

MYLAPORE

Mandaveli » R A Puram » Royapettah » Chindatipet » Royapuram » Korukkupet » Ennore » Luz » Alwarpet » Triplicane » Central
Washermenpet » Tondiarpet » Manali » M.R.C.Nagar » Teynampet » Mount Road » Broadway » Kondithope » Tiruvotiyur

Green measure taken; traffic measure needs to be taken



With the SWD exercise on East Abhiramapuram First Street taking a curvaceous course to protect trees, the carriageway has reduced in girth. And so, residents seek strict enforcement of the one-way rule clamped on the street long ago as part of CMRL work-related traffic realignment and diversions



"It is supposed to be a one-way, but not treated as one. From the road user experience at other interior roads that have been swept into Metro Rail-related traffic diversions, CMRL has a huge role in its traffic management. But CMRL has not stationed a marshal on this road. At this point, none of the traffic signs is visible; nothing to tell drivers it is a one-way," says Sridhar. "And the motoring public does not care. Ranga Road has a one-way direction from C.P. Ramaswamy Road side, but that is ignored. Due to lack of traffic directions, Rama-chandra Road and Justice Sundaram Road face traffic jams throughout the day. The public have to adhere to rules even in the absence of monitoring. But the hard pill to swallow is that in the absence of monitoring, there is usually little adherence to rules." At the time of this article going to press, measures were yet to be taken to check violation of the one-way rule on this street.

PRINCE FREDERICK

In volume one of the allegorical *Prayer Of The Frog* (a collection of stories from a multiplicity of geographical coordinates) Anthony de Mello presents the story of a girl who spares a clump of daisies while mowing the lawn at home. Her father pays her for the chore, and is willing to fork out extra money if she brought that patch with daisies too under the rotating blades of the lawn mower. She turns down the offer, and that is the cost (a forgone reward) she pays for caring.

On East Abhiramapuram First Street, "daisies" have been protected. And the cost of that altruism is being borne by motorists, not all of them, but those abiding conscientiously by the one-way rule clamped on the street long ago as part of CMRL-related traffic diversions.

The stormwater drain work at East Abhiramapuram First Street has taken a commendable turn, sometimes at wildly geometric angles to save old, fully grown trees. This heart-warming act of mercy and environmental responsibility has come with a cost, reduced carriageway on sections of



The stormwater drain work at East Abhiramapuram First Street. The images were taken on October 9, 2025.

PHOTOS:
PRINCE
FREDERICK

the road. In a pre-CMRL world, this would have meant little in terms of traffic movement. Vehicles would have rolled on opposite sides as if nothing had happened. Metro Rail work-related traffic diversions hitting this street as they did many other streets in the Mylapore, Mandaveli and surrounding areas, it had to be made a one-way and it would stay that way until the time Metro Rail trains arrive in this region.

This violation could be tolerated when the road width was intact. But now, with a newly laid SWD taking bites out of it, the one-way rule has to be enforced with an iron hand. Sridhar Venkataraman, a resident of East Abhiramapuram is on the same page about this: and he thinks the need to enforce the one-way arrangement is urgent.

ST. THOMAS MATRICULATION HIGHER SECONDARY SCHOOL

33/34, Stringer Street, Broadway, Chennai - 600104

ADMISSIONS

OPEN 2025 - 26

ENROLL NOW

The Best School Choice for Your Kid

PRE - KG & LKG

OUR FACILITIES:

- ✓ Well Trained & Experienced Faculty
- ✓ Digital Interactive Smart Boards
- ✓ Joyful Learning
- ✓ Disciplined Environment
- ✓ Child Friendly Ambience
- ✓ Comprehensive Education
- ✓ Indoor and Outdoor Activities
- ✓ Activity based Education
- ✓ CCTV Surveillance
- ✓ Air-Conditioned Classrooms
- ✓ Safety and Hygiene
- ✓ Smart Class
- ✓ Health Clinic



50% Off

CALL FOR REGISTRATION



044- 2538 6237 / 2539 5541



stmhss@gmail.com



stthomasschoolbroadway.com



stthomashssbroadway



READERS WRITE

No better medicine than a wholesome meal

Under its CSR programme, Tablets India serves free lunches every day to the underprivileged in various parts of Chennai

R. CHANDRASEKARAN

Tablets (India) Ltd., a pharmaceutical company known for its injectables, amino acids, probiotics and nutraceutical products, has been serving 1,500 wholesome South Indian lunches every day under its Corporate Social Responsibility (CSR) programme for the past five years. The initiative is operated in Annadanam centres spread across Chennai, including Tondiarpet, MKB Nagar and Ashok Nagar, and Pondicherry and Mamallapuram, where hygienic, freshly prepared meals are offered free of cost. Tokens are distributed each morning to manage the crowd – yet, true to its spirit, no one is ever turned away. Till date more than 20 lakh meals have been

served since its inception.

