

TAMBARAM

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

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

No safety measures at UGD work site in Pammal

T.S. ATUL SWAMINATHAN

Seventy-five-year-old A. J. Arockya Jayasamy recently suffered a bruise on his right hand after having a fall on a section of Thiruneermalai Main Road in Pammal, where work on the construction of an underground drainage cement chamber is under way.

A trench has been dug up along LIC Colony Sixth Cross Street, which is a two-way. Motorists from Pammal and Anakaputhur drive at a fast clip while proceeding to-



wards LIC Colony Extension and LIC Colony Fifth Cross Street.

The long-time resident of Pammal is concerned that motorists should not fall in the trench as no safety measures have been put in place.

Tambaram Corporation has not taken any safety measures.

Residents of Pammal have requested the Corporation to place barricades and facilitate iron and

The trench on Thiruneermalai Main Road in Pammal on May 7. PHOTO: SPECIAL ARRANGEMENT

steel sheets on the carriageway to prevent two-wheeler riders from skidding.

Barricades must be placed along the LIC Colony First Cross Street and Rajalakshmi Street in VOC Nagar, LIC Colony Fourth Cross Street and Mariadhasan Street, where the chamber and manhole have been installed.

Barricades and sheets must be placed along LIC Colony Second Cross Street, Dr. Radhakrishnan Street in VOC Nagar, LIC Colony Third Cross Street, on LIC Colony Fifth Cross Street and Sixth Cross Street and along LIC Colony Seventh Cross Street where motorists can fall on the dug-up debris.

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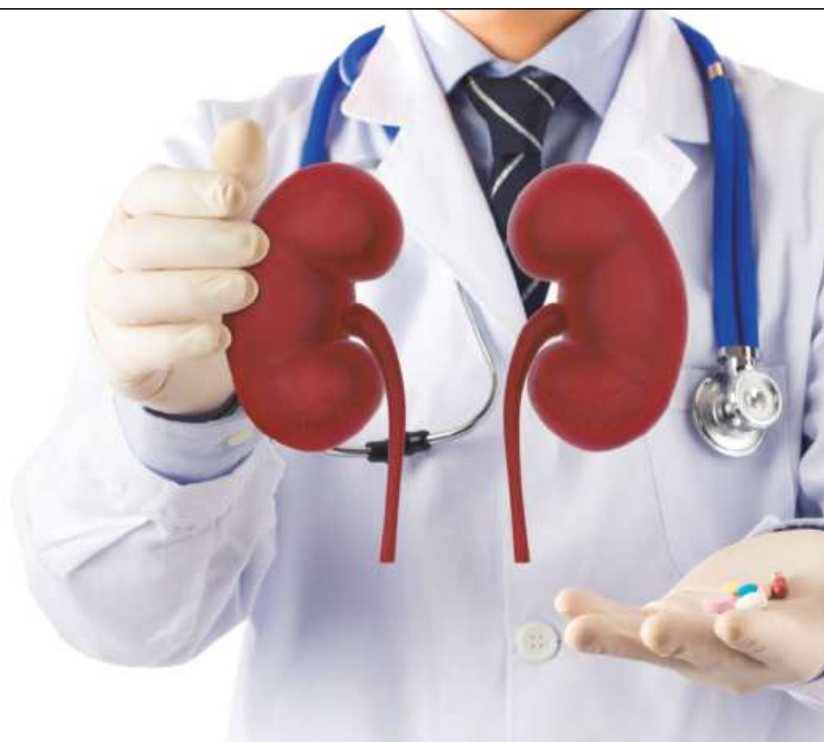
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Federation submits petition to CM to widen Kundrathur Road

The Federation of Welfare Associations of Anakaputhur - Pammal regions has submitted a petition to the CM's Cell requesting that the Pallavaram-Kundrathur Radial Road be widened.

The Tamil Nadu State government issued a GO to widen the road many years ago, but no action has been taken. As adequate financial package was not allocated towards this work, even land

survey measures were not taken properly, says a release issued by the Federation.

The road connecting Kundrathur and Poonamallee regions experiences congestion and slow-moving traffic. Travelling from Pallavaram to Anakaputhur takes around half an hour.

The road comes under the upkeep of the State Highways Department.

The release added that the Ta-

mil Nadu CM should allocate additional funds and the Highways complete the work as soon as possible in public interest.

