

ANNA NAGAR

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PRINCE FREDERICK

Form a mental picture of two workplace scenarios.

A manager eased out of a role and moved elsewhere still hanging around their erstwhile team, watching their every move, as also that of the new incumbent.

The other scenario: someone recruited to a managerial role showing up at work much before the HR-specified official date of joining, out of misplaced enthusiasm. The manager on the way out is still in the saddle; and the one on the way

'Eclipse' of traffic signals

is hovering around the seat of power.

On both counts, there is discomfort.

Impersonal analogues of these managers are can be found on various roads of Chennai, but nowhere as prominently as on EVR Peri-

yar Salai (also known as Poonamallee High Road) with its maddeningly frequently occurring junctions.

At some junctions, the new traffic signalling device (installed as part of an intelligent traffic management system) has "joined

work" before the date of joining. Though not made functional yet, there it is, standing in front of the old, still-in-harness traffic signalling device making the latter invisible for motorists, to their discomfort and possible danger. One encounters this situation at junctions such as Egmore Wesley Church intersection, where the new yet-to-get-started traffic signalling device is hopelessly in the way of the old device that is still on the job.

One encounters the opposite of this situation at the Ega theatre junction in Kilpauk. The new device is letting out glows to direct mo-

torists only to find those glows "dimmed" by the uncomfortable presence of the old device bang in front of it. The afore-described scenarios at these two junctions were captured in images on June 20, 2025.

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'Korattur lake supports a rich avian life'



L. KANTHIMATHI

Korattur Aeri Pathukappu Makkal Iyakkam, a citizens group engaged in conservation of Korattur lake, has made a representation to the Revenue Department of

Chennai District Collectorate seeking that Korattur lake be declared a bird sanctuary.

"We made a representation at a Jamabandi meeting organised by the department last week in Korattur, as the lake attracts a large number of resident and migratory

birds. But the waterbody, polluted with illegal discharge of sewage and industrial effluents, is becoming uninhabitable for birds," says S. Sekaran, the group's founder.

According to the citizens group, the following are among the migratory birds sighted during the breeding

season: barn swallow, western yellow wagtail, Pacific golden plover, spotted redshank, brown headed gull, common sandpiper, long toed stint, little stint, citrine wagtail, black tailed godwit, garganey, northern shoveler, pied avocet, whiskered tern, and orange-headed thrush.

▼ Korattur lake in October 2024.
PHOTO: SRINATH. M

Among the resident birds are: purple-rumped sunbird, black-rumped flameback, ashy woodswallow, oriental magpie robin, Indian roller, Indian spot-billed duck, greater flamingo, black-headed ibis, glossy ibis, bronze-winged jacana, pheasant tailed jacana, painted stork, and grey headed swamphen.

The citizens group also points out the misuse of a park, located at the lake by the general public, especially tipplers.

The park opened in July 2021 was developed by the Water Resources Department at a cost of ₹16 lakh, a CSR fund of the Office of the Principal Chief Commissioner of GST & Central Excise - Tamil Nadu & Puducherry Zone.

"Tipplers consume alcohol and throw bottles and plastic covers and cups into the lake. Hence, with the permission from the authorities we clean the lake at regular intervals. The latest one was organised a fortnight ago and students from a college in Ramapuram took part in it," says Sekaran.

The citizens group also organised a protest on June 12 in front of the Office of Zone - 7 Ambattur of the Greater Chennai Corporation against sewage discharge in the lake.

JOY OF OWNING A CAT

ADVERTISEMENT

Cats are beloved companion animals known for their independent nature and playful antics. They are skilled hunters with unique physical and sensory abilities, including excellent night vision and a highly developed sense of smell. Cats are also known for their calming purrs and can offer health benefits like reduced stress and improved cardiovascular health.

Perhaps it's because our furry friends have long provided us with comfort, camaraderie, and unconditional love. Cats are our unending source of kisses, cuddles, slobber, claws and laughs.

1. The Independent Nature of Cats: While cats can be affectionate, they are also known for their independent streak. Unlike dogs, they don't always crave constant attention and can be content with independent play and solitary exploration. This independence makes them well-suited for various living situations, including apartments.

2. Cat Senses: Cats have remarkable senses. Their night vision is far superior to



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humans, allowing them to see in very low light conditions. They also possess a highly developed sense of smell, with 200 million odor sensors compared to humans' 5 million.

