

DOWNTOWN

Sunday
April 21, 2024

THE HINDU

T. NAGAR

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Footpath at road in school zone usurped

A good number of schools are located on Thirumalai Road. But the well-laid footpath on this road is usurped by parked vehicles. This stretch, which connects Nungambakkam and T. Nagar, witnesses heavy traffic. But pedestrians are unable to use the footpath. Even motorcycles can be found parked on the footpath.

Chitra Kumta, T Nagar

'Introduce buses from Iyyapanthangal to Ashok Pillar via Kathipara'

Metropolitan Transport Corporation buses are required from Iyyapanthangal bus terminus to Ashok Pillar via Mugaliwakkam, Ramapuram, Nandambakkam, Kathipara junction and Ekkatuthangal.

The existing services to Ashok Pillar are via Porur, Arcot Road and KK Nagar. Now, commuters from Mugaliwakkam, Ramapuram and Nandambakkam who want to go to Ashok Pillar, go to Guindy and board services to Thiru Vi Ka Nagar and Red Hills as they are operated via Ashok Pillar. When Chennai Mofussil Bus Terminus in Koyambedu was inaugurated in 2002, there were many mofussil buses coming from other districts going to Koyambedu via Poonamallee, Iyyapanthangal, Mugaliwakkam, Ramapuram, Nandambakkam,



MTC bus terminus at Iyyapanthangal. FILE PHOTO

Kathipara junction, Ashok Pillar and Vadapalani.

However, those mofussil services reduced gradually after 2009 and no services are being operated

now via Ashok Pillar. Hence, MTC is requested to do the needful.

*P. Senthil Kumar
Iyyapanthangal*

'Frequent power cuts in Kattupakkam'

Power cuts have become a recurrent problem at P G Avenue, Kattupakkam (near Porur). Not a single day passes without an episode of power failure. From April 12 to 15, there were power cuts during night as well. TANGEDCO officials did not attend to our phone calls.

M. C. Vijay Shankar, Kattupakkam

'Parked vehicles eat into road space'

A stretch of South Boag Road in T Nagar near Krishnasway hall is plagued by unauthorised parking. This section of the road is near the junction of South Boag Road and Venkatnarayana Road.

Additional traffic is now routed through this junction to facilitate Metro Rail construction work in the vicinity. But parking of vehicles has made the road narrow. Therefore, traffic flow is hindered and safety of pedestrians is also compromised. The authorities concerned are requested to address this issue.

*K Narayanan
T Nagar*



You can be our volunteer-writer

Dear readers, you can be our volunteer-writer by writing to us about issues and events in your neighbourhood.

You should send the write-ups to downtown feedback@thehindu.co.in.

Letters must carry the contact number.

The day before polling



Egmore railway station saw huge crowds on April 18 as many were headed to their hometown for voting.
PHOTO: AKHILA EASWARAN

Speed breakers needed at junctions in Saligramam



MGR Street junction in Saligramam

The junction of Hari Krishna Street, MGR Street, Nava-neethammal Street and Thilagar Street at Kaveri Rangan Nagar in Saligramam need speed-breakers. Further, this junction is not adequately-lit.

Likewise, the junction of State Bank Colony Third Street, Durasi Arasan Street and Abusalai Road is

another vulnerable spot in the neighbourhood where speed-breakers are badly needed. In both these junctions, motorists tend to come at a good speed around the turn of the roads. The Greater Chennai Corporation should provide this safety measure.

*N.S. Ramachandran,
Saligramam*

T. NAGAR

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THE 'WALK' TO THE POLLING BOOTH FOR A FAMILY WITH DWARFISM

Of the three members in the family, only two voted **P2&3**



THE CHENNAI SUMMER AND OUR FIELD WORKERS

Are standard operating procedures being tweaked to deal with increasing temperatures? **P4**

Another Michaung rescue: the boabab at Egmore museum



The Boabab Tree at Egmore Museum. PHOTOS: PRINCE FREDERICK

BY A SPECIAL CORRESPONDENT

In a desolate area, towards the inside of the Egmore museum complex stands a boabab tree. A board parked hard by spouts general information about boababs. There should be another board detailing the biography of this boabab, particularly its vicissitudes. From its grand bearing, it has now transformed into something slightly more than a trunk and roots. The good news is that it is living. During Michaung, the tree slumped. Reportedly, it took efforts from the local PWD team (engaged in maintenance works at the museum) and the museum authorities to get the tree back on course again.