In Pondicherry and Mamallapuram, the company has joined hands with local temples to serve free meals. The menu, a traditional South Indian thali, changes every day, and every Saturday, the gastronomic fare is made special with sweets.

Joseph Vijayan, executive secretary to the managing director, says the response has been overwhelmingly positive. "The gratitude we receive from people keeps us inspired to continue this mission," he shares.

Tablets India's CSR initiatives have been widely appreciated and have earned multiple awards and recognitions.

(R. Chandrasekharan is president of Raja Annamalaipuram Residents Association and a medical doctor)

A desperate 'art installation'

Residents of Sreenivasam Flats at Giriappa Road in T. Nagar have resorted to a curious measure to keep tipplers out of their planter bed



PRINCE FREDERICK

In the urban milieu, a tangle of cables hardly draws attention until it brushes against someone's jugular vein. Urban living is dysfunctional at multiple levels and this anomaly is among the easiest to take in one's stride.

Where buildings are packed together with each featuring multiple

dwelling units, a criss-cross of drop cables usually mars the facade. Nobody notices it, let alone whine about it. But at Giriappa Road in Drivers Colony, T. Nagar, a tangle of cables invites more than a second look: it piques curiosity which usually extends into an amused request for information. It is not so much the cables as their location that forces one to suspend every

activity, no matter how life-redefining, and stand gawking at this spectacle.

A spaghetti of cables is tied over a planter bed that runs along the compound wall of an apartment, Sreenivasam Flats. The planter bed is defined by a grille enclosure. The compound wall and the front of the grille enclosure serve as posts to tie cables in warp-like fashion.



The planter bed with cables running over them, at Giriappa Road in Drivers Colony, T. Nagar on October 10, 2025. PHOTOS: PRINCE FREDERICK

While processing this picture oneself without any helpful footnotes, one can still be certain about two things. The "artistry" with cables was an afterthought. It was born out of desperation.

Ramanathan Stalin, secretary of Sreenivasam Flats association, confirms the ornamental planter bed was not always enhanced by this "art installation" and it was a desperate attempt to keep tipplers away from the planter bed.

He elaborates, "At night, outside vehicles are parked in front of the apartment close to the grille enclosure, and that provides just the screen for some outsiders to com-

sume alcohol, sometimes sitting in the planter bed and throwing the bottles right there. The cables are meant to keep tipplers and bottles out of the planter bed."

Giriappa Road runs parallel to Anna Salai; and does one need to add that it draws considerable pairs of feet that are not domiciled there?

The association secretary admits, as does another resident, that they still break through the defences. There is proof of it: the cables are disturbed in one place, and two liquor bottles lie on the patch of the planter bed right under this "aerial breach".

READERS WRITE

'Lane in school zone plagued by parking of vehicles'



Parking of vehicles on 81st Street at Fourth Block at Muthamizh Nagar in Kodungaiyur causes inconvenience to the public.

The half-a-kilometre long road is just 12-feet wide. A sizeable width of the road has gone to unauthorised parking of autorickshaws forcing pedestrians walk in the middle of the road.

This road provides connectivity to Cement Road and South Avenue and hence witnesses good traffic. Close calls are common during peak hours.

It should be noted there are many schools and hospitals in the vicinity. There have been a few instances of ambulances having difficulty entering the road.

Hence, appropriate measures such as police patrolling should be taken to curb this problem.

A 'trap' in the road



This opening on Srinivasa Road in Mylapore, near Ambedkar bridge, is a big risk, especially at night. Photo shared by Kasim Razvi, Srinivasa Road

You can be our volunteer-writer

Dear readers, you can be our volunteer-writer by writing to us about issues and events in your neighbourhood. You should send the write-ups to downtownfeedback@thehindu.co.in.

'Place a board at entrance of subway leading to Presidency College'



Thanks to EFI and GCC for decorating the walls of Presidency College and Marina Grounds with images of fishes. At the same time I request the GCC authorities to put a board at the entrance of subway leading to Presidency College that it is a pedestrian subway. A board is present on Kannagi Statue side.

Strangers who visit this place mistake it for a Metro Rail station.

C. R. Sainathan, Tiruvallikkeni



Decongestion measure

▼ Southern Railway has installed barricades at Chennai Central Station to regulate movement of vehicles.
PHOTO: RAGU R



'Fill potholes before monsoon'

All the potholes and crevices on Anna Salai must be filled and levelled with concrete on both sides of the under-construction flyover from Teynampet to Saidapet before North East Monsoon sets in. This is very important as a preventive measure to avoid casualties as the road will be flooded due to the metal sheet barricades and the potholes would not be visible.

Ramdas Naik
CIT Colony, Mylapore

SHOP TILL MIDNIGHT TODAY!

