

## ANNA NAGAR

Purasawalkam » Villivakkam » Kolathur » Nazarathpettai » Pattabiram » Maduravoyal » Koyambedu » Tiruverkadu » Puzhal » Kilpauk » Perambur » Mogappair

Avadi » Ayyappakkam » Tiruninravur » Nerkundram » Moolakadai » Ayanavaram » Retteri » Padi » Ambattur » Tirumullaivoyal » Aminjikarai » Vysarpadi » Red Hills



### HOTTEST TOPIC OF THE SEASON

While everyone stresses about the soaring mercury, these three groups of researchers are studying heat stress in and around Chennai and how it impacts human health and the economy. They share the details of their work with The Hindu Downtown **P4**



### A HOME PRODUCTION

What awaits gated communities that assume the responsibilities of facility management? There is the possibility of workers becoming trusted lieutenants **P5**

## Vinayagapuram bus terminus getting a facelift



The bus terminus at Vinayagapuram in Kolathur is getting a facelift. Commuters heave a sigh of relief as roofs are being provided for the first time. Over these years, due to the lack of roofs, commuters had to wait for their buses exposed to the elements. According to MTC sources, it is three months since the work began.

As part of the work, bus bays, lounges for MTC crew, and wash rooms are being provided.

Commuters at the terminus suggest that a time-keeper facility be set up. A good number of buses to Broadway and Perambur are operated from this terminus.



Construction under way at the bus terminus at Vinayagapuram in Kolathur. The image was taken on June 2.

## READERS WRITE

### 'Power infrastructure in Avadi needs improvement'

T. SADAGOPAN

Tamil Nadu Generation & Distribution Corporation (TANGEDCO) has to complete the ongoing upgradation work at its Sathymurthy Nagar sub-station in Avadi on CTH Road at the earliest. The project is aimed at increasing the sub-station's capacity from 110 KW to 230 KW. But the work is moving at a tardy pace; already, four years have elapsed since the beginning of the project.

TANGEDCO has to also expedite the work on setting up a new sub station in Paruthipattu which began a few months ago. TANGEDCO should set up a new sub-station in Pattabiram. It should be noted that a few years ago there was a plan to set up a

new station in Pattabiram. And it was also learnt that the site was somewhere near the recently opened IT Park. TANGEDCO should revisit that plan.

Yet another request is to upgrade the capacity of the sub-stations in TNHB Colony and Sekkadu because they were set up decades ago.

We seek all these measures because power cuts and power fluctuation are recurrent in and around Avadi this summer. The population in the region has increased over the years and the existing infrastructure is unable to cater to the growing demand.

**T. Sadagopan**, president, Tamil Nadu Progressive Consumer Centre, an Avadi-based citizens group

## Awareness campaigns mark level crossing day



International Level Crossing Awareness Day was observed on June 5 by the Safety Department of the Southern Railway Chennai Division at various level crossing gates across the Chennai Division.

Tej Partap Singh, additional divisional railway manager, flagged off the awareness campaign at the divisional railway manager's office.

R. Sathya Seelan, Senior Divisional Safety Officer, Chennai division, presided over the campaign at Level Crossing (LC) gate number 26, between the Pallavaram and Tambaram sections.

A walkathon was organised, and

informative placards highlighting the importance of LC safety were displayed.

The public were sensitised about the safety precautions to be observed while crossing the LC gates. Road users were advised not to trespass when the gates are closed, to avoid using earphones and mobile phones while crossing the gates, and to be aware of the consequences of negligence.

The division appeals to all rail and road users to exercise utmost care while using level crossings and join hands with the railways in reinforcing safety.

## Vehicular parking hinders access to ticket counter at Egmore railway station

Parking of vehicles have made accessing the ticket counter and reservation office at Egmore railway station difficult. This office is located at the station's entrance at Annai E.V.R. Maniammai Sarai on Poonamalle High Road and near RPF Police Station.

Commuters, especially senior citizens and the differently-abled are put to a lot of inconvenience. Southern Railway needs to take appropriate measures to regulate parking of vehicles here, says a commuter.

This is a temporary ticket counter shifted to facilitate the ongoing redevelopment work at Egmore railway station.





## 'Poor sanitation at Thirunindravur railway station'



The premises of Thirunindravur railway station is untidy and unkempt. The station premises is strewn with all kinds of waste including plastic items.

