

Chennai's former hockey champions reminisce on Olympic Games of the past **P2**

HOW PARTHIBAN GOT TEENZ READY **P4**



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“Bigson.. Bigsu.. Bigsappa. Where did he go?” – a mother’s voice calls out to three iterations of this name better known to the music world as Arivu. Who is Brother Bigson Mandela?

A character in his new independent album releasing on July 18? Or perhaps a mesmerising rockstar, like David Bowie’s alter ego, Ziggy Stardust, possessed by the need to make us dance?

In the first song ‘Local Jackson’ on *Valliamma Peraandi*’s 12-track list, Arivu as ‘Bigson’, is a nonchalant artiste. He wants people to groove to his music. He knows that he is cool, and states it. This is Arivu’s Side-B.

“Bigson is frankly just a confident Arivu,” says the hip-hop artiste, as we walk around *The Hindu*’s office in Chennai, two days before the launch of the album.

“I am my mother’s oldest child. I am, hence, Bigson. When I was young, I was extremely naughty. I realised at some point that being ‘Arivu’...someone who thinks... is the problem. Why not remain the childlike Bigson. Society has placed a lot of restrictions on Arivu. But as

Bigson, I am free” he says. Two years after ‘Enjoy Enjaami’, now embroiled in court cases and conversation about compensation, and five years since his first runaway hit album *Therukural*, Arivu gears up to release *Valliamma Peraandi* with record label Sony Music India. Here, the 12 songs belong to different genres, themes and vibes. Think EDM at a *thiruvizha*, an impactful drill number on untouchability, a wordless meditation on the origin of language for the early man, four love songs with lyrics from Malayalam and Punjabi, and a diss track titled ‘Block Panniten’.

“As a child, I didn’t know rap. Most tunes I listened to were the sounds of the street – Mariamman songs and other devotional music by LR Eswari. These sounds are still within me. I tell everyone that it is important to familiarise oneself with

this particular sound from each region, they understand the soil and become one with the earth. I think this is what I am trying to revisit,” he says.

Tracing the line

This act of creating and recording new music has not been easy though. Arivu says that this time, he has only chosen to collaborate with people who he is familiar with, indicating that he has been burnt before. In *Valliamma Peraandi*, he has sung along with likes of Punjabi singer and friend Rashmeet Kaur in the track ‘Raasathi’ recorded over just two hours, and Gaana Balachander and Chellamuthu, his friends and Ambassa bandmates, in ‘Saarbaga’. His producers include Gachi B from Tanzania, London-based Quasimode, DopeBoyzMuzik, Preetesh Hirji, and long-time friend Anto Franklin.

“There is a difference between collaboration and control. In the past, I had only focussed on going into a studio and creating a song that arose from a certain part of the consciousness. I didn’t think about whether I would be given the proper rights, credits or compensation for my work. In this independent album sans many collaborators, I am finally creating songs that are my own. This is the purest form of who I am,” he says.

Arivu says that having encountered several lows post the release of ‘Enjoy Enjaami’, he has been plagued by lessons on understanding human nature. “People are not the words they speak but the actions they do. I always knew that there was

► **EDM at the thiruvizha** Arivu at *The Hindu*, Chennai days before the release of his new album; (below) the cover. S SHIVA RAJ AND SPECIAL ARRANGEMENT

inequality among humans but I gathered first-hand evidence of it after the song was released. Despite having been educated, it didn’t help me. I didn’t get the tools at a young age to handle and fight such problems,” he says.

Now, his vision is clear. He is here to speak the stories of his ancestors and is insistent on doing it with pizzazz. This is where being Valliamma’s *peraandi* (grandson), is helpful. Arivu says that it was in the eyes of his grandmother that he was first seen as an artiste.