3. Health Benefits of Cats: Studies have shown that owning a cat can have positive impacts on your health. The act of petting a cat can be calming, and their purrs can help lower blood pressure and even aid in falling asleep. Furthermore, some research suggests cat owners may have a lower risk of heart disease and stroke.

4. Cats and Humans: The relationship between cats and humans is long-standing, with evidence suggesting they've been companions for over 10,000 years. Cats can be trained, and some enjoy interactive play and even learning tricks.

5. Cat Behavior: Cats exhibit a wide range of behaviors, from playful and curious to independent and sometimes aloof. Understanding a cat's normal behavior is crucial for ensuring its well-being and happiness.

STATUS REPORT

READERS WRITE

'Complaints to GCC on stray dogs remain unattended'

Stray dogs are posing a threat to the safety of residents at public at Second Main Road at Thiruvengada Nagar in Ambattur. In the last couple of months we notice frequent instances of dogs chasing motorcyclists and pedestrians. There have also been instances of dog bites. In

this regard, complaints have been made to the Greater Chennai Corporation for the past one year. But they were to no avail.

S. Suresh, general secretary, Thiruvengada Nagar Residents Welfare Association, Ambattur

'Additional shelters needed at Ambattur railway station'

The length of the platforms at Ambattur railway station was increased two years ago. However, shelters have not been provided in the extended area.

This station is undergoing renovation under Amrit Bharat Station Scheme of the Ministry of Railways. It is learnt that there is no plan to provide shelters in the extended area. Railway authorities should provide shelters in this area at the earliest.

T. Gunaseelan,
Ambattur



'Streets in Ward 71 are unhygienic'

Many streets in Ward 71, Zone 6 are becoming prominent dumping spots. A few examples from Perambur area are: Puzhal Murugesan Street, Vadivelu Main Road, Chinnaiyyan New Colony Second Main Road, and Chinnaiyyan New Colony First Main Road. In addition to wet waste, debris is dumped.

Complaints need to be made to

have the waste cleared. It is learnt that one of the main reasons is manpower shortage. In spite of grand schemes such as Singara Chennai and Swachh Bharat Abhiyan, the streets continue to be an eyesore.

Raghukumar Choodamani,
convener, Perambur Neighbourhood Development Forum

In Ward 67, property tax office shifted to Hussain park



Greater Chennai Corporation's Ward 67 property tax office at Venus Colony on Paper Mills Road in Kolathur now operates from a temporary address – GCC's Mir Sajjad Hussain Park.

The demolition and ongoing reconstruction of the building that accommodated the Office of Assistant Engineer of Ward 67 as well as the property tax office necessitated the move.

Buildings adjacent to the AE office that housed the Primary Health Centre and a library are al-



so being rebuilt. A GCC official notes these buildings were too old to continue.

The AE office and the library function from an Anganwadi on Teeds Garden First Street; and the primary health centre from an Amma canteen at nearby Thillai

Nayagam Second Street. The canteen has been shifted to the Anganwadi.

The GCC official says measures have been taken to ensure the regular functioning of the Anganwadi is not hampered.

Text: L. Kanthimathi

A new landmark in Villivakkam

Chennai Metropolitan Development Authority is constructing a market for ornamental fish at Sivasakthi Colony in Villivakkam at a cost of 30 crore. Of the 3.94 acre facility, the built up area will be 1,25,402 sq ft.

Called, "Ornamental Fish Trade Centre," the market will house 64 shops and their area will range from 20-35 sq.mt.

The market will also sport an aquarium and a food court.

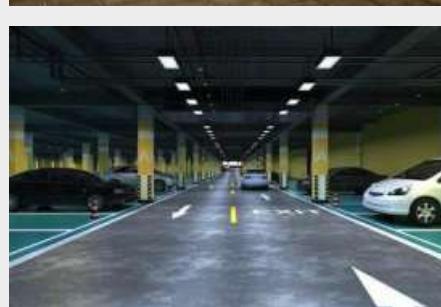
The parking facility has a capacity for 230 cars and 200 motorcycles. The number of toilets for men, women and for the different-



abled are 36, eight, and one respectively. As per plan, the ground floor is dedicated to livestock and the second and third for accessories and feed.

According to CMDA officials,

the land belongs to Hindu Religious & Charitable Endowments Department. The facility is expected to be ready by October and it will be operated by Fisheries Department.



New market coming up at Kolathur

Chennai Metropolitan Development Authority is constructing a market at Somnathapuram on Paper Mills Road in Kolathur. According to CMDA, the four-floor facility will be called "Modern Market" and it is being built at a cost of ₹19.30 crore exclusive of taxes.

