

TAMBARAM

Chromepet » Pallavaram » Tambaram West » Rajakilpakkam » Mannivakkam » Guindy » Keelkattalai » Nanganallur » Guduvanchery » Hasthinapuram » Pammal » Tambaram East

Medavakkam » Srinivasa Nagar » Kathipara Junction » Kovilambakkam » Sadasivam Nagar » Potheri » Selaiyur » Sembakkam » St.Thomas Mount » Madipakkam » Urappakkam » Paranur



GROWING TALENT IN THEIR YARD

Ahead of International Day of Persons with Disabilities, *The Hindu* Downtown features two winners of the "Special Mom" award. **P5**



KNOW YOUR SWALLOWS: A VISITOR VERSUS A RESIDENT

During winter, the barn swallow takes Chennai by storm and the red-rumped swallow seems to recede into the shadows. **P6**

Ticket vending machine out of order at Mount railway station



The automatic ticket vending machine at the Saint Thomas Mount railway station (at the pedestrian subway) has not been working for some weeks now. When functional, it was operated by a retired railway staff who dispensed train and platform tickets by paying cash or using smart cards. The machine was helpful during rush hour when serpentine queues were seen outside the counters. It would be better if an additional ticket vending machine is facilitated in addition to getting this machine operational. Text T.S. Atul Swaminathan; PHOTO : B. VELANKANNI RAJ.

Velachery flyover becomes parking lot again



Cars parked on the flyover at Vijayanagar junction in Velachery during Cyclone Fengal on November 30. PHOTOS : B. VELANKANNI RAJ

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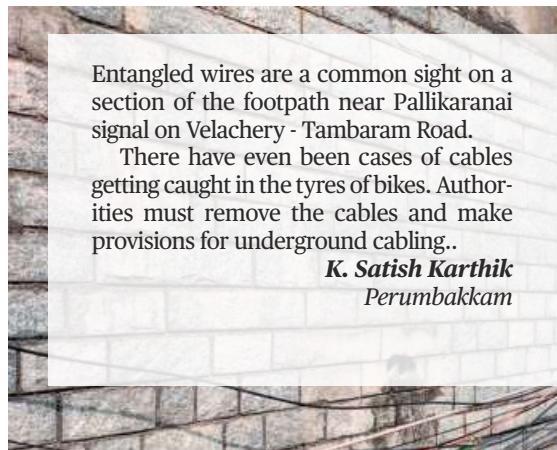


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'Loose cables on busy stretches must be removed'



Entangled wires are a common sight on a section of the footpath near Pallikaranai signal on Velachery - Tambaram Road.

There have even been cases of cables getting caught in the tyres of bikes. Authorities must remove the cables and make provisions for underground cabling..

K. Sathish Karthik
Perumbakkam



'FOB is needed at Potheri'

A foot overbridge is needed at Potheri on GST Road where half a dozen educational institutions are located.

Currently, the bridge in Kattankulathur, connecting GST Road and the Potheri station platforms, is a long distance away for students to access on their way to board MTC buses. MTC has facilitated stops

outside and opposite the institutions.

The students cross GST Road amidst traffic flow, risking their lives. When students cross midway, motorists come from nowhere at a good speed. There is a vast space to construct an FOB.

M. Uma Muralidharan
Potheri.

'Pedestrian signal not working'



The pedestrian signal on GST Road, near Chromepet GH, has not been functioning, making it risky for road users.

People visiting Chromepet GH, commuters, and staff boarding company buses often use this stretch of the road.

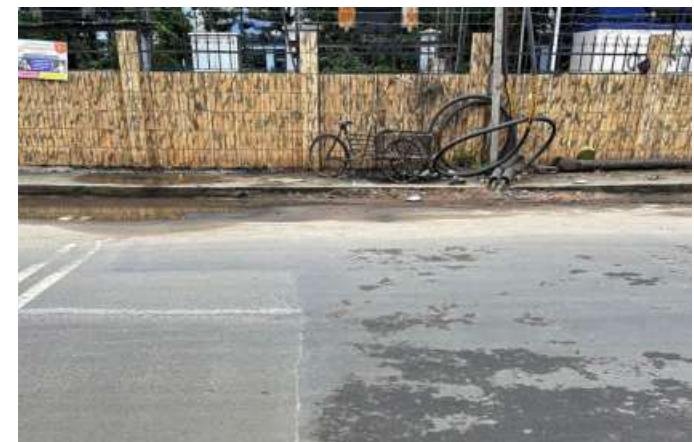
You can be our volunteer-writer

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 postal address and contact number



'Relay the removed speed breakers'



Some months ago, the State Highway Department removed speed breakers on Thiruneermalai Road in Thiruneermalai to facilitate a smooth drive. Residents want the speed-reducing measure back in place.