According to PWD sources familiar with the development, the services of an expert in tree replantation were used. Reportedly, some of the branches were lopped off to enable the exercise.

Even when the tree was standing in its full and original form, tree conservationist T.D. Babu sounded a word of concern about it. He drew attention to the area surrounding the tree, the squalor that marked it. It betrayed the level of priority being accorded to it, he had remarked.

That word of concern has not lost its relevance.



Photo exhibition concludes today

The 10th photo exhibition of Chennai Weekend Clickers concludes today at Lalit Kala Akademi. Formed in 2009, CWC now has around 18,000 members from various professions.

The exhibition does not have an entry fee.

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The ‘walk’ to the polling booth for a family with dwarfism

LIFFY THOMAS

The Lok Sabha Elections 2024 has been incomplete for this family with dwarfism from Thiruvottiyur. Of the three members in the family, only two voted on April 19, as the third member with franchise did not feel up to the task of walking all the way to the polling booth in Manali.

R. Gopinath lives with his wife Shakthi Kanimozhi and her sister Shakthi Surya. Gopinath was the first to exercise his vote and return home with feedback on the polling booth.

“There is a 100-metre distance from the drop-off point to the entrance of the school where the polling booth was located. Vehicles are not allowed beyond the “check post”, which is fine for me but not for my wife who is recovering after an operation that required plates to be placed inside her leg,” says 47-year-old Gopinath.

The school had provision for wheel chairs and also a ramp but nobody to help the differently-abled or those needing some assistance at the drop-off point. “I even gave this feedback to the polling staff but nothing could be done,” says Gopinath.

He is happy that the staff did not make him stand in the queue while the facilities at the booth have not changed much. A plea by an association representing people with dwarfism is provide a stool for them to stand on



Thankfully the table where the EVM was placed was not too high for my comfort; I had to only stretch a little bit
R. Gopinath

and vote.

“Thankfully the table where the EVM was placed was not too high for my comfort; I had to only stretch a little bit,” says Gopinath. The family has voted at this booth four times. There are visible improvements: earlier, the ramp was a makeshift, wooden one. Now, it is permanent,” he says.

Gopinath says he had raised concerns over other issues faced by people with dwarfism at polling booths in a meeting chaired by the election commissioner last month and wished these concerns were given greater priority.



Persons with Disabilities at ECI Matriculation School in Tondiarpet on April 19. PHOTO: B. JOTHI RAMALINGAM

Orthopedician at OMR offers free physiotherapy session for the inked

Dr. Naveen Chowdary harnessed the reach of residents forum FOMRRA to express his appreciation for those who headed to the polling booth on April 19

PRINCE FREDERICK

In the run-up to polling day, the official machinery had been letting out a full-throated cry – “get inked”. Greater Chennai Corporation propped up the campaign with a contest for residents welfare associations. “Ensure 90% voting of persons in your associations, win award from CEO,” read a promo neatly wrapped in a spirit of persuasion. This offer stood in a company of contests and awards bearing a catchy title “Election Thiruvizha”.

The message had sunk, really deep, down to the bone, in one case. Naveen Chowdhury, an orthopedic surgeon had harnessed the reach of a local residents’ forum to relay this message. Get inked, the doctor said, and with the inked index finger, get a free one-time physiotherapy consultation-session and a discount on medical investigation and medicine.

Dr. Naveen has his eponymous bone and joint clinic in Sholinganallur, and he revealed he got the message to be ride on the wave of the Federation of OMR Residents Associations (FOMRRA).

Harsha Koda, founder, FOMRRA, reveals how far that wave can travel: “the Federation accounts for 40,000 homes and 175 associations on OMR”.

And Harsha had this to say about Dr. Naveen on the day of polling: “He has been an active member of FOMRRA right from the beginning. He has always come forward as a volunteer for whatever activities we have done. Now, he is making sure people who vote get special preference. They should, right? If you celebrate democracy, then you should celebrate all the people who are part of democracy.”

At the time The Hindu Downtown got in touch with him, Dr. Naveen



Dr. Naveen Chowdary

was heading to Choolaimedu where he has his vote. He remarked: “Observing the widespread campaign to encourage voting, I thought I should do this. Anyone who has got inked can avail a free consultation and session with a physiotherapist and get a discount on Xrays and medicine. The ink generally stays for five to seven days, and this offer would last as long as the ink lasts.” The inked ones can call the clinic at 9094567893/ 9094567894.

