

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



The Public Health Centre in West Mambalam has served as a generous hospital partner for this initiative by Dr. P.S. Sreemathi to treat underprivileged children suffering from heart ailments

LIFFY THOMAS

In 2002, when P.S. Sreemathi retired as Head of Department of Paediatric Cardiothoracic Surgery from the Institute of Child Health and Hospital for Children, Madras Medical College, there were 700 cases of children waiting for heart surgery.

Sophisticated cardiac devices and equipment were not so common in the 80s. "When I first came to the hospital in 1988 on transfer, the paediatric cardiology department had 200 children waiting for surgery. Later, in 1990, through funding from the State Government, Government of Japan and the World Bank the hospital received equipment that lent themselves to performing four, back-to-back surgeries a day," recalls Dr. Sreemathi.

This motivated the cardiothoracic surgeon to initiate a project where economically disadvantaged children with congenital heart diseases could be treated free in a quality set-up with experienced doctors and paramedics.

Hearts for Hearts (H4H), a public charitable trust, was born in 2011 to ensure cardiac surgery reached the poor. Under the project Solution for Cardiac Afflicted Needy (SOCAN), the trust had conducted 460 surgeries so far, with the Public Health Centre (PHC) in West Mambalam, a 70 plus year old voluntary non-profit, serving as a generous hospital partner.

While the state government and some corporate hospitals offering free cardiac surgery, what makes H4H's initiative extra special is that it bears the entire cost of the treatment which includes diagnosing the patient, the travel expenses incurred in coming to Chennai for surgery, finding a place for lodging and offering support with medi-

cation.

Non-profit Udhavam Karangal has been lending support by offering its centres for patients convalescing after the surgery.

From finding the most deserving children in Tamil Nadu, today the team conducts medical camps in various other states to identify cases that need to be accorded utmost priority.

H4H has a long-term technical agreement with Boston Children's Hospital in the United States for monitoring and upgradation of the skillsets of its team of medical and para-medical professionals.

"Through their rapport with the International Quality Improvement Collaborative for Congenital Heart Disease' we have improved and benefited considerably. We



During a meetup of beneficiaries and donors; and (below) Dr. P.S. Sreemathi examines a child.
PHOTOS: SPECIAL ARRANGEMENT



ask its team of doctors to help us if we find a case is complicated and they have the expertise," says the 80-year-old doctor.

H4H has a team of cardiologists, cardio vascular surgeons, anaesthetists, physician assistants, male and female nurses and technicians that work together. A team of five trustees provide policy guidance and mobilise resources.

The big challenge before H4H is reaching out to different corners to create awareness about congenital heart diseases. The high cost of

surgery and lack of awareness are reasons why many do not manage to get the needed treatment for their kids on time.

"We attend camps with the help of NGO networks and identify cases, this also includes tribal communities and uncharted areas," says the Mylapore resident.

Funding

H4H has been able to touch many little hearts because of the contribution from various donors including philanthropic organisations and

some corporates. Any basic heart surgery starts from ₹1.5 lakh onwards and the money pooled in is used to meet various expenses.

"We are trying to create a large fund pool, so we welcome donors to reach out to us to see if they can donate a corpus fund and the interest earned from the amount will keep us doing more surgeries and keep the project sustainable," she says.

In its efforts to get funds the non-profit makes sure a rapport is built between the beneficiary and the donor to develop a bond.

"By funding surgeries of the poor, one is being more empathetic and offering a child the right to live which is a Fundamental Right," says the doctor citing the example of an elderly couple that made a donation of ₹25 lakh.

While children between one and 18 years are the major beneficiaries, in some cases they have made the surgery available to adults. For details, visit h4h.in

globa/art
Think Creative

For 5 - 15 years

CARTOON & COMIC CLASH

FOR CLASSES 1 TO 5

DRAW, COLOUR & WRITE FINISH YOUR COMIC STRIP!