A risky wait at Peerkankaranai

Ever since the third arm of the New Perungalathur flyover-grade separator was opened to vehicular traffic, commuters waiting to board buses at Peerkankaranai are at risk.

The arm, which was opened in August, connects Srinivasa Raghavan Nagar in Old Perungalathur, GST Road, and Peerkankaranai – New Perungalathur.

The halting points along the arterial stretch were relocated and they lack a shelter and a seating facility.

Motorists on GST Road eastern lane (towards Urapakkam) to proceed towards Irumbuliyur must

take a U-turn at Vandalur, but drive through the bus bay.

Mary, a commuter, adds that even when commuters board and alight from the buses, the motorists drive at a fast clip.

On the opposite lane, commuters stand in the open along the traffic on GST Road or between the stone medians along the flyover.

"A proper and safe stop should be facilitated for commuters. There is enough space along the overpass to facilitate halting points," says V. Sathyapriya, a commuter.

Text: T.S. Atul Swaminathan



Motorist driving in the wrong lane on GST Road, Peerkankaranai; and commuters standing in the open to board buses. PHOTOS: SPECIAL ARRANGEMENT.



Mariner heads into new waters

Manickaraj Muthu completes golden quadrilateral ride of 5830 kms

BY A SPECIAL CORRESPONDENT

Manickaraj Muthu, who completed the golden quadrilateral ride of 5830 kms solo, covering 13 states in 20 days, is the latest cycling star from Chennai. On November 24, members of cycling group Vibrant Velachery gave him a rousing reception at Just Buy Cycles in Velachery where he started his expedition on November 2.

The ride will remain special for this marine engineer who switches between life in the sea and at land, and this expedition was a test of his endurance.

"It was during the second wave of COVID-19 when I was sitting at home that the thought of taking up a cycle expedition occurred to me, but it was a tall task given that I am three months on land and three months in sea," says 43-year-old Manickaraj, a resident of Adyar.

A fitness enthusiast who has been associated with Vibrant Velachery, Manickaraj started preparing mentally and physically to achieve this feat.

"In the ship, I made it a point to hit our small in-house gym every evening after work," says the mariner. Each day was assigned for one routine that included cardio, weight training and strength training. He also found time to take part in some organised events such as the 1200 km Paris-Brest-Paris ride from Paris to Brest.

The Golden Quadrilateral that connects all major highways in cities was challenging as the mariner did not seek any support vehicle or crew to accompany him.



Manickaraj Muthu is a member of Vibrant Velachery

His paraphernalia consisted of a tool kit, cycling jerseys, spare parts and protein powder. Manickaraj pedalled on his Cannondale CADD 12 with regular cheers he received from the online community (he would update his ride on the WhatsApp group) that kept him going.

"I had also contacted friends, seniors from college in every state as an emergency contact," he says.

Cycling on the national highways had its own challenges including bad stretches and heavy vehicles coming close to his shoulders. Manickaraj made sure he ended the day by 10 p.m.

Cycle maintenance hacks and a quick service at a roadside shop in Ahmedabad helped him complete the expedition in the said time.

Manickaraj says this expedition had complemented his life as a mariner. "In fact, both ways. My life as a mariner complements my cycling too," he adds before leaving for another three months out there in the sea.

JACQUELINE KAPUR

In the realm of equestrian sports, where the bond between rider and horse determines success, 16-year-old Aadya Esha is carving a niche for herself. Aadya recently clinched the Grand Championship in the Junior category (ages 14-18) at the Equestrian Premier League (EPL) 2024, hosted by Embassy International Riding School in Bangalore. This marked her fourth consecutive year on the podium and reaffirmed her status as one of the country's brightest young talents. Aadya's journey to this success is a testament to her resilience, discipline, and unwavering love for horses.

A passion ignited early

Aadya's equestrian journey began at the tender age of six when she first enrolled in riding lessons. Even as a child, she showed a unique commitment, never missing a session, whether in sunshine or rain. What started as a weekend hobby soon transformed into a lifelong passion. The turning point came during the Covid-19 pandemic when school closures gave Aadya the opportunity to immerse herself fully in riding. Each morning, she was at the stables by 5:30 a.m., honing her skills on two to three horses daily. From seasoned mounts to spirited young horses, Aadya rode them all, learning the nuances of the sport through both triumphs and falls.

Her persistence shone through even during setbacks. "We lost count of how many times she fell during those days," recalls her family. "But what amazed us was how she always got back on the horse, ready to try again." This unwavering grit laid the

Riding towards glory: Aadya Esha's remarkable equestrian journey



Aadya recently clinched the Grand Championship in the Junior category at the Equestrian Premier League

foundation for her rise in equestrian sports.

The path to excellence

In 2021, Aadya began training with Jacqueline Kapur at the Red Earth Riding School (RERS) in Auroville, focusing on the art of dressage. This discipline, which emphasises precision, control and harmony between horse and rider, became one of Aadya's key strengths. Under the guidance of Kapur and Kalivarathan, head trainer at RERS, as well as her coach at East Coast Equestrian (ECE), Barath Manoharan, she balanced her training in both dressage and show jumping – a rare combination in Indian equestrian sports.