**S. Murugaiyyan,**  
president,  
Thirunindravur Rail  
Passengers Welfare  
Associati



## 'Increase frequency of suburban train services'

Southern Railway needs to increase the frequency of its services from Chennai Central to Arakkonam, Thiruvallur and Gummudi-poondi. At present, the frequency to these destinations is one service every 15 minutes, which is not equal to meeting what is needed, particularly the rush-hour demands. The number of cars were increased a few years ago due to the peak hour rush; this measure has not helped.

Trains are still packed to the rafters during the rush hour leading to footboard travel.

**T. Gunaseelan,**  
Ambattur

## 'Reinstall street lights on North Red Hills Road'

Street lights on North Red Hills Road in Villivakkam that were removed on account of stormwater drain construction are yet to be reinstalled, despite SWD reaching a state of completion a year ago.

**S. Venugopal,**  
Kolathur



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Students go through the exhibits; and during a field visit.

PHOTOS:  
SPECIAL  
ARRANGEMENT

# Listening to rocks

The Department of Geology at the University of Madras invites school and college students to take a look at the rocks and minerals parked in its museum

BY A SPECIAL CORRESPONDENT

**D**id you know the Department of Geology at the University of Madras welcomes school students to take a tour of the rocks at its museum? Various types of rock – metamorphic, igneous and sedimentary rocks among them – gathered from various parts of India are on display. One can also get up close with a dinosaur fossil and ammonites. The museum also houses samples of semi-precious stones found naturally

or mined.

"Discovering marine fossils is a special experience, many of them have been sourced from our field works at various sites in Tamil Nadu include the Ariyalur region," says Suresh Gandhi, Professor and Head of the Department of Geology, University of Madras.

During special occasions such as Micropaleontology Day and Environment Day, the Department sends out invitations to neighbouring schools to visit the museum and have a first-hand experience of the geological treasures.

"Besides this museum by the Department of Geology, we also have the Department of Applied Geology where one can learn about geological evolution. Students are welcome through the year, they just need to notify us in

advance," says the professor.

### Careers in geology

In Chennai, the University of Madras and Anna University are the only two institutions that offer a postgraduate programme in Geology.

This year, the entrance examination for M. Sc Geology by the University of Madras will be held on July 14. Professor Suresh says the number of opportunities in the field of geology has grown over the years. "One can appear for the UPSC examination with geology as an elective, which is preferred by many as it is easy to grasp. Most of the oil fields recruit geologists and they are also needed for ground water studies," he says. For more details, call professor Suresh at 9443806534.



# The transformative power of Kalai Thiruvizha: a teacher's journey

A. AMUDHA

As educators, we often walk a tightrope – balancing academics with the complex realities of students' lives. I once believed that academic success alone could uplift students from challenging circumstances. But my perspective changed profoundly with Kalai Thiruvizha, a cultural festival introduced in Tamil Nadu's government schools.

Initially, I approached the festival with skepticism. Could artistic pursuits really contribute to a student's future in the same way as academic achievement? But as the festival unfolded, I began to see a transformation—not just in my students, but in myself.

Kalai Thiruvizha celebrates Tamil culture through dance, music and visual arts. At first, it appeared to be just another extracurricular activity, but it revealed something much deeper: the power of holistic development. I witnessed students – especially those considered problematic – redirecting their energy into meaningful expression. Girls once caught for mischief now practised "parai attam" during lunch breaks. Shy children found their voice in music; aggressive ones found purpose in dance.

One story that will always stay with me is that of a quiet girl from a single-parent household. Her mother worked as a daily wage labourer. Burdened by her circumstances, she often sat silent and withdrawn in class. During Kalai Thiruvizha practice sessions, I noticed her tapping her feet softly to a



rhythm. There was a natural grace in her movements that caught my eye. With gentle encouragement, she joined the freestyle dance team. Initially hesitant, she gradually blossomed. Her eyes began to reflect confidence, her body language transformed.

These experiences taught me

that students are not mere vessels for academic instruction. They are individuals carrying unseen burdens. Art gave them a space to process their emotions, express their inner worlds, and find healing. More than just creative outlets, these performances became lifelines – building confidence, team-

work, and discipline. During the 2024-25 edition of Kalai Thiruvizha. PHOTOS: SPECIAL ARRANGEMENT

work, and discipline.

As a teacher, this journey forced me to reassess my assumptions. I had been addressing only part of my students' needs by focusing exclusively on academics. Kalai Thiruvizha revealed that arts are not a distraction but an essential component of education. They foster emotional resilience, cultural connection and a sense of community.