FOMRRA help desk

Harsha noted that FOMRRA had been running what approximated to an online helpdesk on polling day, “helping people find their booths, because a lot of people got confused thinking of last time’s booths.”

Harsha added that they would message their EPIC number and the details of their polling booth would be relayed to them.

Gated community in Anna Nagar pushes up voting percentage

BY A SPECIAL CORRESPONDENT

Residents of Jeevan Bhima Nagar in Anna Nagar West Extension had a chill treat waiting for them after they arrived from the polling booth on April 19. Resident D. Rajendran served a glass of butter milk to each of those who got their finger inked. It was a small gesture of appreciation being extended to them for having fulfilled their democratic duty.

The gated community witnessed close to 70 per cent polling, says Suresh Mathew, an executive committee member of Jeevan Bhima Nagar Flat Owners Association. He says through the day, the Association was connected with residents to encourage those who had the power of franchise to exercise it.

As per an estimate from the flat owners association, there are 3000 voters in the society.

President S. Padmanabhan was assiduously tracking the progress in terms of residents heading to the polling booth, till 6 p.m. “He was updating the voting percentage in the Association’s WhatsApp group every hour. For instance, at noon, the voting percentage was only 20 per cent,” says Mathew.

Prior to the D-Day, EC

members had a meeting to clarify doubts among residents as well as to remind them about their duty. The Association took up coordination work to get the voting slips for residents.

President S. Padmanabhan was updating the voting percentage on an hourly basis in the WhatsApp group



Buttermilk being given to a voter

Family ties and voting lines: a story of election day separation

HARSHA KODA

Even though we updated our address on the voter ID cards over three years ago, it has still not been updated in the electoral rolls. Interestingly, my vote was in Kancheepuram seat and my wife Prabha’s vote was in the Chennai South seat. Personally, it works well for us because, as co-founders of FOMRRA, we were each able to cast our vote in the two Lok Sabha seats that OMR falls under. If you ignore the inconvenience of having to drive 7-8 kilometres to cast the two votes, it was a symbolic gesture for us.

However, the same cannot be said for everyone’s experience on polling day.

Rabia said that her polling booth was in YMCA school, but her daughter, who is a first-time voter, had to travel 5 km to a booth in Injambakkam.

Gopal, who had three voters in his house, found that the change in address was reflecting for him and his son, but not for his wife, who had to vote in Tambaram, 15 km away.



PHOTO: HARSHA KODA

Rajkumar’s family was split into multiple locations — 3 km apart within the Thiruporur segment of Kancheepuram seat.

Suvetha and her husband had different booths today. As per the booth slip, they had to travel all the way to Panaiyur government school to cast their vote. However, when they reached there, they were redirected to another school and another booth.

Despite his address being updated, Ravikiran voted in Pallikarnai – a

good 7 km away, while the rest of his family voted near home in Sholinganallur.

Sujatha and her son had an interesting situation where an “overenthusiastic policeman” made first-time voters stand in a different queue. The result being that even after she finished her turn, her son was still in line.

We have seen similar issues during the local body polls in 2021. People of the same family have been split and asked to go to different

booths and sometimes different panchayats, even though they live under the same roof. We tried to get these issues corrected when we had voter registration and correction campaigns in FOMRRA RWAs in the months leading up to the Lok Sabha Polls. Still, a lot more needs to be done. Unless entire apartment societies (RWAs) vote together for one local body seat or assembly segment, it will be very difficult for them to interact with the elected representatives or to get anything

done from the officials. We hope these issues are sorted out before the next elections.

Unfortunately, despite FOMRRA’s best efforts, voters only wake up to check their booth data a day or two before actual voting. I just wish people spent more time on this. After all, it decides the fate of our lives for the next five years. Let the ballot not divide our family bonds.