Her competitive debut at the EPL in June 2021 marked the beginning of a series of achievements. Aadya's

first outing resulted in a third-place finish in the Grand Championship. Since then, she has consistently excelled, earning accolades at national and international events, including the Junior Nationals Equestrian Championship (JNEC) and the World Dressage Challenge, organised by the Federation Equestrian Internationale (FEI). By 2024, Aadya had risen to the Senior 1 category, competing against older, more experienced riders and holding her own on both national and international stages.

Her horses' role

Central to Aadya's success are her horses, Paprika and Richness, with whom she shares a deep bond. Her connection with her horses is built on mutual trust and

respect, cultivated through countless hours of training and care. Aadya often emphasises that her achievements are not hers alone – they are the result of a partnership with her horses. "The compassion, the connection, and the shared journey with my horses matter more to me than the competitions themselves," she says. For Aadya, victories are simply the byproducts of years of teamwork and dedication.

This love for animals extends beyond her equestrian pursuits. Growing up in a home surrounded by rescued and rehabilitated animals, Aadya developed a profound compassion for all life forms. As a toddler, she was the youngest volunteer at TREE Foundation's sea turtle conservation programs, and she has participated in numerous animal rescue efforts alongside her father.

What sets Aadya apart is her ability to balance the rigorous demands of her sport with her academic responsibilities. A disciplined routine sees her waking up at 5:00 a.m. for training, often travelling to Auroville on weekends for specialised dressage coaching. Despite the intensity of her schedule, Aadya (a resident of Injamakkam on East Coast Road) remains deeply committed to her education. She values the simplicity and grounded philosophy of The School KFI, which has played a significant role in shaping her perspective on life and competition. "The school has taught me to focus on the process rather than the results," she says. "While I enjoy competing and trying my best for a place on the podium, my goal is always to improve myself,

not to compete with others."

Future aspirations

Over the years, Aadya has amassed an impressive list of accolades, including podium finishes in the FEI World Dressage Challenge, multiple EPL championships, and JNEC events. Her accomplishments span both team and individual categories, reflecting her versatility as a rider. Aadya's 2024 EPL victory in the Junior category, her second Grand Championship win, highlights her growth and maturity as an equestrian athlete.

Looking ahead, Aadya is preparing to compete in the Junior Nationals Equestrian Championship (JNEC) in December 2024, as one of the few junior riders in India proficient in both dressage and show jumping, she hopes to inspire others to pursue the sport with the same passion and commitment.

A legacy in the making

Aadya's equestrian journey is far more than a story of medals and rankings – it is a tale of hard work, resilience, and an unbreakable bond with her horses. Her ability to stay grounded amidst success, coupled with her dedication to both her sport and academics, makes her a role model for young athletes across the country. As she continues to ride toward greater heights, Aadya embodies the spirit of equestrianism: a harmonious partnership between human and horse, built on trust, discipline, and love.

(Jacqueline Kapur founded Red Earth Riding School 24 years ago, combining her passion for horses with her expertise as a dressage rider and coach.)

Global Conclave modelled after UN held at school

A global conclave modelled after the United Nations was recently held at the Hindustan International School (HIS) in Karapakkam.

The HIS Global Conclave 2024, marked a significant milestone in youth diplomacy and global engagement. The event, brought together aspiring young diplomats, educators and global leaders to address crucial global challenges aligned with the UN's Sustainable Development Goals.

Anand Jacob Verghese, Chairman of Hindustan Group of Institutions, who inaugurated the conclave said that in today's interconnected world, students must not merely be observers but active participants in shaping global solutions.

"The HIS Global Conclave represents our commitment to nurturing leaders who think globally and act locally," he said.

In his address, K. Saravana Kumar, Consul General of Malaysia in Chennai, the chief guest applauded the school's dedication to holistic education

and enthused that Understanding world affairs is not just an academic exercise but a crucial life skill. Through platforms like these, students learn to analyse complex global issues, develop diplomatic acumen, and propose innovative solutions for a sustainable future, he said.

The conclave featured intensive committee sessions where delegates tackled pressing global issues including climate change, human rights, and educational disparities. A unique highlight was the global immersion programme in Malaysia, offering students cross-cultural exposure. The closing ceremony celebrated outstanding delegates whose contributions exemplified the spirit of international cooperation and diplomatic excellence.