The ground floor will have 31 shops and they will be dedicated

for vendors of fruits, vegetables and meat.

The first floor with 34 shops is meant for spices.

Second floor has 34 shops.

Parking lot is provided at the basement floor. It has a capacity for 42 two-wheelers and 43 four-wheelers. Elevators will be dedicated separately for movement of public and the goods.

A graphic illustration of the upcoming market. Images shared by CMDA and the market under construction on Paper Mills Road in Kolathur. The image was taken on June 17, 2025.

Rethinking bus shelters

Beginning to dot the Chennai landscape, these facilities draw upon the flexibility of 3D printing construction technology. It remains to be seen how the potential for greater aesthetics and safety offered by this technology is realised



PRINCE FREDERICK

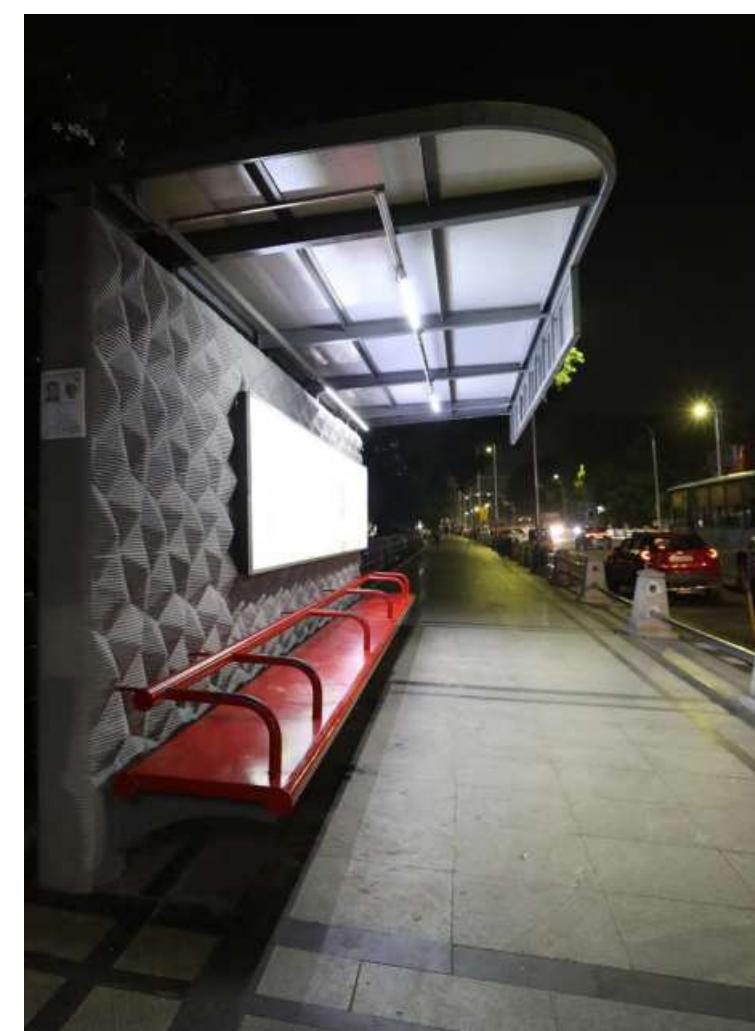
Anyone hitting Marina Loop Road, Kamarajar Salai and Sardar Patel Road with the regularity of tidal action would have had a long, scarlet-red, metal bench crossing their field of vision.

On these roads, even if they were on their own private wheels,

they would likely end up taking in the view of bus shelters sporting these attention-grabbing benches. Greater Chennai Corporation's Bus Route Roads Department is installing these bus shelters constructed with 3D printing technology. With an air of extemporaneity, these bus shelters are simply called "3D bus shelters".

Though announced at least a year ago, these 3D bus shelters are

only now beginning to draw attention as a "sub-species" of bus shelters in Chennai, as they seem to show up with a slowly increasing frequency across the cityscape. Given the target the BRR Department is working towards – ninety 3D printed bus shelters across Chennai – it has the chance of being elevated to the status of a separate species under the broader genus of bus shelters.



3D-printed bus shelters at Anna University bus stop and Kamarajar Salai bus stop (opposite the TWAD Board office) on June 20, 2025. PHOTOS: PRINCE FREDERICK

Only recently, a 3D bus shelter was constructed at the bus stop right outside the Pattinampakkam bus terminus on Marina Loop Road and the Ice house bus stop on Kamarajar Salai share the look, the reinforced concrete pillars particularly following a format.

