

T. NAGAR

Saidapet » West Mambalam » Vadapalani » Porur » Kattupakkam » Irungattukottai » Nungambakkam » Manapakkam » Ashok Nagar » Valasaravakkam
Gerugambakkam » Mangadu » Choolaimedu » Egmore » K K Nagar » Kodambakkam » Virugambakkam » Somangalam » Poonamalee » Chetpet

'Road at school zone in Nungambakkam needs mending'



N. RAVIKKUMAAR

Lake Area First Main Road in Nungambakkam is marked by potholes. The one near the intersection of School Road and Lake Area First Main Road is among the worst spots of the road. There have been instances of road cave-ins there.

Following complaints, some of these potholes were repaired a few months ago. However, they have cropped up again. A lasting solution is needed.

To avoid these potholes, motorists tend to drive on the wrong side of the road raising the risk of accidents.

Ever since the nearby Valluvarkottam High Road was made one-way to facilitate metro rail construction in the vicinity, ma-

ny motorists, including share-autorickshaw drivers, have started to take Lake Area First Main Road. In other words, there is an increase in traffic on Lake Area First Main Road. Further, the footpaths of this road are in a sorry state. While some stretches are broken, others are misused to dump trash. In short, the footpaths do not serve the intended purpose.

It should be noted that Lake Area First Main Road is one of the approach roads to Valluvarkottam, a place of leisure and tourism. Public Works Department reopened Valluvarkottam recently after months of renovation. Besides, it is a key road in a school zone.

However, Lake Area First Main Road continues to be in a state of neglect.

N. Ravikkumar, Nungambakkam

KLARITI EYE CARE

See the world with Klariti

Expert care for all your eye needs.

LASIK & SMILE, Cataract, Glaucoma, Diabetic Eye Care, Paediatric Eye Care, Corneal Transplantation and more.

Trusted Specialists

Advanced treatments

With Expertise From **Former Consultants** of SANKARA NETHRALAYA AND ARAVIND EYE HOSPITAL

Scan for Location

No. 13, 43rd St, Saravamangala Colony, Ashok Nagar, Chennai - 600 083

For Appointments Contact

044 - 4203 5999 / 94441 38088
044 - 3504 9707 / 90802 90877
www.klaritiyecare.in

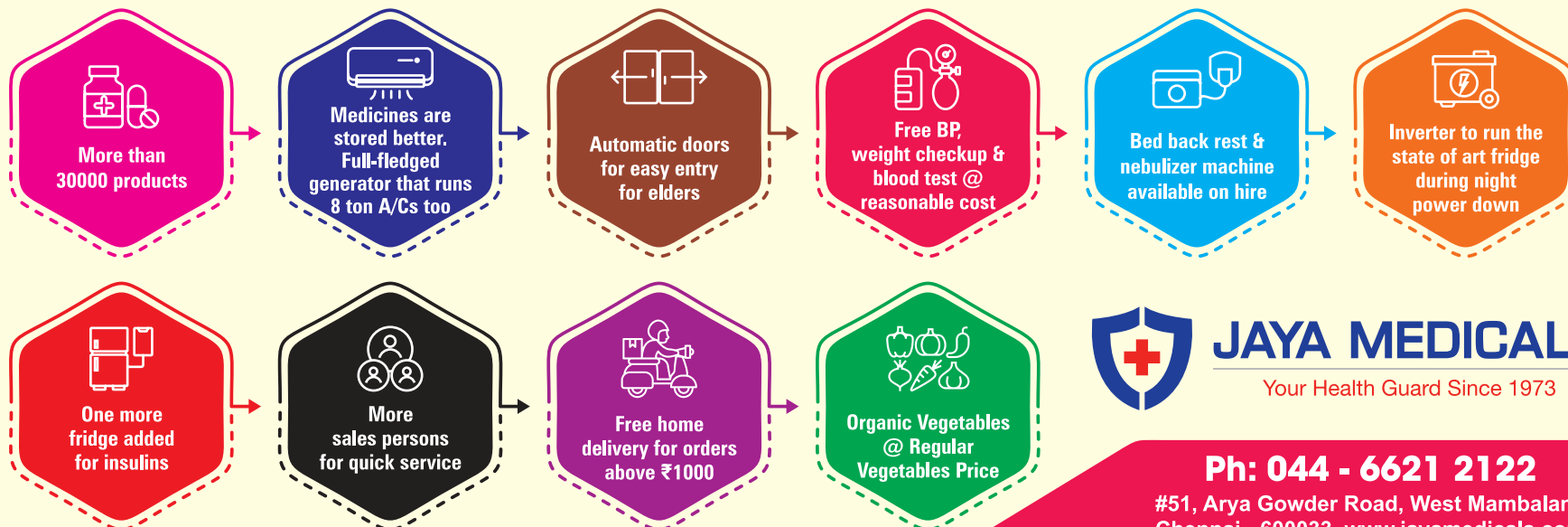
Bring this insert for discount on consultation and opticals. Offer valid till 6th July 2025

