

T. NAGAR

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

Are you sure you do not want posters?

This view cutter on GN Chetty Road in T. Nagar exhorts people not to sully it by pasting posters; a paper here and a paper there might actually do great service, not disservice to this view cutter which has been allowed to slide into unseemliness

PRINCE FREDERICK

Across Greater Chennai Corporation limits, there is any number of examples of artistically done transformer-covering view cutters being marred by posters. And there are also view cutters that would do with some poster draping. Anyone who pastes a poster on them would actually be doing them great service, not disservice.

If the reader is yet to clap eyes on such a view cutter, they may head to GN Chetty Road in T. Nagar (landmarks: Bala Mandir Kamaraj Trust and AV Global Corporation).

This view cutter yells at the top of its lungs asking anyone with a poster to stay away from it. The message has been engraved into the view cutter by cutting the metal surface. It is indelible; and therefore GCC should hurry to have it painted and ensure that the plea, exhortation or whatever it is ("Paste No Posters") does not sound farcical. It is said the 15 GCC zones are in a healthy competition about getting the most eye-catching designs on their transformer-covering view cutters.

The name of the zone behind this object d'art has been engraved into the metal. This view cutter's presence brings a blight to the



landscape. It almost nuzzles against the compound wall of Bala Mandir Kamaraj Trust campus; and it detracts from whatever artistic air the artwork on that wall managed to conjure up.

With some painting, its intended beauty – one sees shapes of towering structures on the facade – will surface. While the view cutter needs painting; the innards it hides need some scrubbing.



The images were taken on November 22, 2025.
PHOTOS: PRINCE FREDERICK



ADDING A REUSE VALUE TO USED THINGS

Before discarding something that has outlived its usefulness to you, consider sending it to any of these groups **P5**



AN OLD QUESTION RESURFACES

An injured Chestnut winged cuckoo was rescued in Mylapore; and inevitably, there was speculation about how much this species, a passage migrant in these parts, loves to spend the winter in Chennai **P6**

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 downtownfeedback@thehindu.co.in. Letters must carry the contact number.

KARTHIGAI EKADASHI

Abhang Mela

11 Abhangs
11 Ragas
11 Composers

Vid. UMA KUMAR
Carnatic Singer, Switzerland

umakumarusic umakumar.music

Sunday, 30 November 2025
6.00 p.m.

KRISHNA GANA SABHA
Kamakoti Hall, Chennai

A V MANIKANTAAN Mridangam
GOMATHISANKAR Harmonium
RAM KHADSE Tabla

All are Welcome

READERS WRITE

'Reopen Ambedkar statue junction in Iyyappanthangal'

P. SENTHIL KUMAR

A fatal accident occurred at Ambedkar statue junction in Iyyappanthangal on Mount-Poonamallee High Road recently and citing this, the traffic police closed the junction. Ambedkar statue junction is an intersection of Mount-Poonamallee High Road, Pillayar Koil Street and Ponni Amman Koil Street. This arrangement particularly affects residents of Oil Mill Road. Now this section of the public, who are habitue of the junction, have to take a U-turn at the next junction which is near SRMC hospital in order to cross Mount-Poonamallee High Road; this marks a two-kilometre detour. A traffic signal would have reduced the risk of an accident at Ambedkar statue junction. In-



stead of installing one, the junction has been closed down without factoring in the inconvenience it would cause local residents.

In fact, we are displeased about not having a provision at Oil Mill Road junction to cross Mount Poonamallee High Road. Now, the closing of Ambedkar statue junction has only aggravated the problem for residents of Oil Mill Road. This road witnesses good traffic as it connects Mount Poonamallee High Road and Poonamallee High Road. Given its importance, a proper junction is needed here.

P. Senthil Kumar is a resident of Iyyappanthangal

Ambedkar statue junction in Iyyappanthangal on Mount - Poonamallee High Road.

PHOTO: SPECIAL ARRANGEMENT

**Defeating poverty on the Kabaddi court**

A school in Ashok Nagar is empowering girls by supporting them in the pursuit of excellence in this sport

LIFFY THOMAS

For every achievement in sports by children at Dr. K.K.Nirmala Girls Higher Secondary School in Ashok Nagar, the teachers deserve an appreciative pat. Here is why. After M. Ragavi, a Class VIII student and a promising kabaddi player, had a ligament tear during a zonal tournament, her parents wanted her to give up sports. They stopped sending her for Kabaddi practice. One after the other, Ragavi's teachers called upon her parents, one of

them a daily wage labourer and the other employed as a support staff, trying to bring them around to the view that sports can prove to be an opportunity for success for their daughter.