The GCC official notes fitting the humongous bench takes some doing; it demands a greater outlay of space (which most bus stops can ill afford). The BRR department needs to work around this challenge while going about their target: constructing 3D shelters at 90 bus stops across Chennai.

The one on Kamarajar Salai has a concrete wall with a scraggy surface, the scragginess forming a uniformity of design, that does not lend itself to posters being pasted.

3D printing technology-based construction provides immense flexibility in terms of design. Customisation being possible, these bus shelters can bring variety to the landscape and likely be a refreshing break from the uniformity that marks bus shelter design. It remains to be seen if the BRR Department is going to "format" the look of the bus shelters, or experiment with it.

According to a top GCC official familiar with developments to 3D bus shelters, in contrast to what is now seen as the conventional shelter with SS pillars, this one has reinforced concrete pillars.

3D bus shelters at Anna University bus stop on Sardar Patel Road, the bus stop outside the Pattina-



Accessibility features being incorporated at the Ice House bus stop on Kamarajar Salai on June 19, 2025.

PHOTOS: PRINCE FREDERICK

BY A SPECIAL CORRESPONDENT

On Kamarajar Salai, the Ice House bus stop is almost contiguous with Vivekananda Illam. Mention of the bus stop will call the memorial to mind. The Museum of Possibilities which showcases systems and products that promote accessibility for the differently abled is not an immediate neighbour to the Ice House bus stop, but a neighbour a little removed. But this bus stop would soon refresh one's memory about the museum.

The bus stop is in the process of being made accessible to the differently abled, right from their movement to the benches at the bus stop via a ramp, designed on each side.

The height of the flooring at the bus shelter was reportedly measured and built just right for it to be on par with the height of the flooring on low-floor buses. The kerb seems to have a slight curvature aimed at ensuring the side of the bus with entrances eases neatly into place. The benefits of this design can be enjoyed not just the wheelchair-bound differently abled but

anyone with mobility challenges.

In its inclusive design manual, GCC makes the following observations about bus boarding platforms

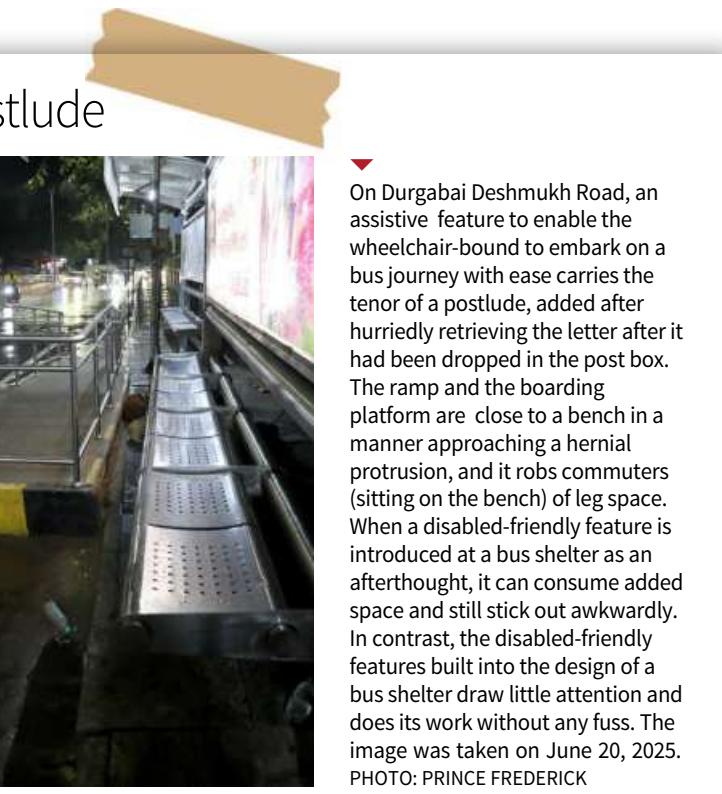
The manual points out that the "step height from the kerb to the (kneeling) bus platform should not exceed 150 mm to accommodate passengers with limited mobility."

It goes on to add: "raise the en-



tire footpath platform to 300mm to be able to board low floor buses without difficulty."

The Bus Route Roads Department of Greater Chennai Corporation is driving this initiative. A GCC official familiar with the work notes that the accessibility feature would be extended to various bus stops across Chennai.