The HIS Global Conclave represents our commitment to nurturing leaders who think globally and act locally

'Keep them, stay safe'

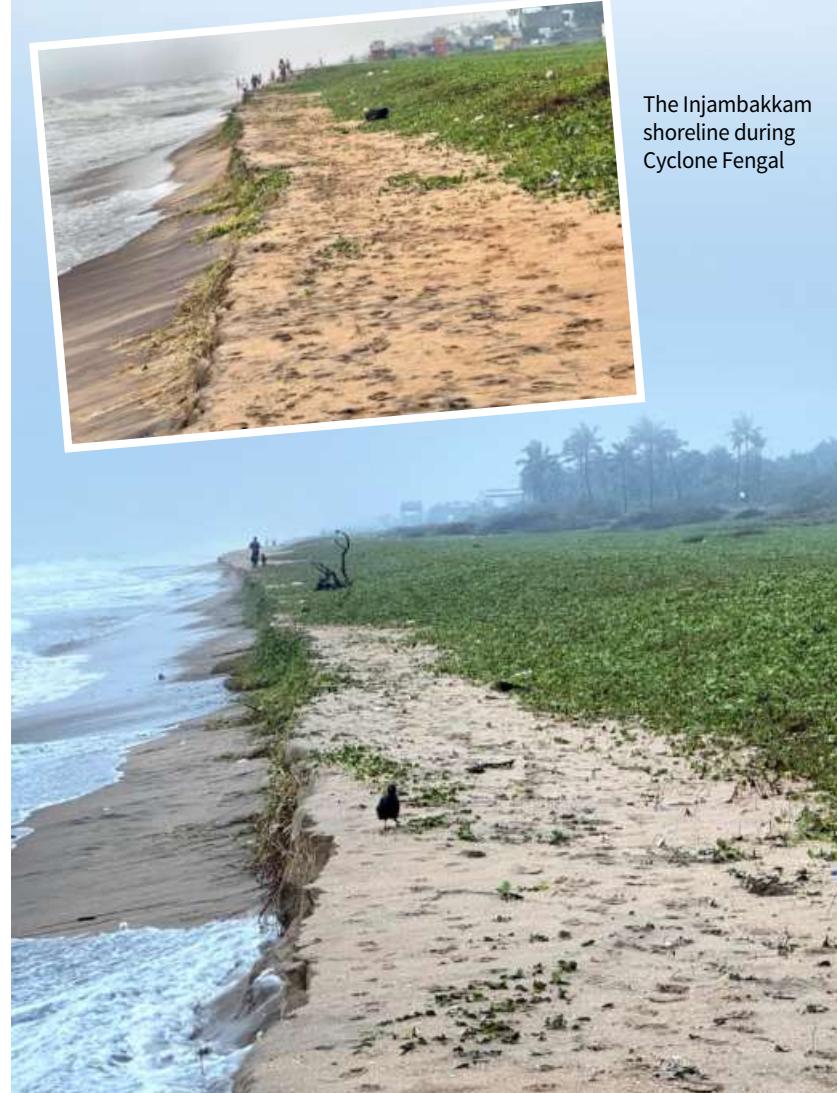
BY A SPECIAL CORRESPONDENT

Cyclone Fengal was in its "attention-seeking" phase "churning" the sea and the waves were crashing hard on the shoreline. The waves had swallowed much of the shoreline and was licking its lips in anticipation of eating up the rest. It would have, but for the mounds of sand held neatly in place by Ipomoea pes-caprae, much like unruly hair kept in check by clips. This scene in front of him, president of Injambakkam Coastal Conservation Society (ICCS) Capt. A. Ranganathan penned the following lines.

"The roots of those weeds hold the soil the way roots of trees bind soil on hills. You cut the trees and end up with landslides. Similarly, clearing these weeds and shrubs and levelling the dunes, you face rapid erosion when the sea is rough."

He was making this observation as a warning against exercises that do not think much of sand dunes and Ipomoea creepers on beaches.

Through protests and by moving the NGT, ICCS had stopped an "integrated coastal community development" project by CMDA at the Injambakkam beach.



The Injambakkam shoreline during Cyclone Fengal



The yard at Perumbakkam Periya Eri. PHOTO: SPECIAL ARRANGEMENT

Perumbakkam region needs a trash collection centre

T.S. ATUL SWAMINATHN

The Federation of Perumbakkam Residents' Welfare Association (FPRWA) has requested the Saint Thomas Mount Panchayat Union and the Perumbakkam Village Panchayat to identify an "unassessed" land in the region to facilitate a trash collection centre.

This request comes amidst the civic body's move to dump the trash along the sluice gate at the Perumbakkam Periya Eri, located at the lake's end in Indira Nagar.

K. Sarangadass, president of FPRWA, says, "The lake's excess water flows through the sluice gate, passing through Nookampalayam and Gandhi Nagar, and reaches Semmancherry Canal and Pallikaranai Marshland, along residential apartments. Trash falls into the lake during heavy winds and rains, contaminating the water."

For years, we have been appealing to the district authorities to facilitate a trash yard away

from the residential areas.

