

T. NAGAR

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Gerugambakkam » Mangadu » Choolaimedu » Egmore » K K Nagar » Kodambakkam » Virugambakkam » Somangalam » Poonamallee » Chetpet



A SALE WITH A SOCIAL FOCUS

Today, a Jumble Sale at Valmiki Nagar would give a modern twist to the Robinhood legend by decluttering the lives of the haves to fill those of the have-nots with essential items, creating a win-win situation **P4**



A CLOSE LOOK AT MILK PACKAGING

Is introducing an alternative to the plastic pouch a tenable solution? **P6**

Stalls with unique offerings at Chennai Book Fair

RAJALAKSHMI V.

With more than 900 stalls featuring books from various publishers, there is something for everyone to discover at the ongoing Chennai Book Fair at YMCA Grounds in Nandanam. Here are some of our favourites:

Stall 523 is a must-visit for Van Gogh fans, offering a collection of books about the artist, all in Tamil. For those interested in Tamil literature, stalls 28-31 feature books from the Tamil Nadu Adi Dravidar Housing Development Corporation (TAHDCO), including works by Justice Chandru and D. Ravikumar's magazine. At stall 531 (Salt Publications), visitors can find Tamil-language books by Anuradha Anandh, Anojan Balakrishnan, as well as scripts from the Maamanan movie.

For those passionate about the environment, stalls 581 (Crow Nest) and 449 (Iyalvaagai Publications)

offer a variety of books on nature and environmental topics. Crow Nest presents Tamil language books for children, featuring illustrations that depict climate and environmental changes, while adults can find detailed works on these subjects. Iyalvaagai has books on healthier lifestyle and ecosystem.

Stall 498 is for those interested in feminist literature. This NGO-run stall showcases books written by both women and men striving to bring social change from a feminist perspective. It also provides a platform for women who want to write, whether sharing their own realities or fictional stories, shedding light on issues of inequality and societal challenges.

The fair is open to the public till January 12. On holidays, the fair will be open from 11 a.m. to 8 p.m., and on weekdays from 2 p.m. to 8:30 p.m.

A floral extravaganza at Semmozhi Poonga



This year's flower show at Semmozhi Poonga on Cathedral Road is a visual treat that would get any pair of eyes. There are plants forming stunning shapes: shapes of elephants, peacocks, trains, and butterflies; and there are floral sculptures of animals and birds. The Horticulture Department has tagged QR codes to most plants for visitors to browse information about flowers. The show is on till January 18; 10 a.m. to 6 p.m. Entry tickets are priced at ₹200 per person for those above 12 years of age and ₹100 per person for those between five and 11 years of age.

PHOTOS: B. JOTHI RAMALINGAM



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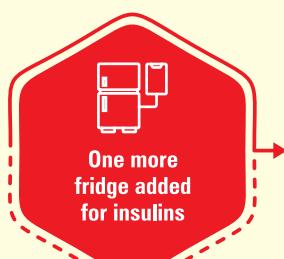
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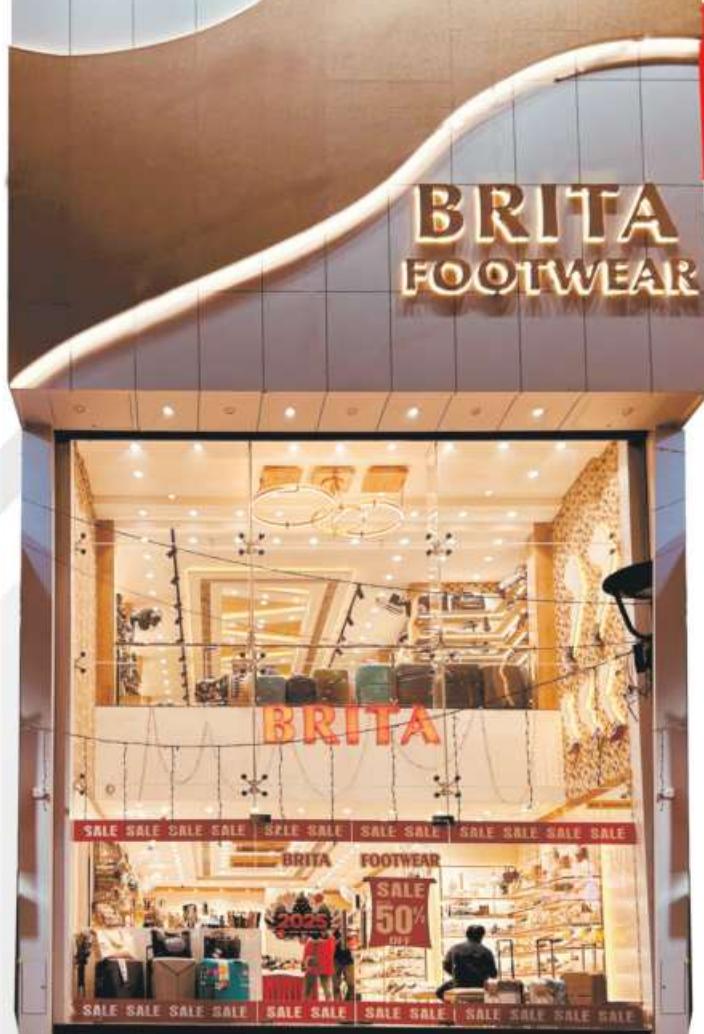
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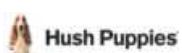
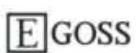
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EVENTS