WIN EXCITING PRIZES*

1ST PRIZE



DRONE TOY

2ND PRIZE



GAME BOARD

3RD PRIZE



WATCH

MERIT PRIZES



COMICS



FREE
REGISTRATION



SCAN THIS QR CODE
TO GET YOUR ARTWORK

SUBMIT BY - 10TH FEB 2025

BRITA FOOTWEAR

MENS FORMAL SHOE • BOYS & GIRLS • HAND BAGS • CLUTCHES

**BIGGEST
Footwear Showroom @
Pondy
Bazaar**

**Wedding
Collection !**



Experience a wide range of
premium collections from top brands.

Step into elegance & variety like never before!



PONDY BAZAR:

No.58/113, Thiagaraya road, Chennai - 600 017

for detailed enquires contact:

+91 8754401617 | +91 44 2433 2332

DISCOUNT

BRING THIS COUPON
& GET

UPTO 10%*

SPECIAL DISCOUNT ON SELECTED PRODUCTS

Follow us on britafootwears

STATUS REPORT

Speed breakers in West Jhafferkhanpet do not promote safety

A majority of the speed breakers in West Jhafferkhanpet are unsafe. They are either too steep or too low and some are battered. Further, they lack markings and on some roads, they are faded.

In other words, they are not in compliance with the prescribed guidelines and hence do not serve the purpose. Instead, they raise the risk of accidents.

The following locations have unsafe speed breakers: Sapthagiri Colony Main Road, junction of Vasudevan Nagar Kanchi Natrajan Salai and Thiru Nagar Periyar Street, and junction of Thiru Nagar Kabilar Street and Vasudevan Nagar Kanchi Natrajan Salai. "In the case of Sapthagiri Colony Main Road, the speed breaker lies near a sharp bend of the road which is dangerous.

Further, it lacks markings and it is very steep. The margins of this speed breaker are battered. A motorcyclist fell and sustained injuries at this spot a year-and-a-half ago. Streetlights are inadequate in West Jhafferkhanpet. This also raises the risk of accidents near the speed breakers," says P. Sudhakar, the federation's secretary.



The federation also pointed out that speed-breakers are necessary in Sapthagiri Colony First Street and Ganga Nagar Fourth Street. It is also unhappy about the roads in the neighbourhood.

"Sapthagiri Colony Main Road was relaid last year after a decade but within a few weeks, the road was dug up and the stretch is uneven. Interior lanes – S.M. Block Lal Bhadur Shastri Street and S.M. Block Babu Rajendra Prasad Street – are in a deplorable state and they should be attended to at the earliest," says Sudhakar.

Text by L. Kanthimathi



Speed breakers at Sapthagiri Colony Main Road and (below) at Thiru Nagar Periyar Street junction in West Jhafferkhanpet.

READERS WRITE

'Relay speed breakers at Muthu Kumarappa Street'



Muthu Kumarappa Street in Saligramam.



When Muthu Kumarappa Street, which is off Arcot Road in Saligramam, was relaid six months ago, the speed breakers were removed. However, they have not been relaid to this day.

The street is a narrow interior lane with sharp turns. In other words, it is an S-shaped lane. Hence, speed-breakers are necessary.

A.Gomathinayagam
Saligramam

'Transformers should be fenced'



A transformer at Kaveri Ranagan Nagar in Saligramam.

The electricity transformers at Kaveri Ranagan Nagar need to be fenced. Because, the public is misusing the area around the transformer to dump waste. This includes plastic covers and alcohol bottles.

This can turn a spark into a major fire accident. Tamil Nadu Generation & Distribution Corporation Limited should look into the issue.

N.S. Ramachandran,
Saligramam

'Pathways for accessing Dr. Gurusamy bridge from Chetpet railway station are desolate'



There are staircases on both sides of Dr. Gurusamy bridge in Chetpet which provide access to Chetpet railway station. One is located at Mc Nichols Road First Lane and the other one at Jaganathapuram. But the pathways from the station leading to the staircases are desolate and overrun with vegetation. These spaces are a haven for tipplers and they are also misused for open urination. Here, a police outpost is required.