Another project

The Thiruneermalai Road in Pammal, which was relaid in crores, has been dug by the Tambaram City Municipal Corporation to facilitate an Underground Drainage System network. On a section of the road, in the Pammal region, work

is being done to facilitate underground drainage cement chambers.

The release said the civic body should carry out patchwork on the remaining section, which is stoned and uneven. Moreover, the road has shrunk due to encroachments. Our petitions to the Chengalpattu District Collectorate and the State Highways Department to remove the encroachments and widen the road have not been considered.

As people commute through this road to the Thirumudivakkam region, is dotted with industrial units, and the road witnesses congestion.

As a temporary measure, patchwork should be done where the work to install the chambers has not begun. After the UGD work is completed, the encroachments removed, the road widened and relaid.

Text: T.S. Atul Swaminathan

READERS WRITE

An uphill task at Tambaram station

Boarding and alighting from trains at long-distance platforms 9 and 10 at Tambaram Railway Station leave one out of breath. In the absence of a lift or an escalator, passengers struggle to reach the platforms.

Even before the work on facilitating these platforms started, the public had appealed to Southern Railway to install an escalator or a lift.

Climbing the stairs with baggage is a huge challenge. Lifts and escalators have not been provided at the long-distance train platforms 5, 6, 7, and 8.

Southern railway has provided escalators at platforms 1, 2, 3 and 4 for trains towards Chennai Beach and Chengalpattu.

Some senior citizens cross the tracks to enter the platforms for long-distance trains.

K. Ramachandran is a resident of Chitlapakkam



Escalators needed at suburban train platform

The lifts at Tambaram Sanatorium railway station footbridge were recently opened for public use. Public can access this facility from Tambaram Sanatorium (East and West), Station Border Road, and on the station premises.

While this move is welcome, it is far from beneficial to commuters. There are no lift or escalator arrangements on the suburban train platforms.

After using the lifts from the East and West sides, commuters must descend more than 40 steps to the platforms to board trains to Chennai Beach, Tambaram, Chengalpattu and Tirumalpur.

Southern Railway should have provided escalators on the platforms. Commuters and pedestrians use the footbridge or the subway connecting Tambaram Sanatorium (East and West).

Only a few commuters use



At Tambaram Sanatorium (West). PHOTO: SPECIAL ARRANGEMENT

both the lift and the footbridge. The lifts are beneficial only to pedestrians.

There is enough space on the platforms to accommodate the es-

calators. Southern Railway should start the work on installing them.

P. Viswanathan is a social activist and a long-time resident of Chitlapakkam.

Plug the gap below the bridge at Pazhavanthangal station



Below the footbridge at Pazhavanthangal railway station, along Noble Street, is a gap in the stone wall. Through the gap, commuters enter

and cross the tracks and board trains from platforms one and two of the station.

The area is unhygienic and pit-

The passageway below the footbridge at Pazhavanthangal. PHOTO: SPECIAL ARRANGEMENT

ted. Moreover, it is used by tipplers.

I request the Southern Railway to deploy Railway Protection Force or the Government Railway Protection Force personnel to man the bridge.

There is a liquor outlet on Railway Station Road. After consuming alcohol, tipplers fight with one another parked on the staircases leading to platforms one and two.

Recently, three youngsters got scared after the tipplers fought among themselves on the staircases leading to the platforms.

After the fight ended, a train arrived, and the youngsters rushed to board it.

S. Mary Stephenson is a resident of Pazhavanthangal

A risk to motorcyclists



Thiruneermalai Road. PHOTO: SPECIAL ARRANGEMENT

It has been months since the Chennai Metropolitan Water Supply and Sewerage Board (CMWSSB) dug Thiruneermalai Road between Chromepet and Thiruneermalai region to install underground drainage manholes on the lane towards Pazhanthandalam.

Though the areas have been levelled with white and red

sand and jelly stones at certain points, but the measure is not really helpful.

At Nagalkeni in Chromepet, red sand has been spread on the pitted area, giving vehicle users an uncomfortable ride.

The Board should relay the dug-up areas at the earliest.

B. Saravanan is a resident of Thiruneermalai

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Snapshots of the two weddings.
PHOTOS: SPECIAL ARRANGEMENT

SHARON JESSICA MICHAEL

A green wedding is not different from a regular wedding; it does the regular things differently. The idioms of the ritual continue but in rephrased forms. Here is how Amrutha Pragasam ensured hers read different and green.

