

ANNA NAGAR

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STOCK EXCHANGE WITH A DIFFERENCE

Chennai Maadi Thotta Kootam enables an exchange of native seeds of vegetables among its members, and also gives them away to anyone outside the fold who would care to ask for them **P3**



THE FOOD DELIVERY PARTNER ON THREE WHEELS

Saidapet resident Lakshmanan Angamuthu represents a small but significant group of food delivery partners whose day is powered by a specially designed vehicle, resilience and a soupcon of understanding from customers **P6**

School in Perambur sets an example in inclusion

K. Eshwari, a high school biology teacher, is the first transwoman to be part of the faculty at KRM Group of Schools



K. Eshwari joined the school in November last year. PHOTOS: SPECIAL ARRANGEMENT

LIFFY THOMAS

From conducting classes under the shade of trees to adopting a multi-sensory approach to teaching, K. Eshwari stays off the beaten path variously.

After six months at KRM Public School in Perambur, one of the best compliments that Eshwari received from her students is they like the way she teaches.

"That is a big motivation for me," says the biology teacher who takes classes for high school students.

Her love for studies and ambition to be a teacher is what keeps her going in spite of the repeated rejections and challenges she has faced from society.

A first generation graduate from the family, Eshwari lost her father when she was in school but was always determined to study.

Eshwari has an impressive educational qualification. She did her undergraduate course at Pacchiyappa's College, post graduation in M.Sc from Presidency College and teacher training from the Institute of Advanced Study in Education.

She later went on to receive a doctorate in education researching on "Children with Dyslexia", and has worked in a number of educational institutions including a B.Ed college as principal and University of Madras as guest faculty.

Teaching is not new to her and when asked to take a "demo" at KRM Public School as part of the in-

terview process she was completely at ease.

"The biggest change we want from the institution is to be open about recruiting a transgender. Many did not even call back when I revealed my gender. After I underwent a gender reassignment surgery, I was rejected by many employers," says Eshwari.

The class teacher of grade VIII says the environment in the school has been welcoming, especially her fellow teachers who respect and treat her equally.

Eshwari had been an active student who was involved in various co-curricular activities since in school days at Royapuram. Today, she is happy she gets to bring out the best in her students.

"It was the silver jubilee annual day of my school and then education minister Thangam Thennarasu presented me with a cash prize for coming first in dance," says the teacher who is now in her early 30s.

Eshwari has also been a dance trainer during Chennai Sangamam events.

Padmaja Rajkumar, executive secretary to CEO, KRM Group of Schools, says under the leadership of R.J. Thayumanaswamy, CEO, the institution has been practising inclusion for some years now.

In 2014, students of Classes VII and VIII took up a project under "Design for Change" where 11 transgenders were trained in different life skills including computers and making door-mats for close to two years. "As part of the project, we also had them visit the campus many a time, so when you create such an environment I think children learn to be allies," says Padmaja.



'Remove this obstruction on the path to school'

LEO JUSTIN

The unused petty-shop trailer smack on the pathway to Don Bosco School at Srinivasa Nagar in Kolathur is proving to be a huge hindrance to school students and their parents as they head to the school during its opening and closing time.

If this is removed, students would be able to navigate this pathway with ease.

Moreover, autorickshaws parked in the road during evening hours pose a huge challenge to pedestrians.

If the traffic police patrol vehicle could spend a few minutes around this place during school opening and closing time, it would be much appreciated.

Leo Justin is a resident of Kolathur



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CMDA *revamps bus terminus in Avadi*

Citizens forum is unhappy about the plan to park the buses along the road as it would worsen the bottleneck; it suggests the use of HVF's playground for a temporary parking arrangement

L. KANTHIMATHI

Chennai Metropolitan Development Authority is revamping the Metropolitan Transport Corporation's bus terminus in Avadi on CTH Road at a cost of ₹36.06 crore. The work began a fortnight ago by demolishing the existing structure.