Johnson Manickaraj
East Tambaram

'MTC's 5E skips stop in Jhafferkhanpet'

Metropolitan Transport Corporation's bus service 5E connects Vadapalani and Besant Nagar. But most of the buses while going toward Besant Nagar skip the stop in Jhafferkhanpet called "Kasi theatre stop." Instead, it takes the Eleventh Main Road in Ashok Nagar. This puts commuters to a lot of inconvenience. MTC should address this issue.

Ramesh E
Jafferkhanpet



Reuse culture

Two hyperlocal WhatsApp-defined groups in Chennai formed during the pandemic are showing residents in their respective localities how to free themselves of the tyranny of underused items in a socially and environmentally responsible manner

SHARON JESSICA MICHAEL

During the pandemic, life was reduced to its barest and most essential minimum. Wardrobes could be pared down: the regular sweatshirt and nightie were *haute couture*. One could get by on fewer possessions with the most indispensable one being the face-hugging mask. The commute became redundant. One could be parked at home along with their fancy car, and still enter workstations parked at homes thousands of miles away. The period offered gratuitous advertisement for minimalism. The birth of these two decluttering groups seemed organically linked to this pervasive climate.

These two groups – Declutter Elcot Avenue in Sholinganallur (date of birth: first half of 2020) and Marketplace @ Valmiki Nagar (DOB: November 2020) – facilitate the selling and buying of used items to promote a culture of reuse at the hyperlocal level, within communities defined by geography. These groups have gained loyal members by the dozens over the last four years while helping them “lose” underused things, thereby decluttering their spaces.

Here is a peek into their inner workings.

Declutter Elcot Avenue

It was formed a decluttering group. In a case of twisted irony, it needed the very solution it was offering the community.

A scrawny neonate when the pandemic crept in, this group grew into a hulk of a creature before the global health crisis was past, eventually becoming full to bursting. It was not alarming corpulence to be chipped away at, but valuable muscle that needed to be evenly distributed. Some members were “evacuated” from the primary WhatsApp group before it imploded from the pressure of its ballooning size and ushered into group two, which displays a similar growth pattern.

The numbers for both groups: Declutter Elcot Avenue 1 (it hit the ceiling in terms of the number of members that can be accommodated in a WhatsApp group) and Declutter Elcot Avenue 2 (700 members).

Benazir Tehrani, who started this initiative and continues to watch over it, can allow herself some smugness. “It is definitely really big because it has maxed out on one group, and now it is going to the other,” Benazir emphasises, adding that a telegram group existed but was struck off the list as a majority were not savvy in using it. She takes pride not so much in the size of this initiative as in its ability to galvanise the community into positive action.

The initiative had an unassuming genesis: at her gated community in Elcot Avenue, Sholinganallur, she noticed items with some years still left in them being

rudely carried to the burial ground, well dumping ground. It tantamount to burying someone alive.

“There were certain times, near the dustbins, I used to see huge mattresses in good condition. It did not look like there was anything wrong with them,” she recalls. Inspired by similar decluttering initiatives in other cities, Benazir decided to replicate the concept in her own community. “During COVID, we all had a lot of time on our hands. And this was a concept which I know a few complexes in Bombay had adopted; I thought, why not just start something here?”

As the group continues to expand significantly, Benazir and the team (Ramasamy, Arun, Rakesh Oori, and Sujatha) often find themselves in the challenging role of guiding and managing it and striving to maintain order.

Among the instructions continually relayed to members are:

“If you are part of declutter one; you cannot hope to be part of declutter two.” “Business promotions are not permitted; no real estate listings please!” “Please include detailed descriptions in your posts, such as: ‘Cycle, 4-5 years old, used for 1 year, selling for Rs 700.’”