HOTA CERTIFIED CORNEA TRANSPLANT CENTRE | All Insurance Empaneled

Buy only from JAYA MEDICALS why?

We wish our customers to **SPEND LESS ON MEDICINE.**
Our pleasure is in serving more customers.

50 YEARS ANNIVERSARY



JAYA MEDICALS

Your Health Guard Since 1973

Ph: 044 - 6621 2122

#51, Arya Gowder Road, West Mambalam, Chennai - 600033. www.jayamedicals.com

You Check Your **Body**, Why Not Your **Mind** ?



If **you** or **your dear ones** have the following symptoms

Patient Health Questionnaire (PHQ -9)

Over the last 2 weeks, how often you been bothered by any of the following problems ?

- 1.Little Interest or pleasure in doing things
- 2.Feeling down, depressed or hopeless
- 3.Trouble falling or staying asleep, or sleeping too much
- 4.Feeling tired or having little energy
- 5.Poor appetite or overeating
- 6.Feeling bad about yourself or that you are a failure or have let yourself or your family down
- 7.Trouble concentrating on things, such as reading the newspaper or watching television
- 8.Moving or speaking slowly that other people could have noticed. Or the opposite - being so figety or restless that you have been moving around a more that usual.
- 9.Thoughts that you would be better off dead, or of hurting yourself

Not at all	Several Days	More than Half the days	Nearly Every day
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3
0	1	2	3

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home or get along with other people ?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

add columns

Total

Total Score	Depression Severity
1 - 4	Minimal depression
5 - 9	Mild depression
10 - 14	Moderate depression
15 - 19	Moderately severe depression
20 - 27	Severe depression

PHQ9 Copyright © Pfizer Inc. All rights reserved. Reproduced with permission. PRIME-MD is the trademark of Pfizer Inc

Our Services Include

- * Outpatient & Inpatient Care
 - * Psychiatric Counselling
 - * Therapy-Based & Rehab Treatments
- * Comprehensive Residential Care
 - * 24/7 Ambulance Facility
 - * Partial Hospitalisation Options
- * Holistic De-addiction Programs
 - * Geriatric Care
 - * Online Consultation

If your overall _____ total score from column 1,2 and 3 exceeds the safe range
Consult a Psychiatrist
Depression is Curable

4.9 Ratings on Google

32+ Years of Psychiatric Care

Patient-First, Evidence Based Treatment

Confidential & Personalized Care

Safe & Supportive Inpatient Environment

Athma Mind Care Hospital
(Outpatient Service)
Rani Arcade, 24/5, 1st Avenue
Ashok Nagar, (Near Ashok Pillar)
Chennai - 600 083

Athma Mind Care Hospital
(Inpatient & rTMS Service)
7/1, 4th Avenue, Dr.Ambedkar Road,
(Opp. petrol Bunk) **Kodambakkam**,
Chennai - 600 024

24/7 EMERGENCY COUNSELLING
+91 9 201 202 203

FOR APPOINTMENT
+91 90 70 90 70 97

www.athmahospitals.com

Pedestrians in peril



Traffic chaos reigns in front of Ramachandra hospital on Mount Poonamallee High Road. Regulars see the need for traffic and pedestrian signals here. Share auto rickshaws are parked in the middle of the road, that is near the pillars of the under-construction metro railway line

hindering the movement of motorists trying to cross the road. This happens even when the traffic police are present, say the residents of the locality.

This is a busy highway with two-way traffic. MTC buses frequent this stretch. But traffic regulation is poor here, residents note.