Virugambakkam resident donates study charts and books to school

For over two decades, N. Subramanian, an octogenarian and retiree from Southern Railway, has been supporting the cause of education at the grassroots level. Reportedly, every academic year, he spends anywhere between ₹75,000 and ₹1,00,000 from his pension to support certain Government primary schools at Villages in Tamil Nadu.

According to a press release, recently, he contributed education charts and pre-school books costing around ₹6000 to the Adi-Dravidar Welfare Department school functioning at Gangai Amman Koil Street in Virugambakkam.

He handed over the study material to the school HM in the presence of V. Sasikumar, Officer from Tamil Nadu Government's Namma School Foundation.

N. Subramanian is a resident of Kumaran Nagar in Virugambakkam.



Gated community in Virugambakkam rings in the New Year in style

The air buzzed with excitement as the residents of Ceebros Gardens in Virugambakkam prepared to welcome the New Year. The holiday atmosphere was evident, with decorations covering every corner: glittering lights hung across the entryway, colourful banners flapping in the air, festive balloons providing a touch of whimsy and photo booth to capture the moments. The entire gated community housing 384 flats transformed into a fairy land - a hub of activity where all the families gathered sharing laughter and stories and anticipation of the excitement in store, as they prepared for the evening's festivities organised by members of Ceebros Gardens Owners and Residents Association. As twilight fell, the neighbourhood gathered for a great feast. From traditional delicacies to north Indian flavours, there was something for every palate. Stalls enticed the residents with handcrafted products. The highlight of the evening was undoubtedly the countdown to midnight. Local talents were showcased as they presented skits, group dances and songs taking the stage by storm. The jewel in the crown was the fashion walk put up



by the ladies based on the theme of Shrushti - A celebration of Nature. The ramp walk emphasised the theme of living in harmony with nature and understanding the balance of five elements to make earth more sustainable. The orchestra by Sangeetha Swarangal drenched the audience in nostalgia and brought out all the dancing feet to the rhythmic tunes. As the clock struck twelve, the air erupted in cheers and joyous exclamations. Fireworks painted the night sky with a kaleidoscope of colours. The young and the elderly danced together, embracing the spirit of friendliness and cooperation. The evening did prove that one could be away from the electronic world if adrenalin is pumped up and friends are around.

(Deepa Makesh is a resident of Ceebros Gardens)

Learn tailoring and get help to start your own enterprise

Rotary International District 3234, in collaboration with the Rotary Club of Madras and the Women Empowerment, Economic Development, and Vocational Services Team and Access Healthcare, has inaugurated the Rotary Skill Development Centre at Dr. MGR Janaki College of Arts and Science for Women. Here, women will be provided free training in tailoring.

The new centre will offer a 120-hour tailoring course, spread across three months, to women from all walks of life, in collaboration with Tamil Nadu Government's Skill Deve-

lopment Department. The centre will also facilitate women in finding tailoring jobs or launching their own tailoring units by distributing power sewing machines free of cost. According to a release, Rotary International District 3234 is planning to train 1,500 women every year through its four skill development centres (the other centres are in Selaiyur, Sembakkam and Mylapore).