On Durgabai Deshmukh Road, an assistive feature to enable the wheelchair-bound to embark on a bus journey with ease carries the tenor of a postlude, added after hurriedly retrieving the letter after it had been dropped in the post box. The ramp and the boarding platform are close to a bench in a manner approaching a hernial protrusion, and it robs commuters (sitting on the bench) of leg space. When a disabled-friendly feature is introduced at a bus shelter as an afterthought, it can consume added space and still stick out awkwardly. In contrast, the disabled-friendly features built into the design of a bus shelter draw little attention and does its work without any fuss. The image was taken on June 20, 2025.

PHOTO: PRINCE FREDERICK

Enhancing access

'No standard timings for Makkal Marunthagam outlets'



A store on Bells Road

LIFFY THOMAS

Chennai has over 30 Makkal Marunthagam outlets and each of them seem to be functioning with a great deal of autonomy which reflects in their timings. The opening and closing hours of the shop are decided by the respective store in-charge. Makkal Marunthagam in Thirumullaivoyal, for instance, functions from 10 a.m. to 10 p.m. including on Sundays; the Pallikaranai outlet remains closed from 1.30 p.m. to 4.30 p.m.

These outlets are run under the Pradhan Mantri Bhartiya Janaushadhi Pariyojana.

The stores launched by the Department of Pharmaceuticals, Ministry of Chemicals and Fertilizers, Government of India, sell allopathic medicines at 30-90% discount from market prices, says a note on its website. They also deliver medicines.

"I purchase my medicines from this pharmacy because it offers heavy discount, but when I went there the other day the store had not opened at 5 p.m.," says Sainathan.

The senior citizen believes Makkal Marunthagam stores have a crucial role to play, providing medicine at a huge discount, and therefore accessibility to them is of vital importance. He would like to know if Makkal Marunthagam stores in Chennai follow any set timings and whether they are required to be open through most part of the day.

In Chennai Division of Southern Railway, despite several efforts to check trespassing and jaywalking on tracks, accidents happen with disturbing regularity

Tracking a dangerous trend



LIFFY THOMAS

Statistics has it that nearly two lives are lost every day on the railway tracks of the Chennai division of Southern Railway. As per data collected by the Railway Protection Force, in the last five months, 275 people were killed and 24 sustained injuries while crossing railway tracks in the Chennai division.

In 2024, 712 people died on the railway tracks and 77 sustained injuries; and in 2023, 669 people died and 63 suffered injuries.

Trespassing, falling from a crowded train and talking on phone while crossing tracks are main reasons for loss of lives in the railway network covering Chennai, Kancheepuram, Tiruvallur, Chengalpattu, parts of Vellore and some areas of Andhra Pradesh.

Southern Railway adopts a three-pronged approach to changing this deadly behaviour: create awareness, register cases under Section 147 of Indian Railways Act as trespassing is punishable with a fine of ₹1,000 or six months of jail or both and close vulnerable points on the tracks.

On June 19, the staff and officers from Villivakkam check post conducted an awareness session for students of Sri Kanaka Durga

**The numbers**

Year	Cases registered	Number of deaths	Fine amount collected
2023	2778	669	13 lakh
2024	2850	712	14 lakh
Until June 2025	1650	275	7 lakh

Source: RPF, Chennai Division

Telugu Higher Secondary School. Footboard travelling, skating on train platforms, trespassing, taking selfies and videos on the footboard, pelting stones on the train were among the topics covered.

B. Ramakrishna, senior divisional security commissioner, RPF, says such awareness programmes run through the year. "In fact, we are increasingly reaching out to younger children in schools as they get the message faster and

would also take it home to their parents," says Ramakrishna.

While the Southern Railway has been replacing level crossing gates with rail overbridges (ROB) or subways to prevent commuters from crossing the tracks, jaywalking along unauthorised points along the tracks make it a bigger challenge to check this offence.

In suburban areas such as Korukkpet, Ennore and Basin Bridge, fences are



A scene from Annanur railway station; students take the safety pledge at Sri Kanaka Durga Telugu Higher Secondary School in Villivakkam during an awareness session by the Railway Protection Force.
PHOTOS: VEDHAN M AND SPECIAL ARRANGEMENT

erected so that people cannot get on to the tracks.

"Fencing is the most effective measure," he says.

According to an official from the Safety Department, 10-15 railway level crossings are closed every year.

"Unmanned level crossings have been completely eliminated. Currently we have 153 LC gates across Chennai division, and all these are interlocked gates that provide more safety," says the official.

Vandhe Bharat trains run at a speed of 130 km/hr, so there must not be an LC gate or cattle crossing over the tracks.