“My grandmother from Salem, was taken as an indentured labourer to the tea estates of Sri Lanka, under the British. Despite having created a home there, she was forcefully asked to return to this country for no fault of her own. She lives and thrives despite being displaced. I visited the tea estates some time back and felt like I didn’t know how to process it. I came back with ‘Enjoy Enjaami’ but this new song in the album, ‘Kangaani’, is a deeper exploration of her story. It is where the labourers at the estate would make fun of their supervisors through wordplay. She brought me up as a child as my mother would go to work. I got care, love, and the chance to be a performer before her. She called me Ballvaya,” he says.

On to the next

Arivu’s exploration through this album also reiterates that he is a performer who seeks out joy. “Imagine if there was no caste. What songs would Arivu be making? I would be making jolly songs but my pen does not allow it. At the end of the day, I am a casteless man. I want to be able to make music that is fun. I want to connect with people through love. My band, Ambassa and its band members, are examples of how one can create joyous music through folk and ganaa, without ignoring what is important,” he says.

The artiste is all set to begin touring soon and has begun working on the next volume of this album, but says that he is most excited for people to hear and receive *Valliamma Peraandi*. “I am looking to serve people music that works to their taste and aligns with my thoughts,” he says. Mostly though, he would just like to make songs that are fun.

To facilitate that, his new avatar is raring to go. Welcome to the world, Brother Bigson Mandela.

At the end of the day, I am a casteless man. I want to be able to make music that is fun. I want to connect with people through love

Birds of a feather

Six city artists explore the symbolism of birds in contemporary art at this exhibition centred around freedom and love

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From Alfred Hitchcock’s movie *The Birds*, to Vincent Van Gogh’s painting *The Kingfisher*, birds have inspired artists to express complicated feelings in nuanced ways. Emotions like freedom, grace, wisdom, peace, melancholy, and more have been traced in art with the help of birds. Their symbolism is present in art old and new, and continues to inspire artists.

The Avian Metaphor, on display at Artworld Sarala’s Art Centre, Teynampet, a multi-artist show curated by art historian and curator Ashrafi Bhagat, is yet another example. “I was walking on my terrace, and saw different kinds of birds. The first thought that struck me was the avian metaphor,” she

says, adding that she was inspired to develop this into a concept and see how different artists interpret and translate it into their art.

The show has six participating artists – Bhawana Sonawane, Sajitha R Shankar, Thejomaye Menon, Selva Senthilkumar, Portarasan S and Yuvaraj Velu. Each artist’s interpretation of the theme is varied.

Bhawana’s four works on display portray avian protagonists in simplified yet dreamlike compositions, symbolising travel, and a utopian existence. The piece titled *She Had The Wings* is marked by her use of playful texture and colour.

On the other hand, Thejomaye’s works exude vibrancy with the usage of bold colours. Her piece *Entrapped* reflects the energetic flight of



Ideas that fly (top) View From The Top by Thejomaye Menon; (right) Unity of Native by Portarasan. SPECIAL ARRANGEMENT

caged parrots striving for freedom within their confines. “I did all four pieces specifically for this show and since I was asked to do metaphors, I did two more with kingfishers and crows,” says Thejomaye. Among all the artworks, what



stood out was ceramist Portarasan’s pieces *Unity of Native* and *Wings of Heritage*. “The piece of the father and daughter is inspired by my daughter falling in love with a bird and nursing it after a cat attacked it. The joy of carrying

your daughter on your shoulders is something only a father can understand, and I wanted to bring that across,” he says, adding that the blue oxide wash used is a craft glaze imported from Frankfurt, and the textured background of the piece lends an illusion of being pulled into the artwork.

The contemporary, yet vintage style of his work is reflected in *Wings of Heritage* which is inspired by the 200-year-old motifs from the temples of Chikmagalur, and uses an ancient copper glaze.

“Putting together an art show is a process. We must know how to read between the lines,” says Ashrafi. “I saw Selva’s (Senthilkumar) work at an exhibition and saw little birds emerging on his canvases and thought he can be a part of my exhibition,” she says, adding that some works were made earlier, and were chosen for the show.

The Avian Metaphor is on display at Artworld Sarala’s Art Centre, Teynampet until July 23 from 11am to 6.30pm. Entry is free and open to all.