(Harsha Koda is co-founder, FOMRRA - Federation of OMR Resident Associations)

IN PICTURES



Hundred-and-eight-year-old S.N.Pai, a resident of R.A. Puram, exercised his vote by availing the ‘Vote from home’ option. His son, Suresh Kumar Pai, said his father was eager to cast his vote and kept on following up with officials when they did not turn up at the appointed hour. The family members thanked Gowri, deputy tashildar, who arranged postal ballot for 10 members of RA Puram Residents Association. During his corporate career, S.N. Pai had been chairman of Sakthi Finance Pvt. Ltd. PHOTO: SPECIAL ARRANGEMENT



Members of the Narikurava community were in attendance in huge numbers at the polling booth in Cantonment, Pallavaram to cast their vote. A sizeable number of Narikurava families reside in a settlement in the neighbourhood. The senior-most voter among them was in her 80s. PHOTO: VELANKANNI RAJ B

Newly-wed couple Karuna Dugar and Mehul Chopra dressed in traditional Rajasthani wedding costumes were seen at a polling booth in Tirukazhukundram. The bride cast her vote there. The couple’s wedding took place in Mahabalipuram on April 19, after which they left for Tirukazhukundram and then for the groom’s polling booth in Choolai. PHOTO: SPECIAL ARRANGEMENT



The Chennai summer and our field workers

Are standard operating procedures being tweaked to deal with increasing temperatures?

LIFFY THOMAS

Past noon, conservancy worker Annamalai has pulled up his battery-operated vehicle parallel to garbage bins at a garbage transfer point in Kalakshetra Colony near S2 Cinemas. He is emptying the contents of the smaller bins in the vehicle into the larger ones on the road.

Occasionally, Annamalai take the sleeve of his shirt to his brow to wipe the sweat off it. He has been on the field since 7 a.m. and has himself hydrated. The conservancy worker with Urbaser Sumeet looks forward to the buttermilk given at the end of the shift - a small but important gesture by the waste management company to help its workers beat the scorching heat.

Last month, Chennai Traffic Police resumed its annual practice of providing buttermilk and pith hats to its personnels on the ground.

Recently, the Directorate of Public Health and Preventive Medicine released an advisory to prepare for the season. It also instructed health officers to report heat-related illness on an integrated health information platform - National Programme on Climate Change and Human Health portal.

Advocate Vetri Selvan of Poovulagin Nanbargal says the State Government must instruct departments to work with a sense of urgency. The environment organisation has presented a list of demands in the context of fighting heatwave-related climate change.

To top that list is a move to draw up guidelines for a heat action plan. It reads: "The Tamil Nadu State Planning Commission has submitted a report to Chief Minister M.K. Stalin regarding heat mitigation measures to be implemented by government departments. This report should be published immediately for public viewing, with comments to be considered and actions implemented."

A heat action plan aims to increase preparedness and lower the adverse impacts of extreme heat by outlining strategies and measures to prepare and recover from heatwaves.

Vetri Selvan says heat advisory has been issued for the last three years but it does not talk about specific guidelines for every department to work on.

"We need to understand heatwaves fuelled by climate change.



Representational picture only

That understanding is currently lacking even among health care professionals," says Vetri Selvan.

Heat-related data

Having guidelines in place would also push departments to record information on health related illness. "We need field-level data on

heatwave, including deaths and hospitalisations," he says.

The representation also made a case for gig workers. Vetri Selvan says currently neither the Factories Act nor the Labour Department is responsible for the safety of gig workers.

"We have welfare schemes for

gig workers in Tamil Nadu but that only covers accidents," he says.

Need to appoint "heat officers" at the district level to carry out heat mitigation activities and encouraging private and public companies to adjust working hours based on heat levels are among other recommendations.

A case study on Chennai Metro Rail workers

How do Metro Rail workers manage heat while working in the "caverns" of the earth?

In 2018 two faculty from the Department of Physiology, Indira Gandhi Medical College and Research Institute in Puducherry, presented the findings of a study on heat stress during hyperbaric intervention on tunnel boring machine (TBM) in Chennai Metro Rail construction.

TBM are engaged for the construction of tunnels. Published in the Indian Journal of Occupational and Environmental Medicine the study (titled 'Evaluation of Heat Stress in Construction Site of Metro Rail in Chennai') found reduced working hours and food supplements played an important role in the execution of the work without any untoward

incident.

After a thoroughgoing medical examination, 188 miners worked under increased atmospheric pressure for more than 45,000 man hours on this particular underground stretch. Most of the time, work was carried out in the temperature range of 34-45° C. On a few occasions, the heat coming out of the excavation chamber was so intense that miners could not enter the chamber to record the temperature and the work was abandoned, says the study. Temperature above 50°C was recorded on 20 occasions. "Five hundred kilogram of ice in 25 kg blocks was placed inside the excavation chamber to reduce the temperature," it says.