STYLE BAZAAR
DESIGNER & LIFESTYLE EXHIBITION

FASHION | DECOR | JEWELLERY | LUXURY

OPENED TODAY

70+ DESIGNERS FROM ACROSS INDIA

12-13 OCTOBER

HYATT REGENCY

ANNASALAI, CHENNAI

10 AM - MIDNIGHT

Fashion | Decor | Jewellery | Luxury | Bridal | Western Sarees | Suits | Lehengas | Footwear | Gown and a lot more

CREDIT CARDS ACCEPTED

ALL GOVERNMENT SAFETY PROTOCOLS IN PLACE

FREE ENTRY

Want to declutter your home? Call 1913

On October 11, Greater Chennai Corporation launched an initiative to collect discarded household items such as sofas, clothes, mattresses and furniture from residents' doorsteps; a collection drive is scheduled every Saturday

LIFFY THOMAS

If you have plans to declutter your house this Deepavali, 1913 is the number for you. Greater Chennai Corporation has invited residents to register with 1913 for removal of household discards such as sofas, clothes, mattresses and furniture. The drive was launched on October 11 and the items will be picked up from residents' doorsteps every Saturday.

According to a GCC official from the Solid Waste Department, they have received more than 50 calls since October 4 when they started creating awareness about this campaign through various channels including social media.

A step-by-step process will be followed to collect unused items from homes. Residents can register on



Namma Chennai app mentioning the details of the items they plan to dispose of. Those not comfortable using the App can either call 1913 or WhatsApp 9445061913 and share the details. The request will then be passed

on to the respective conservancy inspector of the zone who coordinates on the time and day for the doorstep pick-up. Once collected, the items will be taken to GCC's incinerator in Kodungaiyur.

The department expects more citizens to avail this free service once it kicks off. Often mattresses, cushions and broken furniture are dumped near garbage bins as people do not know how to dispose of them. Collection drives organised by citizen groups and NGOs encourage giving away gently used items that can be used by someone else and not broken or unwanted stuff.

GCC had conducted a similar drive in December 2023 for residents of its seven zones to discourage open dumping. The official says that this time every zone has been asked to procure vehicles to transport items to the incinerator.



Representational picture only.

SWD network in Karpagam Gardens 'moves forward'



The final SWD link at the junction of Karpagam Gardens Main Road and Besant Avenue Road on October 10, 2025.
PHOTOS: PRINCE FREDERICK

BY A SPECIAL CORRESPONDENT

The stormwater drain network at Karpagam Gardens in Besant Nagar was in a form of limbo. It is now making progress, moving towards a monsoon outcome long sought by residents. Evidence of the progress is visible at the junction of Karpagam Gardens First Main Road and Besant Avenue Road.

A stormwater drain, made up of precast blocks, moves transversely from this junction to the other side of Besant Avenue Road, where the SWD line continues for

a while, being constructed *in situ*, and travels further towards its ultimate destination, the Adyar river.

"The stormwater drain from Karpagam Gardens crosses Besant Avenue Road opposite the Enfield showroom and goes inside Ramaswamy Garden Road and cuts left into Vasatha Press Road (where Shankara school is located). It then cuts right opposite Malar and then exits into Adyar river," says Abhishek V.N., a resident of Karpagam Gardens who has been tracking this issue along with the key members of

Karpagam Gardens Welfare Association.

Karpagam Gardens residents had for long reiterated that the existing SWD network was not of dimensions that could take heavy inflow of stormwater.

"Besides, the existing stormwater drain network had collapsed in at least three places – on the Shankara school side, near

the Ramaswamy Garden Road junction and Besant Avenue Road junction," observes Abhishek.

"Based on our request, the Corporation has revamped the entire network and expanded the drain to handle the additional rains. The final junction work at the Besant avenue crossing Karpagam Garden First Main Road is being carried out now which will

complete the network. The final work took a while reportedly due to permissions that had to be given," he adds.

The significance of the SWD network in Karpagam Gardens extends beyond the neighbourhood.

Abhishek on the why of it.

"This drain network also clears rainwater from Shastri Nagar due to interconnectedness, and this is the route for the stormwater to reach Adyar river. Another network in Shastri Nagar connects to the Buckingham Canal near the MRTS line."

As North East Monsoon is round the corner, we invite residents to write to us about issues relating to monsoon preparedness in their area, at downtownfeedback@thehindu.co.in

SUSTAINABILITY

Giving waste its due

Retired art teacher S.V. Kumar gives discarded items a new purpose; his latest work is now on display at Chennai Rail Museum



LIFFY THOMAS

When visitors see installations born out of trash they have thrown, they would be struck with awe and shame. That thinking has been motivating 75-year-old S.V. Kumar to give waste new life in the form of art.

His latest work, a 12-feet replica of the India Gate in New Delhi is on display at the Chennai Rail Museum in Perambur. Used paper cups, paper plates, plastic bottles, gift wrappers and plywoods pieces, all collected from the museum campus, went into making this installation.

Kumar along with a team of 25 people worked on this project before Independence Day. "Before starting the exercise, when I surveyed the campus for unwanted items, I asked the museum staff not to send away garbage from the 10 dustbins. These were then sorted,

Trash art
There are more than 60 metal sculptures across the ICF campus carved out of wheels, waste components from coaches and nuts and bolts.