K-wave on silverscreen

If you are a keen follower of Korean films and culture, here is a chance to watch some cinema from there.

The Indo Cine Appreciation Foundation’s Chennai International Film Festival, in collaboration with the Consulate General of the Republic of Korea in Chennai

and the Korean Film Council (KOFIC), has put together a three-day Korean film festival.

The festival will commence with the screening of *Secretly Greatly* on July 19 (6pm), followed by a curated selection of Korean films, including *The Throne*, *A Taxi Driver*, *Tunnel* and *Hwayi: A Monster Boy*, on the following days. The festival will take place from July 19 to 21 at Tagore Film Centre NFDC, Music College Road, RA Puram.



Let me tell you a story

What is a song, but a story with a tune? Four musicians — Ann Shirley Natasha, Brownbread, Shreyaa and Nitika Rajkumar — will be sharing their stories, in verse and to the strums of guitar strings, at Pagir in Thiruvanniyur. The line up includes musicians who sing different genres including pop and indie folk, all looking to narrate their own tales. @Pagir, Valmiki Nagar, Thiruvanniyur, on July 21 at 7pm. Tickets on insider.in priced at ₹500.

Competition is nothing new for Charles Cornelius.

His early years were in Sansarpur, a village in Jalandhar district (Punjab) known for its sporting heroes. “Everyone was an Olympian there. I was the only South Indian in a place filled with *sardarjis*, and it was initially very difficult.”

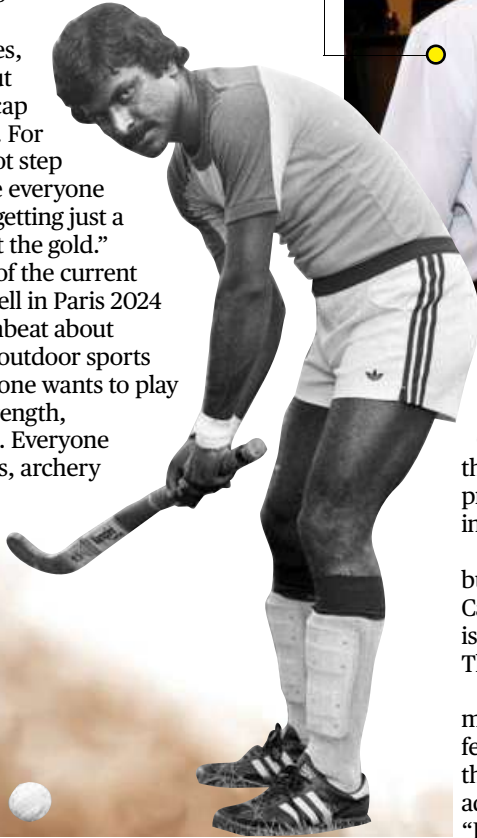
But Charles’ skills on the hockey field grabbed the attention of many. He became a goalkeeper by choice as that was the only way he could find a spot in the Punjab team.

There was no looking back. “A goalkeeper’s primary job is to stop the ball. In the international level, however, just stopping the ball will not suffice as it might end up being a pass to the opponent.”

He considers the bronze medal in the 1972 Munich Olympic Games among his most memorable sporting moments. “The toughest game to play is *not* the finals. It is the game for the third place, which happens after we have lost the race to the top spot. We won the bronze that year, but that was not enough for a lot of people. Many players from the team actually stayed elsewhere in a friend’s place, as they could not face their friends and family back in Jalandhar who expected us to win gold,” chuckles Charles, “I remember going out on the streets with a cap and covering my face. For six months, I could not step out in public, because everyone would shame me for getting just a bronze medal and not the gold.”

Charles is hopeful of the current hockey team faring well in Paris 2024 but is, however, downbeat about youngsters taking up outdoor sports seriously. “Today, no one wants to play sports that require strength, endurance and speed. Everyone wants to take up chess, archery and shooting. Unfortunately, no one wants to run.”