Souvenirs to attendees: jute bags free of wording to enable their reuse.

Invitations: handmade invites on recycled waste paper, done by Amrutha from the scratch.

Bridal attire: no fast fashion; a sari bought directly from the weaver to benefit them; jewellery, some rented and some borrowed.

The rest of the green wedding read: no flexes, foam boards, plastic flowers or bottled water; a bouquet made from waste scrap; steel cups; bagasse plates

Amrutha's wedding was going to be green by default. Sustainability-minded, Amrutha had thought of such a wedding for herself long before "green weddings" became trendy hashtags. A fashion designer currently pursuing a PhD on sustainable fashion from National Institute of Fashion Technology, she runs a non-profit, Rhapsodeed that sells second hand items, sustainably made, and handmade lifestyle products. With the profits and fundraisers, Rhapsodeed gives a leg-up to the unprivileged to start small ventures of their own.

Amrutha had a vision of an eco-friendly wedding, but had to successfully impress that mental picture upon those travelling alongside her – her family, her fiancé and his own – so they owned that vision too, at least respected it.

She received a nod, a whole-hearted one, from Ashwin Pratap, then fiancé now husband.

"His values just naturally synced with mine. I did not have to convince him." The convincing part entered the equation when the families were in the picture.

"Initially, they thought it was unne-



Green beginnings

While tying the knot, they loosened a burden weighing on the planet. In the light of World Family Day (May 15), let us invite ourselves, retrospectively, to two weddings in Chennai that in recent times achieved online virality for their minimal-waste underpinnings. In both weddings, the bride called the green shots

cessary, but they came around eventually."

In the early days of wedding preparation, when the nod was yet to come forth, she handcrafted the invites with waste paper, at home, hidden from sceptical eyes. "I sat for a whole week, crafting them one by one. My

products had to be moved into another room so I could work in secret."

And the two families found themselves being congratulatory about Amrutha's efforts.

There was however a challenge and it came from an unexpected quarter: given the logistical difficulties, the marriage hall management panicked, and it took a whisper of reassurance from Namma Ooru Foundation, which handled the organic waste, to bring them back on board.

A takeaway: in Amrutha's words, "It is funny – even when you reduce décor, the prices do not drop. You have to negotiate every detail." It might cost more, but is worth it, as it would cost the planet a little less.

'Better late than landfill'

Uma Ram picked up the green baton late in the day, but ran her feet off to complete the run on time and with impact. Only the day before the reception did she manage to sign a service provider on –

Connect To Bhoomi (an organisation focused on promoting and practising sustainability by educating clients on the responsible use of natural resources) – that could deal with the waste generated from the wedding.

"But better late than landfill," quips Uma, a digital

content creator.

Waste management: Water bottles had already been ordered, and the caterers were asked to work with Connect To Bhoomi to ensure their proper disposal. Banana leaves replaced plates; leftover fruits were fed to cows after a vet's approval; and flowers were composted carefully. "Not all flowers are eco-friendly – some are dyed and can harm the soil. It was a real eye-opener," she admits.

Invitation: seed-paper invites came from Iniyawai.

Bridal attire: Uma chose to wear her grandmother's 50-year-old sari instead of buying new. "Why buy new when heritage fits like a glove?" Uma asks. Truth be told, her first choice was a 90-year-old silver Banarasi sari; as it could not be restored, she went in for the less-aged alternative.

Transportation: two buses booked to bring relatives together. "Less carbon footprint, more family footprint," she smiles.

If Uma had had her way in the first place, the process could have been easier than it was.

"Ever since college, I have noticed how weddings waste so much – especially water and food. It always left a bad taste," she says.