PHOTOS: VELANKANNI RAJ B

READERS WRITE

'Shut down liquor shop near educational institution'

A liquor shop of Tamil Nadu State Marketing Corporation (TASMAC) is located on Arunachalam Road in Saligramam. L V Prasad College of Media Studies is located on this road. It should be noted that Rule 8 of the Tamil Nadu Liquor Retail Vending Rules 2003 prohibits establishment of liquor shops within

50 metres of educational institutions. Further, this is a residential area. The shop has become a major nuisance for the public, especially residents. Tipplers litter the road and create noise and indulge in brawls.

It should be noted the liquor shop is adjacent to a school which

is closed and not functioning. This gives room for the tipplers to make use of the desolate building for illegal activities. Women find it unsafe to use the road. The authorities concerned should shut down the liquor shop.

*Ramya Hariharan,
Saligramam*



'Bus stop in T. Nagar shifted, but logjam continues'

It is a month since the Panagal Park bus stop on Prakasam Road in T. Nagar was relocated a few metres away on the same road: that is near Indian Bank and Amma Unavagam.

The move is aimed at decongesting the road near the earlier location of the bus stop. This section of the road is narrow on account of metro railway construction. The bus stop was very close to the site resulting in logjams. Hence, the bus stop was shifted.

However, the objective has



not been met because buses halt near the bank and do not make use of the designated space near Amma Unavagam.



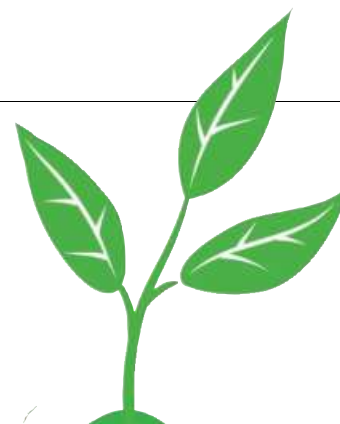
The original bus stop; the unused section near Amma Unavagam; and the bus stop near Indian Bank. The images were taken on June 26, 2025. PHOTOS: VELANKANNI RAJ B.

Watch your steps



The walkers' path at May Day Park in Chintadripet needs some mending, as these images taken on June 18 illustrate. A park that is hugely patronised by walkers, it cannot continue with broken tiles. PHOTOS: RAGU R

Stock exchange with a difference



At its massive annual gathering, Chennai Maadi Thotta Kootam enables an exchange of native seeds of vegetables among its members, and also gives them away to anyone outside the fold who would care to ask for them. The only precondition is that they use the seeds, not waste them. It also courier seeds to those removed in geography. Everything is done *pro bono*. And that begets the question: what is this group all about?

SHARON JESSICA MICHAEL

When the pandemic had people cooped up in their homes imposing debilitating restrictions on their routine and movement, the terrace was “discovered”. The top deck became well-hoofed, residents becoming alive to its potential. Little wonder then that a terrace gardening group in Chennai that was seeded before the pandemic truly germinated in 2021, becoming a full-fledged community. Maintaining that momentum over the last four years, Chennai Maadi Thotta Kootam, as this group is called, has risen several levels to accommodate 500 terraces (read “over 500 members”). Terraces outside the fold also benefitting from this group’s programmes, the number should actually be pegged much higher than that.

In organisational parlance, seven members would be the equivalent of charter members, having cranked the initiative and push-started it when it showed signs of stalling. They are spread across Chennai, in fact the Chennai Metropolitan Area: Bhuvaneshwari is from Anna Nagar; Rama from St. Thomas Mount; Sujo Jones from Tambaram; Mohan also from Tambaram; Logamary from Kodambakkam; Uma from Saidapet; and Rajesh from Thiruvallur. There are other early members, but these are counted among those members that have continued to keep this informal, largely WhatsApp-centric and rarely offline group together.

Mohan, one of the founders, clarifies that this group is far from being an organisation, and defines it as a loosely structured but tightly knit network of terrace gardeners. Chennai Maadi Thotta Kootam has no formal hierarchy, office or funding. It thrives on shared commitment, a shared interest in sustainable, fertiliser-free gardening. Seeds are packed at dining tables. Deliveries are arranged in group chats. Advice is traded with the air of informality and bonhomie one would expect among friends.