Dha Velu, MLA of Mylapore, and Rtn. N.S. Saravanan, District Governor of RID 3234, inaugurated the skill development centre. Close to 200 power sewing machines, worth about ₹ 20 lakhs, were distributed to women trained at Rotary's existing skill development centres in Selaiyur, Sembakkam, and Mylapore, added the release.

For details, call 9840033802

Organs of brain-dead youth donated to eight individuals

The organs of a young man in Chennai, who was declared brain-dead following an accident, were donated and helped save the lives of eight critically ill patients.

Twenty-year-old Jairesh from Nagercoil met with a severe accident while riding his motorcycle recently and suffered critical injuries. He was rushed to Medway Hospital in Kodambakkam for treatment. He received intensive care but could not make it; he was declared brain-dead, said a release.

Following this, Jairesh's parents decided to donate his organs. With the guidance of the hospital's medical team, Jairesh's heart, two kidneys, two eyes, liver, and skin were har-

vested for transplantation, said the release.

One liver was immediately transplanted to a patient undergoing treatment at the same hospital. The other organs were sent to government hospitals like Chennai Medical College Hospital and Kilpauk Medical College Hospital, as well as to private hospitals for further transplants.

Medway Hospital honoured Jayresh's body with floral tributes.

Organ donation from brain-dead individuals can save the lives of patients who have been waiting for organs for months. Jairesh's parents voluntarily came forward to donate his organs, added the release.



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SHARON JESSICA MICHAEL

Sustainability exercises can scream their heads off. A typical case: massive bio-mining machinery massed up at a landfill to segregate and process legacy waste. You can tell what is going on from a mile away.

Sustainability exercises can also speak in soft tones, the message gently dropped into an ear here and another there. A typical case: a guild of volunteers sharing a club affiliation squirreling away pre-loved items (that have turned white elephants to their owners) and, finally, quietly placing them in fresh pairs of hands. In rare instances, the whispered syllables of this unobtrusive initiative would multiply and assume the intensity of a scream.

In its second edition, when the sale was scheduled to start at 2 p.m., the crowd had already begun to form by 1:30 p.m., eagerly standing outside like a tide waiting to crest.

"We were all a bit anxious," Jayanthi recalls with a chuckle. "We had no idea that so many people would show up. It was like a floodgate opening!"

That crowd signalled the transformation of what began as a modest attempt to declutter a few homes into a full-fledged community tradition, one that attracts families from near and far.

What to expect from the Jumble Sale?

It is the kind of event where pre-loved clothes, well-worn toys, and gently used household goods, including furniture, find a new home. It plants on the faces of donors the warm glow of knowing their discarded treasures will be cherished once more, and places within easy reach of the underprivileged, items they would think multiple times before buying spanning new off the shelves of a showroom.

Each item is meticulously cate-

A sale with a social focus

Today, a Jumble Sale at Valmiki Nagar in Thiruvanmiyur would give a modern twist to the Robinhood legend by decluttering the lives of the haves to fill those of the have-nots with essential items, creating a win-win situation

The cost factor

It is close to free, not entirely free – a sale presupposes transfer of currency, but the figures are on the lower side.

The pricing is as accessible as it gets: 20, 50, and 100 rupees. And, of course, there are those irresistible 10 rupee items – things that may not have much value in the commercial market but are worth their weight in gold for the right person.

"We keep it simple," says Jayanthi, "100 for the really great items, and then we have categories for 50, 20, and even 10 rupees." All the three editions of the Jumble Sale put together, the maximum price for an item stays pegged at ₹500. A mini fridge went for that price in the second edition.

It is the third edition of the Jumble Sale by Thillayadi Valliammai

gorised and sorted into boxes. As these items are received from donor hands, there is no telling what would make it to the "marketplace" until they do. Some items would not "fit" into those boxes.

If a high-ticket item, something based on electronics and of intricate workmanship comes through, the price may be adjusted, but the philosophy remains: keep it affordable, keep it real. Well-maintained furniture can also fall outside the boxes.

"The pricing is part of the charm," Jayanthi says. "No one leaves empty-handed. It is about making sure everyone can find something that fits both their budget and their heart."