The transformation was not limited to students. It changed me. I came to understand that teaching is not just about results and scores. It's about seeing the whole child – acknowledging their emotional, social, and creative dimensions. Arts

and education are not opposing forces. Instead, they are partners in shaping well-rounded individuals.

To my fellow educators: embracing the arts in education is not about compromising academic standards. It is about enriching our students' lives and offering them the tools to heal, connect and thrive. The transformation I witnessed was real, powerful and lasting.

In this balance of creativity and knowledge lies the true essence of education. Through festivals such as Kalai Thiruvizha, we are not just teaching – we are building resilient, confident, culturally rooted individuals ready to face the world.

(Amudha is a teacher at Government Model Presidency Girls Higher Secondary School on Gengu Reddy Road in Egmore)

## Workshop on entrepreneurial opportunities in solar energy sector



Entrepreneurship Development & Innovation Institute, Department of MSME, is conducting a training programme on installation of solar power from June 18 to 20 at the institute's premises at SIDCO Industrial Estate, EDII Office Road, Guindy. Time: From 10 a.m. to 5 p.m. Prior registration is required.

According to a press release, the following concepts will be covered: introduction to solar

energy, entrepreneurial opportunities in solar energy sector; business models in this sector, relevant computer software, financial planning, regulations and subsidy schemes.

Those above 18 years of age and who have completed Class 10 can take part. The institute offers hostel facility for the participants on first come, first serve basis. For details, call 8668102600.

## Session on social media marketing

Entrepreneurship Development & Innovation Institute, Department of MSME, is conducting a workshop on creating a YouTube channel and social media marketing from June 11 to 13. Time: From 10 a.m. to 5 p.m. For details, call 9543773337


### Bio-enzyme soaps

The institution is also conducting another workshop on making bio-enzyme soaps on June 14. Time: From 9.30 a.m. to 5 p.m. Those above 18 years of age with a minimum educational qualification of class 10 can apply. Hostel facility is available. For details, call 8668102600

### Puja products

Another training programme on production of Puja products will be held from June 10 to 12. The products include: incense sticks, camphor cakes, rose water, omam water, oil, herbal candles, sandalwood tablets. Time: From 10 a.m. to 5 p.m. For details, call 9360221280.

Prior registration is required. All the workshops will be held at the institute's premises at SIDCO Industrial Estate, EDII Office Road, Guindy.



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# Hottest topic of the season

While everyone stresses about the soaring mercury, these three groups of researchers are studying heat stress in and around Chennai and how it impacts human health and the economy. They share the details of their work with *The Hindu Downtown*

LIFFY THOMAS



A man quenches his thirst with water from a sprinkler at Marina Beach.  
FILE PHOTO: R. RAGU

## Collecting data

Professor Vignesh K.S. and his team of researchers from the Occupational Safety and Disaster Risk Management Department of SRM University are waiting for the sun to burn bright. The June 3, 2025 show-ers in the city forced them to postpone their plans to set up a camp at an industrial location in Thiruvottiyur where they will be collecting data about heat stress.

In April-May, the team completed the field study from Chengalpattu to Pallavaram. Industrial zones, in particular areas classified as “red” (in terms of contribution to global warming) by Tamil Nadu Pollution Control Board have been the focus of the team this year. They have set up camp near an industrial area with all their devices including an exclusive heat stress monitor.

“Heat stress is calculated based on relative humidity, wet-bulb temperature and globe temperature. Through geospatial technology, we cover areas within a one to three kilometre radius of an industry to understand how the community is getting affected. From that buffer we will access and locate a few sample

places where heat exposure is high,” says the assistant professor.

Once the field reports are completed, they work on presenting their studies and publishing them in leading science journals.

Vignesh says their reports played a crucial role in Tamil Nadu government formulating a Heat Action Plan (HAP).

“We are also in a capacity to give recommendations at a regional level on actions that need to be taken during heatwaves and other calamities,” says the professor.

Their role does not end with bringing out a report rather they engage with communities. “We do training programmes with local communities that are vulnerable to heat. Many people do not know what is dehydration, heat stroke, especially those working on the highways. We sensitise them as per public health standards,” he adds.

During the pandemic, the department studied air pollution levels in various neighbourhoods.

“As researchers, we generally focus on pre-disaster which is prevention, mitigation, preparedness and early warning.”

## Studying the vulnerable population

It is a hot and humid Friday in Chennai and beyond. A team of researchers from Chennai have headed to the Marakkanam salt pans in Villupuram district. Team members have fanned out to different sections of the salt pans.