A salient feature of this group that has remained prominent to this day is exchange of traditional seeds



From an earlier event. PHOTO: SPECIAL ARRANGEMENT

among members. The batches of seeds the group collects come into sharp focus at one grand annual gathering.

Every year, ahead of the Tamil month of Aadi (mid-July to mid-August), which marks the sowing season, the group organises a massive Saturday Seed Exchange Meet.

At the time of this article going to print, a meet of this proportion and significance was being organised at Anna Nagar Tower Park.

Unlike typical markets or agricultural expos, these events are entirely non-commercial. Seeds are not bought or sold – they are freely given, with trust as the only currency.

“We pack around 500 packets for each variety and hand them out to whoever is interested,” Mohan says. “There is no cost involved. The only expectation is that the seeds are used, not wasted.”

The event typically features more than 30 types of native, non-hybrid seeds of vegetables – including brinjals, tomatoes, lady’s finger, snake gourd, cluster beans and compact varieties of bottle gourd – are ideal

for urban terraces. These are carefully sorted into ziplock bags and handed over to anyone willing to try their hand at gardening.

Attendees share the origin stories of the seeds, and discuss what worked and did not in their soil. For those unable to attend the meet, the group arranges for the seeds to be couriered to them, ensuring that the cycle of growth and sharing continues uninterrupted. In some weeks, more than 200 such couriers are sent out, says Murugan.

Wider impact

These meet-ups bring seeds and voices from across India on one platform. Renowned seed savers and farming advocates are invited as guest speakers. Sundar from Pondicherry, a visual communication graduate turned traditional seed conservator, is a regular presence. Over the last decade, he has travelled across Tamil Nadu collecting and documenting over 200 types of vegetable seeds, including 50 varieties of tomatoes and nearly 30 types of brinjals.

“Out of just three sorakais, I can get 150 seeds,” Sundar says. “I give a few to others, and if they grow them, the cycle continues. It is not just agriculture – it is a form of trust-building.”

Joining him this year at the meet at Anna Nagar Tower Park are Appa Rao, a national award-winning seed conservator from Andhra Pradesh, and Pambayan, an advocate of pesticide-free gardening. Together, they promote inter-state seed exchange—Tamil Nadu’s native yam seeds are shared with Appa Rao, who in return brings hardy Andhra varieties to the city. It is an example of grassroots biodiversity cutting across state borders.

Digital gardening

A WhatsApp group is the glue keeping these terrace gardeners together. Have you ever come across pest control techniques and potting mix ratios being hurriedly spat out into voice messages? In this group, you will on a daily basis, sometimes on an hourly basis. Members regularly post photos of wilting leaves or insect sightings, asking for quick advice – and receiving responses often within minutes. Chennai Maadi Thottam Kootam is largely women-led, with 90% of members identifying as female. For many, terrace gardening has become more than a hobby; it is a way to reconnect with nature, manage kitchen waste, and introduce children to the rhythms of growth and seasonality.

A larger goal

Sundar’s philosophy resonates deeply with the group. Since 2015, he has been working to revive traditional farming practices through awareness, seed sharing and documentation. His goal is to build a community seed bank that functions independently of commercial seed markets or government schemes. He also hopes to compile his knowledge into a book for future generations. “There is still hesitation among beginners,” he says. “People do not believe these small seeds will really work. So I show them videos of my own farm, and when they see 200 chillies growing from native varieties, they start to believe.”

Making cakes look as good as they taste

Speech- and hearing-impaired R. Sathish Kumar can make cakes look as good as they taste. The 48-year-old is a professional cake artist.

His son U.S. Niraj remembers how Sathish made one of his birthdays memorable by designing a cake in the form of a racing car track.

“People usually draw and show what design they need in the cake or bring photos, and he gets it perfect most of the time,” says Niraj. Sathish began his career working in a bakery where he picked up the skill to decorate cakes with fondants and other decorative features. A skilled artist, Sathish now takes classes in cake decoration for those with disabilities as well as able-bodied individuals at Cheshire Homes in Coimbatore. He is a regular to most cake decoration competitions and has many victories to his credit. The medals from these competitions are displayed at his home. Besides creativity, one needs steady hands and precision to shine in this field, he says.



Participants from various editions of Abilympics. PHOTOS: SPECIAL ARRANGEMENT



Greeting the world with a resilient heart

Swetha Kulkarni has been dabbling in painting since her school days, having been motivated by the encouragement provided by her teachers.