Uma's

dream was a no-frills wedding at a

quiet temple or at

the marriage regis-

trar's office. But, the bride

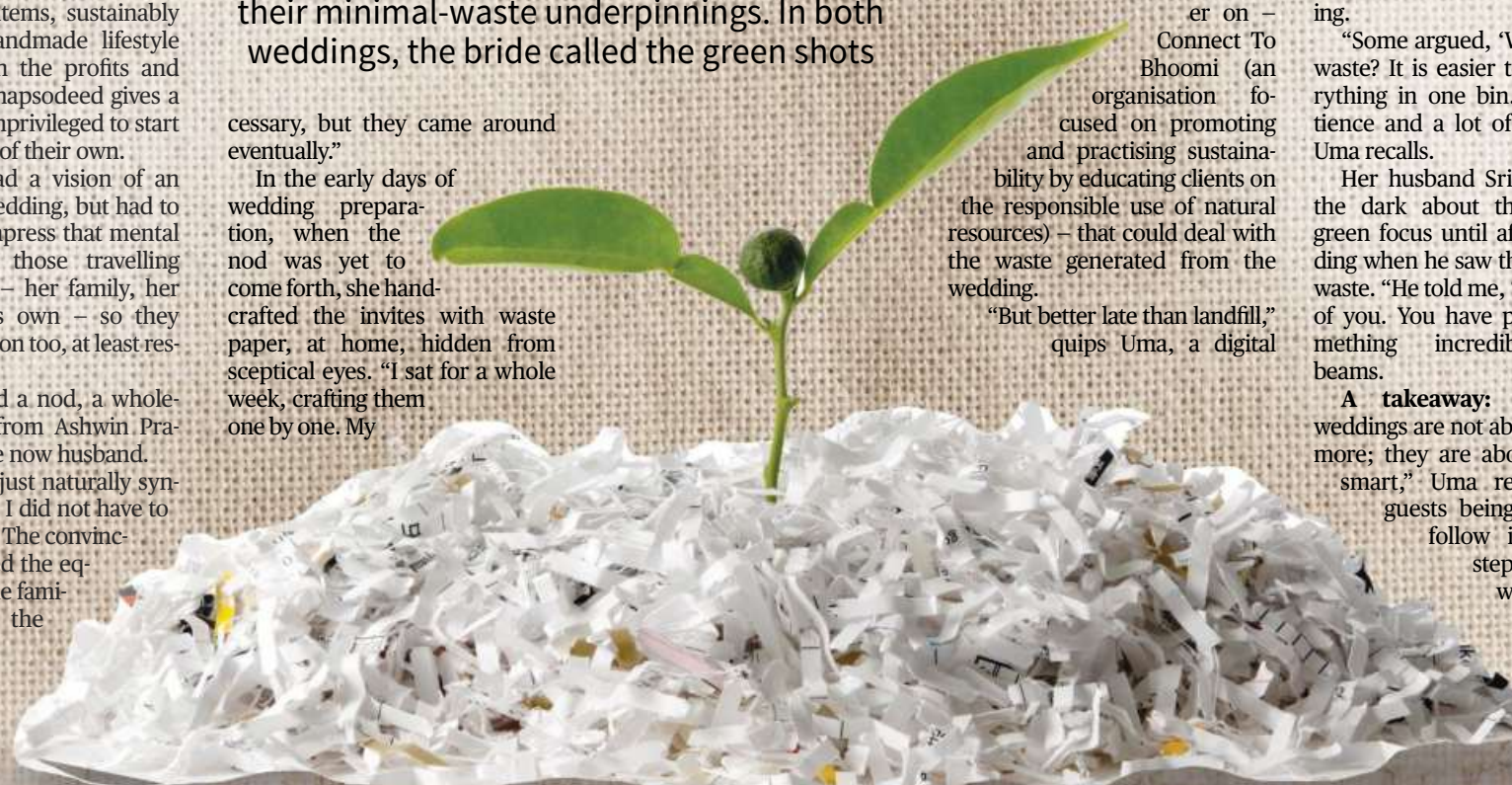
and the groom being firstborns, both families wanted a grand wedding.

Persuading vendors and the staff at the marriage hall to toe the sustainability line took some doing.

"Some argued, 'Why separate waste? It is easier to throw everything in one bin.' It took patience and a lot of explaining," Uma recalls.

Her husband Srinivas was in the dark about the wedding's green focus until after the wedding when he saw the segregated waste. "He told me, 'I'm so proud of you. You have pulled off something incredible,'" Uma beams.

A takeaway: "Sustainable weddings are not about spending more; they are about spending smart," Uma remarks. And guests being inspired to follow in her footsteps is the reward.



ICAI sets up counselling desk

The Institute of Chartered Accountants of India, Chengalpattu District Branch, East Tambaram, has set up a help desk for students keen on pursuing a career in chartered accountancy.

The help desk will be open from 10 a.m. to 5 p.m. on Saturdays and 10 a.m. to 1 p.m. on Sundays.