Benazir believes in the concept of “a reuse culture fostered locally” which would be defeated if the group extends beyond Elcot Avenue.

Benazir shares a hope for the future: “I wish someone would really just create an app,” which can be used by groups locally for decluttering exercises in their communities.

How to run a declutter group

- 1 Have the rules carved in stone
- 2 A suite of admins will help maintain order
- 3 Make sure the group does not get unwieldy
- 4 Create multiple online groups to keep each manageable
- 5 Be strict; take prompt punitive action against spammers
- 6 Ensure the group does not abandon its hyperlocal moorings

AI GENERATED
ILLUSTRATION:
M. ARIVARASU

Marketplace @ Valmiki Nagar

With greater disposable time, during the pandemic, people broke new ground: by developing a latent talent, mastering an altogether new skill or enhancing their qualifications through certifications from online learning programmes. Gripped by the zeitgeist of those times, Valmiki Nagar Residents Welfare Association steered its sustainability journey into partly uncharted territory.

Now, if there were a sustainability school for resident welfare associations, this RWA would be among the class toppers: a student who would turn in their assignments with the time-keeping ability of Big Ben; and redefine weekends as a time for library-hopping. Its solid waste management track record has often ensured the RWA a coveted place in Greater Chennai Corporation’s consultative meetings with residents.

Jayanthi Premchander, a key member of the RWA, begins: “Valmiki Nagar was always a little ahead in waste management and segregation, spreading awareness.” And the studious student named Valmiki Nagar RWA plumped for an elective course, though enough credits were already lodged in the kitty.

“We decided: why don’t we have a decluttering group for Valmiki Nagar, for people to exchange items such as books or sell things?” she reflects. “It was basically for reuse and recycling.”

The group – named “Marketplace @ Valmiki Nagar” – initially

source a wheelchair. We help small businesses by letting them promote their products in the group.”

Jayanthi stressed the importance of regulatory principles set in iron to prevent the group from becoming disorderly. “We ask them to keep business deals private through private messaging; in other words, the buyer cannot negotiate over prices in the group,” she advises. “It is important to regulate the group and ensure nobody posts any content that is inflammatory in nature and creates bad blood among members.”

Keeping a tight rein on members needs a force: so Shuba, Vinay, Arvind, Abhilash Jaishankar and Jayanthi function as admins.

Jayanthi remarks, “If someone wants to start a similar initiative, they need to have a clear purpose and at least three or four admins to regulate it.”

The effort to create a sustainable and supportive community has not only helped reduce waste but also nurtured a sense of solidarity among neighbours and other constituents of the social ecosystem such as those who have ended up on the less-privileged side of life.

Shuba illustrates this: she once bought toys from Marketplace @ Valmiki Nagar for her maid’s daughter for just ₹100; and these toys were of impressive quality.

Jayanthi explains, “The group has evolved from just a decluttering exercise to accommodate another quality – that of “yellow pages. We share useful information such as where to source

items: to cite a recent example, a member in the group successfully sought information on where to

Two schools from Chennai make it to the ‘green list’



File photos used for representational purpose only

BY A SPECIAL CORRESPONDENT

Visualise an exercise where students formed teams to ‘monitor’ the quality and use of natural resources – air, energy, food, land, water and even waste – on their school campus. Extend your visualisation skills to picturing the students prepare a report card on the school’s performance on the environment front.

These are not just mental images, they played out in time and space, with students from schools across the country doing just that. They carried out an extensive green audit of their campuses.

A total of 356 schools across India were honoured recently with a ‘Green’ certificate at the Green School Programme (GSP) initiated by the Centre for Science and Environment.

Of these, 25 Green School Awards were presented across 11 categories to schools and educators for their exemplary initiatives in making their campuses environment-friendly and their students, environment-conscious.