"After many such visits by teachers, Ragavi's parents relented, allowing her to play kabaddi, which is a big victory for us," says Loura Humbliena, the physical education teacher at the school for the last nine years.

The Under-14 kabaddi team is just three years old and has already won laurels for the school. Students love the sport but most of them get little encouragement at home. The financial situation at home also discourages many of them to pursue sports as a hobby.

"Kabaddi is a physically demanding contact sport considered rough, especially for girls. And most parents do not want to take the trouble to drop them at school

before regular classes start for Kabaddi practice or during weekends when matches are conducted," says Loura.

The Under-14 team recently won the Chennai Revenue District Level Tournament held at St. George's Anglo Indian Higher Secondary School in Shenoy Nagar. M. Abinaya Sri, a Class IX student, has been selected in the district-level SGFI selection in Kabaddi and has also qualified for the state-level SGFI selection.

The government-aided school also has Under-17 and Under-19 kabaddi teams.

"Most of our children are from less privileged backgrounds, many do not have a congenial environment around them, so we have been nudging them to take up some sport for the benefits it offers," says Loura.

The school also has promising players in sports such as silambam,

During a practice session at the school court. PHOTOS: SPECIAL ARRANGEMENT

basketball and basketball.

Besides the noon meal programme, the school management offers breakfast and snacks to some students.

Sr. Santhi Amalore, headmistress of Dr. K.K. Nirmala Girls Higher Secondary School says the institution is 52 years old and has been catering to students in and around the neighbourhood including K.K. Nagar and Vadapalani.

"We currently have a strength of 1,024 students and we offer Tamil and English medium of education. Through sports and cultural activities, we want to bring out the talent in them as well as keep them from negative thoughts and actions," says Sr. Santhi.

No paid public toilets in Chennai

A 'No Fee Zone' board will be installed at toilets run by Greater Chennai Corporation

LIFFY THOMAS

Public toilets within Greater Chennai Corporation limits will soon start sporting a new board that reads 'No Fee Zone' to emphasise that these facilities must not charge users for using them. On November 19, Mayor R. Priya unveiled a special stamp for World Toilet Day and 'No Fee Zone' signage to reinforce that every public toilet in Chennai is free.

Public toilets in the city have largely been free barring some of them where janitors have charged a small fee, so what is new?

"Many have even carried a board saying 'free toilet' but some would deliberately hide the board or collect a fee illegally which we want to prevent completely. The 'No Fee Zone' board will be placed at such a height that it can be seen easily by



anyone. They are aware that they have free access," says an official from the Special Projects Department of Greater Chennai Corporation. "There are no paid toilets maintained by GCC."

The lollipop-style signboards will be complemented by badges



During the launch of "No Fee Zone" signage on World Toilet Day.

PHOTOS: SPECIAL ARRANGEMENT

Hari Balaji, CEO, Urban PCT Three (Ferrgra), the concessionaire responsible for maintaining toilets coming under Zones VII to X (excluding Marina).

There are three other firms that have been assigned by GCC to manage toilets under the public private partnership model.

Under the new arrangement, companies managing toilets are required to follow certain SOPs and have KPIs (key performance indicators) to be met. Each toilet is judged daily on cleanliness, odour control, water availability, lighting, safety, functional fixtures, manpower deployment, complaint closure and accessibility standards. "These toilets will be inspected by a third party," says the GCC official.

Signage boards with QR codes and phone numbers have to be fixed on every facility for users to raise a complaint.

"Earlier, one agency was involved in construction and another in maintenance. Under the new arrangement, the same firm takes care of operation and maintenance for a period of eight years which will fix accountability," says Hari.

Toastmasters take the time to enjoy, take stock and relaunch themselves

From humble beginnings in April 2004 to an inspiring 1000th meeting on November 16, 2025, Chennai Toastmasters Club (CTM) showcased the spirit of growth, grit and greatness. What started as a single club has evolved into a huge community that has shaped hundreds of confident communicators and leaders across South India.

This milestone meeting was not just a celebration – it was a tribute to every member, past and present, who has built this movement and representatives from across Chennai gathered to connect and celebrate this shared journey. Around hundred toastmasters and guests attended the event. The chief coordinators of these celebrations were Toastmaster Nanda Kumar and Toastmaster Ravi Kumar who led the program with aplomb.