“It was Vijaya Lakshmi ma'am who taught me to design greeting cards and do many other crafts. She took me to many competitions as well,” says Swetha, who is hearing-impaired.

Her disability has not been a deterrent to pursuing excellence. She went on to study BE Computer Science at a college in Davangere. Now, she works with a leading software company in Chennai as business process lead. “During weekends I make it a point to sketch or draw and it helps me de-stress,” says Swetha, showing the many greeting cards she has designed.

From YouTube she has been picking up new techniques in art and also does photography.

From Chennai to Helsinki

An event aimed at shortlisting participants for Abilympics 2027 in Finland was conducted at IIT-Madras recently. *The Hindu Downtown* spoke to some of the winners at the event, which went under the title South Zone Regional Abilympics 2025

Weekends are for wellness

While he was between jobs, Parul Agrawal stumbled upon a diploma programme in spa therapy. He took it up. “It was a six-month programme. There was some pessimism, initially, when I considered the job prospects of this course. Now I am glad I am able to juggle work as an HR professional during weekdays and that of a massage therapist at a wellness centre during weekends,” says Parul, who is visually-challenged.

He is happy winning gold at the South Zone Regional Abilympics 2025 and is looking forward to bigger platforms where he can showcase his skills. “Visually impaired people can provide excellent massage therapy services because our sense of touch amounts to a big advantage,” says Parul. His employer is happy that like other able-bodied employees in the wellness centre he is able to take up tasks such as foot reflexology and massages.

Heard of Abilympics? Here is the lowdown on it

LIFFY THOMAS

Fifteen new vocational skills will be showcased in the form of contests at the 11th International Abilympics scheduled to be held in Finland in 2027.

According to Dr. Jitender Aggarwal, secretary-general of National Abilympic Association of India (NAAI), these additional categories at Abilympics are aimed at increasing the number of participants. Abilympics is organised for those with disabilities.

Before starting Sarthak Educa-

tional Trust in 2004, Dr Aggarwal was a dental surgeon; he continued as one until he lost his vision due to macular degeneration.

**Of the 40 plus categories in vocational skills, 15 are being introduced for the first time. How and why is this important?*

Newly-introduced categories (also called “trades”) include Baking, Hairdressing, Fashion Technology, Hotel Reception, Child-care and Massage Therapy. These additions reflect emerging employment opportunities for the disabled community.

International Abilympics is

held once in four years where participants compete in 45 trades. India is also one of the members of the governing body and I am an executive member in it, where we brainstorm about new skills to be added and the ones that can be omitted. We prescribe skills that are mentioned in the IAF charter.

**India hosted International Abilympics for the first time in 2003 in New Delhi. How has Abilympics or “Olympics of Abilities” evolved since then?*

The National Abilympic Association was formed in 2001 so that

India could host the 2003 edition, where we had 1500 participants and 40 countries competing. In 2016, NAAI was handed over to Sarthak Educational Trust and we revived it. Besides tapping into talents among those with disabilities, we also need to support them by identifying expert coaches, offering infrastructure and equipment to help them compete at the international stage.

The 2023 Abilympics in France was our first major outing where we noticed that the talent pool from Japan, France, South Korea and China were highly competi-

tive. We learnt a lot from them. We are making Abilympics also professional like Olympics and Paralympics.

**What are the expectations for Indians from Abilympics 2027?*

In 2023, we returned with seven medals. This year, our target is 30. We have faculty from IITs and other premier institutions to train and guide our participants, both physically and emotionally. We want more persons with disabilities to showcase their vocational skills. We are planning to have a wild card category next time.

PRINCE FREDERICK

The evening is visibly worn out. And the opportune night is poised to tear into it with fangs of darkness and gobble it. The crowd has thinned out on Besant Nagar Second Avenue.

The lights have gone out in the shops except for food outlets given to entertaining customers and orders well into the evening. About fifteen minutes to eleven, a staff from Jonah's Bistro steps out with packed food and hands it to a food delivery partner who would not budge from his two-wheeler. He could not budge from it. Attached to Zomato, Lakshmanan Angamuthu is differently abled, a locomotor disorder making him dependent on a specially designed three-wheeler for movement. Unlike other delivery partners, he cannot sweep into the restaurant and pick up the order to be delivered. Unlike other delivery partners, he cannot step off his bike, ring the bell and deliver that order at the customers' doorsteps.