Chennai schools on the list

R.M.K. Residential Senior Secondary School received the “Sterling Schools Awards” for consistently demonstrating excellence in environmental sustainability by maintaining a Green School ranking for five consecutive years under the Green Schools Programme (GSP).

Kendriya Vidyalaya, IIT Chennai received the ‘Energy Manager Award’.

The GSP Audit 2025 saw a participation of 8,831 schools from 33 states and Union territories, said a release.

According to a release, through the GSP Audit, students evaluate their school’s performance across six key areas: air, energy, food, land, water and waste. Schools completing the audit receive a sustainability rating—Green, Yellow, Orange or Red—and a detailed performance report, guiding



them to improve year after year.

The Annual Green Schools Programme Awards Ceremony is a prestigious event that celebrates the ‘green’ achievements of outstanding schools from across the country for their ingenuity and progressive practices, added the release.

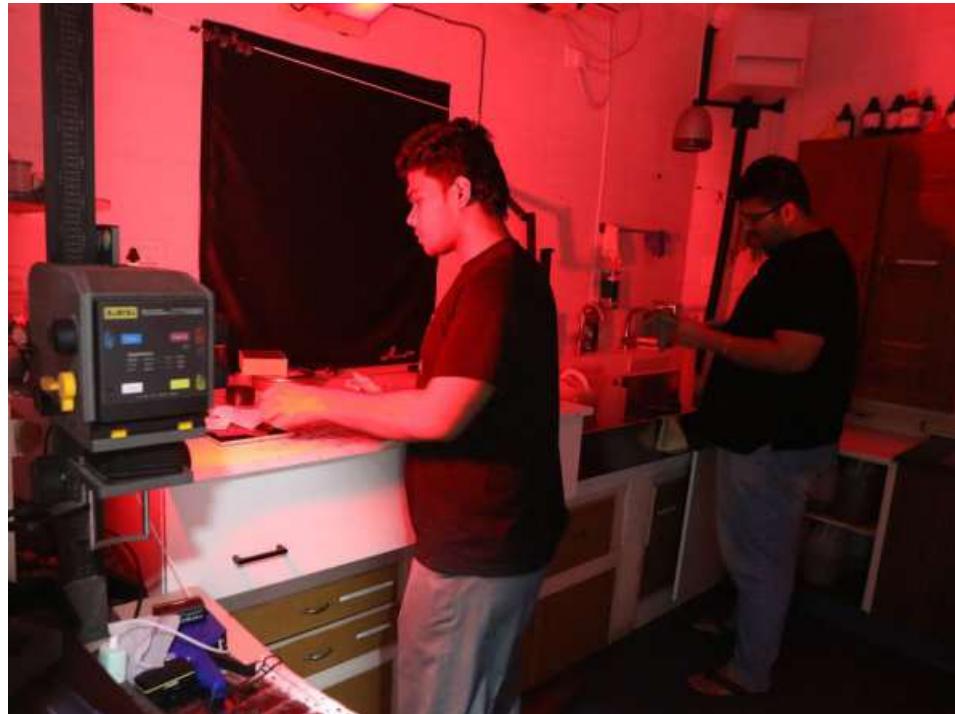
The audit

Some of the findings from the 2024-25 audit show that 87 per cent schools do not own or use vehicles; 93 per cent of the schools do not sell packaged food items on the campus; 77 per cent of the schools use energy-efficient lighting; 71 per cent schools are single-use plastic free zones; 26 per cent of the schools use green source of energy (solar); 25 per cent of the schools have rainwater harvesting systems in place; 30 per cent of the schools segregate waste and compost wet waste; and 48 per cent of the schools have more than 35 per cent green area.

CSE’s GSP Network has over 15,000 schools across India.

