD/P/CIR/2025/97 dated 02nd July, 2025, a Special Window has been opened for a period of six months, from 07th July, 2025 to 06th January, 2026, to facilitate re-lodgement of transfer requests of physical shares.

This facility is available for transfer deeds that were lodged prior to 01st April, 2019, but were rejected/returned/not attended to due to deficiency in the documents/process/otherwise.

All transfer requests duly rectified and re-lodged during the aforesaid period will be processed through the transfer-cum-demat mode, i.e., the shares will be issued only in dematerialised form after transfer. The lodger(s) must have a demat account and provide the Client Master List (CML) along with the transfer documents, share certificate(s) and other necessary document(s) while lodging the documents for transfer with our RTA.

Eligible shareholders are requested to contact the Company's Registrar and Transfer Agent (RTA) i.e. Bigshare Services Private Limited, Pinnacle Business Park, Office No S6-2, 6th, Mahakali Caves Rd, next to Ahura Centre, Andheri East, Mumbai, Maharashtra 400093, Contact: 022-2623 8200
Email: shwetasa@bigshareonline.com or contact the Company at contact@indowind.com for further assistance.

Eligible shareholders are requested to submit their transfer requests duly complete in all respects on or before the SEBI deadline of 06th January, 2026.

For Indowind Energy Limited
Sd/-
B Sharthar
Company Secretary & Compliance Officer

Date: 30.07.2025
Place: Chennai