The Institute will also conduct coaching classes for Foundation and Intermediate examinations, which are scheduled to be held in September 2025, from the last week of May. The classes will be held in two batches in the mornings and evenings, 6.30 to 9.30 a.m., and from 5.30 to 8.30 p.m..

The Institute is at 1A, Periyalwar Street, Sundaram Colony, East Tambaram.

For details, call 044 - 2239 0098, 8056244300, 7550009811.

Association honours nurses



As part of International Nurses Day celebrations, People's Awareness Association members honoured nurses working at the Government Hospital in Tambaram; National Institute of Thoracic Medicine, Tambaram Sanatorium; and Parvathy Hospital in

Chromepet with shawls and sweets.

At another event the Association honoured T. Kannan Thamizhselvan from Arumbakkam, who saved a nine-year-old boy.

In April, the boy fell into stagnant rainwater that had become electrified due to a leak in an underground cable. Kannan pulled the boy from the water and administered CPR before rushing him to the hospital, said a release.

Kannan was honoured by Pallavaram MLA E. Karunanidhi; he was presented with a shield and cash prize.

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Chennai Metro Rail Limited has introduced WhatsApp ticketing. Commuters can now purchase tickets through WhatsApp using the WhatsApp chatbot 8300086000. Other online ticketing options, including StaticQR Code, CMRL mobile app, Paytm, and PhonePe, are also available. Commuters can buy tickets at counters and using the Singara Chennai Card and Travel Card.



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A bitter pill

Those who cannot head to the hills and escape Chennai's punishing summer will have to take a slew of precautionary measures which include greater attention to the medicine cabinet, say city doctors



LIFFY THOMAS

Maria Aruna notes this summer has been extremely cruel to her 87-year-old father, disrupting his routine. His typical day involves being picked up from his home in Mylapore around 9 a.m. in a van, which makes multiple stops to board other seniors en route to Dignity Foundation's Dementia Day Care Centre in Anna Nagar.

The summer heat is adding to the discomfort of a long commute and taking a toll on this octogenarian with dementia. "Dad had loose stools, so I did not send him to the day care centre for a week; I fear the heat and the travel would drain him further," says the school teacher, who also had a tele-consultation with the doctor.

High temperature can impact seniors (or anybody else) in another critical manner. Doctors point out high temperature and humidity can affect the efficacy of medicines.

Venkatraman Karthikeyan, senior consultant neurologist with Kauvery Group of Hospitals, feels that those with multiple sclerosis are the most affected by summer heat.

"When I was running my clinic in Liverpool, the Brits would leave for Scandinavian countries during summer. They could not tolerate the heat. There would be 'reproduction' of all their symptoms. It is not a relapse but we term it as pseudo-relapse because of the heat around. The affected neurons will not be able to compensate when the heat is high. This is particularly a problem for those diagnosed

with multiple sclerosis living in cities where humidity is high," says Dr. Karthikeyan.

As heat-related fatigue can be hard on seniors, particularly those with such ailments, Dr. Karthikeyan has a word of advice for them: he asks them to "reserve their energy for the most important and productive work".

For example, watching television does not equate with resting. "People think brain becomes tired only while working but brain becomes super tired more with cognitive work than physical work. So I would ask them to cut down on such activities and take a quick nap," he says.

Medicines and dehydration

Sridhar Vaitheswaran, consultant psychiatrist, Schizophrenia Research Foundation (SCARF), says some medication can amplify the risk related to heat and summer – dehydration.

"While some medicines can make our body deal with dehydration, there are some others that can exacerbate the condition. There are a few medicines that can increase sweating as well. Some of the medicines used for high blood pressure and heart disease would also make the body lose water. It is important that the patient and the caregiver are aware of these problems and the medicines that can cause them; the physician needs to explain these things to them," says Dr. Vaitheswaran.