Lakshmanan notes that the delivery details would contain a reference to his condition so that customers are ready for it and step out to collect the order. But if they had missed that detail that came up on the screen, Lakshmanan would enlighten them about it over a call.

Unlike other delivery partners, he does not muscle his way through traffic, moving at a clip. He cannot. Being low-powered, his vehicle is hugely limited in speed. One could see that for oneself, after the conversation outside Jonah's Bistro on Besant Nagar Second Avenue, when Lakshmanan rolled into Tiger Varadhachari Road and then Beach Road, and the vehicle was taking him to his destination at a leisurely pace.

Saidapet resident Lakshmanan Angamuthu represents a small but significant group of food delivery partners whose day is powered by a specially designed vehicle, resilience and a soupcon of understanding from customers

The food delivery partner on three wheels

Lakshmanan has been a food delivery partner for two years, and he enjoys being on the road moving from point A to point B. For, when asked if he would prefer a more settled work day, one that enables him to stretch his heels under a desk, and dig his feet into one address and not waltz from one address to another, the 33-year-old's answer is a 'no' that comes right off the bat without a hint of hesitation.

"I am enjoying this job for now; I like to roam around and this job is all about moving around the city." He works eight hours every day.

Lakshmanan is a resident of Saidapet, and this work would have familiarised him with a multitude of roads around Chennai.

As one treats him as a *rara avis*, Lakshmanan notes that there are other delivery partners with locomotor disorders dependent on such a vehicle and the understanding of customers. He also points out that Zomato makes these vehicles available to such delivery partners through a partnership with customised mobility solutions provider NeoMotion.



Lakshmanan Angamuthu at Besant Nagar Second Avenue on June 27, 2025.
PHOTO: PRINCE FREDERICK

Head constable with Shastri Nagar police station K. Madhan Kumar has donated blood a whopping 92 times

BY A SPECIAL CORRESPONDENT

A young recruit at the Tamil Nadu Special Police battalion, K. Madhan Kumar first donated blood when he was in his early 20s. A colleague's relative was in need of blood and Madhan volunteered. "When I returned to resume my work I was told to take two days' rest on account of the blood donation. It



Going the extra mile

surprised me because we rarely get to go home otherwise," recalls Madhan.

Since then Madhan, who is currently posted as head constable at Shastri Nagar police station in Adyar, has made blood dona-

tion a habit. "My dad, who was also an active donor, encouraged me to donate blood for the benefit of individuals who are in utmost need of it," says Madhan, adding that he resumes work immediately after donating

K. Madhan Kumar

blood. Over the last five to six years, in addition to blood donation, Madhan has been donating plasma and platelets.

He has made these donations 92 times, with blood donation accounting for 60 of them. Voluntary Health Services in Taramani is where he has donated platelets the maximum number of times to help children undergoing treatment for cancer.

As admin of seven police groups, Madhan plays a crucial role in verifying and circulating messages on "blood needed" among his circles.

"I have a simple form that I ask people to fill to make communication easier. I also make it a point to make the donation near

my place of work or my home," says this resident of Maduravoyal.

Madhan also engages actively with other social initiatives such as "Udhavam Karangal 2003".

"Whenever a colleague dies we pool in money to get an insurance cover for the family. This was started by the 2003 batch of the Tamil Nadu police and has now extended to other batches as well. Two years ago, *Vikatan* gave us an award for this work," he says.

"Kings of West Traffic" is another initiative running since June 2014 where Madhan along with other police personnel do charity work such as paying fees for underprivileged children, contributing to the families of deceased police personnel, supporting families affected by cyclones, helping auto drivers during the pandemic, and funding treatment for police personnel and their families.

Teach For India opens applications for 2026 fellowship

Teach For India, a non-profit championing educational equity, is opening applications for its 2026 fellowship programme. Fellows will have the opportunity to transform the lives of children and cultivate future leaders with compassion and dedication. Applications for the 2026 Teach For India cohort open on July 1, 2025.

The Teach For India Fellowship is a transformative two-year, full-

time paid programme. It brings together exceptional individuals from diverse backgrounds.

Chosen Fellows commit to serving as full-time teachers in affordable private schools or English-medium government schools. They'll guide students through the complexities of India's inequities, directly addressing the root causes of educational disadvantage.