According to MTC, a ground plus three-floor building housing commercial establishments in first and second floor; a car parking lot (with a capacity of 10) for commuters; and a prayer room for both MTC crew and commuters are new facilities being introduced at the terminus. And other existing amenities



such as restrooms for MTC crew, lounges, toilets, bus bays, ticket counters, time-keeper office, and parking lots will sport a new look. Also, the seating capacity in the waiting area will be 200.

According to MTC, 170 buses on 70 routes are operated from the terminus providing connectivity to various destinations including Koyambedu, Thiruvanmiyur, Poonamallee, Broadway, Thiruvallur, Tambaram and Kilambakkam.

And it witnesses an average of 1,10,000 commuters per day, adds MTC. Tamil Nadu Progressive Consumer Centre, an Avadi-based citizens group, welcomes this move. This has been a request of the forum for the past many years.

"Given the importance of the terminus, the exercise is needed. Basic amenities such as seats, drinking water, and toilets were inadequate in number. Hope this project addresses those problems," says T. Sa-

dagopan, the forum's president. However, the forum is unhappy about the plan to park the buses along CTH Road as it would add to the traffic congestion.

"With a railway station and a vegetable market in the vicinity, the section of the road near the terminus is known for bottlenecks. It is a narrow stretch. Pedestrians find it risky to cross the road here. All these would only get worse if buses are parked on the road. Hence, the



A graphic representation of the upcoming bus terminus in Avadi, shared by CMDA.

nearby playground of the HVF should be considered for a temporary terminus. Another option is some buses should be made to operate from the nearby termini in Pattabiram and Thirunindravur. Considering the safety of the public, appropriate measures should be taken," adds Sadagopan.

The forum also suggests setting up of monthly pass counters at Pattabiram bus terminus to avoid crowding at Avadi.

A new leisure spot at Koyambedu



The park, being developed by Chennai Metropolitan Development Authority under the flyover in Koyambedu on Inner Ring Road is nearing completion. It will have a yoga spot, walkers' path, gym and other amenities. PHOTOS: VELANKANNI RAJ B

Stock exchange with a difference

SHARON JESSICA MICHAEL

When the pandemic had people cooped up in their homes imposing debilitating restrictions on their routine and movement, the terrace was "discovered". The top deck became well-hoofed, residents becoming alive to its potential. Little wonder then that a terrace gardening group in Chennai that was seeded before the pandemic truly gerniated in 2021, becoming a full-fledged community. Maintaining that momentum over the last four years, Chennai Maadi Thotta Kootam, as this group is called, has risen several levels to accommodate 500 terraces (read "over 500 members"). Terraces outside the fold also benefitting from this group's programmes, the number should actually be pegged much higher than that.

In organisational parlance, seven members would be the equivalent of charter members, having cranked the initiative and push-started it when it showed signs of stalling. They are spread across Chennai, in fact the Chennai Metropolitan Area: Bhuvaneswari is from Anna Nagar; Rama from St. Thomas Mount; Sujo Jones from Tambaram; Mohan also from Tambaram; Logamary from Kodambakkam; Uma from Saidapet; and Rajesh from Thiruvallur. There are other early members, but these are counted among those members that have continued to keep this informal, largely WhatsApp-centric and rarely offline group together.

Mohan, one of the founders, clarifies that this group is far from being an organisation, and defines it as a loosely structured but tightly knit network of terrace gardeners. Chennai Maadi Thotta Kootam has no formal hierarchy, office or funding. It thrives on shared commitment, a shared interest in sustainable, fertiliser-free gardening. Seeds are packed at dining tables. Deliveries are arranged in group chats. Advice is traded with the air of informality and bonhomie one would expect among friends.

A salient feature of this group that has remained prominent to this day is exchange of traditional seeds

At its massive annual gathering, Chennai Maadi Thotta Kootam enables an exchange of native seeds of vegetables among its members, and also gives them away to anyone outside the fold who would care to ask for them. The only precondition is that they use the seeds, not waste them. It also couriers seeds to those removed in geography. Everything is done *pro bono*. And that begets the question: what is this group all about?