Charles Cornelius



Let the games begin

With Olympics 2024 around the corner, three former hockey champs weigh in on the sporting extravaganza



Vasudevan Baskaran

Vasudevan Baskaran is no stranger to the Olympics. At the 1980 Summer Olympics in Moscow, Baskaran captained the Indian side to a historical gold medal, a proud moment for the entire sporting community in the country.

It is during his time at the Olympics village that he bumped into popular boxer Muhammad Ali and sprinter Carl Lewis. “Apart from playing in the highest level, this is a place where you meet the who’s who of every sport. There’s nothing like the Olympics.”

Which is why Baskaran is headed to Paris next week, making it his tenth time at the Olympics. He will catch a few games live - Baskaran has already booked tickets for the crucial games in hockey and football - and hopes to add to his rich repository of the Olympics experience. “India will hopefully reach double digit figures in the

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It is six months into 2024. India has won a cricket World Cup, Spain has been crowned football champs in the European Championship, and a young Carlos Alcaraz has bagged yet another Wimbledon title.

Come July 26, the world’s sporting community will eagerly tune in to the happenings at Paris, which will host the Olympics. *MetroPlus* goes down the memory lane with three former hockey Olympians, who will be felicitated by the Chennai-based company, SharonPly, next week. Excerpts from the conversation:



Muneer Sait

The Olympics bronze medal finds pride of place in Muneer Sait’s house in Chennai. It was a medal he won back in 1968, at the Mexico City Olympics, during which he was the goalkeeper.

He feels a tad disappointed that they missed out on the gold - hockey fans will recall how India fielded two captains for the 1968 Olympics due to an internal rift - but Muneer was among the heroes of those times, having stopped a whopping 12 penalty corners against Spain. All this when the game was played without face masks or chest pads. “The standard of the game was so high in the sixties that each position had almost 10 players vying for the same spot,” recalls Muneer, “In fact, I retired after the Olympics, because I felt that my dream had come true.”

The bronze medal is still a draw among sports fans. “It is unique. I play a lot of squash now and wherever I go, people want to see the bronze medal. Its value has gone up tremendously now and it feels precious,” he beams.

The 84-year-old, who keeps himself active by playing squash today, is not too perturbed with cricket’s massive following in the country. “It (cricket) is well administered, unlike hockey that is riddled with politics. We were lucky those days to be managed by people who devoted time for the game. When we played the Rangaswamy Cup, the stands used to be full of supporters, with more than 20,000 people cheering the players. During the Bombay Gold Cup, film stars like Raj Kapoor, Dilip Kumar and Padmini used to attend our matches. Today, hockey has largely lost its charm,” says Muneer. He rates the current hockey team’s fitness highly, something that augurs well for it in Paris 2024.

A plate of comfort



Main Street from The Residency Towers now has a new avatar as Carnaby. Watch out for their midnight menu

All day dining Carnaby, dishes on their menu. SPECIAL ARRANGEMENT

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For over two decades, dining at Main Street in The Residency Towers, Chennai, meant stepping into the restaurant from the lobby and finding yourself transported to a different world. One where you walk along a painted path with lamp posts, gazing at the cheery blue-coloured ceiling, dotted with fluffy white clouds.

Now rechristened Carnaby, Main Street’s renovation has been rather dramatic. Large floor to ceiling windows offering views of the trees outside have replaced the walls from the past that had windows painted on it. There is sunlight streaming in from every corner, and loud pops of green catch the eye, thanks to the many potted plants that line up near the windows.

“Carnaby street in London is famous for its food, art, and culture. We believe that this restaurant is not just synonymous with the food, but a melting pot of people, meetings, and conversations. The restaurant comes with the tagline- global comfort food,” says Ajeeth Janardhanan, culinary director of The Residency Towers, as he takes us on a tour around the new restaurant.