One researcher is collecting urine sample of workers, another is collecting blood, a group is interviewing workers and another set of them is measuring heat with sophisticated instruments.

When the sun goes down they would return to their lab at Sri Ramachandra Institute of Higher Education and Research to document their findings. Once the field evidence is consolidated, analysed, peer-reviewed, the team would work on advocacy. This research is needed to better understand the impact of heat and heatwaves on human health, especially the vulnerable population, to develop effective mitigation strategies and improve public health interventions.

Vidhya Venugopal, professor of Climate Change, Occupational and Environmental Health at Sri Ramachandra Institute of Higher Education and Research, who is leading this team of researchers, says many lesser-known heat-related illnesses often go unrecognised.

As a global expert in heat and health, Vidhya has studied how high temperatures affect kidney, pregnant women and communities among others. While the direct affect of heat stroke is widely acknowledged, kidney ailments and cardiovascular diseases are not commonly associated with heat.

Having worked in the area for the last 16 years, she says they have rich data to show that heat stress poses significant health risks for vulnerable groups.

This summer, their outreach work extended to street vendors in the city. They like to focus more on women, especially as their working conditions are such that they avoid drinking water and this leads to dehydration and other issues, she says.

“We try to reach out to make sure vulnerable communities are not impacted so much by heat. If exposure is less the impact is less,” says the Velachery resident.

Towards the end of this month, the team will be visiting a research practice centre of the institute located on the outskirts of the city to study and sensitise those coming to the outpatient department. After all, heat preparedness should be a 365-day effort.

## Resettlement sites in sharp focus

Chennai resident Suchismita Goswami, who is currently pursuing her PhD in the University of Copenhagen in Denmark, is carrying out research on the new risks in resettlement sites in Chennai. This work brings her to the city.

Tamil Nadu Urban Habitat Development Board’s resettlement site in Perumbakkam and the AIR resettlement colony in Thiruvottiyur are where her field works are concentrated. These resettlement facilities had been planned to provide safe and secure housing for communities; however today, floods and heat have impacted them socially and economically.

With heatwaves being a big concern for the State Government, Suchismita thinks there should be a special focus on resettlement sites.

“The findings are very particular to the resettlement sites and as a researcher you cannot universalise that,” says Suchismita, who had a stint with the Madras School of Social Work as a faculty.

During fieldwork, she found it particularly challenging to initiate conversations with residents about heat-

related stress. “Given Chennai’s high temperatures, heat is often normalised and rarely discussed as a distinct concern

to resettlement sites,” she says.

The resettlement sites severely lack green cover and also experience long hours of power outage in comparison to the rest of the city during summer months.

The resettlement sites are spread across vast tracts of land, and residents have to walk long distances due to the absence of last mile connectivity. They are typically inhabited by the most marginalised groups who cannot afford alternative housing options within the city.

The only formal heat-relief measure mentioned by the administration was distribution of electrolyte water at health centres. Residents however have found their own coping mechanisms such as extending the building, closing shops during the afternoon, installing sheds and curtains, and investing in multiple cooling devices.

The closing of shops or covering store fronts to block heat can reduce business visibility and income. These are new forms of risks which affect their health and finances directly, she adds.



# A home production

What awaits gated communities that assume the responsibilities of facility management? There is the possibility of workers becoming trusted lieutenants

SHARON JESSICA MICHAEL

A facilities management agency is a cake ordered off the shelf. An in-house facilities management team is a cake baked at home. The latter obviously calls for a greater outlay of energy and time. But the icing on this cake is thicker, double-layered. Layer one: owners at a gated community that opts for this bold arrangement, actually begin to “own” the space, every jot of it. Layer two: the facilities management team they put together, hand-picking workers and assigning them to roles, can be won over in ways that a team sent in by an outside agency with a human resources roster, cannot be. The workers are likely to be in for the long haul. And as time rolls on, the possibility of workers rising to the status of trusted lieutenants increases.

One finds this possibility illustrated with arresting images from the flood experience of The Central Park South (TCPS) in Sholinganallur in 2015. The workers pitched tent at the gated community. If it were dry harbour they were looking for, these workers could have found it elsewhere. They stayed at the community – occupying vacant flats – in the days after the floods to ease the challenges it faced. Remember, there were places on earth drier than TCPS: at this community, vehicles were marooned, some gulping rainwater all the way into their engines.

The fact that even now workers are offered places downstairs where they can stay and cook, and an AC room for a dash of comfort, proves offering shelter to them during floods was not a calculated, self-serving move.