The report says that the main motivation to work is the "pressure allowance" given to the

The main motivation to work is the "pressure allowance" given to the workers for every hour spent under pressure

workers for every hour spent under pressure. Once decompression was over, miners had to be given a very light job till the end of the usual 12-hour shift or were simply allowed to go home, the report adds.

Among recommendations made by the authors of the study, Dr. Krishnan Srinivasan and Dr. A.C. Kulkarni, are: ensure compressed air passes through a chiller unit to increase human comfort inside the main locks and to reduce the working time of the miners in case chilled air cannot be supplied.



In 2021, at the height of summer, we had a case of a conservancy staff collapsing after work. Since then, such cases have not been reported among our ground staff. This time, if the temperature goes beyond 45 degrees Celsius, we will definitely be speaking to Greater Chennai Corporation to give them a break of one hour from noon to 1 p.m. They can compensate for that hour later. We have asked our supervisors to check on the well-being of our staff. We have a helpline that can be availed by our staff and residents. Besides water provided at all our 126 mustering points, buttermilk and caps are also being given.

MAHMOOD SAIT
CEO, Urbaser Sumeet



The number of traffic booths in the city has increased. Many of them replace the shelters that do not offer much protection against the heat. During summer, we ask our team to be on the road only during morning and evening rush hours. The remaining time they can operate from the sides - booth/shelter. Traffic police personnel generally work staggered hours. The rule in traffic is that it is a four-hour shift because after that one will not be able to stand in the sun. A data of heat related illness of our workforce is something we can start recording.

R SUDHAKAR
Additional Commissioner of Police, Traffic

How a street play made it to the auditoriums

In 2021 when fifty years of the 1971 Indo-Pak war was being celebrated with a victory torch, Maj. Gen. M. Indrabalan (ret'd), now a resident of Flagstaff Road in Chennai, figured out a way of keeping that flame alive beyond that celebration

PRINCE FREDERICK

An expert was once a hobbyist – ask Maj. Gen. M. Indrabalan (ret'd). Towards the tail-end of his career in the army, theatre began to fascinate him. This fascination was not so much with the process of theatre as with its impact. The interest was not sparked watching a play, but a grand event, one that played out across the nation.

In 2021, the nation was celebrating 50 years of the 1971 Indo-Pak war, with a victory torch going through hands wielding the scepter in all the states of India. The media kept the flame alive.

When Indrabalan saw images of the victory torch doing a parade of the country, having been sent across to governors and chief ministers, he instinctively sensed there could be more to it.

The flame of Indian pride could inflame more hearts, young hearts, if only it stayed alive beyond the news cycle. It was not long before he figured out theatre could do that trick. At that time, he was serving as Additional Director General of the National Cadet Corps in Bihar.

"I put together a 20-minute

street play on the 1971 war with around 20 NCC cadets as actors. I trained them on how to enact the street play on the streets. I asked them to go on a cycle tour of the districts of Bihar and in each district headquarters, they would have to stage the street play on the street. The street play became popular. That is when I realised that it had a potential to create awareness about the war among the masses," observes Indrabalan, whose father, late Capt. K. Govindan (ret'd) from 17 Madras Regiment had taken part in the 1971 war.

He continues: "I got hold of a theatre company, and research lasting one full year followed, and we came up with a Hindi script. While it took us one year to write the script, it took almost another one year to stage the play, titled 'Operation Vijay 1971' at Patna (in August, 2023)."

Art and theatre group Surangan and non-profit, women's empowerment organisation Gulmohar Maitri had been instrumental in the process of the play being made and staged.

The play began to travel to other parts of the country, including Chennai.

It was around the time Indrabala-



(Clockwise from top) The troupe during the staging of the play at OTA; the staging of the play at Guru Nanak College; and Maj. Gen. M. Indrabalan (ret'd) being felicitated by Lt. Gen. A.K. Singh at OTA.

lan retired from the army and settled down in the cantonment area on Flagstaff Road in Chennai.

The play now continues to be staged at venues drawing diverse audiences – on March 31, 2024, it was at Guru Nanak College in Velachery and on April 13, 2024 at Officers Training Academy (OTA) in St. Tho-

mas Mount. Indrabalan draws attention to a tweet by Southern Command Indian Army on its X handle calling the play "captivating" based on its staging at OTA.

An English adaptation of the original Hindi play, titled "Birth of Bangladesh", produced by NCC UDAAN TN and directed by S.B.S. Raman,

has come into being. Indrabalan points out work to stage the play in Tamil and Malayalam is under way. He adds that the Malayalam version is being produced with the support of A.V. Anoop, managing director of AVA Group of Companies.