This time, the museum team went a step ahead to collect wood waste from its Technical Training Centre to model trains, dining tables, aeroplanes and many other showpieces.

Under Swachhutsav, a Swachh Bharat Mission initiative, these artworks made from discarded items are on display at the museum premises till the end of the month.

some had to be washed and painted to give it a new lease of life," says Kumar, a resident of Villivakkam.

More than 20 kilos of waste went into making the India Gate. Plastic bottles that once contained energy drinks were used to make the flag, water bottles were used as



the entrance to the garden and the cups were sorted into various colours.

The museum on an average receives 10,000 visitors a month, a bulk of them being school students who come on an educational visit. Kumar says he generally does not take any money from institutions as this cause is important for him but he pays his team member their



At a waste to art workshop; U. Subba Rao, ICF General Manager, honours S.V. Kumar (extreme right); the installation; and a train made out of waste wood

daily wages.

A graduate of the Government College of Fine Arts, Kumar retired as art teacher from NKT National Boys High School in Triplicane after close to four decades of service. He was always fascinated with unwanted items. "Once I spotted some old wood pieces on the road I assembled them to make them a work of art," says the teacher who is a resource person for art and craft with various institutions.

Post-retirement, he has done close to 64 projects including a 100 ft. Christmas tree, a representation of Lord Vinayaka and a 36-feet dinosaur. "Hyundai has been a well-wisher, they have allowed me to take automobile scrap from their plant for my creative projects," says Kumar, who has a mention in the Limca Book of Records.

The scrap materials are generally stored in a neighbourhood park so that nobody is inconvenienced anyone, he says.

The average life span of these installations is six to eight months after which they die a natural death. "They ultimately end up in the landfill but there is a special joy when you are able to recycle or increase the lifespan of an item you have discarded," he says.

The septuagenarian, who is a member of SIDCO Nagar Residents Welfare Association, is also offering free classes to youth who have completed Bachelor in Fine Arts or Master in Fine Arts but are without a job.

For details, call 9840478392.

A memory served 'steaming hot'

The newly-created 'Donor's Wall of Art' at Chennai Rail Museum in Perambur offers a space for those who want their artworks related to the Railways to be displayed

BY A SPECIAL CORRESPONDENT

The next time you are visiting the Chennai Rail Museum at Integral Coach Factory look keenly at some of the new exhibits and artefacts on display. There is a slice of history in some, a moving story in a few others and a lesson in sustainability in many others. The newly-created 'Donor's Wall of Art' in the Art Gallery is showcasing artworks donated by the public on a rotational basis. Two artworks of an Anglo Indian steam engine driver sourced from Australia are currently on dis-



A painting that is on display

play. His assistant loco driver drew him.

"The artworks belongs to The Ring Family who migrated to Australia in 1996. Rudolf Joseph Ring (R.J. Ring), the steam locomotive driver, is seen standing tall and proud on the doorway of his Engine', where memories never die," says Hansel Aubert, office superintendent, Chennai Rail Museum, ICF who has prepared a special note to go with the painting.

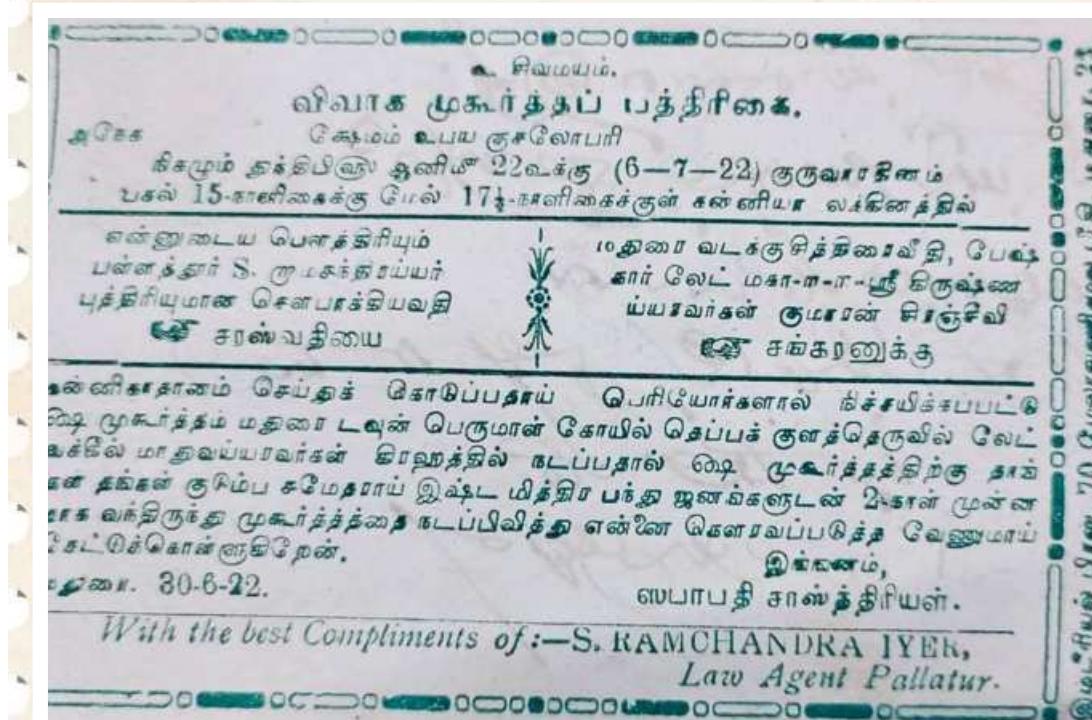
Ring served Southern Railway from 1954 to 1993. "During those times, when steam engines were slowly being phased out and broken down as scrap, giving way to diesel locomotives, Mr. Ring was heartbroken. To capture the essence of the fading era of steam engines, he got