'Solve for Tomorrow' challenge

June 30 is the final day to apply for Samsung 'Solve for Tomorrow', a national innovation competition for 14-22-year-olds. The programme empowers students with design thinking tools, mentorship from Samsung and IIT Delhi experts, investor connects, prototyping support, and a chance to win ₹1 crore, said a release.

Solve for Tomorrow is not about being a genius coder or a tech expert – it's about empathy, curiosity, and the courage to try. It's for students who dream of a cleaner city, safer roads, healthier communities, and a future where no voice is left unheard, said the release.



Rally against drug abuse

A rally, awareness talk, and signature campaign marked International Anti-Drug Day organised by the Anti-Drug Club of J.B.A.S College for Women on June 26. The rally was flagged off by the principal and correspondent Amthul Azeez. Students from various de-

partments participated with great enthusiasm. Guest of honour G. Vanitha, deputy commissioner of police, addressed the audience on "Tackling Drug Abuse and Violence Against Women and Children." More than 300 participants took the pledge against drug abuse.

New police booth at Marina Loop Road



To enhance safety on the section of Marina beach along Loop Road, a police booth has been established. Attached to the E1 Mylapore station, the booth sports four CCTV camera units focussed on four sections, and the surveillance mechanism is marked by live monitoring within the booth. The booth is called Loop Road Service Centre, and has the beach sands with beach goes on one side and the new, modern fish market on the other side. Photo: Prince Frederick

Yaazh's Aesthetics in Porur

Yaazh's Aesthetics has opened a clinic in Porur.

The clinic, spread over 1,500 square feet in Thiraviyam Nagar First Street, is led by renowned plastic surgeon Dr. Abiramie Chellamuthu, who has over 10 years of experience.

According to a press release, the clinic offers advanced cosmetic treatments, including liposuction, body shaping, laser hair removal, hair transplant, hydra facial and more.

For details, call 77081 12974.

To advertise in
DOWNTOWN

Contact:
UDHAYAKUMAR
81246 14787

Best Bargains

SPOT CASH
WE BUY OLD
Old Pattu Sarees,
Cotton Sarees,
Poonam Sarees &
Old Costumes
Call: Shahjahan
23/11, Shop No. 32, Basement
Duraisamy Road, T. Nagar, Ch-17
98406 61827
98845 38023

HEALTH INSURANCE
is a Necessity, NOT AN OPTION
Stop Paying MEDICAL BILLS
Out of Pocket
EASY EMI
OPTIONS
Age Entry 0 to 100
Fresh / TopUp / Portability
Call : **7200646544**

SRI BALAJI PAINTING SERVICES
• Painting Work Interior and Exterior (ASIAN Approved Contractor)
• Terrace Waterproofing
• Civil Work
• Cooling Tiles Work
• Paverblock Work
• Pest Control
• Fabrication Work
9551709746
9884696614

BUYING
WORKING AND NOT WORKING, A/C, BRASS, STAINLESS STEEL, FRIDGE, OLD COMPUTER, LAPTOP, UPS, BATTERIES, MUSIC SYSTEM, WATER HEATER, GYM ITEMS, WOODEN FURNITURE, SOFASET, COT, BEURO, DINNING SET
ALL A TO Z SCRAPS
VANITHA TRADERS
96001 01534
No Visiting Charges

BUYING
Any Condition
♦ **HIFI MUSIC SYSTEMS**
♦ **LED Tv's**
♦ **A/C**
♦ **Antiq Furnitures**
♦ **Laptop**
♦ **Fridge, Bureau**
♦ **Computer Systems**
♦ **Batteries, Genset, Geiser**
SWETHA ELECTRONICS
9382728672/ 9382728677

ABC INTERIORS CHENNAI
SINCE 2010
ALL BRANDED QUALITY
CURTAINS
BLINDS
WALLPAPER
FLOORING
Timely Delivery
9600049044

Three day workshop on **agricultural export**

Entrepreneurship Development & Innovation Institute and Tamil Nadu Food Processing & Agri Export Promotion Corporation (TNAPEX) are conducting a training programme on agricultural export from July 9 to 11.