Even the appeals by the Panchayat to the Block Development Office (panchayat union) and district authorities have been met indifference. On an average, around five to seven tonnes of garbage is dumped daily at Perumbakkam Periya

Eri. On certain days, it is taken to a landfill near Oragadam for disposal," says Sarangadass.

A district collectorate official said the civic body is clearing the waste daily and will soon clear the lake area of trash and find a suitable place to construct a collection centre.

A peek into Cyclone Fengal's checklist



Birds showing up on aerial routes not their own is a likelihood during cyclones. Cyclone Fengal should be having its checklist of such birds. Sundar Palanivelu, a birder and resident of Kamakotti Nagar in Pallikaranai has had a peek into that list. It was a cursory glimpse, but more valuable than many a planned, extended birdwatching exercise. He spotted an Amur falcon on November 28, 2024 and he had not stirred from home. On the same day, other birders had sighted two Amur falcons in Pallikaranai. There was also a sighting of one Amur falcon in Muttukadu. Sundar has an impressive list of "cyclone avian list", avian species being buffeted about on account of the cyclone and showing up in spaces usually not associated with them. PHOTO: SUNDAR PALANIVELU

Ahead of International Day of Persons with Disabilities (observed on December 3), *The Hindu Downtown* features two winners of the “Special Mom” award. Initiated by Chennai-based non-profit Sri Arunodayam, the event celebrates the incredible journey of mothers raising children with intellectual disabilities. In this year’s edition, 10 special mothers from South India were honoured

Growing talent in their yard

LIFFY THOMAS

When V.N. Durai and D. Rajakumari's elder daughter Kanishka graduates from the prestigious All India Institute of Speech and Hearing in Mysore, it would be a dream-come-true for this couple.

“Any parent should not go through what we did while trying to get timely treatment and guidance for Naveen. I want Kanishka to make a difference in the lives of children, especially the poor, who have speech and hearing issues,” says Rajakumari.

For 20 years, the two gardeners working with a farm in Panaiyur on East Coast Road, have spent a good amount of their time and savings in taking care of their son born with multiple disabilities.

Naveen has cerebral palsy and intellectual disability and struggled to sit and speak. The need for medical care for Naveen brought the couple from Pudukkottai to Chennai, where they chose ECR due to its proximity to National In-

stitute of Persons with Multiple Disabilities (NIEPMD).

They first worked as “watchman” before finding an employer who was ready to provide them stay in their farm while they maintained it.

In 2013, Naveen developed a severe condition on one side of his body that required urgent surgery or he would be bedridden. “He required surgeries on both knees and groin area and cried a lot unable to bear the pain,” says the mother who is in her 40s.

Later, a bike accident required Rajakumari to avoid lifting weights or carrying her son, adding to the family's caregiving responsibilities.

“We have spent huge sums of money for Naveen's surgeries and treatment taking loans and pledging our jewels. Our first prayer was to see him sit,” says Rajakumari. Juggling work in the farm and multiple visits to hospitals and NIEPMD, the two have raised their three children. While two of the daughters studied in private schools on OMR, Naveen went to NIEPMD for physiotherapy and



The family

training.

In addition to the financial struggle, accessibility was a challenge the family faced while taking Naveen for therapy. “In the early

years, I did not know the city well and had to take multiple buses carrying Naveen for therapies and consultations,” says Rajakumari, who has studied till Class V. Her husband has studied till SSLC.

NIEPMD faculty J. Vijayalakshmy and Gurumurthy encouraged Rajakumari's daughter to take up a career in audiology and speech. This academic year, she cleared an all-India exam to be eligible for this programme in Mysore.

“My younger daughter Rithika is in Class XII and next year she will also be appearing for the same entrance exam,” says Rajakumari, adding that having more trained audiologists is the best way she can be an advocate for children with multiple disabilities.

The family is grateful to their employer of 15 years who allowed them to take off from work for Naveen's therapies and supported them during difficult times.

After 15 long years in Chennai Prabha Anand decided to return to Salem, the pathway for her son A. Venkatesh being chartered.

Diagnosed with autism, the two relocated to Chennai when Venkatesh was a toddler for better medical care and facilities. Vidyanjali, a special school-cum-occupational therapy centre, was their second home with Prabha also working as a parent-volunteer. Venkatesh improved considerably and showed a special interest in areca leaf plate making, painting and weaving, skills his parents helped him hone by investing in equipment.

“We relocated to our hometown Salem and invested in a small unit to make areca plate making, where Venkatesh could be engaged and be made financially independent in the process,” says Prabha.



Prabha Anand and Venkatesh (with the citation) seen with dignitaries during the award function; and some of the keychain designs.

other occasions. The keychains have travelled to various places including Dubai,” says the proud mother.

A majority of orders that the 25-year-old gets are the bulk ones, in multiples of 100.

Two awards have increased the confidence of Venkatesh and his caregivers. The Autism Spectrum Group selected him under an entrepreneurship programme where he gets regular orders to supply macrame keychains for them.