his assistant and artist M.A. Gafoor to capture the moment on canvas, of him standing at the doorway of his engine," says Hansel.

The two paintings stayed close to family until his death in 2016. When Hansel, who knows the family, came to know that they were planning to give away the paintings this offer was made.

"The Ring family returned the paintings to India, and that is how this piece of art and passion found its way on these walls of the Chennai Rail Museum," adds Hansel. The section will feature works from art enthusiasts with the only condition being that they must be related to the Railways. The artwork will credit the donor and carry a story of the art piece if the artist wishes so.

Ramaswamy Rangachari with his postal savings passbook; Prabhakar V with two postcards, dated 1922 and 1949, that served as wedding invites; and a view of those postcards

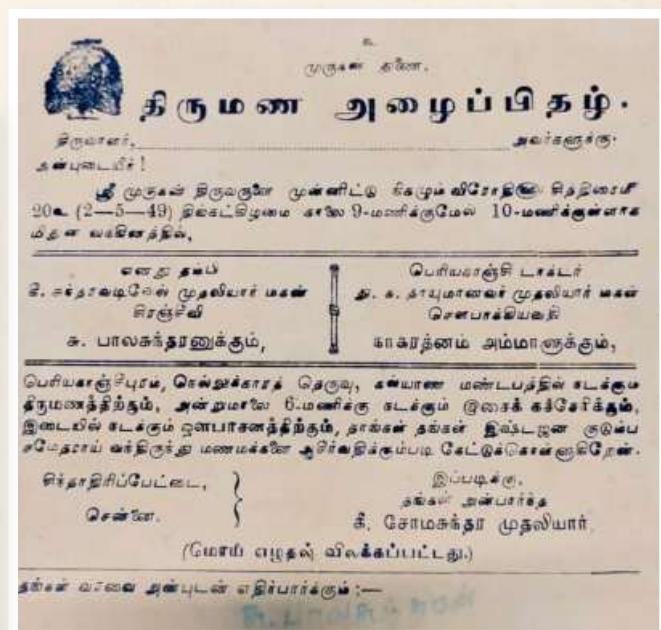


SHARON JESSICA MICHAEL

In this age of instant messaging, the soft jingle of the postman's cycle bell might be growing feebler. Ironically, in some minds though, that jingle only keeps gaining in intensity, almost achieving the resonance of a gong. That is the power of memories, enhancing the past, sometimes to distorted proportions. But nostalgia alone does not buttress postal services. Belief in its future does that too. As part of Postal Week, presenting two voices, one on the nostalgic value of postcards and postal services and the other on its continuing relevance in this digital world.

Ramaswamy Rangachari, a resident of Sholinganallur, is a much recognised face at the local post office. When he finds the services at the post office below par, he does not flinch from sending out a missive to the powers-that-be. His views on how the Sholinganallur post office could up its game have been published in these pages. If one delved into 76-year-old Ramaswamy's education and career, this obsession with postal services would seem out of the ordinary. A retired investment banker, urbane, much-travelled across the globe, lived abroad, and more importantly, tech-savvy, being an admin in a hyperlocal community group or two, Ramaswamy is a patron of India's postal services.

"My mother used to have a savings account and some fixed



deposits in the Mylapore Post Office," he recalls. "After I came back to India, I have been banking with the Sholinganallur Post Office." For Ramaswamy, the post office is not merely about monetary transactions. As a trustee of an NGO supporting rural education, he personally mails receipts, scholarships, and teacher salaries through Speed Post every week. There is an air of officialdom and formality about documents sent through physical mail that cannot be matched by digital mail.

"I have to send receipts of donations by Speed Post at least once a week. Apart from that, I have my own deposits and other things to handle," says Ramaswamy.