The meeting kickstarted with a countdown by Toastmaster Muthu Vishal and presided by Distinguished Toastmaster (DTM) Sunil

Baffna. The meeting was hosted by Toastmaster Manoj Kumar Venkataraman and Toastmaster Rahul Soni. The top administrative echelon of District 120 led by DTM Parthasarathy P.D., graced the event to honour the club's achievements. They presented a plaque to honour the club for its commitment; it was a happy moment when all its past and present members gathered on stage to receive this award.

The chief guest, Ravi Ramanathan of Ramanathan's Effective Public Speaking Institute, was conferred the "DTM Abraham Zachariah" Award for outstanding service in the field of public speaking. The late DTM Abraham Zachariah had been one of CTM's most respected stalwarts since its inception. Toastmaster Jimmy Pathrose announced this momentous award and the entire leadership team presented it to Ramanathan, says the release.

Ramanathan's address traced his own growth and that of his institute – both pioneers in Chennai's



At the 1000th meeting of Chennai Toastmasters Club. PHOTO: SPECIAL ARRANGEMENT

public speaking landscape for over six decades.

True to the Toastmasters tradition, the meeting featured the ever-popular Table Topics session – with a twist; creatively hosted by Toastmaster Abhirame Ayyappan. The members from the audience were invited to participate in it, making it both fun and interactive.

Another highlight was the "Coffee Table Conversation" hosted by Toastmaster Abilash Suresh, where Charter Member DTM Nina John and Toastmaster Sridhar Ranganathan shared perspectives on how Toastmasters continues to

provide skills and value addition, even among Gen Z and beyond.

CTM members showcased their diverse talents – a dance performance by Toastmaster Vallimeena Ramanathan and a humorous skit by the club members brought excitement among the audience.

In true Toastmasters tradition, appreciation took centre stage when the members were recognised for their outstanding contributions to the club, ably announced by Toastmaster Suman Mishra, says the release.

To mark the occasion, the new-sitter editor Toastmaster Aalia Fa-

zal presented the first copy to District 120 Director DTM Parthasarathy. A soft copy of the magazine is available for those who wish to read members' reflection.

A Speechcraft program (practical sessions on fundamentals of communication) aligned with milestone celebrations was coordinated by TM Lakshminarayana Sathyanarayana, inspiring the participants to hone their public speaking skills.

All those interested in attending Chennai Toastmaster's club meeting can call any of these two numbers 94441 86014/ 9884996963.

READERS WRITE**'Lake Area Seventh Cross Street is battered'**

N. RAVIKUMAAR

Lake Area Seventh Cross Street in Nungambakkam is battered and prone to waterlogging. It was last relaid around 15 years ago. The road has been dug up from time to time to carry out some civic work and has not been restored properly. It is a wide road but parking of heavy vehicles has made it narrow.

The images were taken on November 21, 2025

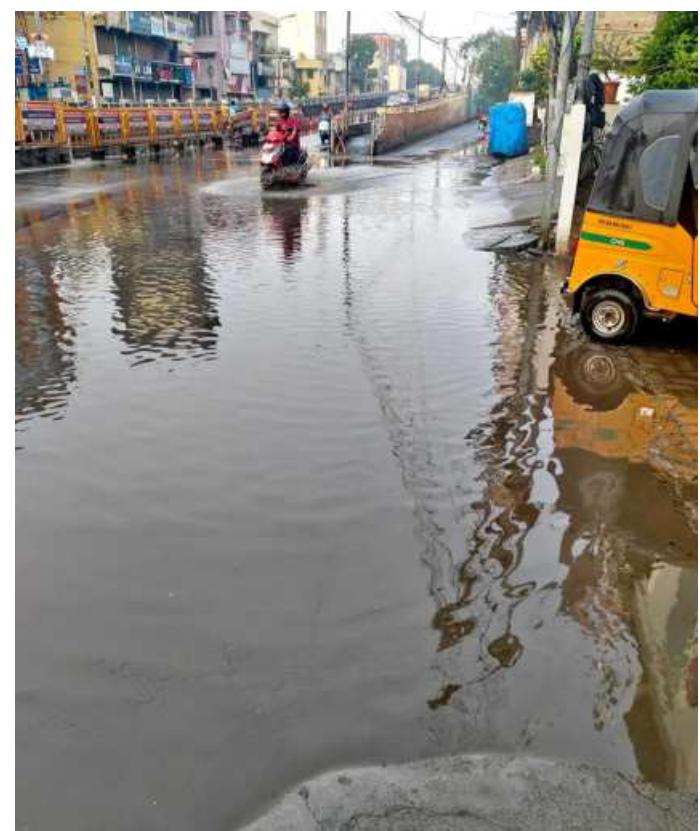
N. Ravikumar
is a resident of Nungambakkam



R. VENKATALAKSHMI

Even in the event of a mild shower, the service lane of Kodambakkam flyover near Usman Road gets waterlogged. It is one of the main approach roads to the Kodambakkam market and Kodambakkam railway station. The images were taken on November 21, 2025.