In 2019, he also received the budding young entrepreneur award from SYPAs.

The keys to a career

cially independent in the process,” says Prabha.

Things did not work out as planned. “For close to a year, the unit did well and we were happy with the outcome, but

then came the pandemic,” says Prabha.

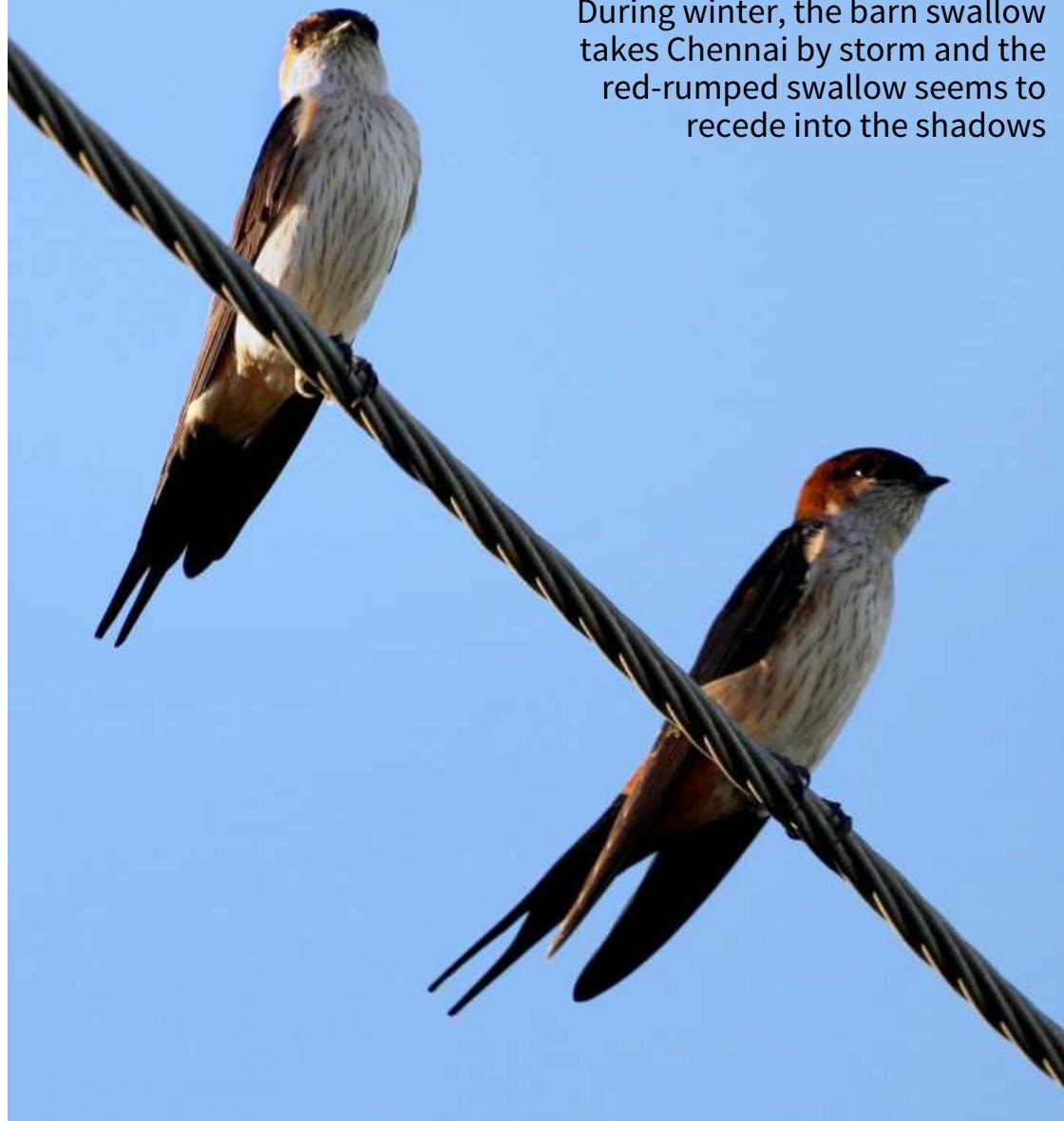
The pandemic period was a real test for the family, so they helped Venkatesh pick up another vocational skill: making

handmade macrame keychains.

“Venkatesh enjoys intricate knotwork, so he started supplying them under the banner ‘Venky's Keychains’ as return gifts for weddings, parties and

Know your swallows: a visitor versus a resident

During winter, the barn swallow takes Chennai by storm and the red-rumped swallow seems to recede into the shadows



PRINCE FREDERICK

There is an unintended but exquisite exposition of relativity in ornithologist V. Santharam's observation about the red-rumped swallows. "The red-rumped swallow becomes a bit uncommon when the barn swallow comes in," the bird man of Rishi Valley notes.