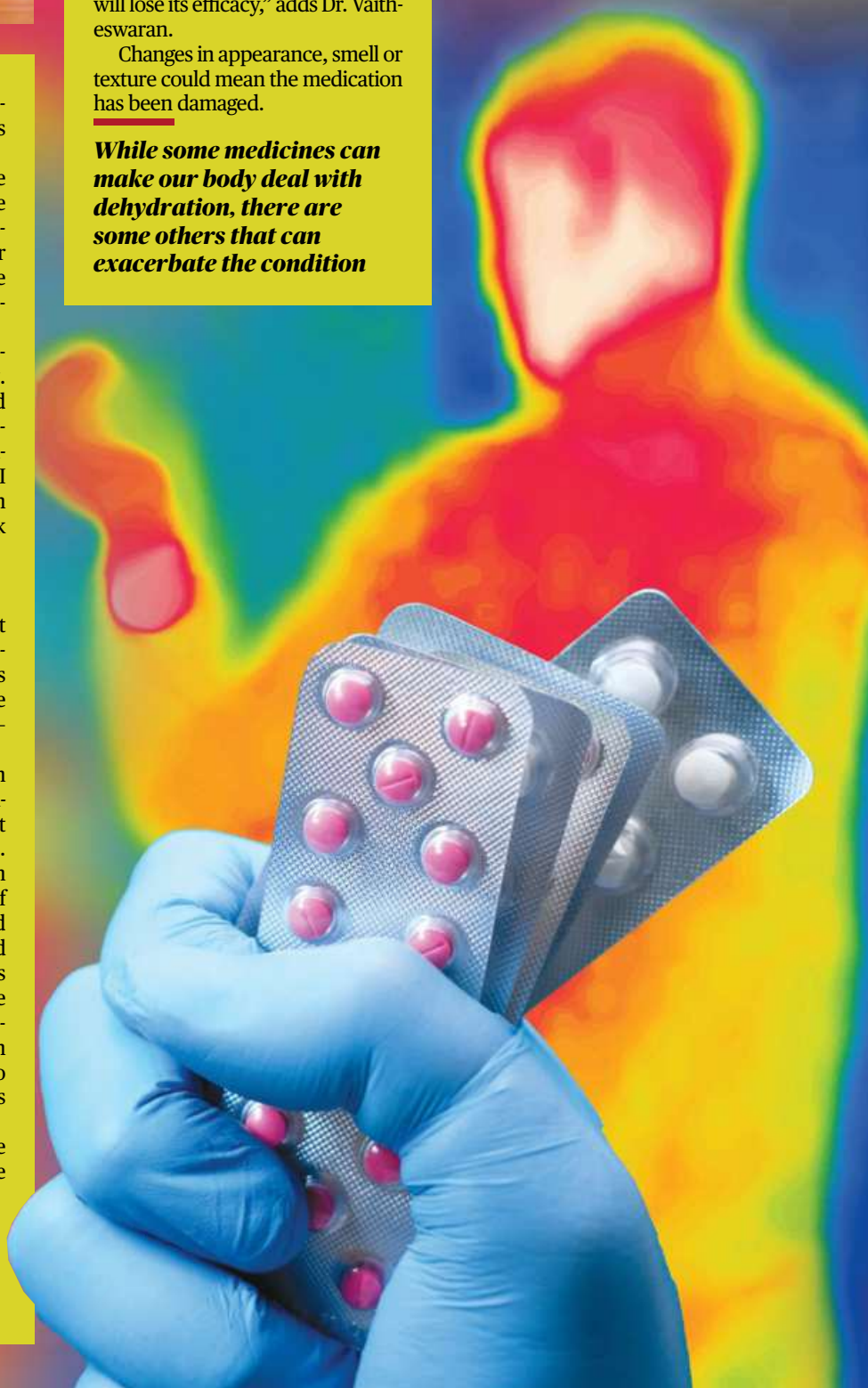
"The dosage of some of the medicines might have to be changed depending on the timing of the dose and how it causes those problems. Some medicines such as Lithium, which we prescribe for bi-polar disorder,

can sometimes act up so we have to be careful," says Dr. Vaitheswaran.

Doctors say it is important to follow the instructions mentioned on the back of the tablet box or strip while storing medicines. Drugs should not be exposed to direct sunlight or left in cars for hours together anytime – more so, during summer. "Certain tablets when kept under direct sunlight will lose its efficacy," adds Dr. Vaitheswaran.

Changes in appearance, smell or texture could mean the medication has been damaged.

While some medicines can make our body deal with dehydration, there are some others that can exacerbate the condition





From April to August, when these long-legged birds nest and breed, it is difficult not to resort to anthropomorphism while making sense of their behaviours related to defending their nests and young ones

The 'angry' Black winged stilt

PRINCE FREDERICK

Recreating the world in their own image is an irresistible temptation for human kind. Imparting human characteristics to animals is a subset of this inclination. Considering its usefulness in elucidating moral instructions (recall "Aesop's Fables"), this usually turns out to be the best temptation that human kind ever yielded to. There is however a yawning chasm, wider than Australia's Capartee Valley, between fable-ism and anthropomorphism.