“They are not servants. They are helpers,” says Rakesh Ohri, president of the TCPS Owners’ Association, his conviction crystallised by the memory of many difficulties surmounted, and achievements scaled, all because these workers went the extra yard. Rakesh notes that when the managing committee is running the show, dignity of the workers can be safeguarded more easily. Residents are instructed not to scold workers; complaints are handled by the managing committee to maintain respect. He is of the view that a



From Bollineni Hillside.



facilities management agency would not give this instruction to residents with the same emphasis.

A yard for a yard – that is how it works. Loyalty is earned and goodwill returned. Rakesh notes that one sign of a happy workplace and even loyalty is that on an average, a worker stays on the team for 10 to 11 years. If a worker hits a rough patch, the Association extends a financial lifeline – advances with a flexible repayment plan stretching up to a year. “Some repay earlier, some take the full period. And if they genuinely can’t pay for one month, we grant an extension,” explains Rakesh. Health insurance is another non-negotiable thread in this safety net. A group policy covers all workers. What is done for these workers in their darkest hour, returns as burnished loyalty.

“One of our plumbers lost his 25-year-old son recently to leukaemia” – when the youngster was battling the condition, the association had banded together to help the family with medical and other expenses.

Workers join residents in festivities, breaking bread and thereby, barriers. “We do Dandiya, and on May Day we arrange free food,” says Rakesh. “During Diwali, we arrange short eats and programmes. They are en-

couraged to participate in that.” In these shared moments, the line between “worker” and “resident” blurs into a sense of a joint family. Some communities grasp what a team formed and installed by them can do for them, but balk at taking the exercise all the way to the finish line.

Sujatha Y, secretary of the owners’ association at The Central Park East – a hop away from TCPS – says her community was the first in the area to have a home-grown team running the facility.

“We have seen the TCPS model – it is very structured and policy-driven,” says Sujatha Y, secretary of the owners’ association. Sujatha notes that “here at Central Park East, we are a bit more flexible” – some workers are hired directly; the community also goes to contractors to find

teams for certain functions.

Different strokes for different folks, indeed! East does have a group insurance option for workers it has appointed, but cares for the absolutely helpless through non-institutionalised aid.

“We have elderly gardeners with no bank accounts or family support,” Sujatha says. “We make sure they are looked after.” Financial help here is often personal and spontaneous, with residents stepping up to support the workers in paying their children’s education fees or medical bills. Some community members contribute to programs supporting children’s education, for example, treasurer’s family trust aiding economically weak children with a minimum of 60% marks.

At Navin’s Maris Dale in Semmancherry, Arokyia Inian shares a unique way their community cultivates bonds. “We have garden spaces with fruit-bearing trees, and the harvest is shared with our workers,” he explains. This gesture isn’t just about food – it is about sharing the fruits of collective effort, fostering dignity and connection. They have also embraced sustainability: recyclable waste is collected and sold, and the proceeds distributed among workers to

cover minor expenses such as tea and refreshments. It is a small but meaningful way to say, “We are in this together.” At Bollineni Hillside in Arasankalani, the owners association has made arrangements for staff to live onsite in dorms. It is a win-win situation. The need for daily commuting has been struck off the list for the staff who avail this option. And for the residents, there is 24/7 availability of workers for urgent repairs. Staff receive group medical, life, and accident insurance. And the owners association has introduced a system of incentives to motivate the staff to do quality work.

Secretary K. Thirugnanam highlights another key aspect of this arrangement: easy knowledge transfer through mentorship. For example, experienced electricians train apprentices, creating a pipeline of talent that is clued into the unique power system within the community.

## The challenges

In this scenario, committee members do not just step into the shoes of a facility management services provider, but wear an additional pair of shoes over the ones they are already wearing. A majority of them do this work in the midst of another work, one that puts bread on their table. In some seasons, the added responsibility can get overwhelming.

At Bollineni Hillside, Thirugnanam explains: “For example, in May, despite my responsibilities as a government advocate, I dedicated all my time outside of court to association work – covering recurring maintenance, new developments, public relations and government liaison.”

He emphasised the workload intensifies during certain periods, such as the rainy season, which requires additional planning and precautionary measures. He adds the in-house management committee is sizeable and “collective effort by (treasurer Senthilkumar, president Sajeekumar, 23 EC members and Thirugnanam himself as secretary) makes things easy” At TCPS, Rakesh notes that while many members have day jobs, two or three of them from the core committee are involved in daily operations. “I do not have a day job. Two or three of us do not. One is a housewife who also has other commitments such as singing. So, these responsibilities are managed as and when required.”