From an earlier event. PHOTO: SPECIAL ARRANGEMENT

among members. The batches of seeds the group collects come into sharp focus at one grand annual gathering.

Every year, ahead of the Tamil month of Aadi (mid-July to mid-August), which marks the sowing season, the group organises a massive Saturday Seed Exchange Meet.

At the time of this article going to print, a meet of this proportion and significance was being organised at Anna Nagar Tower Park.

Unlike typical markets or agricultural expos, these events are entirely non-commercial. Seeds are not bought or sold – they are freely given, with trust as the only currency.

"We pack around 500 packets for each variety and hand them out to whoever is interested," Mohan says. "There is no cost involved. The only expectation is that the seeds are used, not wasted."

The event typically features more than 30 types of native, non-hybrid seeds of vegetables – including brinjals, tomatoes, lady's finger, snake gourd, cluster beans and compact varieties of bottle gourd – are ideal

for urban terraces. These are carefully sorted into ziplock bags and handed over to anyone willing to try their hand at gardening.

Attendees share the origin stories of the seeds, and discuss what worked and did not in their soil. For those unable to attend the meet, the group arranges for the seeds to be couriered to them, ensuring that the cycle of growth and sharing continues uninterrupted. In some weeks, more than 200 such couriers are sent out, says Murugan.

Wider impact

These meet-ups bring seeds and voices from across India on one platform. Renowned seed savers and farming advocates are invited as guest speakers. Sundar from Pondicherry, a visual communication graduate turned traditional seed conservator, is a regular presence. Over the last decade, he has travelled across Tamil Nadu collecting and documenting over 200 types of vegetable seeds, including 50 varieties of tomatoes and nearly 30 types of brinjals.

"Out of just three sorakais, I can get 150 seeds," Sundar says. "I give a few to others, and if they grow them, the cycle continues. It is not just agriculture – it is a form of trust-building."

Joining him this year at the meet at Anna Nagar Tower Park are Appa Rao, a national award-winning seed conservator from Andhra Pradesh, and Pambayan, an advocate of pesticide-free gardening. Together, they promote inter-state seed exchange – Tamil Nadu's native yam seeds are shared with Appa Rao, who in return brings hardy Andhra varieties to the city. It is an example of grassroots biodiversity cutting across state borders.

Digital gardening

A WhatsApp group is the glue keeping these terrace gardeners together. Have you ever come across pest control techniques and potting mix ratios being hurriedly spat out into voice messages? In this group, you will on a daily basis, sometimes on an hourly basis. Members regularly post photos of wilting leaves or insect sightings, asking for quick advice – and receiving responses often within minutes. Chennai Maadi Thottam Kootam is largely women-led, with 90% of members identifying as female. For many, terrace gardening has become more than a hobby; it is a way to reconnect with nature, manage kitchen waste, and introduce children to the rhythms of growth and seasonality.

A larger goal

Sundar's philosophy resonates deeply with the group. Since 2015, he has been working to revive traditional farming practices through awareness, seed sharing and documentation. His goal is to build a community seed bank that functions independently of commercial seed markets or government schemes. He also hopes to compile his knowledge into a book for future generations. "There is still hesitation among beginners," he says. "People do not believe these small seeds will really work. So I show them videos of my own farm, and when they see 200 chillies growing from native varieties, they start to believe."

Inaccessible seating at railway station



BALA RUBAN

Here are photos of inaccessible seating facility (stainless steel bench) at Platform Number 01 inside the Avadi Railway Station.

The bench should be moved to some other space on this same platform where the passengers can make use of the same.

(Bala Ruban is a resident of Gandhi Street at Kannigapuram in Avadi)

'Road in school zone marked by potholes and unsafe footpaths'



Lake Area First Main Road in Nungambakkam is marked by potholes. The one near the intersection of School Road and Lake Area First Main Road is among the worst spots of the road. There have been instances of road cave-ins there.

Following complaints, some of these potholes were repaired a few months ago. However, they have cropped up again. A lasting solution is needed.