On one corner of Carnaby now stands a new beverage counter for the restaurant’s coffee and cocktail experiences. Right next to this, where the buffet spread begins is an artfully arranged row of desserts. Chefs are busy at the live kitchen near the buffet, and not too far away, the fire in a sparkling new clay pizza oven roars merrily. There is also a wellness station now - rows of open freezer shelves stacked with detox water, fresh salads, fruits, yoghurts, and cheeses. “All of these new additions have



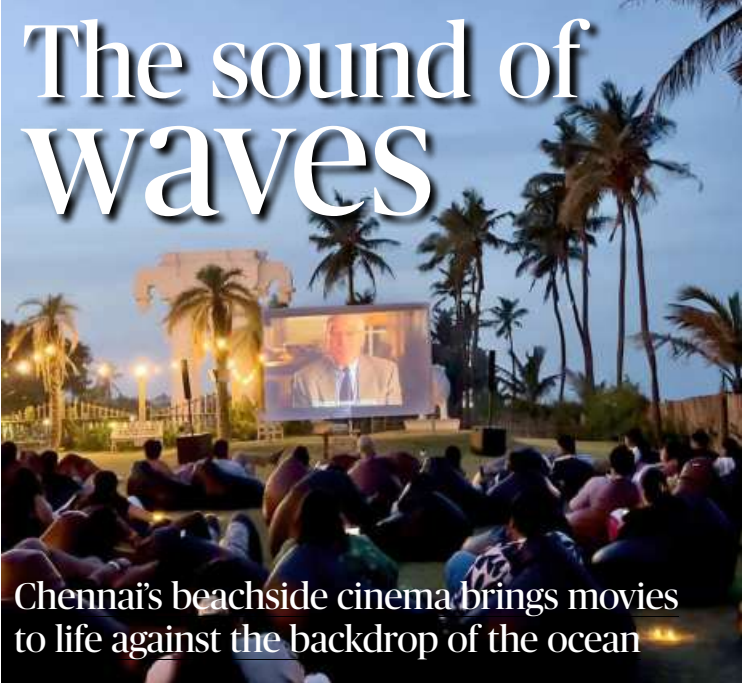
been main points of focus for us to enhance the dining experience here. The a-la-carte menu is however, something we are very excited by,” Ajeeth says. The new menu is divided into sections that can help you make your choice depending on whether you are at Carnaby for a work meeting over coffee, a hearty meal, a simple plate of comfort food, or even a late-night meal from their well-curated midnight menu which includes kari dosai, idliappam with meen moilee, and a veg kurma with nool parotta. The restaurant will be open for late-night dining as well, shortly.

We dig into a poached egg with avocado toast from the late breakfast options, and a quinoa pilaf served with a side of silken tofu and hummus. The grilled pickle green peppercorn prawns for a starter has an instant zing of flavour, thanks to its seasonal hero ingredient. A similar emphasis on seasonal produce is something that will reflect in Carnaby’s menu, with a regular menu refresh planned.

While we recommend the palak chaman kofta and aat anaj ki roti which is made with a mix of grains is a light, healthy meal option, our interest is also piqued by the Ambur kozhi biryani on their late night menu. Served on a platter, with a side of chicken 65, raita, and a thick gravy which you can spoon out from a tiny steel pail, the biryani is hot, flavourful, and perfect for those midnight cravings.

As we finish our meal, the restaurant seems to have slowly but steadily filled up with a mix of the hotel’s guests and regular diners for lunch. The changes might be many, but the charm and comfort remains.

Carnaby is open from 7am to midnight. A meal for two costs around ₹2,000, and the buffet is priced at ₹2,000 + taxes per person. Contact 28156366 for reservations.



Chennai’s beachside cinema brings movies to life against the backdrop of the ocean

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If watching a film on the large screen while sipping a chilled beer is on your bucket list, prepare to check it off soon. While the buttery popcorn, sugary sodas and freezing chill of air conditioning is part of the classic movie-going experience, a contrast is the open air cinemas that have popped up around the city.

Here is something new. By The Beach is a movie watching experience that adds a layer of salty sea breeze, waves crashing

in the distance and some gourmet food and drinks on demand to the open air cinema concept.

Screening a film next at a beach is not a novel idea, but the logistics are often tricky. “We have done a few private screenings last year, but could start on a fully commercial setup only this year,” says Aakaash Manikanth, founder, By The Beach.