R.
Venkatalakshmi
Nungambakkam

'Waterlogging on approach road to Kodambakkam railway station'**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 [downtownfeedback @thehindu.co.in](mailto:downtownfeedback@thehindu.co.in). Letters must carry the contact number.

Exhibition of artworks by students under way in Gopalapuram

The Tamil Nadu Dr. J. Jayalalithaa Music and Fine Arts University is currently conducting a 10-day art exhibition, "INAIPPU – Fusion" at ART SPACE – Kalpa Druma on Cathedral Road in Gopalapuram, throwing light on the artworks of students of MFA Painting (regular) programme.

The exhibition, which was inaugurated on November 21 will go on till November 30. The timings of the exhibition every day are from 10 a.m. to 7.30 p.m.

The inaugural ceremony was made scintillating by the presence of a galaxy of personalities from various fields – actors Re-

vathi and Rekha Nair; sculptor N. Karoona Moorthy; painter Bhagwan Chavan; senior journalist and writer Sugadev; artistic director and founder of Global Rhythms Srinivas Krishnan; Kalpa Druma managing director Lakshmi Devi; and proprietrix of HTC Amritha Venkatakrishnan.



SUSTAINABILITY

Adding a reuse value to used things

Before discarding something that has outlived its usefulness to you, consider sending it to any of these groups

LIFFY THOMAS

Old spectacles find new eyes

Old spectacles including those that have gone out of fashion are usually discarded, consigned to the garbage bins. A small number of non-profits and optical shops stop these spectacles from being wasted in this manner. They collect these spectacles and hand them over to organisations that can help in recycling them.

Kapleshwar Optics in T. Nagar, for instance, has a collection box for people to drop their old spectacles. They are generally picked up by a team from Lions Optical Bank.

Sankara Nethralaya has its own in-house optical service at College Road where old spectacles can be dropped. Based on the condition of the frame, they are repurposed to be reused by a needy patient coming to the hospital.

Likewise, outlets of GKB Opticals and Kalpvruksha Seva Trust in West Mambalam encourage peo-



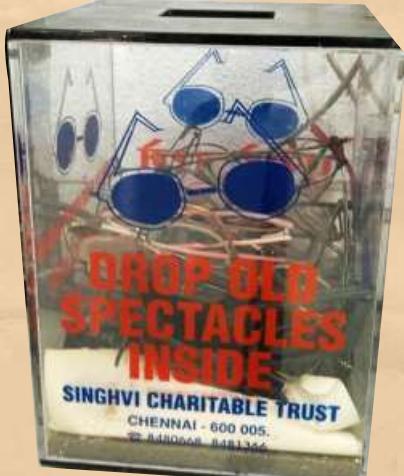
ple to give away their spectacles that are lying unused at home.

A note on Lenskart.com says that it runs an exchange programme that allows one to donate old glasses to someone in need via the Lenskart Foundation and get an exchange value on a new pair of glasses. All eyeglasses and sunglasses, irrespective of whether they were purchased from Lenskart or not are eligible for this offer, says the note.

The lens from the frames of donated spectacles are removed and after minor repairs, refitted and made ready for reuse. These spectacles are categorised on the basis of power and kept aside for camps.

Unlike in the west, donation of old spectacles is losing traction out here for reasons such as cost incurred in refurbishing them.

For many years, Chennai-based Singhvi Charitable Trust was collecting old glasses from outlets, refurbishing them and distributing them at camps. Now, they only give away new spectacles.



'SADS' making people happy

Be it an oversized pair of shoes that you got as a gift or stationery received as return gifts or furniture not matching your living room, Share at Door Step (SADS) is ready to pick them up at your doorsteps and ensure they reach someone genuinely in need of them.

The pan-India non-profit that also caters to Chennai encourages people to donate their reusable items by availing the "doorstep pick up" option. The items thus collected are delivered to those who need them.

The charges for pick-up depend on the location, volume and mode of pickup.

The donations in kind reach the beneficiaries; through verified trusted partner NGOs, they are audited on a regular basis, says a note on the website.

For details, visit <https://shareatdoorstep.com>

A bank providing medical equipment



and oxygen concentrators are among the most sought-after items by families.