On Chennai to Arakonam section, more LC gates are waiting to be closed as Southern Railway is waiting for funds.

When the number of vehicles/units taking a gate crosses 1 lakh, the gate must be replaced with a ROB or a subway. That is the thumb rule, he says.

Do fines act as a deterrent? From January 2025 to the second week of June, RPF had booked 1,650 people and collected a fine amount of ₹7 lakh.

Officials say these measures are helpful to some extent. Are youngsters fined? They are usually let off with a warning but repeat offenders are booked. "Youngsters performing stunts in local trains was a serious concern and we would call their parents, show the videos of their antics and take a written undertaking that if the child indulges in such activities a criminal case will be filed. This has worked to a great extent," says senior divisional security commissioner.

He says institutions and the larger society must also play a role in sensitising people about the danger of jaywalking on the tracks. "Talking on the phone and crossing are a strict no. Use foot overbridges and subways where they are provided. Do not take reels on trains. After all, life is precious," says Ramakrishna.

A case study from Western Railway: Using behavioural science to prevent trespassing

A behavioural science approach was adopted to check the increasing number of deaths on Mumbai's suburban railway network many years ago.

Indian Railway approached Final Mile, a behavioural science and design consultancy firm, that studied data and investigated the psychology of risk perception. The simple, science-informed, and cost-effective design interventions brought down the number of deaths on tracks.

Their research found that "the current system of warning signs, using text and stick-figure illustrations, was ineffective. Second, the train drivers' practice of sounding the horn was not successful in alerting people: either it was too familiar to catch people's attention, or they honked too late to make a difference: once people were on the track and heard the horn, they decided to run for it rather than to turn back - but they could not outrun the train. A third, related observation was that people crossed even when they could clearly see the oncoming train," says a note on www.thefinalmile.com.

They designed solutions that worked at a "nonconscious level" and even recommended changing the way drivers used their horns to warn people. To tackle the problem of incorrect perception of the train's speed, railway ties were painted yellow at regular intervals on either side of trespassing points. The bright stripes attract attention, and as they disappear under a moving train, the brain quickly and unconsciously recalibrates its estimate of the train's speed, says the note. Their first pilot reduced fatalities by 75% in a year and this was scaled up to multiple locations around the suburban railway network. In 2019, a 5 km stretch of the Central Line that had seen 88 deaths experienced a 44% decline in fatalities.

PEOPLE

Student receives award in memory of braveheart

On June 16, a session at the multi-purpose hall in Valliammal Matriculation Higher Secondary School featured the documentary saga of a braveheart, Lt. Col. Ajit Bhandarkar.

Students of Classes XI and XII attended the event.

Based on a long and stringent assessment process predating the event, one student was singled out for special honour.

Bhuvaniesh S. of Class XI was given a book about the braveheart, a medal and a certificate with a cheque for ₹3,500 from Metamorphes Foundation.

The event was underpinned by an engaging and inspiring story.

Lt. Col. Ajit Bhandarkar was an instructor in the Officer's Training Academy in Chennai from 1988 to 1990. A young captain then, he met Shakunthala Kamath and two were wedded in Chennai in October 1990.

Lt. Col. Ajit continued to serve the Indian Army and it was during his tenure in 25 RR that he was killed in action on October 30, 1999. He was awarded the gallantry award Shaurya Chakra in 2000, said a release.

Shakunthala Bhandarkar retired as a principal of a school in Bengaluru and wrote a biography, "Saga of a Braveheart, Lt Col Ajit V Bhandarkar" as a tribute to her husband's 60th birth anniversary and their 30th wedding anniversary in 2020.

It was during the pandemic that a

few course mates of Lt. Col. Ajit Bhandarkar decided to start a non-profit organisation by the name Metamorphes Foundation, with Shakunthala as co-founder and director.

The Ajit Bhandarkar Award for Excellence is an initiative of Metamorphes Foundation as a tribute to the gallant officer of their 59 NDA /69 IMA course. This is the 3rd year we are recognising students of Valliammal Matriculation Higher Secondary School for the award along with felicitating the veer parivars of our Indian Army, said the release.

Ammani, M/O Late N/Nk K Nagarajan; Shobha Sudhakar, W/o Late Capt Sudhakar Madhavan SM; and Chenddamarai, W/O Late Hav R Shanmugam were honoured. These army personnel gave their life fighting for our country, said the release. Their families had a tough life bringing up small kids who did not get to see their father. Asha Prabhu was present to lend her helping hand; so was Vibha Gadiya from E Primacy.