To avoid these potholes, motorists tend to drive on the wrong side of the road raising the risk of accidents.

Ever since the nearby Valluvarkottam High Road was made one-way to facilitate metro rail construction in the vicinity, many motorists, including share-autorickshaw drivers, have started to take Lake Area First Main Road. In other words, there is an increase in traffic on Lake Area First Main Road.

Further, the footpaths of this road are in a sorry state. While some stretches are broken, others are misused to dump trash. In short, the footpaths do not serve the intended purpose.

It should be noted that Lake Area First Main Road is one of the approach roads to Valluvarkottam, a place of leisure and tourism. Public Works Department reopened Valluvarkottam recently after months of renovation. Besides, it is a key road in a school zone.

However, Lake Area First Main Road continues to be in a state of neglect.

N Ravikumar,
Nungambakkam

Workshop on agricultural export

Entrepreneurship Development & Innovation Institute and Tamil Nadu Food Processing & Agri Export Promotion Corporation (TNAPEX) are conducting a training programme on agricultural export from July 9 to 11.

According to a press release, the session will cover mandatory procedures, product quality and testing, packaging and branding, excise clearance, logistics, cold chain management, market research, export finance,

and government schemes. Also, exporters in agricultural and processed food sector will share their experiences.

It is a free residential training programme, adds the release.

Workshop on baking

Entrepreneurship Development & Innovation Institute is conducting a workshop on baking on June 30 and July 1. Time: From 10 a.m. to 5 p.m. Those above 18 years of age with a minimum education

al qualification of Class 10 may apply. According to a press release, the session will focus on brownies made from dry fruits, millets, and the ones with eggs and eggless. Also labelling and marketing aspects of bakery products will be taught.

Both the workshops will be held from 10 a.m. to 5 p.m. at the institute's premises at SIDCO Industrial Estate, EDII Office Road, Guindy. Prior registration is required. For details, call 8668102600.

Training session on Tally Prime on July 3 and 4

Entrepreneurship Development & Innovation Institute, Department of MSME, is conducting a training programme on the basics of Tally Prime, a business management software used for accounting and inventory management. It will be held on July 3 and 4 at the insti-

tute's premises at Parthasarathy Koil Street in Ekkaduthangal. Time: From 10 a.m. to 5.45 p.m. According to a press release, the programme will be useful for entrepreneurs and those aspiring to become one. For details, call 95437 73337 / 93602 21280

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INCLUSION

Making cakes look as good as they taste

Speech- and hearing-impaired R. Sathish Kumar can make cakes look as good as they taste. The 48-year-old is a professional cake artist.

His son U.S. Niraj remembers how Sathish made one of his birthdays memorable by designing a cake in the form of a racing car track.

"People usually draw and show what design they need in the cake or bring photos, and he gets it perfect most of the time," says Niraj. Sathish began his career working in a bakery where he picked up the skill to decorate cakes with fondants and other decorative features. A skilled artist, Sathish now takes classes in cake decoration for those with disabilities as well as able-bodied individuals at Cheshire Homes in Coimbatore. He is a regular to most cake decoration competitions and has many victories to his credit. The medals from these competitions are displayed at his home. Besides creativity, one needs steady hands and precision to shine in this field, he says.



Participants from various editions of Abilympics.
PHOTOS:
SPECIAL
ARRANGEMENT



Greeting the world with a resilient heart

Swetha Kulkarni has been dabbling in painting since her school days, having been motivated by the encouragement provided by her teachers.

"It was Vijaya Lakshmi ma'am who taught me to design greeting cards and do many other crafts. She took me to many competitions as well," says Swetha, who is hearing-impaired.

Her disability has not been a deterrent to pursuing excellence. She went on to study BE Computer Science at a college in Davangere. Now, she works with a leading software company in Chennai as business process lead. "During weekends I make it a point to sketch or draw and it helps me de-stress," says Swetha, showing the many greeting cards she has designed.