"We ask users to use a medical equipment for 30-45 days and return or renew it at least once so that they can keep it for a longer period of time," says Aashish Kumar Jain CS, trustee of RYA Cosmo Elite Foundation, adding that at least 4,000 people have benefited from the bank over the years.

A man desperately seeks a wheelchair for a family member for a short-term use, and it does not prove an easy search. Having witnessed this, a bunch of his friends from RYA Cosmo Elite Foundation start a medical equipment bank. This was ten years ago, and now, this bank boasts a horde of medical equipment at any given time, and it operates from a garage in Pulianthope. The medical equipment are either bought new or received as donation.

These medical equipment are lent on a no-cost basis to those in critical care at home. Wheelchairs, medical beds

Physiotherapy devices are among the latest medical items to be added to the e-bank. Aashish says once a member of Rotaract Club was keen on supporting this initiative and he requested that the message on the bank accepting gently used items be circulated so that those in need are benefited. "We need support both in cash and kind, but one big help we would like to offer people is removing the burden of keeping medical items that are not needed any more and passing it on to someone in need," says Aashish.

To check availability of items in the e-bank, call 7550077700

Clothes and bicycles

* Sevai Karangal collects used bicycles and donates them to students in rural areas where public transport is inadequate; IIT-Madras is a major donor in this initiative. For details, WhatsApp 9840873859.

* Thuli receives gently used clothes and accessories, repurposes and offers them to the underprivileged. Its collection centre is at Kasturba Nagar. Call 6380306662.

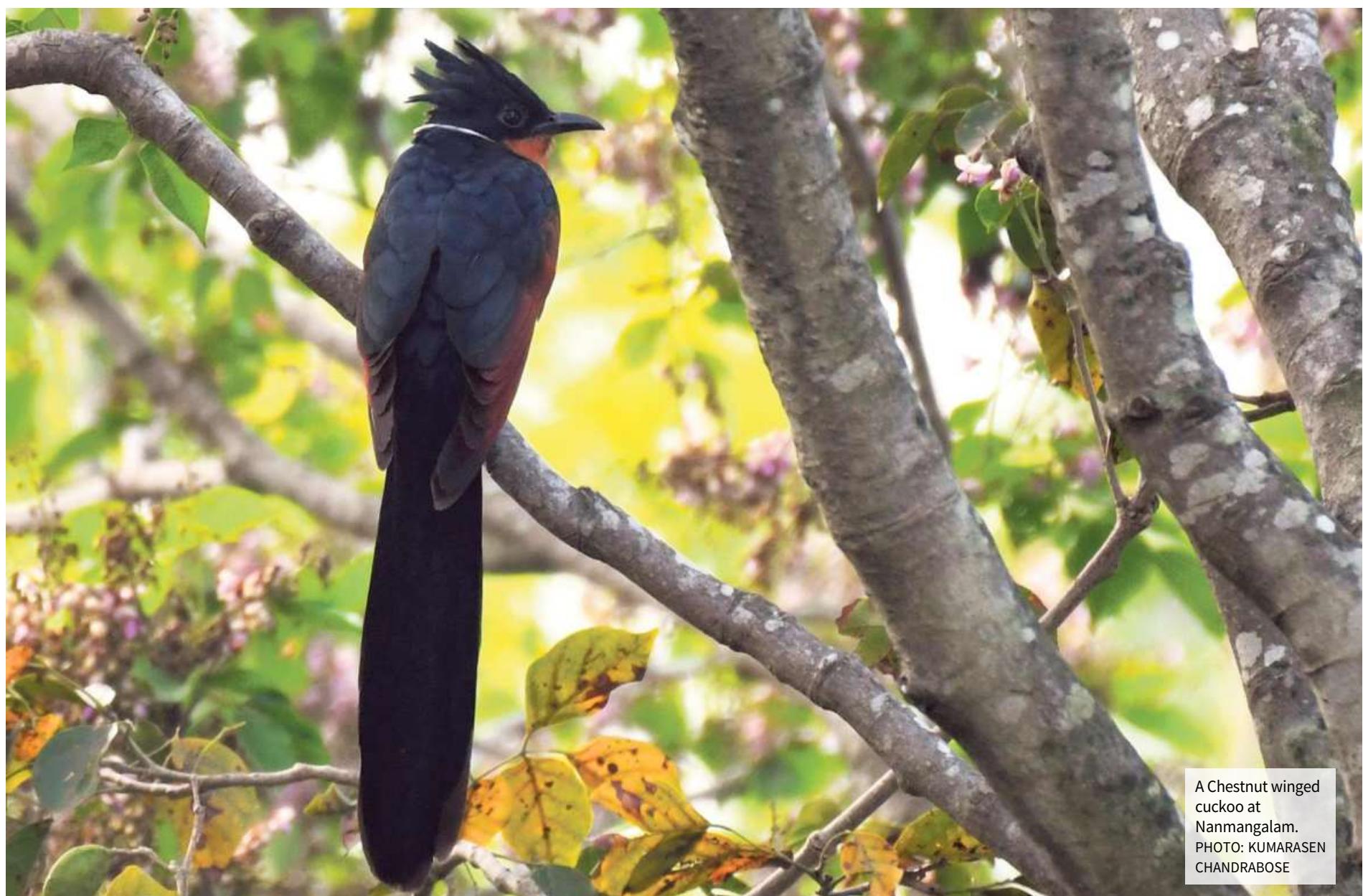
* Rajasthan Cosmo Club Foundation picks up gently used clothes from the doorsteps; call 9962299622.