Currently being screened at VGP’s Beach Terrace, the shows unfold in the backdrop of Chennai’s golden beach. “This isn’t just about the screening, but the overall experience of being here with your loved ones,” says

Gone with the wind A screening of *The Intern*. SPECIAL ARRANGEMENT

Aakaash, adding that By The Beach offers a premium experience with the addition of a well-curated menu of food and drinks specially for the screening. Alcohol will also be served at the screening. “The tickets (₹1,499) include a ₹1,000 charge that can be redeemed on food, and we have seen people order over and above because munching something while watching a movie is always fun,” he says.

From children’s movies like *Frozen*, to rom-coms like *Crazy Rich Asians*, By The Beach is currently experimenting with films. “We have done three screenings so far, and all three were sold out. In the future, we are looking to screen all kinds of movies and even have plans to do horror movies,” he says, adding that his team will take suggestions on social media from the public on what movies they would like to see on the big screen. The setup at present seats anywhere from 60 to 65 audience members, all on comfortable bean bags. “We will soon have tables for food, and are also planning on adding sofas with better back support,” says Aakaash.

By The Beach is screening films every Saturday from 6.30pm. Frozen will be screened on July 20, and The Proposal will be screened on July 27. Book your tickets on bythebeachmovie.in starting ₹1,499 per person.

STEPOUT

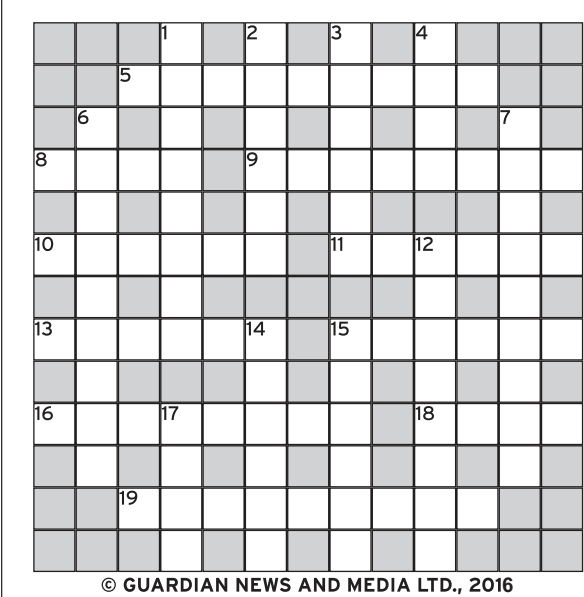
A textured past

This Friday, art magazine Marg hosts a talk titled The Risha: History in a Narrow Weave. The magazine’s authors, Aratrik Dev Varman and Jisha Unnikrishnan, will be joined by Ranvir Shah to discuss the textile, its historical trajectory and the importance of reviving indigenous crafts. The ‘risha’ is a narrowly woven breast cloth, which was most popularly worn amongst women in Tripura. The talk will explore the history of the textile. *On July 19, from 6.30pm at The Folly, Amethyst, Royapettah. Register at marg-art.org.*



Sepia records

Go back to the heyday of Hindi music with popular songs featuring actor Rishi Kapoor. The programme will be entail performances by singers Pramod and Smriti. *@Teach Auditorium, Taramani on July 21 at 5.45pm. Tickets for this event are priced at ₹400 and ₹250. Call: 9884778073.*

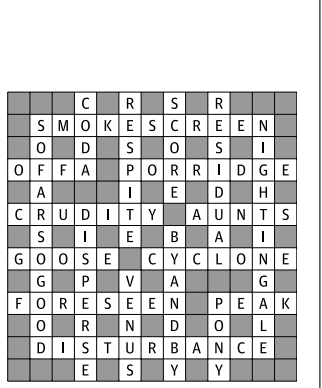


THE GUARDIAN QUICK CROSSWORD-13594

- Across**
- 5 Policeman’s club (9)
 - 8 Suspended (4)
 - 9 Ta-ta (6-2)
 - 10 Spoken communication (6)
 - 11 Settle comfortably (6)
 - 13 Constantly (6)
 - 15 Sea trip (6)
 - 16 Sinister controller (8)
 - 18 Reserve (4)
 - 19 Fourfold (9)
- Down**
- 1 God heard (anag) — Irish port (8)
 - 2 Informer (6)
 - 3 Certain winner (4-2)
 - 4 Deep feeling — music genre (4)