The Jumble Sale is a day's affair, spanning just hours – but considerable forethought goes into how

The origins of the Jumble Sale

In 2022, the committee at the helm of affairs at Thillayadi Valliammai Madhar Sangam were brainstorming over organising a sale (possibly, a garage sale) that would help residents of Valmiki Nagar find a fair price for their used goods. They backed off on the idea when it became clear that such an initiative would cannibalise on an existing one, something that was running like a well-oiled machine. It was "Marketplace", established under the Sangam's entrepreneurship wing, which allowed members to sell even items as expensive as smartphones, pre-owned. They decided a sale with a social focus would be a better idea, and thus was born the Jumble Sale on 2 April, 2023, with the now well-entrenched philosophy of decluttering the homes of the haves and filling those of the have-nots with essential items.

The second edition of the Sale took place on 7 January, 2024. The second edition of the Sale took place on 7 January, 2024.

those hours are orchestrated, the preparation beginning months before the event. Since its second edition, the Jumble Sale has a time table set in stone.

Planning for this Jumble Sale kicks off as early as September. By October, the collection of items starts in earnest. "We begin gathering things from all around – neighbours, friends, and even acquaintances and rank strangers who just want to declutter before the New Year," says Jayanthi.

By January, everything is carefully sorted and ready to go, thanks to the dedication of the volunteers who meticulously prepare the sale. It is no small feat, but the team's commitment is evident in every detail. The Sangam has 43 members

A dedicated space

Thillayadi Valliammai Madhar Sangam operates from a dedicated room in what is called "Valmiki Nagar club area", earmarked as a community space when plots were established and the locality was born decades ago.

The Sangam is focussed on women's empowerment and charity-related initiatives.

Among the notable activities the space witnesses are: Hosting

and it would be all hands on deck when the Sale is in the works. The efforts are steered by a core group which includes the president (Rama), secretary (Lalitha) and treasurer (Vaidehi).

Even unsold items end up finding their unique purposes. They are donated to local charities, ensuring that nothing goes to waste and everything finds its place, a place of utility. The funds raised from the sale are channelled into environmental and community projects, creating a positive ripple effect that stretches far beyond the day of the sale. "In that sense, the sale keeps giving, even after it is over," remarks Jayanthi.

The Jumble Sale is made known largely by word of mouth. "We make a poster, and then every member of the ladies' club is on a mission," says Jayanthi. "We tell everyone – our housekeepers, the drivers, security, the local vendors. The message just keeps spreading."

In the digital age, word-of-mouth communication has an extended meaning. It is about loosely framed information getting circulated in social media. By the time the Sale starts, the digital poster is a "tattered sheet" having gone through a wringer of forwarding on social media. Sustainability circles present on social media serve as repeater stations amplifying the message to those near and far.

This approach ensures that the sale's reach extends far beyond the immediate neighbourhood, drawing people from various corners of

Entrepreneur's Day to support local entrepreneurs such as bakers and artisans in Valmiki Nagar; organising charitable events, including distribution of funds and materials to various organisations; conducting meet-and-greet events with Urbaser community members, accompanied by gift distributions; and organising Christmas and Navratri celebrations to bring the community together.

the metro. Some even make it a point to tell their friends and family to participate in the sale as a donor or a buyer, even if they are themselves miles away.

A forward button on the poster shared in social media does the trick. It is as though the Jumble Sale has become a whispered secret passed along from one person to the next. Jayanthi says the buyers largely come from the fishermen hamlets nearby – lining the Kottivakkam, Pallavakkam and Neelangrai coast. The donors come from everywhere, even from neighbourhoods as distant as Egmore, Nungambakkam and Anna Nagar.

A philosophical underpinning
"We often treat waste as if it were the final chapter, but this sale proves that even the most forgotten things can have a new beginning," says Jayanthi and notes that the Sale is underpinned by the 3Rs philosophy: reuse, recycle and repurpose.

"This is not just about shifting used items from one hand to another," she muses. "It is about transforming how we see the things we hold dear and the things we toss aside."

Jayanthi says the Jumble Sale sends out a message and an invitation. In a world where fast fashion and disposable goods reign supreme, it is an invitation to rediscover the true value of the things we already own. Jayanthi sums it up thus: we underestimate the value of what we have, and when it loses its relevance in our lives, what it can mean to others.