From YouTube she has been picking up new techniques in art and also does photography.

From Chennai to Helsinki

An event aimed at shortlisting participants for Abilympics 2027 in Finland was conducted at IIT-Madras recently. *The Hindu Downtown* spoke to some of the winners at the event, which went under the title South Zone Regional Abilympics 2025

Weekends are for wellness

While he was between jobs, Parul Agrawal stumbled upon a diploma programme in spa therapy. He took it up. "It was a six-month programme. There was some pessimism, initially, when I considered the job prospects of this course. Now I am glad I am able to juggle work as an HR professional during weekdays and that of a massage therapist at a wellness centre during weekends," says Parul, who is visually-challenged.

He is happy winning gold at the South Zone Regional Abilympics 2025 and is looking forward to bigger platforms where he can showcase his skills. "Visually impaired people can provide excellent massage therapy services because our sense of touch amounts to a big advantage," says Parul. His employer is happy that like other able-bodied employees in the wellness centre he is able to take up tasks such as foot reflexology and massages.

Heard of Abilympics? Here is the lowdown on it

LIFFY THOMAS

Fifteen new vocational skills will be showcased in the form of contests at the 11th International Abilympics scheduled to be held in Finland in 2027.

According to Dr. Jitender Aggarwal, secretary-general of National Abilympic Association of India (NAAI), these additional categories at Abilympics are aimed at increasing the number of participants. Abilympics is organised for those with disabilities.

Before starting Sarthak Educa-

tional Trust in 2004, Dr Aggarwal was a dental surgeon; he continued as one until he lost his vision due to macular degeneration.

* Of the 40 plus categories in vocational skills, 15 are being introduced for the first time. How and why is this important?

Newly-introduced categories (also called "trades") include Baking, Hairdressing, Fashion Technology, Hotel Reception, Child-care and Massage Therapy. These additions reflect emerging employment opportunities for the disabled community.

International Abilympics is

held once in four years where participants compete in 45 trades. India is also one of the members of the governing body and I am an executive member in it, where we brainstorm about new skills to be added and the ones that can be omitted. We prescribe skills that are mentioned in the IAF charter.

* India hosted International Abilympics for the first time in 2003 in New Delhi. How has Abilympics or "Olympics of Abilities" evolved since then?

The National Abilympic Association was formed in 2001 so that

India could host the 2003 edition, where we had 1500 participants and 40 countries competing. In 2016, NAAI was handed over to Sarthak Educational Trust and we revived it. Besides tapping into talents among those with disabilities, we also need to support them by identifying expert coaches, offering infrastructure and equipment to help them compete at the international stage.

The 2023 Abilympics in France was our first major outing where we noticed that the talent pool from Japan, France, South Korea and China were highly competi-

tive. We learnt a lot from them. We are making Abilympics also professional like Olympics and Paralympics.

* What are the expectations for Indians from Abilympics 2027?

In 2023, we returned with seven medals. This year, our target is 30. We have faculty from IITs and other premier institutions to train and guide our participants, both physically and emotionally. We want more persons with disabilities to showcase their vocational skills. We are planning to have a wild card category next time.

PRINCE FREDERICK

The evening is visibly worn out. And the opportune night is poised to tear into it with fangs of darkness and gobble it. The crowd has thinned out on Besant Nagar Second Avenue.

The lights have gone out in the shops except for food outlets given to entertaining customers and orders well into the evening. About fifteen minutes to eleven, a staff from Jonah's Bistro steps out with packed food and hands it to a food delivery partner who would not budge from his two-wheeler. He could not budge from it. Attached to Zomato, Lakshmanan Angamuthu is differently abled, a locomotor disorder making him dependent on a specially designed three-wheeler for movement. Unlike other delivery partners, he cannot sweep into the restaurant and pick up the order to be delivered. Unlike other delivery partners, he cannot step off his bike, ring the bell and deliver that order at the customers' doorsteps.

Lakshmanan notes that the delivery details would contain a reference to his condition so that customers are ready for it and step out to collect the order. But if they had missed that detail that came up on the screen, Lakshmanan would enlighten them about it over a call.