Renuka, the program coordinator of VMSS School facilitated the event.

The veernaris (war widows) were felicitated by Shakuntala Bhandarkar, Col. Rujay and the Padma Priya, principal of VMHSSchool.

Col Rujay spoke of his braveheart coursemate Lt Col Ajit and motivated the students to join the services. Shobha Sudhakar conveyed her gratitude and respects to Team Valliammal and Metamorphes Foundation.

Col Rujay spoke of his braveheart coursemate Lt Col Ajit and motivated the students to join the services. Shobha Sudhakar conveyed her gratitude and respects to Team Valliammal and Metamorphes Foundation.



50 and counting

Blood donors honoured at an event organised by the Department of Health

More than 100 volunteers from across Tamil Nadu were honoured by the Department of Health and Family Welfare, Government of Tamil Nadu at Government Multi Super Speciality Hospital, Omandur Government Estate, to commemorate World Blood Donors Day observed on June 14. One of the eligibility criteria set by the Department was that the individual should have donated blood for a minimum of 50 times. From Chennai, 15 volunteers of the Platelet Club were honoured at the event.

"We have close to 40 people who have donated more than 50 times but we could gather only 15 of them in the short notice that we got," says Srivatsav Vema, who runs the Platelet Club.

Donating blood is an unshakable habit for many of them in the Club. Rohith Fernandes, for example, has donated blood 221 times; Karthik Natarajan 252 times; and Poorna Chandran 200 times.

There are many others in the 100s club including Kishore Gupta (182), Muthukumarasamy R. (100), Suresh Kumar (112), R. Vallinayagam (110), Naresh E. (183) and Baskaran from Villupuram (160).

The blood donation camps organised by Srivatsav Vema and his team of donors are exclusively for government hospitals. A key feature of this club is they donate platelets that is used for those undergoing treatment for cancer, dengue and for transplantation surgery.

Honda launches electric vehicle

The Honda Motorcycle and Scooter India's Honda QC1, an electric scooter, has been launched in JSP Honda.

A press release issued by JSP Honda says the scooter is priced at ₹90082.00 (ex-showroom Chennai) and comes with a five-year warranty. An attractive finance scheme is available.

Grace Supermarket opens in Anna Nagar

Grace Supermarket has opened a branch in Anna Nagar. Spread over 7,000 square feet, the store is located on 13th Main Road and stocks everything from fruits, veggies, dairy, snacks, personal care products, pet care products, and toys to household essentials.

For details, call 60333 60333.

Pioneer Proteins launches app

Pioneer Proteins, a trusted local store for fresh, quality broiler chicken, has launched an app, 'Pioneer Proteins App'.

A release says the app makes it easier to get your meat delivered to your doorstep within 60 minutes of processing. The stores are in Mogappair, Porur, Kumananchavadi, Moolakkadai, Perumbakkam, and Kelambakkam regions.

Changes in pattern of train services

Due to Chennai Egmore railway station redevelopment work, five pairs of Express trains will originate from and terminate at Tambaram railway station (avoiding Chennai Egmore).

To facilitate incoming passengers, the following changes have been made in the pattern of EMU train services for 60 days until August 18.

Train Numbers : 40040, Tambaram - Chennai Beach EMU will leave at 03.15 a.m., instead of 11 a.m., 40047, Chennai Beach - Tambaram EMU will leave at 04.25 a.m., instead of 12.15 p.m., 42501, Chengalpattu - Gummidiyondi EMU will leave at 09.50 a.m. (no time change in departure), leave Tambaram at 10.50 a.m., 40043, Chennai Beach - Tambaram EMU will

leave at 11.55 a.m., instead of 11.52 a.m., 40045, Chennai Beach - Tambaram will leave at 12.10 p.m., instead of 12.02 p.m., 40533, Chennai Beach - Chengalpattu will leave at 12.25 p.m., instead of 12.28 p.m., and 40904, Arakkonam - Chennai Beach will leave at 07.30 a.m. (no time change in departure), the train will leave Tambaram at 09.40 a.m., instead of 09.45 a.m..

On Sundays, a passenger special runs between Chennai Beach and Tambaram and vice versa.

The Tambaram - Chennai Beach will depart at 03.15 a.m. and reach Chennai Beach at 04.10 a.m..

The Chennai Beach - Tambaram will depart at 04.25 a.m. and reach Tambaram at 05.20 a.m..

Quiz competition

KSA Trust has started a new initiative - the "Quiz Champions of Chennai". Curated by expert quiz masters, this event is aimed to engage and educate middle school students.