The inclusivity factor

In terms of accessibility, crowd-pulling events such as the annual book fair and flower show must go beyond the obvious



▼ Wheelchairs kept near a stall at the Chennai Book Fair

map and signages (some of the features mandated in the Right to Persons with Disability Act) – still has a long way to go.

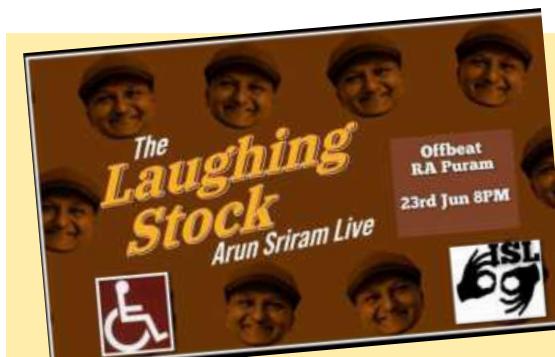
During pre-pandemic years, for three continuous years, HelpAge India was part of the trade fair held at Island Grounds. It provided wheelchairs and also engaged volunteers to take the user across the venue.

The initiative however petered out due to a variety of reasons including lack of volunteers and the condition of the surface at the venue making it a challenge to operate the wheelchair.

Smitha Sadasivan, member of Disability Rights Alliance, says the accessibility was poor at the Food Festival held at Marina last month. The ticket counter was too narrow for her wheelchair to enter. Luckily, as she was

lenges and hidden disabilities.

Even events that tick a range of accessibility boxes – wide entry and exit points for wheelchairs, accessible washrooms, tactile and visual orientation



took the audience through many hilarious moments.

"I have done many corporate events including one for Unilever, which had a sign language interpreter," says Arun.

An ensemble event at Museum of Possibilities was another of his recent events.

"I make it a point that the shows with ISL access are open to all. That is when it is truly inclusive," he says, adding that wheelchair user Madhavi Lata has been his inspiration. Elements to boost inclusivity include making sure all reels have subtitles and all images on Facebook and Instagram have Alt Text.

Humour across barriers

How stand-up comedian Arun Sriram makes his shows inclusive

Arun Sriram, a chartered accountant turned stand-up comedian from Chennai, makes his shows as inclusive as possible. Arun specialises in sunshine humour, and has an Indian Sign Language Interpreter at his shows or chooses venues that are friendly to wheelchair users.

While providing wheelchairs is among the common ways to support people who have mobility issues, there is a need to make such crowd-pulling events inclusive to more sections of people regardless of their physical challenges.

He reaches out to the differently-abled community first and if there is response a sign lan-

Is introducing an alternative to the plastic pouch a tenable solution?

LIFFY THOMAS

Recently, National Green Tribunal directed Aavin to explore the possibility of using alternatives to single-use plastics in milk packaging. This was brought up after huge quantities of plastic waste had accumulated at Aavin's Ambattur dairy unit.

Asking the Tamil Nadu Diary Co-Operative to explore the possibility of using reusable plastics or glass bottles for milk packaging is a great move, but these suggestions might not win favour because of economical or logistical hurdles. There is no hope to be found in the experiences of other states.

In 2018, Bruhat Bengaluru Mahanagara Palike made a suggestion to the Karnataka Milk Federation to find alternatives to the plastic packaging of its Nandini milk. The effort did not take off.

To reduce plastic use, the Kerala Cooperative Milk Marketing Federation (Milma) mooted 'Milk ATMs' where people can come with containers to buy milk. The initiative remained on paper.

Last year, students and faculty of Rathinam College of Arts and Science in Coimbatore did a study (with a small sample size) on impact of using milk pouches with special reference to Aavin consumers in the district. Consumers preferred carton to glass bottle as the former was lightweight, inexpensive and shatter-proof. The respondents perceived milk pouches as convenient and affordable but expressed concerns about their environmental impact.

Hand over milk covers to recyclers/citizen groups dealing with dry waste.

Do not snip off the corners of the milk cover to empty the contents. Disposing of the tiny pieces becomes an additional challenge.

A close look at milk packaging

Durable and recyclable

T.K. Bandopadhyay, Technical Director and ENVIS Coordinator at Indian Centre for Plastics in the Environment (ICPE) in Mumbai, says their studies have shown that plastic packaging of milk in sachets is so far the best.