Fable-ism does not for a second pretend that the animal-characters possess any of the human characteristics they portray in the fables. Anthropomorphism is a wholly different kettle of fish: it might compare human and animal behaviours, suggesting the species in question mirrors a specific human trait. For example, the male jacana attending to child-rearing duties can be presented as a mirror image of men exemplifying fatherly commitment.

The human mind can create points of convergence in this manner, and here is one more born out of an entirely anthropomorphic viewpoint. The belligerence and resilience of the Black winged stilt as a "householder". And why is this example of anthropomorphism massively irresistible? Because it mirrors the extent human parents – at least, a majority of them – would go to protect the little home they create and raise.

At the end of the wintering season, when Perumbakkam wetland dries up, images of belligerent Black winged stilts



A nesting Black winged stilt flying into a rage at the sight of intrusive steps, in Thaiyur near Kelambakkam; and (right) a Black winged stilt pair at their nesting site in Perumbakkam wetland.

PHOTOS: PRINCE FREDERICK

guarding the stones they had marked for nesting are inevitable. Never mind that their response to the danger (usually more of a perception than a reality) would be disproportionate to the threat.

These stones are a boon to the Black winged stilt, and around April, they are prompt in taking possession of them, as these images from Perumbakkam wetland on April 10 and 13, 2025 as also the one from Thaiyur near Kelambakkam taken on April 29, 2025 illustrate. The black-winged stilts' breeding season falls in the April to August time band.

Where they do not find stones such as these parked in shallow waters, nesting Black winged stilts – both male and female working shoulder to shoulder (pectoral girdle to pectoral girdle, to be more accurate) – would create mounds by shovelling earth and even decaying plant material to make their nests.

Equally inevitably, show-ers, some out-of-season and the others according to the

dictates of the rain chart (usually those from South West monsoon), might submerge these stones, dashing these birds' efforts to raise a family. This year, the down-pour on April 16 set the Black winged stilts' plans back a wee bit, and in characteristic style, they resumed nesting effort after the water receded again.

Time and again, one has seen this scene play out. After the water drains and the stones re-emerge, they would be at it again, making another attempt at nesting. In these times, this beanpole of a bird is the picture of resilience, illustrating the power of stick-to-itiveness.

Value education programme for children

The International Society for Krishna Consciousness has launched a weekly value education programme for children and teens. It is designed to nurture spiritual and moral values in young minds through fun-filled sessions. Participants also benefit from improved concentration and memory power, said a release. Call 8072599295



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Haarshini Agarwal

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Choosing the right path is essential, as it can lead a student from being a future lifesaver in medicine to becoming a skilled chartered accountant. The options are numerous and exciting, but with such a vast array of choices, how does one make an informed decision? Here are a few important avenues to ex-



plore when selecting the right path for higher education.

EXPLORE HOBBIES AND INTERESTS

Exploring existing interests and hobbies is crucial. Take a moment to reflect on what truly excites you. Are you someone who identifies gaps in the market and constantly thinks of innovative business ideas? Do you have a passion for understanding how different products are built and processed? Or perhaps you find joy in coding and often pick up 'How to write C++ code' books from the bookstore? Recognising your

interests and hobbies is an excellent first step in determining which path to pursue and where your future might lie.

RESEARCH ABOUT DIFFERENT FIELDS

Researching various fields is essential. Look into subjects you may not have previously considered—there might be fields that resonate with you more than you realize. On-line platforms, career fairs, and speaking with industry professionals can provide invaluable insights. Engaging in internships or volunteer work can also offer a realistic glimpse into different profes-

sions, helping you gauge what aligns best with your aspirations.

SEEK GUIDANCE

Seeking guidance from mentors, teachers, or career counsellors can provide perspectives based on their experiences and help illuminate potential paths that suit your skills and interests. Their assistance can ensure that you're making a well-rounded decision rather than choosing a path based solely on trends or peer influences.

Ultimately, choosing the right stream and career path may seem daunting, but with careful consideration, exploration, and guidance, it can become a fulfilling journey. Remember, this decision will deter the next steps in your career, so take the time to reflect and explore all possibilities before making the right choice for you. Embrace the uncertainty, and you may find a path that leads to success.

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