Prabhakar V, a resident of Anna Nagar, collects memories in various forms – tram tickets, coins, books, everyday objects from bygone eras and postcards. Many of his postcards have come from Moore Market, exhibitions and online forums where collectors traded living fragments of the past. Among his most treasured postcards and wedding invitations printed on postcards. The first, from 1922, was purchased at Moore Market. Back then, a postcard as a wedding invite was a novelty – surely, it would be a novelty even now, more than it was in the past. There is no extra embellishment but just the message itself, printed in neat teal-green ink within a modest floral border. Below, in precise Tamil script, the details of the wedding are laid out: the date, the hour, the families involved, and an invitation extended with grace and formality.

The second, from 1949, carries an upside-down post office cancellation, a small quirk that fascinates him.

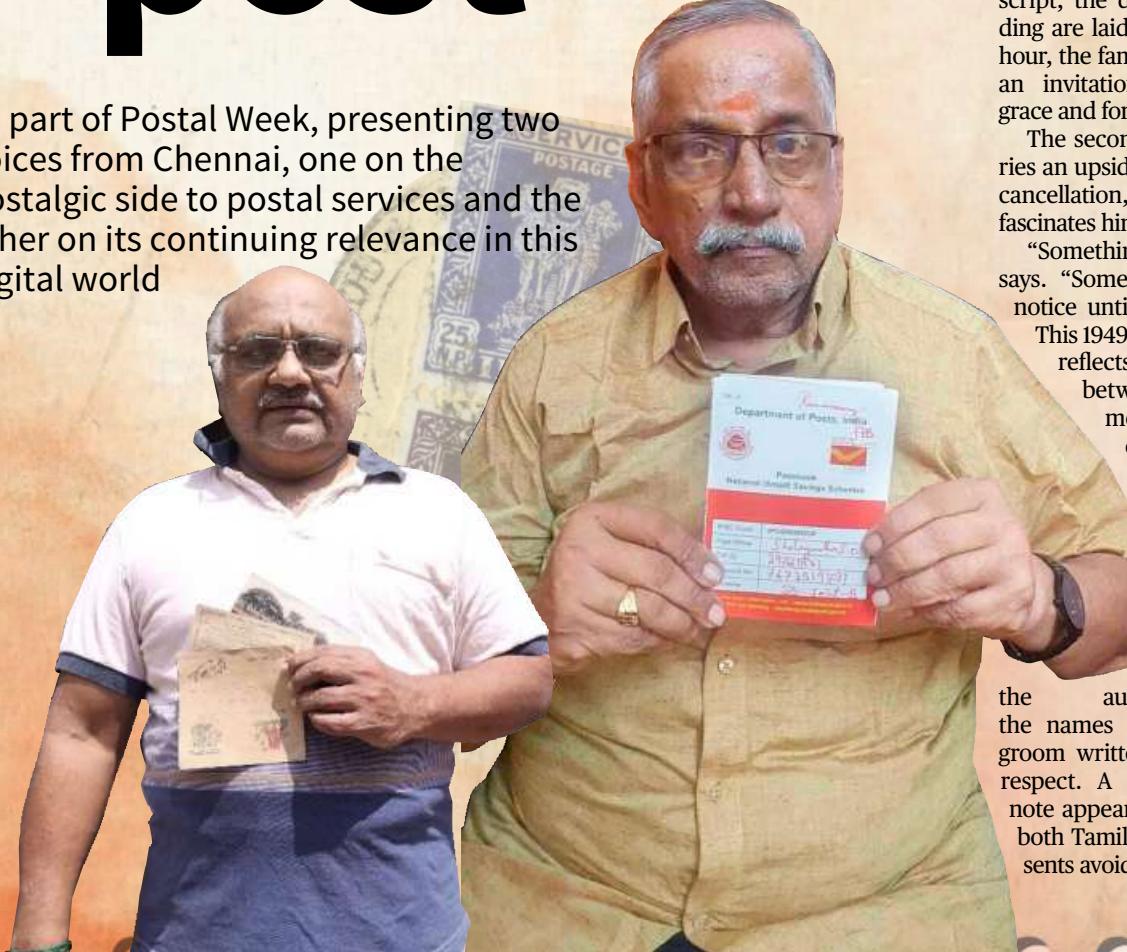
"Something different," he says. "Something you do not notice until you look twice."

This 1949 wedding invitation reflects a turning point between tradition and modernity in printed communication.

Neatly composed in Tamil, the details are presented with order and restraint: the Tamil month, the exact time of the auspicious hour, and the names of the bride and groom written with measured respect. A small yet striking note appears at the bottom in both Tamil and English, "Presents avoided."

The original post

As part of Postal Week, presenting two voices from Chennai, one on the nostalgic side to postal services and the other on its continuing relevance in this digital world



Bharatanatyam performance



▼
Mrithika, granddaughter of Sowbaghya Varadharajan and daughter of Subramaniam, showcased her Bharatanatyam Arangetram at The Music Academy on October 5. She was accompanied on stage (left to right) by Gayathri Balasubramaniam, Sowbaghya Balasubramaniam, Karthick (Vellammal Group), M.V.N. Murthy, C.R. Baskar, Kavitha Raman, Parameshwari, and her guru Lakshmi Jayapriya. The event celebrated tradition, dedication, and the grace of classical dance, said a release.