* Little Drops, a home for the homeless destitute at Paraniputhur, accepts anything from people. It encourages apartments to organise a collection drive and sends a van for the items to be transported. Call 9884080869/ 9884080864.



An old question resurfaces

Recently, an injured Chestnut winged cuckoo was rescued at Oliver Road in Mylapore; and inevitably, there was speculation about how much this species, a passage migrant in these parts, loves to spend the winter in Chennai



A Chestnut winged cuckoo at Nanmangalam.
PHOTO: KUMARASEN CHANDRABOSE

PRINCE FREDERICK

Recently, on its Instagram page, Urbaser Sumeet raised a hymn of praise to a conservancy worker within its fold. Not a verse in that praise struck a superfluous note. Udaykumar, the conservancy worker, rescued an injured bird, pulling it out of the jaws of death after it had come between the jaws of a canine. While on his beat, clearing garbage on Oliver Road in Zone 9, a resident had told him about a bird bitten by a dog and cowering in the neighbouring house. The reel shows Udaykumar narrating the sequence of events that led to the bird's recovery: how he took the bird, the injury from the bite on the side of its neck evident, to a vet, informed his office and finally, handed the bird over to the forest department. If it had not been a Chestnut winged cuckoo (CWC),

the story would have ended then and there as a heart-warming act of kindness. No sequel to it.

The sight of this CWC in the reel held gently by Udaykumar, with bare hands and with gloved hands could not but put this writer in mind of an observation ornithologist V. Santharam had made in the context of the discussion about the CWC.

He had made the observation in an article in *The Hindu* titled, "How much of a passage migrant is the Chestnut winged cuckoo?" (dated November 22, 2020). He gave two time capsules in which CWC is usually sighted in Chennai – November–December and during March–April on the return migration. He recalled two instances of rescuing a Crested winged cuckoo in the Santhome of the 1980s when he was the resident of the neighbourhood. On both occasions, the CWC had flown into a house, and crows

had launched into it. In one of those two instances, it had made a "crashlanding" next door in Santharam's neighbour's house.

In a conversation connected with this article, the ornithologist shared that again in the same time period, a resident of north Chennai brought a rescued CWC to his office in Nungambakkam, seeking his help. At that time, Santharam was working with UBS Publishers which had an office in Nungambakkam.

The recent incident at Oliver Road provides an object lesson about this CWC trait (getting disoriented and flying into houses) for the current generation.

It probably could come as a surprise to many young birders. A considerable part of what one hears about the CWC from birders is about how it has started patronising certain patches. For five years, winter after winter,

there have been accounts of CWC sightings happening almost on an appointed date (putting it without hyperbole, around a particular time of year) at Nanmangalam reserve forest.

Kumarasen Chandrabose is among birders in Sembakkam, Nanmangalam and surrounding areas that have been documenting the arrival of the CWC at Nanmangalam for the last five years.

In the early years of the Chestnut winged cuckoo's engagement with the Nanmangalam forest, tyres from a distant land rolled in. Reportedly, birders from Bangalore queued up one day at Nanmangalam for a glimpse of the bird..

Cut to now, the relative regularity of CWC sightings in various other parts Chennai and its vicinity make a compelling case for asking an old question all over again – no marks for guessing

what it is. Let us get to it in a minute. AM Aravind has reported a CWC sighting from Puzhuthivalam. Sundaravel Palanivel has seen it at a patch of Pallikaranai in Kamakotti Nagar, just a chirp away from his home. He then caught up with the species in Kumizhi near Guduvanchery. Jithesh Babu had a "meetup" with the bird in Karikali. There have been sightings of the CWC in Adyar, one recently by Kumaresan Chandrabose. And then the Oliver Road incident.