According to a press release, the session will cover mandatory procedures, product quality and testing, packaging and branding, excise clearance, logistics, cold chain management, market research, export finance, and government schemes. Also, exporters in agricultural and processed food sector will share their experiences.

It is a free residential training programme, adds the release.



A REPRESENTATIONAL PHOTO ONLY

Workshop on baking

Entrepreneurship Development & Innovation Institute is conducting a workshop on baking on June 30 and July 1. Time: From 10 a.m. to 5 p.m. Those above 18 years of age with a minimum educational qualification of class 10 may apply. According to a press release, the session will focus on brownies made from dry fruits, millets, and the ones with eggs and egg-less. Also labelling and marketing aspects of bakery products will be taught.

Both the workshops will be held from 10 a.m. to 5 p.m. at the institute's premises at SIDCO Industrial Estate, EDII Office Road, Guindy. Prior registration is required. For details, call 8668102600.

Training session on **Tally Prime** on July 3 and 4

Entrepreneurship Development & Innovation Institute, Department of MSME, is conducting a training programme on the basics of Tally Prime, a business management software used for accounting and inventory management.

It will be held on July 3 and 4 at the institute's premises at Parthasarathy Koil Street in Ekkattuthangal. Time: From 10 a.m. to 5.45 p.m.

According to a press release, the programme will be useful for entrepreneurs and those aspiring to become one. For details, call 95437 73337 / 93602 21280

Free travel for **freedom fighters** extended

The Arasu Bus has announced an extension of its existing free travel passes until September 30 for persons with disabilities, freedom fighters, and senior Tamil scholars. The Tamil Nadu e-Governance Agency (TNeGA) is developing a new software to extend this online application facility to all transport corporations in the state, said a release.

Workshop on **Bonsai**

Tamil Nadu Agricultural University Information & Training Centre, Guindy, is conducting a culinary workshop on vermicomposting on July 3. Another workshop on Bonsai art will be held on July 4. Both the sessions will be held at the centre's premises at Agro Tech Green Park, First Floor, Thiru. Vi. Ka. Industrial Estate, Guindy. For details, call 044-29530048.

Railway increases 9-car EMU rakes to 12

The Chennai Division of the Southern Railway has upgraded all the existing 9-car Electric Multiple Unit (EMU) rakes in the suburban railway network's south-west and northeast lines.

The augmentation was carried out in phases at the EMU Car Shed in Avadi.

The EMU services on these lines: Chennai Beach - Chengalpattu, Chennai Central - Arakonnam and the Gummidipoondi and Sullurpetta sections will have 12 rakes.

The upgrade has resulted in a 21 percent increase in seating capacity, effectively enabling the division to accommodate an additional four lakh commuters daily, compared to the previous 1.2 million suburban commuters and non-suburban passengers, said a release.

This initiative is expected to substantially reduce commuters and passengers congestion on trains, thereby providing a more convenient, safe, and comfortable commuting experience, particularly during peak hours on the demand corridors, according to a release issued by Southern Railway.



T. Nagar club donates **smart boards** to school

A state-of-the-art computer science lab has been inaugurated at Mahaveer Rajasthani International School, Gudapakkam. According to a press release, it was set up by Rotary Club of Madras T. Nagar in association with Urmilla Nandini Charitable Trust at cost of ₹20 lakhs. Also, smart boards were donated.

Students honoured

Rotary Club of Chennai Port City gave cash awards to meritorious students of Shri Mangichand Bhandari Jain Higher Secondary School, T. Nagar. The support was offered under the Venugopal Olivilakku Educational Assistance Scheme, an initiative of the club aimed at supporting deserving students.

A lounge for gig workers at T. Nagar



Another lounge for gig workers is set to be opened, this time at T. Nagar near Panagal Park.
PHOTO: VELANKANNI RAJ B.

Yoga Day observed at schools

Inner Wheel Club of Madras - Midtown observed International Yoga Day at Thousand Lights High School on Model School Road. Fifty students demonstrated various *Asanas*. According to a press release, the club conducts Yoga classes at the school. The club has donated Yoga mats and track pants to the students.

At Asan school

Rotary Club of Chennai Port City, Rotary E-Club of Chennai Shakti, and District Community Service Committee - Holistic Health Yoga jointly organised a Yoga programme at Asan Memorial Main School, Anderson Road. Around 500 students took part. The session focussed on breathing exercises and self-discipline.