This discussion is in the context of Chennai, and more specifically, the field notes come penned against a wintery backdrop.

The barn swallow, the visitor, manages an overwhelming presence in Chennai at this time. The red-rumped swallow is mostly found in the outskirts. The picture of two red-rumped swallows going with this report is from Covelong. Set against the "major mobilisation" by the winter-visiting barn

swallow, the resident red-rumped swallow slips deeper into the background, even to the point of invisibility.

"In the city, during winter, the barn swallows swarm, and we may even be overlooking some of the red-rumped swallows," he says. "A resident, the red-rumped swallow is given to some kind of local movement, not on a regular basis."

It is just minor shifting – something close to an occasional junket, if one were to cast around for a point of comparison in the human world.

Though their diet plan is drawn from the same page of avian dietary guide, these two swallows dine at different tables. More specifically, tables set at different elevations.

"The barn swallows would seem to be feeding closer to the ground.

They are low-flying, and sometimes you can even see them flying over the road just ahead of your car. One would wonder whether they are going to get hit," remarks Santharam. "In contrast, the red-rumped swallow has the habit of flying high. They usually seem to be feeding at a higher elevation."

If one were to assign a personality type to the barn swallow, it would fit the description of someone more outgoing.

Santharam elaborates: "In Himalayas, which lies in its breeding range, the barn swallow can be seen entering houses and nesting inside shops. In the shops, they would be within the reach of the shopkeeper and the shoppers and still be unperturbed. Out there, people believe barn swallows bring good luck, and so it is not uncommon for shopkeepers to keep their shops open

Red-rumped swallows at Covelong on October 11, 2024; and a barn swallow at Akkarai on November 4, 2024. PHOTOS: PRINCE FREDERICK



even on Sundays so that the barn swallows can fly in and feed their young ones. The red-rumped swallows do not get that familiar with people.

That could be one of the reasons why they are a little away from human habitations. In Rishi Valley, we have seen the red-rumped swallow nesting in verandahs of uninhabited houses: they probably would like to get only that close to humans.

The red-rumped swallow otherwise prefers to nest in secluded

spaces – under bridges and culverts."

Santharam continues: "One other characteristic that I have noticed, being in Rishi Valley for several years, is that the barn swallows prefer habitats that are wetter. You will find the barn swallow swarming around waterbodies and paddy fields. The red-rumped swallow also depends on water, because it needs mud pellets to build its nests, but generally, it does not mind a habitat that is a little drier."

Rare presence in Chennai

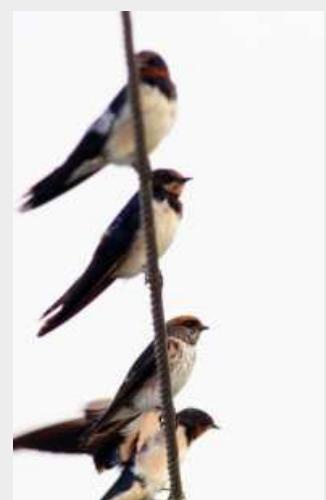
If you are chained to a massive stone that keeps you lodged endlessly in Chennai, the odds are extremely high that you will never clap eyes on the streak-throated swallow.

In Chennai, sightings of the streak-throated swallow are extremely low, says ornithologist V. Santharam.

"It is there in Rishi Valley and interior areas. In Bangalore, the streak-throated swallow is quite common. According to Salim Ali, it is to occur towards Coimbatore and that region. In Chennai, there are a few records, but not frequent: in big swarms of swallows, we might tend to overlook this one. The streak-throated swallow is a resident, and when they nest, they nest in large colonies, sometimes under culverts and bridges," notes Santharam.

There is then the wire-tailed swallow.

Says Santharam: "The wire-tailed swallow is a little more dependent on water when compared with the streak-throated swallow. In Rishi Valley, during



A streak-throated swallow amidst barn swallows at Karapakkam in January, 2019.
PHOTO: A.M. ARAVIND

considerable rains, we see the wire-tailed swallow coming into the campus. We will find them where there is water. There is a canal that has now started functioning, and when this canal is flowing, wire-tailed swallows would be found on the banks. The wire-tailed swallow has been reported down the coast, in places such as Pichavaram. By that token, they should occur along the Chennai coast too, even if infrequently."

STATUS REPORT

Defence Colony Road needs speed breakers

T.S. ATUL SWAMINATHAN

The one-way Defence Colony Road, off Bharat Electronics Limited-Army Road in Nandambakkam, makes for a smooth drive for motorists after the stretch was mended in October. The road has also got tall lamp posts that light up the stretch at night. However, the stretch can do with some speed-arresting measures.

There is a need for Indian Road Congress-specified speed bumps as the volume of vehicles taking these roads has increased ever since Chennai Metro Rail Limited diverted the traffic on Mount Poona-mallee Road to facilitate work along the War Cemetery.