This writer puts the same question to Santharam, five years later – how much of a passage migrant is the Chestnut winged cuckoo. Without taking a nanosecond to think it over, the ornithologist shoots back the same answer. "It is a passage migrant; but some of them could be staying on in Chennai for the winter." Who knows, probably more of them than before.

EVENTS

Registrations open for Indian Navy Half Marathon 2025

To be held on December 14, the run would commence at Napier's Bridge and end at INS Adyar Beach

The maiden edition of Indian Navy Half Marathon is scheduled to be held in Chennai on December 14, 2025.

The event, which features three race categories – Adyar Half Marathon Run (21.1 km),

10KM INS Parundu Run, and 5KM INS Pallava Run – will commence at Napier's Bridge and end in INS Adyar Beach.

A prize pool of ₹ 10,00,000 for the runners across various categories will be offered, said a press release.

Registrations are open across all categories on the official event website: <https://chennainavyhalfmarathon.com/>

The event aims to promote three causes: a Drug-Free India, Women Adishakti Power and a stand against online betting/gambling. The event also celebrates the unique spirit of cam-

raderie, where civilians run shoulder-to-shoulder with Defence personnel, embodying unity, discipline and national pride, the release added.

The Chennai Navy Half Marathon also forms a part of the larger series of Navy Half Marathons held across the country, inspiring citizens to embrace health and fitness while strengthening the bond between the armed forces and the community, while encouraging participation of public in the Fit India movement.

The event is presented by Bank of Baroda and powered by Indian Oil Corporation Ltd.

Alternatives to single use plastics

A free workshop in Alwarpet will train women to make products with paper

BY A SPECIAL CORRESPONDENT

What can one do with empty cartons and old newspapers? Sell them in bulk to the kabadiwala or find a business model with paper waste. A five-day workshop at Eldams Road in Alwarpet aims to empower women less than 50 years of age to find a business model out of paper.

Organised by the Environmental Information, Aware-

ness, Capacity Building and Livelihood Programme (EIACP), a flagship initiative of the Ministry of Environment, Forest and Climate Change, the free five-day capacity building course on craft making alternatives to single use plastics for women will begin on November 24.

More than 10 different products that can be made with paper such as plates, cups, trays, straws, pen stand and fruit baskets will be covered

during the workshop. Materials will also be supplied by the organisers.

"Many do not know what are the alternative to single use plastics. We are looking at offering this as an income generation programme for women through hands-on demonstration and other marketing skills that we will train them in," says P. Sudhakar, director, EIACP.

To register and for other details, call 9444254831



Road safety awareness programme held

The traffic wing of R1 Mambalam Police Station along with Rotary Club of Chennai Port City organised a road safety awareness programme recently.

As part of the event, close to 100 students from Sri Ramakrishna Mission Sarada Vidyalaya Model Higher Secondary School for Girls, Burkitt Road, took out a cycle rally. The programme also highlighted the need for pollution-free commuting, adds the release.



Volunteers honoured



Agal Foundation Trust in West Saidapet which works for the welfare of the visually-challenged people celebrated its 10th anniversary recently. According to a press release, volunteers of the foundation were honoured on the occasion. Those interested to volunteer for the trust may call 7338720444



Eye camp held in Chintadripet

Sri Krishna Sweets organised a free eye camp at Zion Church in Chintadripet. According to a press release, around 150 people attended the camp and close to 40 persons were identified with ailments. Reading glasses were distributed to 31 persons for free, adds the release.

Another eye camp was held at Devan Old Age Home in Koyambedu. Here,

around 75 persons attended the camp.

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'Women are increasingly targeted in cyber crime'

Seminar by WHY TAP at MOP Vaishnav College for Women was aimed at creating awareness about this issue among students

WHY TAP, the training and placement division of WHY Global Services, recently conducted a seminar on cyber awareness security at MOP Vaishnav College for Women.

The seminar was aimed to prevent young women from falling into the trap of cybercrime, who are increasingly targeted by online threats, identity theft, cyber-stalking, impersonation, and financial scams.

Sathishkumar Kannan, a certified ethical hacker and founder of WHY Global Services, conducted the seminar.

The session equipped young women with practical knowledge to identify, prevent, and respond to cyber threats, said a release.

During the seminar, students were introduced to real-world cyberattack methodologies, including phishing and identity-



based threats.

A significant focus of the session was women's digital safety.