A surefire shot in the dark

Chennai Photo Biennale Foundation's Darkroom in Kottivakkam offers an invitation to the world of analogue photography



PRINCE FREDERICK

Revathi smiles coyly from the confines of a monochrome image plunked down on an ultra wide computer screen. The image serves as a mnemonic prop for recollecting a celluloid success of the 1980s, Bharathiraja-directed *Manavasai*. While the movie camera was rolling, this image had been captured from the sidelines, still photographer Lakshmikanthan pressing the shutter.

In the minutes that follow, the monitor is busy hosting other black-and-white images shot by Lakshmikanthan during the making of other movies from that day and age, displaying popular actors such as Karthik and Rathi Agnihotri in the flush of youth.

Drawn from negatives, these images are now being touched up, mildly corrected to weed out the effects of cancerous time placing a clammy palm across the negatives.

This process is unfolding at the Darkroom of Chennai Photo Biennale Foundation in Kottivakkam.

Images of this ilk are being readied for a grand display curated by Nirmal Rajagopalan as part of the third phase of CPB Edition 4. The exhibition will open later this month at the 75th Independence Day Park (also known as the Thiruvanmiyur MRTS Children's Park).

A member of the Darkroom, Ajay has the lowdown about this



project. Lakshmikanthan, who lives in Director's Colony Kodambakkam, his life enriched by memories of celluloid past plastered on 10,000 negatives, had allowed access to a part of his tranche for a day. Fifteen hundred images in negatives from ten films were paraded for scrutiny: 76 images in negatives were herded into the Darkroom, quickly digitised and returned to the owner.

In a knowledge sharing exercise, much like a student sliding an answer sheet to the edge of the table for a pal seated at the next table, Ajay offers a sneak peek into the display-to-be. Expect slices of Billa, Alaigal Oivathilai, Pudiya Varugal and Manvasanai, he reels off and stops short of a total revelation, and goes back to being hunched over an enlarger fash-

ioned in-house.

This project is not vastly different from this team's regular engagements. As the name implies, the Darkroom team is engaged with analogue and alternative photography.

"All of us who work here (in the Darkroom) are artists ourselves; we come from different backgrounds. For example, my colleague Anshul has more of a science background. He is the one who knows the chemicals and can make the tweaks to the chemistry to get the results," says Ayuj, who manages the Darkroom.

A roll call of the 9to5 team: Ayuj, Ajay, Anshul and Chiranjeevi, which of course is headed by Varun Gupta, the brain behind the concept of thrusting a darkroom in the face of a massively digitised world.



We buy film initially meant for motion pictures — bulk film, basically — 100 feet or 400 feet rolls meant for movies, cut them and roll them into canisters.

A day in the life of CPB Foundation's Darkroom.
PHOTOS: PRINCE FREDERICK

In a pat on the back for the team, Ayuj notes they are among the largest sellers of film and film cameras in the country. Every month, they get an order of 200 to 300 film rolls and film cameras. Beyond nostalgia and the novelty of going analogue in a digital-defined world, the idea of undertaking the journey of life at an unhurried pace and doing things under the influence of a speed governor, is amping up the attraction of film cameras.

"And there are many photographers who practise film photography commercially. We have a few plans for commercial fashion and product photographers who when it matches the subject would like to shoot on film or on medium or large format. You cannot even shoot formats that large digitally. We work with 6.5 by 8.5, 8 by 10, really really old large format cameras," explains Ayuj.

The Darkroom sources used film cameras and unsold stocks of cameras (true of point-and-shoots made, say 30 years ago, but never got sold) for those keen on having them. Film is sourced from old suppliers still lingering around the corner.

"We buy film initially meant for motion pictures — bulk film, basically — 100 feet or 400 feet rolls meant for movies, cut them and roll them into canisters. It is like a cotton factory when we do this: now we have a machine that makes

the job much easier, says Ayuj adding that they also source 36-frame canisters. A piece of large-format camera history occupies a corner of the room: an evidently anachronistic large format camera with massive billows made by Vageeswari Camera Works.

"We still use this camera once a month or once in two months, taking it outside and shooting with it," says Ayuj.