On some stretches, there is no footpath. S. Meenakshi Srinivasan, a senior citizen, suggests that CMRL explore the option of constructing dedicated footpaths on road that do not have one and also barricade them so that vehicles do not use them.

The road is under the care of Saint Thomas Mount cum Pallavaram Cantonment Board.

Defence Colony Road in Nandambakkam.
PHOTO: SPECIAL ARRANGEMENT.



Celebrating the silver jubilee with a novel quiz event



Indian Terrain celebrated its ongoing 25th year with an evening of fun and nostalgia at its flagship store in Alwarpet. It was a vibrant quiz night themed "Madras Masala".

Indian Terrain collaborated with quizmaster Abhishek Barathkumar,

who captivated attendees with engaging questions and banter inside the store that the brand was born in, says a press release.

Chairman and founder Venky Rajagopal spoke to the media about the brand's 25th year journey, the release says.

Charath Narsimhan, managing director of Indian Terrain, stated, "We are excited to celebrate this milestone year with an event that is a meaningful opportunity to connect with our community and commemorate our 25th year of journeying together."

The winners are: Krithika, Vedant, Sangamitra, Arun, Sandhya, Vignesh and Nandhini.

Radiation therapy services launched

Sringeri Sharada Equitas Hospital in Gowrivakkam launched radiation therapy services recently with advanced linear accelerator and brachytherapy services aimed at providing comprehensive cancer care to all segments of society, says a press release from the hospital.

This initiative is particularly focused on supporting economically weaker sec-

tions and those covered under the CMCHIS scheme and other insurance plans, the release adds.

The hospital is equipped with state-of-the-art technology, including the Elekta Versa HD LINAC and advanced FLEXITRON brachytherapy equipment, ensuring high-quality treatment, says the release.

Medical camp held

Sri Bogar Arogyalaya, a therapeutic hospital located at Madambakkam, conducted a free Ayurvedic health camp recently, at TVS Emerald Green Acres in Kolapakkam (near Vandalur), says a press release.

More than 70 people benefited from the medical camp held under the leadership of vaidya guru P. N. Saravana Ambigal, the release adds.

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Students set up stalls, make donations to orphanages

Portfolio, a soft skills grooming school at Adambakkam, conducted its annual festival that was planned and presented by its students.

Children confidently presented speeches, dance and songs. The exciting activities at the game stalls of the carnival kindled creativity, critical thinking and team spirit.

The highlight of the entire celebration was the concept of giving back to society.

The money made at the stalls put up by students with their handcrafted items, games and mouth-watering food items is being donated to orphanages and old age homes, said the release.

Portfolio offers soft skill training to school and college students, homemakers, businessmen, corporates and working executives, said a release.



Ministry of Chutneys presents heritage brunch

Radisson Hotel and Suites GRT Chennai - The Ministry of Chutneys (MOC) presents Heritage Brunch (starting at 12:30 p.m. every Sunday). An immersive dining experience, it offers a journey back in time, celebrating the opulence and rich cultural history of early settlers through food, entertainment, and family-friendly fun, says a press release.

The Heritage Brunch is a fusion of Indian, Anglo-Indian and British flavors. It

boasts an extensive buffet featuring over 20 dedicated counters, live cooking stations, and an array of dishes that celebrate India's diverse culinary heritage, the release adds. With a perfect blend of tradition and innovation, guests can indulge in both vegetarian and non-vegetarian options, explore interactive cooking stations, and discover British and Anglo-Indian delicacies from a bygone era.

The Heritage Brunch is not just about

food – it is an experience for all ages. While adults enjoy the sumptuous buffet, children can splash into the swimming pool and enjoy a fun-filled afternoon, says the release.

A live band is part of the experience. Besides, costumed "lords and ladies" offer photo opportunities for guests, adding a regal touch to the day, the release adds.

For table reservations and more details, call 08062210101

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Meet on cosmetic gynaecology



Cosmetic Gynaecology Congress (CGCON) 2024, an event aimed at women's health and wellness was held for healthcare professionals recently.

According to a press release, Prof. Dr. K. Narayanasamy, Vice - Chancellor of Tamil Nadu Dr. MGR Medical University, was the chief guest and Padmapriya Ravi, MD of SRM PR groups, was the guest of honour. Dr. Deepa Ganesh, founder president of LVRII Chennai was the organising president of CGCON 2024.

Dr. Deepa Ganesh says, "CGCON 2024 is about shedding light on intimate health, breaking down stigmas, and empowering women with knowledge and options that enhance their daily lives. This congress is a bold step toward redefining wellness."

Topics including vaginal rejuvenation, pelvic health treatments, and the destigmatization of intimate healthcare were discussed. The field of cosmetic gynaecology has evolved significantly over the years, adds the release.

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