Sathishkumar Kannan emphasised practical steps to stay protected, including verifying online identities, safeguarding personal photos, and knowing when and how to report cyber incidents to

authorities.

"As a cybersecurity expert, I believe that protecting women online is not merely a technical challenge; it is a societal duty. Colleges, parents, and institutions must work together to build digital resilience in young adults," he said.

Culinary workshop on November 27 and 28

Tamil Nadu Agricultural University Information & Training Centre is conducting a culinary workshop. According to a press release, the session will focus on preparing sweets, savouries and meals from traditional rice varieties such as Mapilli Samba, Arumbatham Kuruvai, Karuppu Kavuni, Kullakar, Rajamudi, Kudavazhai, and Thuyamalli. The session will be held on November 27.

In another session which will be held on November 28, preparation of fruit syrups will be taught. The fruits include lemon, oranges, guava, and pineapples.

The sessions will be held at the centre's premises at First Floor, Agro



Tech Green Park, Thiru Vi Ka Industrial Estate, Guindy. For details, call 044-29530048

Waste collection drive held

A week-long dry waste collection drive was held at La Celeste, a gated community in Mugaliwakkam. According to a resident of the apartment, around 255 kg waste was collected. This includes: clothes, e waste, toys, bags, books, footwear, and cardboard. The collected waste was handed over to Wasted 360 Solutions - Trust.



Changes in pattern of electric train services



The Chennai Division of the Southern Railway has scheduled a line and power block for the commissioning of the electronic interlocking panel at Tiruninraur yard on November 23. Following are the changes in the pattern of electric train services, between 7 a.m. and 3.40 p.m.

Full cancellation of electric trains – train Numbers : 43211, 08:05 a.m., 43213, 08:40 a.m., 43215, 09:15 a.m., 43217, Moore Market Complex - Tiruvallur, 09:35 a.m., 43707, Chennai Beach - Tiruvallur, 09:55 a.m., 43507, Moore Market Complex - Tiruttani 10 a.m., and 43901, Moore Market Complex - Kadambattur, 10:30 a.m..

In lieu of above cancelled electric trains, the following commuters' specials will be operated.

Moore Market Complex - Arakkonam, 08:20 a.m., Tiruttani - Chennai Beach, 08:50 a.m., Arakkonam - Moore Market Complex, 08:55 a.m., Moore Market Complex - Tiruttani, 09:10 a.m., Moore Market Complex - Tirupati, 09:50 a.m., Arakkonam - Moore Market Complex, 10 a.m., Tiruttani - Moore Market Complex, 10:15 a.m., Moore Market Complex - Avadi, 10:45 a.m., and Moore Market Complex - Arakkonam, 11 a.m..

For full details, log on to <https://x.com/DrmChennai>

Meet and greet event to welcome Deputy High Commissioner of Sri Lanka



A meet-and-greet evening to welcome Ganesanathan Geethiswaran, Deputy High Commissioner of Sri Lanka, was recently organised in the city.

Jointly hosted by Satish Jupiter and The Park, Chennai, the event saw Consuls, Expats, Government Officials, Members of Diplomatic core and prominent faces of Chennai in attendance to welcome and greet the new Deputy High Commissioner.

Registrations open for kickboxing competition

HammerPro Kickboxing is organising Tamilnadu Kickboxing Championship 2025 for Amateur and Pro Kickboxers in Chennai.

The event is scheduled to be held on December 21, 2025 at Maduravoyal.

According to a press release, the winners of the competition would be presented with a cash prize and a title belt.

Registration is open to all kickboxing fraternity in Chennai, says the press release.

For further details about registration, call 9962188501

ACUPRESSURE - REFLEXOLOGY (FOOT AND HAND)

GOOD RELIEF (HIP PAIN)

- KNEE PAIN • LEG PAIN • ANKLE PAIN
- MUSCLE PAIN • NECK PAIN • BACK PAIN
- SHOULDER PAIN • HAND PAIN

BENEFITS

- | | |
|-----------|--------------------------|
| • REDUCE | - ARTHRITIS & RHEUMATOID |
| • IMPROVE | - BLOOD CIRCULATION |
| • REDUCE | - VARICOSE VEIN |
| • IMPROVE | - GOOD SLEEP |
| • REDUCE | - STRESS |
| • REDUCE | - STIFFNESS |
| • REDUCE | - NUMBNESS |
| • REDUCE | - BURNING |
| • REDUCE | - VERTIGO |
| • CONTROL | - DIABETES |

HOME SERVICE ONLY | TIME : 7 AM TO 10 PM

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