The Darkroom has many walls, heterogeneous and lending multifacetedness to the analogue exercise. Ayuj elaborates: besides the side of selling film cameras and rolls, the Darkroom provides a space for discussions about analogue photography enabled through workshops for students and adults, most notable workshops are Darkroom 101 and Darkroom 102.

The experience is not just about shooting on film, but also developing film; and about using the enlarger. There is also that "wall" that gives people the keys to the dark room to develop their film. "One of our regulars drives from Vijayawada once in two months just to use the darkroom to develop his rolls. And then there are other people from around Chennai who come once in two weeks to use the darkroom." CPB Darkroom is located at 2/342 A, 1st Cross St, AGS Colony, Kottivakkam.

For more details, visit [@cpbdarkroom](http://cpbdarkroom)

EVENTS

Suganya Ravichandran can be an inspiration to those who are wondering if it is too late in the day for them to take up athletics



Life begins at 40

BY A SPECIAL CORRESPONDENT

A certified yoga instructor, 45-year-old Suganya Ravichandran turned her attention to athletics pretty late in her life and has proved that age

need not be a barrier, if one is keen on excelling. "I started to take part in athletics in my early 40s. Many people told me, 'Why are you doing this?' but I was very keen and focussed and proved that I can do it," she says. Suganya

has already won medals at the district level and also at the Chennai, State and National levels. She has found acclaim at International meets, and has set her sights on the prestigious Asian meet to be held in Indonesia.

Suganya Ravichandran is also a certified yoga instructor



She won gold in 100m, 4x100m relay and 4x400m relay events and a silver in 200m in the 44th National Masters meet held in Pune in February 2024 and in June 2024, she won four gold medals (100m, long jump, 4x100m relay and 4x400m relay) and one silver (200m) in an International meet in Singapore, where she represented India.

The National Masters athletic meet to be held in Bengaluru from March 4 to 9, 2025 will be the selection trials for the Asian meet in Indonesia.

"I am majorly into yoga (doing

online and offline classes) and fitness, but was not into athletics initially. But my childhood dream was to take part in athletics and win medals.

"For the last two years, I started my journey, where coaches Ramesh and now Surya have helped me," said Suganya, who is currently the sports brand ambassador for Tata MD Health and Wellness Solutions. It was her former school principal of Karthikeya Matriculation Higher Secondary School in Vadapalani, who motivated her to take up athletics, said the Bengaluru-based yoga instructor.

"I was born and brought up in Chennai. My former principal Muthamizh Arasan got in touch with me in 2023 and motivated me. Initially, I was doubtful as I had no coach then, but I was determined to run," she said.

Suganya said she wanted to be an inspiration for all women above 40 years of age.

"All I want to tell people is: 'be active and if you walk or jog regularly, no health issue will plague you,' she adds.

Solar awards presented



'SuryaCon Chennai 2025', an event on sustainability and decarbonisation organised by EQMag, was concluded successfully. The event featured a day-long conference, a mini-expo, and Tamil Nadu's Annual Solar Awards, which brought together industry leaders, policymakers,

and experts from the solar energy sector. C. Narasimhan, president of the Indian Solar Association, delivered the keynote address, followed by insightful panel discussions on Tamil Nadu's solar policy, financing clean energy, and investment opportunities in manufacturing.

Have a grievance? Just send a 'hi' message

Have you forgetfully left any item behind in a Metropolitan Transport Corporation bus? The transport corporation has facilitated a WhatsApp chatbot. Commuters can present details about the missing items, get information on bus info and fares, lodge grievances regarding bus services, and make general inquiries.

The WhatsApp chatbot number is 9445033364 (just message "Hi"). The service is available 24/7, according to a release issued by the MTC.