Unlike other delivery partners, he does not muscle his way through traffic, moving at a clip. He cannot. Being low-powered, his vehicle is hugely limited in speed. One could see that for oneself, after the conversation outside Jonah's Bistro on Besant Nagar Second Avenue, when Lakshmanan rolled into Tiger Varadachari Road and then Beach Road, ans the vehicle was taking him to his destination at a leisurely pace.

Saidapet resident Lakshmanan Angamuthu represents a small but significant group of food delivery partners whose day is powered by a specially designed vehicle, resilience and a soupcon of understanding from customers

The food delivery partner on three wheels

Lakshmanan has been a food delivery partner for two years, and he enjoys being on the road moving from point A to point B. For, when asked if he would prefer a more settled work day, one that enables him to stretch his heels under a desk, and dig his feet into one address and not waltz from one address to another, the 33-year-old's answer is a 'no' that comes right off the bat without a hint of hesitation.

"I am enjoying this job for now; I like to roam around and this job is all about moving around the city." He works eight hours every day.

Lakshmanan is a resident of Saidapet, and this work would have familiarised him with a multitude of roads around Chennai.

As one treats him as a *rara avis*, Lakshmanan notes that there are other delivery partners with locomotor disorders dependent on such a vehicle and the understanding of customers. He also points out that Zomato makes these vehicles available to such delivery partners through a partnership with customised mobility solutions provider NeoMotion.



▼ Lakshmanan Angamuthu at Besant Nagar Second Avenue on June 27, 2025.
PHOTO: PRINCE FREDERICK

Head constable with Shastri Nagar police station K. Madhan Kumar has donated blood a whopping 92 times

BY A SPECIAL CORRESPONDENT

A young recruit at the Tamil Nadu Special Police battalion, K. Madhan Kumar first donated blood when he was in his early 20s. A colleague's relative was in need of blood and Madhan volunteered. "When I returned to resume my work I was told to take two days' rest on account of the blood donation. It



▼ K. Madhan Kumar

Going the extra mile

surprised me because we rarely get to go home otherwise," recalls Madhan.

Since then Madhan, who is currently posted as head constable at Shastri Nagar police station in Adyar, has made blood dona-

tion a habit. "My dad, who was also an active donor, encouraged me to donate blood for the benefit of individuals who are in utmost need of it," says Madhan, adding that he resumes work immediately after donating

blood. Over the last five to six years, in addition to blood donation, Madhan has been donating plasma and platelets.

He has made these donations 92 times, with blood donation accounting for 60 of them. Voluntary Health Services in Taramani is where he has donated platelets the maximum number of times to help children undergoing treatment for cancer.

As admin of seven police groups, Madhan plays a crucial role in verifying and circulating messages on "blood needed" among his circles.

"I have a simple form that I ask people to fill to make communication easier. I also make it a point to make the donation near

my place of work or my home," says this resident of Maduravoyal.

Madhan also engages actively with other social initiatives such as "Udhavam Karangal 2003".

"Whenever a colleague dies we pool in money to get an insurance cover for the family. This was started by the 2003 batch of the Tamil Nadu police and has now extended to other batches as well. Two years ago, *Vikatan* gave us an award for this work," he says.

"Kings of West Traffic" is another initiative running since June 2014 where Madhan along with other police personnel do charity work such as paying fees for underprivileged children, contributing to the families of deceased police personnel, supporting families affected by cyclones, helping auto drivers during the pandemic, and funding treatment for police personnel and their families.

Watch your steps



The walkers' path at May Day Park in Chintadripet needs some mending, as these images taken on June 18 illustrate. A park that is hugely patronised by walkers, it cannot continue with broken tiles. PHOTOS: RAGU R

Railway increases 9-car EMU rakes to 12

The Chennai Division of the Southern Railway has upgraded all the existing 9-car Electric Multiple Unit (EMU) rakes in the suburban railway network's southwest and northeast lines.