She has retired after 41 years of service at the company. At the farewell function, she spoke about how this office in Nungambakkam defined both her routine and life. Shiny is a resident of Choolaimedu

# Shiny Wilson bids farewell to FCI

BY A SPECIAL CORRESPONDENT

**S**hiny Wilson, who was the first woman flag bearer at the 1992 Olympics in Barcelona and the first Indian woman athlete to reach the women's 800 m semifinals at the 1984 Los Angeles Olympics, retired from service after four decades. The four-time Olympian was serving as general manager Food Corporation of India (FCI) located in Nungambakkam.

The farewell function was an emotional event for Shiny. It was attended by Ashutosh Agnihotri, chairman and managing director FCI; and Jacintha Lazarus, executive director (south), FCI. Her husband, Wilson Cherian, an international swimmer, who retired from ICF after 43 years of service, was also present.

Known for her simplicity and reticent nature, Shiny was held in high esteem at FCI, and her farewell function proved why she is a respected personality.

At her acceptance speech, Shiny recalled her childhood days and her Olympics experience. Shiny



Shiny Wilson during the farewell function; and from an athletic meet. PHOTO: SPECIAL ARRANGEMENT

has taken part in three Asian Games, six Asian championships and seven SAF Games. She reminisced about her 41 years and three months of service in FCI. "I am thankful to have put a long and satisfying service at FCI," she said while praising FCI's sports scholarship given to sportspersons and its consistency in recruiting sportspersons.

Shiny's love, passion and commitment to athletics is astonishing. After a few months after giving birth to her first daughter in Octob-

er 1990, she started to train in Bengaluru. "When my daughter was nine months old, I became a National champion in 800m and within a year, I won the Asian championships 400m gold and 800m silver," said Shiny, a resident of Gill Nagar in Choolaimedu.

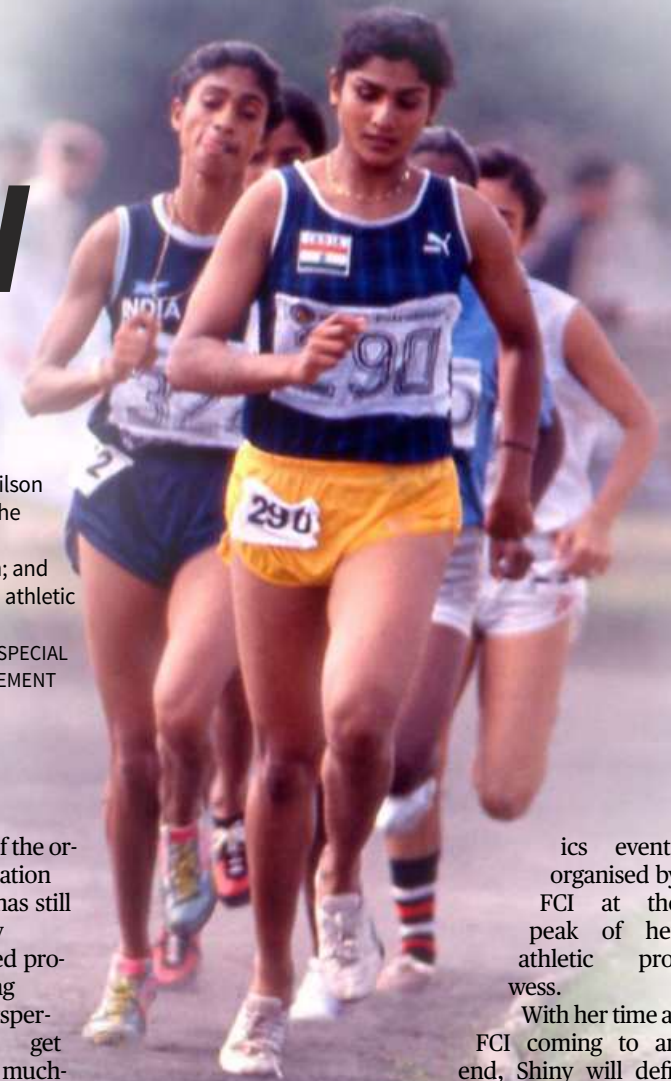
Shiny came to Chennai from Kerala in 1992-93 and went to represent Tamil Nadu in numerous National competitions.