- 6 Adolescent infatuation (5,4)
- 7 Secret and illegal co-operation (9)
- 12 Bicker (8)
- 14 Fragments of metal, glass or rock (6)
- 15 In-crowd (6)
- 17 The sense you were born with! (4)

Solution will appear in *MetroPlus* dated July 25, 2024.
Solution No. 13593



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A man with grey hair and a beard, wearing a patterned shirt, is smiling and holding a pink book. The book has the title "Little GAJAPATI KULAPATI KWEEEEEEEEEE!" in bold black letters. Below the title is a cartoon illustration of an elephant's head inside a yellow starburst, surrounded by various objects like a teapot, a cup, and a spoon. The author's name "Ashok Rajagopalan" is printed at the bottom of the book. A small green sticker on the book says "THE BEST PICTURE BOOK EVER!".

well for performance storytelling, and Ashok says that he initially wrote it as a read-aloud script.

"It wasn't meant to be a book," he recalls adding, "This is why it has all those words describing sounds."

Tulika, says Ashok, decided to publish it in 2010 and ever since, he has been adding to the series. The latest is the origin story of the elephant that explains how he came to the village in the first place. "It can take months for me to get an idea," says Ashok, after which the writing takes him just a day. Ashok lives in Korattur in Chennai, and says that he often sets out on long strolls in his neighbourhood, away

Ashok is from Pulasseri in Kerala, but moved very early on to Chennai. His mother loved elephants, and he first wrote the story for her in 1989. “I called it Gajapati, and illustrated it when I assembled my portfolio,” he recalls. Apart from the series, he has

He is also writing a detective story for children in middle grade, for Speaking Tiger. "In the story, Nila, a school girl, solves mysteries with her *thatha* and *paati*," he explains, adding with a chuckle: "They are called Loganathan (Sir Log) and Dr Vatsala, named after Sherlock Holmes and Dr Watson."



Art through dimensions
Can flowers come alive on a canvas? Textured art provides a medium to explore the world of three-dimensional art using a palette knife and textured art paste. Silviya Chop that helps one of Nature with Trading Company. Freshments, the pm.



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Arul Jothi Kalyana Mandapam, 162 A, Redhills High Road - 600053

Rashed Community Hall, No.55, Opp. Maris Hotel - 600086

Guild Of Service, 18, Casa Major Road - 600008

D. K. Kalyana Mandapam, W-11A, 3rd Avenue, Near Round Thana - 600040

Lakshmi Hall, 50/40, 100 Feet Rd, Near Ashok Pillar, Opp. CSI Church - 600083

Arasan Mahal, CLC Works Rd, New Colony, Opp. Chromepet Railway Station - 600044

K.V.I. Kalyana Mahal, 161, Opp. Accenture, Opp. Bharat Petroleum - 600019

*T & Apply

An anthology of plays spanning genres takes to stage this weekend

In a bid to bring new, emerging talent into the silo that is Chennai theatre, a collective of passionate college students from across the city called Artist Chennai presents *Prelude*, a series of script writing competitions, workshops and open mics that culminates in a showcase of five plays performed by novice



actors. Chennai directors Bhavya Balantrappu, Suhas Vaidya, Prashantha Rajaram, Shubh Mukherjee and Prashanth Oliver helm the plays.

Artist Chennai which now has 11 members in their core committee, started with open mics to help budding artists reach an audience. Their foray into theatre was organic, considering the theatre ecosystem in Chennai is not very accessible to young actors. In Prelude, there are actors as young as 15 participating. While five plays are competing – a play by

▶ **Circle of trust** A scene from one of the workshops. SPECIAL ARRANGEMENT

actor and director TM Karthik opens the show.