To advertise in
DOWNTOWN

Contact:
UDHAYAKUMAR
81246 14787

BUYING

WORKING AND NOT WORKING, A/C,
BRASS, STAINLESS STEEL, FRIDGE,
OLD COMPUTER, LAPTOP, UPS,
BATTERIES, MUSIC SYSTEM,
WATER HEATER, GYM ITEMS,
WOODEN FURNITURE, SOFAS, COT, BEURRO, DINNING SET

ALL A TO Z SCRAPS

VANITHA TRADERS

96001 01534

No Visiting Charges

BUYING

Any Condition

- ◆ HIFI MUSIC SYSTEMS
- ◆ LED TV'S
- ◆ A/C
- ◆ Laptop
- ◆ Fridge, Bureau
- ◆ Computer Systems
- ◆ Batteries, Genset, Geiser

SWETHA ELECTRONICS

9382728672/ 9382728677

BUYING

Spot Cash @ Door Step

- ROSE WOOD
- TEAK WOOD
- ANTIQ FURNITURE
- PATTU SAREES
- 2 & 4 WHEELERS
- SCRAB: COPPER, BRASS, STEEL, ALUMINIUM, IRON

MURUGAN TRADERS

9962624607/ 9791118010

Students stage play on climate change

The Centre for Environmental Studies and Department of English, Women's Christian College in Nungambakkam organised a street play called "Bequeathed Soil".

According to a press release, the play consisted of three stories based on climate change.

Waiting for a mending exercise

Ramasamy Road in K.K. Nagar on February 3. PHOTO: VELANKANNI RAJ B

Centre for the mentally challenged rolls out a food truck

Arvind Foundation, a centre for mentally-challenged persons, has introduced a new initiative wherein a food truck with a specially designed kitchen will sell food prepared by mentally challenged persons under the guidance of their instructors.

According to a press release, the initiative aims to provide a platform for those with special needs to develop essential vocational skills and also to raise funds for their welfare.

Called Sitrundi, the food truck sells a variety of snacks such as samosas, cutlets, sundal, and pakodas, adds the release.

The vehicle will be parked at various places in the city from 2 p.m. to 6 p.m. For details, call 9884270697 / 9841034234.

Wheelchairs donated

Tamil Nadu Udavikkaram Association for the Welfare of the Differently Abled donated wheelchairs to five differently-abled persons. Besides, bags of rice and

vegetables were distributed to 100 differently abled people, says a press release. The event was held at Dr. MGR Janaki Matriculation School, Saligramam

Workshop on mushroom cultivation

Tamil Nadu Agricultural University Information & Training Centre is conducting a workshop on mushroom cultivation on February 13. Another workshop on honeybee keeping will be held on February 14.

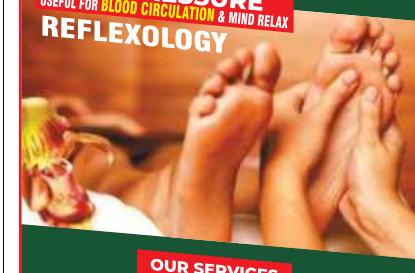
The sessions will be held at the centre's premises at Agro Tech Green Park, First Floor, Thiru. Vi. Ka. Industrial Estate, Guindy. For details, call 044 - 29530048.



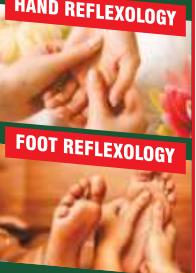
+ **AYURVEDA** +

ACUPRESSURE
USEFUL FOR BLOOD CIRCULATION & MIND RELAX

REFLEXOLOGY



HAND REFLEXOLOGY



FOOT REFLEXOLOGY

OUR SERVICES

-  • Varicose Veins • Hip Pain • Hand Pain
- Neck Pain • Knee Pain • Good Sleeping
- Shoulder Pain • Leg Pain • Blood Circulation Improve
- Back Pain • Foot Pain • Head Therapy

HOME SERVICE ONLY | TIME : 7 AM TO 10 PM

78455 70155