A school can choose any date and time before July 15 to take part in the written general knowledge quiz that will have 30 questions covering topics in history, geography, science and tech, sports, language and literature and entertainment.

For any further details, write to rao@championsofchennai.org or 98411 16216.

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INTERNATIONAL YOGA DAY

'It keeps me grounded during tough times'

SANDHYA JAIN

Yoga encourages self-reflection and acceptance, allowing me to let go of negativity and embrace life with a more open heart.

The breathing techniques and mindfulness exercises help me manage stress better and stay grounded during tough times.

I learned the value of showing up for myself consistently. Yoga became a daily habit that I genuinely look forward to. Regularity in practice brought not just physical results but also emotional stability and inner peace.

I've become more positive, calm, and centered.

Sandhya Jain is a resident of Rems Street, Taylor's Road in Kilpauk; and she receives training from yoga practitioner Kumar Saurav



A day of stretches



DIG Dinakaran of the Indian Coast Guard Region East was the chief guest at the International Yoga Day celebration organised by Sustainable Development Council at Maharashtra Bhavan on EVK Sampath Road in Vepery.

MTC issues tokens to senior citizens

The Metropolitan Transport Corporation (MTC) has started distributing bus pass tokens to senior citizens for free travel in its buses. The half-yearly tokens are being issued for the July-December 2025 period.

Under a scheme introduced in February 2016, people over 60 are eligible for free travel on MTC buses ten times a month. Beneficiaries can renew their identity cards.

Senior citizens in Chennai, who want to apply for the tokens and for new identity cards, should submit photocopies of their ration card (address proof), Aadhaar card, driving

license, educational certificates, and electoral identity card (age proof), and two-colour passport-size photographs.

The tokens will be issued from 8 a.m. to 7.30 p.m. till July 31 in more than 30 terminuses across the city.

After July 31, the tokens will be issued in the terminal offices during working hours on working days.

The centres are located on the premises of the bus terminuses / depots at Adyar, Besant Nagar, Thiruvanmiyur, Mandaveli, T. Nagar, Saidapet, Saidapet terminus, Central bus depot (Pallavan Salai), Chennai

Central Railway Station bus terminus, Broadway, Chromepet, Pallavaram, Alandur, Guindy Industrial Estate bus stop, Iyyappathangal, Vadapalani, K. K. Nagar, Adambakkam, Anna Nagar, Koyambedu (CMBT), Ambattur Industrial Estate and Old Terminus, Avadi, Ayanavaram, Integral Coach Factory, Tondiarpet, Toll Gate, Ennore, Vysarpatti, Madhavaram, Padiyanallur, Red Hills, Madras Export Processing Zone bus terminus, Poonamallee, Perambur bus terminus, Vallalar Nagar, Semmencherry, Thiruvottiyur, and Kundrathur.

PLAN YOUR WEEK

State level Thirukkural competition

Shriram Ilakkiya Kazhagam, the literary wing of Shriram group, is organising Thirukkural elocution, drawing and essay contests from July 12 to August 24 for school and college students across 12 centres covering Tamil Nadu and Puducherry.

The Chennai zone competitions will be held at CSI Jessie Moses Matriculation Higher Secondary School in Anna Nagar on July 12 and at Christ

King Girls Higher Secondary School in East Tambaram on July 19.

Interested persons can collect the application forms from the nearest Shriram Chits branches or download from www.shriramchits.com

The contestants will be divided into 3 groups - Juniors (Classes: 6-8), Seniors (Classes: 9-12) and College (UG, PG, Engineering, Medical and Polytechnic students).

Russian education fair concludes today

Today is the last day of the second edition of All-India Russian Education Fair for the academic year 2025-2026 happening at Russian Centre of Science and Culture. Eight leading higher educational institutions, all belonging to the Russian government, are taking part, said a release.

Students who have cleared National Eligibility

cum Entrance Test (NEET) and who have a minimum of 50% marks in the relevant core subjects can apply for MBBS courses in Russia. Tamil medium students can also apply. There are no pre-qualifying exams like CET and IELTS needed for admissions to universities in Russia, said a release.

For details, call 9282 221 221.

Workshop on traditional paintings

Artist Kanimozhi takes classes in Tanjore painting, Madhubani, Warli, Gond, Patachitra, Nirmal, Zulu and Kerala Mural for ladies and

children. The next batch starts from June 23 at SAF Games Village, Koyambedu.

For details, call 93811 57831



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