“We hosted a pan-India script writing competition in May, which gave us a lot of entries from across India. We had selected three scripts from Chennai, and one from Mumbai and Goa each for *Prelude*. The participating actors, however, are all from Chennai,” says A K Mikayil, one of the actors.

The anthology will be performed on July 20, with two shows at 3pm and 6pm in Alliance Francaise of Madras, Nungambakkam. Tickets are on All Events, they range from ₹250 to donor passes of ₹2,000.



Rotary



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Register online

On or Before 20th Jul 2024 by 4:00 p.m.

for Registration & Conditions Apply*

<http://rotarygalaxychennai.org>

A woman with dark hair, wearing a pink saree with gold borders and a green blouse, stands centrally against a dark green, draped fabric background. She is looking directly at the camera. The text is overlaid in white, bold, sans-serif font. The words 'RAW' and 'MANGO' are at the top. 'S A L E' is in the middle. '19.07 - 21.07' is below that. 'C H E N N A I' is at the bottom. At the very bottom left, there is small text with the address and phone numbers. At the bottom right, the 'raw mango' logo is present.

RAW MANGO

S A L E

19.07 - 21.07

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ACCIDENT OR CONSPIRACY: GODHRA
A | HINDI

DRAMA
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UA | TAMIL

ACTION/DRAMA
180 MINS

KALKI
UA | TAMIL/TELUUGU/HINDI

ACTION/ADVENTURE
180 MINS



















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That will have to wait, but for now, he has *54m Pakkathil Oru Mayiliragu*, for which he is scouting for the leading lady. There's also *Dark Web*, modern take on his 1989 directorial debut *Pudhiya Paadhai*, in which Parthiban will reprise the same role he did 35 years ago. "I keep getting film story ideas, and writing a screenplay takes me just about four days. The biggest challenge is to decide which film to make and who will back it."

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PRP - Is it the new alternative to Surgery ?

As a 35-year-old IT professional who has always valued an active lifestyle, I found myself facing an unexpected challenge. A knee injury from playing volleyball a decade ago had been manageable, but six months ago, I began to experience persistent knee pain. After a thorough evaluation, I was diagnosed with early arthritis. I want to maintain my active lifestyle. Is regenerative treatment for me? are there any side effects? When can I return to work?

- Jyotsana

People with knee injuries are more prone for early degenerative changes in their knees. These injuries are common following sports or road traffic accidents. These injuries when addressed on right time, can prevent early osteoarthritis.

Many athletes and high impact sports persons are also prone for early osteoarthritis of the knee due to repeated impact on knees. PRP therapy has emerged as a game changing , revolutionary treatment for various injuries and degenerative conditions, particularly knee injuries and arthritis. This innovative approach leverages the body's natural healing processes, offering a powerful solution for those seeking relief from pain and inflammation, degeneration and rejuvenate the joint, enhancing your athletic ability, speed up the return to activity and also prolong your athletic career.

■ These are safe since they are prepared using one's own blood, with almost no side effects. This is simple procedure done in just 30min, does not need hospitalisation. You can return to work from next day itself.

What are the various sports injuries that can be treated with regenerative therapies?

Shoulder injuries like partial rotator cuff tears, tendinopathies (tennis and golfer's elbow), some knee ligament and meniscus tears,

ASK THE EXPERT



DR. CHETANA CHETAN,
MBBS, MD, FIPM

Clinical Head of Epione
Chief Consultant Pain Physician & Interventionist
Regenerative Medicine specialist

Achilles tendinitis and ankle ligament injuries are some of the sports injuries that can be successfully treated with regenerative treatments. As this game-changing therapy continues to gain recognition, it promises to help countless individuals reclaim their mobility and enjoy an active, pain-free life. Of course, it needs detailed evaluation by a well-trained regenerative specialist to decide whether a patient can be successfully treated with regenerative treatments or not.

Are there any age restriction for PRP treatment?

No. Anybody above the age of 18 yrs can be treated with PRP.

For more details Contact:

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