College organises short film contest



A two-day film conclave, M.O.P. MATINEE '25, was hosted by the Department of Communication and Media Studies at M.O.P. Vaishnav College for Women. The conclave, dedicated to "a celebration of cinema, passion, and expression," was inaugurated by Rajkumar Periasamy, film director and screenwriter. A major highlight was the short film

competition, which saw entries from several institutions.

According to a release, the Best Short Film Awards went to: Inside the Door 7 by D.G. Vaishnav College; Awakening by M.O.P. Vaishnav College; and Soap in My Eyes by Loyola College

The host college, M.O.P. Vaishnav College, secured the second prize in the short film showcase. Filmmaker K. Hariharan served as the dedicated jury, added the release.

Isabelline wheatear spotted at Adyar Estuary

BY A SPECIAL CORRESPONDENT

Around this time of year, birders Senthilnathan S and Srivathsan Nagarajan are habitues of the Adyar Estuary, the Broken Bridge side of it. Any birder in Chennai worth his salt would be. The Adyar Estuary is known to throw up surprises, the unexpected, happy bundle of feathers sometimes being 'delivered' on the peripheries.

On October 2, 2025, the surprise arrived after these two had turned their backs on the Estuary, the Broken Bridge. They found it when they were almost at the fishing hamlet, Urur Olcott Kuppam. It was an Isabelline wheatear.

"We spotted the bird after our regular birding session in Broken bridge. At first it was foraging in the mud roads. By seeing its colour we were certain it was not a regular bird. By the time we got down from our vehicle it flew and sat on the beach sands which made it very difficult to spot because of its blending colour. After a wait of 15 - 20 minutes we spotted it again on a small plant and then on a pile of debris," says Senthilnathan.

The sighting is said to be the first not just only Adyar Estuary, but Chennai. A

sighting of this nature spreads faster than wildfire, and the spot was besieged by telephoto lens of various brands. And by the end of the day, the Isabelline wheatear was contemplating a career in modelling.

Not every birder that turned up was lucky.

Says Senthilnathan: "On October 2, till the end of the day, it was seen; and a couple of birders got lucky, documenting the bird with photographs. We returned to the spot on October 3, 4 and 5, only to realise that our luck had run out."



Rotary Olympiad 2025 conducted



More than 1000 students took part in Rotary Olympiad 2025, a mega inter-school and inter-collegiate sports tournament features events in basketball, volleyball, handball, football, track and field, badminton and adapted sports at YMCA College of Physical Education, Nandanam.

S. Viswanathan, Deputy Chairperson, Chennai Port Authority, Ministry of Ports, Shipping and Wa-

terways; D.Devendran, District Governor, Rotary International District 3233 and P. Asir Pandian, Correspondent and Secretary, YMCA College of Physical Education were the special guests, says a press release.

P.Cephas Kalyan, Joint Commissioner of Police, South Zone, Greater Chennai Police; D.Devendran, Rotary District Governor, Rotary International District 3233 and

T.John Sudarshan, Administrative Officer, YMCA College of Physical Education were among those who took part in the valedictory function.

Rotary Olympiad 2025 is organised by Olympiad Chairman Ravi Venkatraman under the leadership of Rotary District 3233 Governor D. Devendran. The event promotes education, health and community development among the youth.

'Mental and physical health are connected'

MV Diabetes in Royapuram observed World Mental Health Day 2025 with an awareness programme highlighting the vital link between emotional well-being and diabetes management. The event was guided by chairman and managing director Dr. Vijay Viswanathan, whose vision inspired the hospital's Mind Wellness Clinic.

Vaishnavi Vijay, Head of the Psychology Department, along with Dr. Prashanth Arun and Manjula Arunraj, Psychologist, conducted engaging sessions and stress-relief activities such as "Goblet Medita-

tion" and the "Pop the Balloon" exercise. Staff members also participated in a reflective session titled "What aspect of work causes you most stress".

Dr. Viswanathan Vishnu Vijay, CEO of MV Diabetes, spoke about the connection between mental health and diabetes, explaining how stress hormones affect blood sugar levels and how emotional stability supports better control. "Mental and physical health are deeply connected," he said. "True healing begins when we care for both – the mind and the body," the press release said.