After she joined FCI in 1984, she was one of those instrumental in fast-tracking the scholarships initia-

tive of the organisation that has still today helped promising sportspersons get the much-needed stipend. Shiny continued to perform and shine in global and Asian events while being an employee of FCI. So much so that she even used to take part in all athlet-

ics events organised by FCI at the peak of her athletic prowess.

With her time at FCI coming to an end, Shiny will definitely enjoy her free time while putting her heart and soul into her many roles which includes selector of the Indian team and a nominated member of the Asian Athletic Commission.



## A go-to place for expertise on autism spectrum disorder

Besides engaging with parents of children with special needs, this exclusive centre in KK Nagar is working on a host of initiatives including creating a registry of those on the spectrum

BY A SPECIAL CORRESPONDENT

**T**he Centre for Excellence for Persons with Autism Spectrum Disorder, located on the premises of the Institute of Rehabilitation Medicine in K.K. Nagar, is aged six months, but it has taken strides belying its tender age.

Opened by the State Government to guide parents and guardians of children with Autism Spectrum Disorder as well as to



offer a range of services, the Centre is working towards becoming a "go-to-place" for ASD.

"We have had an average of 70 people attending these sessions, with webinars on occupational therapy garnering maximum attendance," says Rema Chandramohan, retired director, Institute Of Child Health, Madras Medical College, who oversees the

centre's functioning.

The high point of the 40-minute webinars are the question and answer sessions from parents.

"Everybody may not have access to a speech or occupational therapist but one can make use of the environment at home to offer therapy, for which we offer guidance. We also provide info about



At the centre.

"Those on the spectrum need to be constantly monitored and goals set for their development," she says that besides a helpline number they will soon be getting a toll-free number that one can reach out to for any nagging questions on ASD.

other centres in the state where one can avail therapy," says Dr. Rema, a Professor of Paediatrics.

Early intervention is the first help one can offer a child with ASD for which the Centre is creating awareness.

"Currently, the Centre receives five new people a day and 18-20 patients come for therapy," says Dr. Rema.

The Centre has one physiotherapist, speech therapist, occupational therapist and special educator.

### Future plans

The Centre for Excellence wants to be the "go-to" centre for ASD. It wants to start research work and also move to a bigger space. "We want to start giving accreditation to other therapy centres, which will be based on space, safety aspects followed and qualification of people working at the unit," says Dr. Rema.

A process to create a state-level registry for ASD is also being discussed, she says.

For details, call 9445535678.



## Awareness sessions for girls and women

**T**he Alliance Club of Chennai Super Kings, in collaboration with Goodwill Trust and Nature Research Foundation, and in association with the Periammal Charitable Trust, conducted an awareness programme titled "Menstrual Health for Women's Empowerment" at Magic Bus India Foundation.

This initiative aimed to shed light on the often-overlooked relationship between menstrual well-being and mental health, emphasising the need for open dialogue, education, and community support in empowering women and girls. Seventy-five adolescent girls participated in the session. The programme encouraged discussions around emotional well-being during menstruation, addressed stigma, and provided practical insights on the question of promoting holistic health.

### Free cancer screening

In another initiative by Goodwill



Adolescent girls took part in the programme on "Menstrual Health for Women's Empowerment".

Trust, Alliance Club of Chennai Super Kings, and NRF, in collaboration with India Turns Pink, a free breast cancer screening and awareness camp was conducted at

the Greater Chennai Zonal Office in Shenoy Nagar.

The camp focused on promoting breast cancer awareness, encouraging early detection, and

supporting women's health. Free screenings and counselling sessions were provided to 30 staff members from the zonal office, said a release.



## Gated community concludes summer camp with a run

The sports club of Maple Orchard, an apartment complex located on Padikuppam Road, Anna Nagar, conducted a summer camp for children living in the community, from May 25 to June 1. Children, numbering around 50, participated in the events. Yoga, zumba and karate classes were held along with a variety of games. On the final day, a three-km run was organised for the children, covering parts of the neighbourhood and concluding with a sumptuous breakfast.



## Chess championship held for differently abled

**S**hree Agarwal Sabha, in association with Chess Federation for Physically Disabled and Tamil Nadu Physically Disabled Chess Association, organised a two-day chess championship programme for differently abled persons at Anna Nagar.

The competitions were divided into six categories - open, women, wheel

chair user men, wheel chair user women, under-19 boys and under-19 girls, in which 30 participants took part.

Three awards were given for each category and a total of 18 winners were presented with awards, certificates and prizes.