He says India is the largest milk producer in the world and its packaging model is one of the contributory factors. "All grades of plastics cannot be used for packaging of milk. A particular grade of LDPE (low density polyethylene) is used and this is by far the most environment-friendly and used in most diaries in India because of its quality, cost effectiveness and ease in transportation," says Bandopadhyay.

The plastic milk pouches sent for recycling are used for a variety of purposes, especially in making tarpaulins. Bandopadhyay says the situation in India is way different from what exists in the West.

"In the United Kingdom plastic bottles are used for milk distribution but the consumption is considerably lower than in India and the distribution pattern is also different," he explains. In comparison with plastic bottles, glass bottles are more energy-efficient but washing them is a challenge, he says.

LDPE plastics if not disposed of properly can clog drainage systems, leading to flooding and environmental damage. But in most cities, milk pouches are collected by recyclers and rag pickers for it offers high recyclable value.

There is also the debate on switching to sustainable packaging materials with studies showing that bio-degradable plastic is costly, has poor functionality and has higher carbon footprints.

Role of consumers

Green activists say pushing for extended producer responsibility (EPR) schemes, creating awareness among public and offering incentives for sustainable packaging practices are some ways to check the harm these plastics are causing the environment.

Like Himani Datar, the Chennai representative of the Milk Bag Project who collects washed and dried milk covers from citizens, stores them at her house in Anna Nagar before they are sent to the recyclers, we need more eco-conscious citizens. We also need more recyclers coming forward to set up decentralised collection and processing infrastructure for milk pouches.

Aavin

STATUS REPORT

An unfriendly footpath along GCC-run school compound wall

The footpath along the compound wall of a Greater Chennai Corporation-run school on School Road at Jaganathapuram in Chetpet is unfriendly to pedestrians. The manholes of the stormwater drains are raised. Besides, a hand pump and an electricity junction box are occupying the footpath. The compound wall is also marred by posters. The images were taken on December 17.



READERS WRITE

'Pedestrian signal needed at this junction in Saligramam'



The junction of Bhanumathi Ramakrishna Road and Arcot Road in Saligramam. The image was taken on January 2. PHOTO : B. VELANKANNI RAJ

The Metro Rail pillars on Arcot Road has made Bhanumathi Ramakrishna Road junction in Saligramam a blind spot. Due to this many accidents have occurred here. Pedestrians find it quite difficult to cross the junction. A pedestrian sustained severe inju-

ries in an accident that occurred here last month. Appropriate safety measures including provision of a zebra-crossing and a pedestrian signal are needed at the junction.

*Arul Pirakasam E,
Saligramam*

'Potholes make a comeback on a road relaid recently'

Chakrapani Street in West Mambalam is marked with potholes. This road was relaid only two months ago, but potholes cropped up within the span of a month. Further, the road would do with a few more streetlights.

*Sita R
Kodambakkam*



'Drain work makes slow progress'

A section of Sendhurpuram Main Road at Kattupakkam (near Porur) was dug up a fortnight ago to carry out drain work. Therefore, motorists including motorcyclists have to take circuitous routes. With no cognizance of the inconvenience endured by the public, the work is progressing at a snail's pace. The authorities concerned should complete the work at the earliest.

*M.C. Vijay Shankar
Kattupakkam*



The image was taken on December 31.
PHOTO: SPECIAL ARRANGEMENT

'SWD at School Road is ineffective'

The stormwater drains on School Road in Nungambakkam are ineffective. A stretch of the road, especially from Independence Day Park to Lake Area Main Road is prone to waterlogging even in the case of light to moderate showers. It takes nearly four days for the road to become free of water.

N.Ravikkumaar, Nungambakkam



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Gearing up for a festival



▼ Vendors at Nungambakkam High Road adorning earthen pots with artworks ahead of Pongal. The images were taken on January 3.
PHOTOS : B. VELANKANNI RAJ

Medical equipment donated to Egmore hospital

Rotary Club of Aarch City (District 3233) donated solar digital blue urodynamic system worth ₹30 lakh to the Department of Paediatric Surgery, Government Children Hospital, Egmore. The equipment was donated to Dr.Velmurugan, Head of Paediatric Surgery in the presence of Dr.Therani Rajan, Dean, Rajiv Gandhi Government General Hospital. S.Mahaveer Chand Bothra, Rotary District Governor 3233; A.Vinoth Sundar, president; Ramakrishnan V Nayak, secretary of Rotary Club of Aarch City also participated in the function.