SOFA SERVICE
► ANY SOFA'S
► RECLINER SOFAS
► CUSHIONS
► REUPHOLSTERY
Reconditioning @
Very Moderate Charges
K.N.S.RAJAN SERVICES
76671 33233
93818 03956



Athyusha's Boutique
Exclusive Custom Designed Sarees on
Pure Fabrics ; Salwar sets & Kurtas
④ 7358793380 , 9025868940
④ @athyusha07



To advertise in
DOWNTOWN
Contact:
UDHAYAKUMAR
81246 14787

ANNAI PLACEMENT
We Arrange Experience
★ **Patient Care**
(Male / Female)
★ **Cook**
★ **Baby Care**
★ **Live in/Out**
M. VENKATESH Proprietor
No: 58, Valimiki Street, Thiruvanmiyur,
Chennai 600 041.
97905 76072

PHYSICS CLASSES
For CBSE Class 9, 10, 11 & 12
Understand Physics through
problem solving
INDIVIDUAL ATTENTION:
5 PER BATCH
Result Oriented Teaching
* LIMITED SEATS ONLY
Contact:
S.MALARVIZHI, M.Sc. Ed
(30+ Years Exp)
9940371100



Bengal saris and dress materials at C.P. Arts Centre

An exhibition-cum-sale of Bengal-woven saris and dress materials is on at C.P. Arts Centre (main hall), Eldams Road in Alwarpet till October 17. Time: 10 a.m. to 9 p.m.

This is the 27th year Rang Mahal is putting up the exhibition in the city. For the festival, there is jalchuris with contrast blouse, nakshis in tangail borders and motifs in baluchar ornamental saris.

Check out khadi linen sari, khadi mulmul sari and desi doshir tusser saris

Multilingual theatre festival from October 13



Bharatiya Vidya Bhavan presents the Multilingual Theatre Festival 2025 from October 13 to 18 with an exciting line-up of plays in Tamil, Kannada, Malayalam, Telugu, Hindi, Bengali and English.

On October 13, 7 p.m., Komal Theatre will stage popular stories written by eminent writers such as T. Janakiraman, R. Chudamani, Sujatha, Komal Swaminathan and Indira Parthasarathy.

Kannada play *AndhaYu-*

gaAndhayuga will be staged on October 14, 7 p.m., which tells the interesting and not very known story of Mahabharata that took place after the Kurukshetra war.

A comical exploration of love, relationships and cultural clashes is the highlight of the Hindi play *Udhedbun*, which will be staged on October 15.

The rest of the days are assigned for Telugu, Bengali, English and Malayalam plays.

Kala Utsav at Alwarpet

An exhibition-cum-sale organised by Tamilnadu Handicrafts Artisans Welfare Association is on at Srushti Handicrafts Emporium, Alwarpet.

Bronze, brass statues, wood carving, stones, paintings are on sale. Also check out traditional Tanjore paintings, brass lamps, decorative artifacts, gift articles, sculptures and semi-precious stone jewellery.

For details, call 044-42060730.

Deepavali bash

A grand annual Deepavali bash will be taking place at Phoenix Marketcity on October 12 from 5 p.m. onwards. The evening will feature celebrity showstopper Dino Morea, live music by Charu Semwal, and a fashion runway curated by Prasad Bidapa, said a release.

The event will feature theatrical acts, carnival dancers, and vibrant performances. For tickets, visit www.bookmyshow.com

Workshop on AI tools in digital marketing

Entrepreneurship Development & Innovation Institute, a Department of MSME, is conducting a workshop on application of artificial intelligence (AI) in digital marketing from October 15 to 17 at its premises at SIDCO Industrial Estate in Guindy. Time: From 10 a.m. to 5 p.m.

According to a press release, the session will focus on Machine Learning, Deep Learning, and Large Language Models such as ChatGPT; Jasper, an AI-driven content generation designed for businesses and marketing; research tools like SEMrush and Surfer SEO;

Canva AI, an AI tool for graphics; Sprinklr - a tool for social media analytics and engagement tracking.

Those above 18 years of age and with basic computer knowledge is essential to take part in the course. Prior registration is required.

For details, call 9360221280 / 9840114680.

A TATA PRODUCT

miabytanishq.com

Mia
by TANISHQ

Precious, every day



3025NKV



3025NGX



3025HJW

UP TO
100% OFF*
on making charges
of jewellery

Aneet Padha, Actor

CERTIFIED NATURAL DIAMOND JEWELLERY STARTING AT JUST 9% MAKING CHARGES
GOLD JEWELLERY AVAILABLE IN 14KT, 18KT & 22KT | OWN YOUR WISHLIST WITH GOLDEN HARVEST

Available At Exclusive Mia Stores : Phoenix Mall, Velachery - Ph: 044-61815081; Marina Mall, Egattur - Ph: 044-40173005; 100 Feet Road, Velachery - Ph: 9840344382;
Selaiyur Velachery Main Road - Ph: 9883044355; IL Avenuo, Anna Nagar East - Ph: 7305038165; Mogappair, Mogappair West Main Road - Ph: 044-47837419;
VR Mall, Thirumangalam - Ph: 9887752727; Purasavakkam High Road, Purasavakkam - Ph: 7845258777; Kasturba Nagar, Adyar - Ph: 7845295999;
Arcot Road, Valasaravakkam - Ph: 9383000329; OMR Road, Thoripakkam - Ph: 8940786707; Vettuvankeni, ECR - Ph: 988461110



Follow us on

Download the app

*T&C apply