The augmentation was carried out in phases at the EMU Car Shed in Avadi.

The EMU services on these lines: Chennai Beach - Chengalpattu, Chennai Central - Arakkonam and the Gummidiyopondi and Sulurpetta sections will have 12 rakes.

The upgrade has resulted in a 21 percent increase in seating capacity, effectively enabling the division to accommodate an additional four lakh commuters daily, compared to the previous 1.2 million suburban commuters and non-suburban passengers, said a release.

This initiative is expected to substantially reduce commuters and passengers congestion on trains, thereby providing a more convenient, safe, and comfortable commuting experience, particularly during peak hours on the demand corridors, according to a release issued by Southern Railway.

Teach For India opens applications for 2026 fellowship



Teach For India, a non-profit championing educational equity, is opening applications for its 2026 fellowship programme. Fellows will have the opportunity to transform the lives of children and cultivate future leaders with compassion and dedication. Applications for the 2026 Teach For India cohort open on July 1, 2025.

The Teach For India Fellowship is a transformative two-year, full-time paid programme. It brings together exceptional individuals from diverse backgrounds.

Chosen Fellows commit to serving as full-time teachers in affordable private schools or English-medium government schools. They'll guide students through the complexities of India's inequities, directly addressing the root causes of educational disadvantage, said the release.

New dental clinic in Anna Nagar

Transcendental - Comprehensive Dental Care in Anna Nagar offers various treatment under one roof.

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101-year-old professor of anatomy honoured

Ahead of National Doctors Day celebrations, Twin-Tech Healthcare Academy organised an event to felicitate Dr. S. Ramaswamy, a centenarian professor of anatomy and a pioneer in Hypno-Psychotherapist.

The distinguished academician, now 101 years old, was conferred the "Lifetime Honour - Living Legend of Anatomy" in recognition of his unparalleled contribution to anatomical sciences and holistic healing practices. His relentless commitment to teaching, research and mentoring has made a profound impact on thousands of medical professionals across the country, said a release.



Workshop on Bonsai

Tamil Nadu Agricultural University Information & Training Centre, Guindy, is conducting a culinary workshop on vermicomposting on July 3. Another workshop on Bonsai art will be held on July 4. Both the sessions will be held at the centre's premises at Agro Tech Green Park, First Floor, Thiru. Vi. Ka. Industrial Estate, Guindy. For details, call 044-29530048.

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Rajasthan Association kickstarts Olympiad

Close to 400 players took part in competitions in a variety of sports including chess, carom and table tennis at Rajasthani Olympiad 2025 organised by Rajasthan Association Tamil Nadu (RAJAT) at Jawaharlal Nehru Stadium recently.

Beyond sports, the olympiad is a celebration of unity, cultural values, and the vibrant spirit of Rajasthani youth, said a press release. Narendra Sriram, president of RAJAT, said the sports festival would span over the next two and a half

months, with participants from the Rajasthani diaspora competing across more than 14 different games.

Olympiad chairman Ashok Mundhra said the objective was to connect the community through sports.

Teen breaks record with yoga pose

S. Sahana, a 13-year-old from Chennai, has stunned the world by holding the Baddha Konasana (bound angle pose) for 41 minutes and 16 seconds, smashing the previous world record of 20 minutes and 31 seconds. The feat was accomplished at Aum Yoga Studio in Anna Nagar.

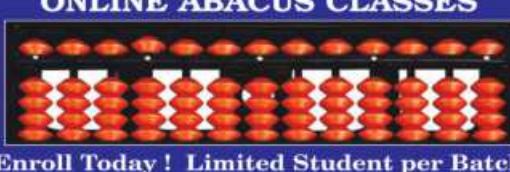
Sahana sat cross-legged, her back straight, her breath steady, her mind unwavering. Around her, the room was silent not out of formality, but reverence.

The event was attended by actor Sai Dhanshika.

This was not just a display of flexibility. It was a show of endurance, mental fortitude and the purest spirit of yoga, the release adds.



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