Srimati Kalpana Bhalotia along with Vijay Goyal, Balgovind, Anil Agarwal, Ash-

ish Kumar Gupta, Suresh Agarwal and Baskaran from Shree Agarwal Sabha organised this event.

K. Gopinath, state general secretary of Tamilnadu Udvikkaram Association for the welfare of differently abled; Deepak Gupta, deputy secretary of Udvikkaram; and social activist Rungta participated as guest of honour

## Focus on women's health

Indigo Women's Center on Second Avenue, 11th Main Road in Anna Nagar offers support for women suffering from vaginismus.

They have doctors who provide specialised care to help women reclaim control over their bodies and lives. Vaginismus is not a personal failing but a treatable medical condition, said a release.

Call 72991 09555, 044 - 4260 6555 / 4946-5555 for appointments.

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## PLAN YOUR WEEK



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### Handloom exhibition in Villivakkam

Odisha Artisans and Weavers Association are conducting a handloom and handicraft exhibition in Villivakkam.

Handicrafts from various parts of the country including dolls, toys, textiles, brass, copper decoratives

and jewellery are on display.

A discount of 20% on handloom and 10% on handicraft items are offered. The exhibition ends on June 15. The venue is D.K. Subamangala Maaligai, Baba Nagar, Villivakkam. Contact: 9629374196.

### Humour club meets today



N. Arjuna Chetty, humourist, writer, philanthropist, educator and environmentalist, will be the chief guest at the Anna Nagar Humour Club meet happening on June 8 at Shri Krishnaswamy Vidhyashram in Anna Nagar from 4 p.m.

N. Balasubramanian, N. Karthikeyan, R. Rangadorai, R. Sivakumar, Kamala Eswaran, Dr Anantharamakrishnan and others will tell jokes on various events of this month. All are welcome.

Audience are welcome to tell jokes.

For further details, call Balu (secretary) 97910 80791 or Karthik (executive) 98400 76022

### Exchange old bags for a new one



Moksh Jute Bag Shoppe in Anna Nagar is running a campaign on World Environment Day to create awareness about ills of plastic shopping bags. The store is offering jute and cotton bags worth ₹250 for ₹ 50, said a release.

These bags can be

used for a variety of purpose.

Customers can also bring their old worn out bags which will be recycled or donated to orphanages.

Contact: 9841438583

### Job fair today in Thailavaram

Chengalpattu District Collectorate, District Employment & Career Guidance Centre, Tamil Nadu Urban Habitat Development Board are organising a job fair in on June 8 in which companies from private sector will take part.

It will be held at the premises of Tamil Nadu Urban Habitat Development Board, Thailavaram Project Area, Thailavaram near Guduvanchery. Time: From 9 a.m. to 3 p.m. Candidates aged between 18 and 40 can attend, says a press release. They

should bring relevant documents, identification proof, and passport-size photographs.

Candidates should register on the website: <https://www.tnprivatejobs.tn.gov.in>.

### ChinniKrishnan Innovation Awards 2025

CavinKare, in association with the Madras Management Association (MMA), has invited nominations for the 14th edition of the ChinniKrishnan Innovation Awards 2025. The prestigious awards celebrate India's disruptive and most impactful innovations from startups and MSMEs across the country.

Companies with an annual turnover of not more than ₹50 crores in FY 2023-24 can apply. Nominations can be submitted online at [www.ckinnovationawards.in](http://www.ckinnovationawards.in) or by giving a missed call to +91 63746 03433. The last date for entries is July 1, 2025.

Instituted in memory of Late R. ChinniKrishnan, the visionary father of the sachet revolution, the awards aim to honour innovations that are not only unique and scalable but also sustainable and socially impactful.

The ChinniKrishnan Innovation Awards will recognise winners across three distinct categories, based on the nature and impact of the innovation.

In addition to a cash prize of ₹1 lakh, winners will receive holistic business development support, including marketing, branding and packaging support, guidance on patent filing and R&D, financial advisory and HR consultancy, direct access to industry experts for a full year, strategic linkages to banks and funding institutions, said a release.

Since its inception in 2011, the awards have recognised and nurtured over 50 entrepreneurs, building a legacy of encouraging purpose-driven innovation across India.

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### A celebration for Father's Day

To celebrate Father's Day, The Raymond Shop in Adyar, in collaboration with Iris Events, presents "Dashing Dad" on June 15 at the store. The event is open to fathers of all ages. For registration and other details, call 98847 83510 / 98412 06506

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