What began as a hobby has now become a full-time engagement.

A section of Royapettah High Road now sports a stark look



The stretch after half of the mini-flyover was razedTHE HINDU

BY A SPECIAL CORRESPONDENT

For long-time residents of the locality, a stretch of Royapettah High Road (near Ajantha bus stop) should now bring a rush of nostalgia, one tinged with a sense of loss.

Recently, work on demolishing one half

of the flyover connecting Dr. R.K. Salai and Thiru-Vi-Ka Salai intersection ran its course. The demolition work was initiated in January 2024 for the construction of an underground Metro Rail station for CMRL's phase II project.

Opened in May 2000, the mini-flyover was among nine projects that came up in Chennai to address the growing congestion on this section resulting from increasing volume of traffic.

According to *The Hindu Archives*, nine "mini flyovers" were proposed in 1998 to decongest the roads they were meant for. The report says that "land acquisition proceedings" was avoided in these projects.

The significant part of all the projects was that there would be no land acquisition, the flyovers being supported by single columns, says the report.

The other mini-flyovers include the one at Music Academy, Sardar Patel Road-Gandhi Mandapam Junction, Pantheon Road-Montieth Road junction and TTK Road-CP Ramaswamy Road.

As per a report in *The Hindu*, work on the underground station will take three years, following which CMRL will reconstruct the flyover and throw it open for the public. Another flyover that will also be partly razed is the one at Adyar.

Scale model train show ends today



Today is the last day of the 'Mini Scale Model Train Show' organised by Chennai Rail Museum in Perambur as part of World Heritage Day. A number of running train models and layouts are on display at the exhibition (from 10 a.m. to 4 p.m.)

PHOTO: VEDHAN M

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Changes in pattern of train services



Villivakkam railway station. PHOTO : B. JOTHI RAMALINGAM

Southern Railway has revised some of the suburban trains timings on the Chennai Central - Arakkonam and Chennai Central - Sullurupeta sections.

Six new trains will be operated and the existing timings of some EMU trains have been changed with effect from April 18. The new train timings and revised timings are : Train Numbers : 43414, Arakkonam - Moore Market Complex will leave at 8.55 a.m. (earlier 8.50 a.m.), 66014, Arakkonam - Moore Market Complex at 18.20 p.m. (18.25 p.m.), 43216 Tiruvallur - Moore Market Complex at 8.15 a.m. (8.20 a.m.), 43228, Tiruvallur - Moore Market Complex at 11.30 a.m. (11.25 a.m.)

Carnival for special children

Lady Andal Therapy & Learning Centre, T. Nagar, organised a carnival for special children. According to a press release, a total of 94 students participated and showcased their talent. Singing, playing musical instruments fancy-dress, yoga, and puppet show were some of the events. Games were conducted. Medals and certificates were distributed to all the participants.



Summer camp at Manapakkam

Sree Kids Playschool at Manapakkam is running the third edition of its summer programme for children between three and 12 years of age.

From yoga, aerobic to zumba, the camp provides a diverse range of fitness activities that ensure children stay active and healthy, says a release.

Brain-boosting exercises, simple science experiments outdoor and indoor activities: many such events are scheduled for children to pick and choose, the release adds.

The camp is open from Monday to Friday until May 24; 9:30 a.m. to 12:30 p.m.

For details, call 9363231530.



Tailoring course



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Lions Club of Perambur is sponsoring tailoring course and beautician course by providing the necessary equipment at Thakkar Bapa Vidyalaya, Venkatanarayana Road, T. Nagar. For details, about the courses call, 9176624283

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Four-week Yoga workshop
Satyam Yoga Trust is conducting a four-week Yoga workshop from April 27 at Thiruveethi Amman temple, No: 2, Thiruveethi Amman Kovil Street, Velachery. According to a press release, no fee will be charged. The centre follows the tradition and curriculum of Bihar School of Yoga. Time: From 5.30 a.m. to 7 a.m. Sessions on Pranayama, meditation, value education, food habits, recitation of mantra are part of the workshop. For details, call 7871715152 / 9445051015.

The centre is also conducting a Yoga workshop from April 26 at Shri Sudarshan Terrace Hall, B-2, Lakshmi Nagar Main Road, Nanganallur. For details, call 9841227709 / 9445051015.

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