Accessibility for elders enhanced at Triplicane temple

Athulya Senior Care, which provides holistic living solutions for seniors, has launched a pilot project – under its #CaringForASenior campaign – at the Arulmigu Sri Parthasarathy Swamy Temple in Triplicane, seeking to address mobility and comfort challenges faced by elderly devotees.

In an event, it introduced wheelchairs for seamless mobility within the temple premises and chairs strategically placed as resting spots for elderly visitors. These thoughtful additions aim to improve the comfort and accessibility of the sacred space for senior citizens. To further enrich the experience, Athulya deployed



trained caretakers who volunteered to guide and assist the elders, ensuring their safety and active engagement in temple activities, says a press release.

The #CaringForASenior cam-

This year, Gifting Smiles, an annual flagship initiative of AGUA Women Foundation, witnessed over 800 volunteers working tirelessly to bring smiles to thousands of children aged 1 to 12. The journey began in October – hours spent collecting funds, choosing toys with care and wrapping them with love. By December, these gifts of joy made their way to the hands of children who could not believe the treasures they were receiving, says a press release.

This year, Gifting Smiles crossed borders: after covering Tamil Nadu, it crossed borders, state and international.

Volunteers in Bangalore and Mumbai reached children in tribal communities such as Adivasipada, Bhattipada, Ambivili, and Titwala. The initiative crossed over to the United States, with Rohit Bharadwaj, AGUA's youngest volunteer, spearheading the effort in New Jersey. In Chennai, the team brought smiles to children in fishing communities across Panaiyur, Nainarkuppam, Kanathur, Karikattukuppam, Kovalam, Semmancheri, Nemmeli, Sulur and Pattipulam. They also visited neighborhoods such as Besant Nagar and Vanagaram, with support from Hope Foundation.

Shirts and caps distributed



Sree Kannan Bhajan Mandali and Nama Sangeerthana Sath Sangh in association with Rajan Eye Care Hospital distri-

buted T shirts and caps to football players in the age group of 10 to 20. Other gifts were also distributed to the players.

According to a press release, the event was held to mark the 69th year of the forum.

AGUA Gifting Smiles spreads joy and hope to thousands of children



tributed to the strong collaboration between Athulya, the temple administration, and local senior citizen groups. This partnership ensured effective outreach and smooth execution, maximising the initiative's impact. Through this model, Athulya envisions creating a replicable framework that can inspire similar accessibility projects at other temples and community spaces, the release adds.

The event witnessed heartfelt participation from senior citizens who expressed their gratitude for the thoughtful provisions made for their comfort and mobility, says the release.

Alumni meet ends today

The two-day alumni reunion of St.Mary's Anglo-Indian Higher Secondary School, Armenian Street, will end on January 5 (today). According to a press release, the meet is held at Tru Liv Villa Ivory, Kovalam. For details, call Bhoopal Sreenivasan at 63835 99778.

Satyanaanda Yoga Centre Mambalam

Satyanaanda Yoga Centre Mambalam

A Golden Opportunity to learn Yoga from a Sannyasi. Sannyasi Krishnayogam, disciple of Paramahansa Satyananda Saraswati of Bihar School of Yoga will conduct **4 WEEKS FREE YOGA CLASSES** for Gents and Ladies.

HOLISTIC HEALTH YOGA CLASSES

Curriculum: Asana, Pranayama, Pratyahara (Senses withdrawal techniques), Dharana (Concentration), Meditation, Mantra, Value Education, Food Habits and Shad Kriyas (Internal pathways cleaning for managing diseases)

Start Date: Thursday, January 09, 2025
Time: 5.30 a.m to 7.00 a.m.
Duration: Four Weeks (Monday to Saturday)
Venue: Satyananda Yoga Centre Mambalam
The Bengal Association, New No.65, Old No.29, Giri Road, T.Nagar Chennai-600 017. (Opp to Surya Sweets and Nearby Kamarajar House)

For Registration, Contact: 63830 08358 / 94450 51015
Website: satyamyogatrust.net