

ANNA NAGAR

Purasawalkam » Villivakkam » Kolathur » Nazarathpettai » Pattabiram » Maduravoyal » Koyambedu » Tiruverkadu » Puzhal » Kilpauk » Perambur » Mogappair
Avadi » Ayyapakkam » Tiruninravur » Nerkundram » Moolakadai » Ayanavaram » Retteri » Padi » Ambattur » Tirumullaivoil » Aminjikarai » Vysarpadi » Red Hills



GREEN BEGINNINGS

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 **P4&5**



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 **P6**

A new work space and a sense of dignity

Non-profit Yein Udaan's facility seeks to "elevate" the work of its staff, many of them hailing from an underprivileged background. The walls sport hand-painted artworks that celebrate Chetpet where the NGO's work is rooted



BY A SPECIAL CORRESPONDENT

Yein Udaan's has just opened its account in terms of its office space; that should strike anyone familiar with Yein Udaan's work, but unaware of its workaday realities, as hugely surprising. The non-profit which works with underprivileged children in Chetpet, providing them with a structured after-class learning programme, is eight years old.

In all these years, the staff –

teaching, administrative and housekeeping – have been operating from a borrowed space, space "borrowed" from the children they are serving.

The classrooms at the after-school facility would double as office spaces.

Says Vedika Agarwal, founder of Yein Udaan: "This is our first office actually in eight years. Until now, our team was sharing classroom space with the children as we were investing all donations into the programmes. However, now as our



team has grown to 28 members-strong, we needed a dedicated space for us to convene, plan, focus and work. Our presence had also

begun disturbing the students. Thus we made the decision to move to a dedicated office workspace."

Handpainted artworks at the facility.
PHOTOS: SPECIAL ARRANGEMENT

The walls at the office sport hand-painted artworks (done by findart team) that provide a peek into the processes and the philosophy driving the work at Yein Udaan.

"The artwork curated around the office is a commemoration of Chetpet, its people and history," notes Vedika.

Carrying a degree of swankiness and creativity, the new office space is impressing visitors, and staff even more.

Vedika explains: "We are immensely proud of this as we look at it not only as an achievement of establishing a strong organisation with a stable team but also because the space is curated as one aimed at the empowerment for our all-women team. Of 28 of us, 24 are from the low income community in Chetpet that we serve, thus for them to have an office to call their own – one in which they are not maids but formal workforce, is truly a milestone."

She adds: "It is located in Chetpet only for ease of access for the team & relevance – to be rooted where we have our impact."



'Create a bus stop near CGHS hospital in Avadi'

T. SADAGOPAN

Metropolitan Transport Corporation buses do not halt near CGHS (Central Government Health Scheme) hospital in Avadi on CTH Road. Earlier, this hospital located on the sprawling campus of Heavy Vehicles Factory complex had its entrance at HVF Road.

As its seven decades-old building was dilapidated, a new one was constructed and it was inaug-

urated last December. The new building has been constructed on the same campus but at a different location, one near CTH Road. Hence, an entrance to the hospital has been provided at CTH Road. A good number of buses pass through the hospital but they do not halt here.

Visitors to the hospital, especially those who rely on public transport find it inconvenient. They have to walk up to the bus

stop at Murugappa Polytechnic College or to Avadi bus terminus. Both the stops are far away. Besides, it is not safe to walk along CTH Road as it lacks a footpath. It is a highway and vehicles come at a good speed. It should be noted that there is signboard indicating a bus stop near the hospital. However, buses do not halt here. The hospital, which comes under the Union Ministry of Health & Family Welfare, is spread across

4,000 sqft and has got three floors in addition to the ground floor. Also, the hospital caters to 10,000 cardholders and their dependents. It should be noted a dispensary of Employee's State Insurance Corporation (ESIC) which is under the Ministry of Labour & Employment is also located nearby. Given the importance of these two hospitals, MTC is requested to do the needful.

T. Sadagopan, president, Tamil Nadu Progressive Consumer Centre, a citizens group in Avadi

READERS WRITE

Madurai Street at Ayanavaram on May 15.

PHOTO: B. JOTHI RAMALINGAM

'Sewage overflow is a recurrent issue at Madurai Street'

Sewage overflow has become a recurrent issue at Madurai Street in Ayanavaram over the last two years. It is time to replace the existing underground sewage pipes. Population has increased over the years. Many apartments have come up in the vicinity; the volume of sewage being generated has increased. The existing sewage pipes which are decades-old are unable to handle the current load and results in sewage overflow.

C. Venkatesan, Ayanavaram



Madhavaram federation seeks better bus services from Kumaran Nagar terminus

Federation of Madhavaram Resident Welfare Associations seeks reconstruction of the bus terminus at Thanikachalam Nagar 80 Feet Road - South at Kumaran Nagar in Kolathur. In the absence of a terminus, commuters are exposed to the elements.

According to MTC sources, the decades-old terminus was demolished three months ago as it was dilapidated.

The federation also seeks improvement in the services being operated from the terminus.

"Buses are operated to Guindy, Velachery, Broadway, and Anna Square. But their frequency is very poor. Commuters have to wait for more than an hour. Hence, the terminus does not witness impressive patronage. Many prefer



to go to the nearby bus stops on Kolathur- Red Hills Road or to Retteri junction where buses are available at a good frequency," says a commuter at Kumaran Nagar terminus.



MTC bus terminus at Kumaran Nagar and (above) the shelter at the terminus before it was demolished.



The park in Parathipattu on Avadi-Poonamallee High Road.

Retired Defence personnel request CM to name park in honour of martyr Major Mukund Varadarajan

The park is located adjacent to Kendriya Vihar Phase Two at Parathipattu in Avadi

Kendriya Vihar Two Apartment Owners Welfare Association (Kendriya Vihar Two) is a housing complex of serving and retired Central Government employees built by the Central Government Employees Welfare Housing Organisation) in Parathipattu on Avadi - Poonamallee High Road has made a request to the Chief Minister's Cell requesting that a park of the Avadi Corporation be named after late Major Mukund Varadarajan who was martyred on April 25, 2014 during an operation against terrorists in Kashmir and he was posthumously awarded Ashok Chakra, India's highest peacetime gallantry award.



The park (in Ward 48) is situated adjacent to Kendriya Vihar Phase Two.

This appeal is being led by Captain V. N. Sainath and Col. R. Sengottuvil – both retirees from the Indian Air Force and Indian Army respectively – and they are residents of Kendriya Vihar Two - Parathipattu.

"The 2.65 acre park was an open space reservation land of Kendriya

Vihar and it was handed over to Chennai Metropolitan Development Authority in September 2006 and a park was developed and opened to the public in June 2018. Our association has given a request to the Avadi Corporation and to the Chief Minister's Cell this February seeking to name the park after Major Mukund and install his statue. He laid his life for the nation and as a token of gratitude we want a park named in honour of his valour and martyrdom. Another main reason

is Parathipattu is his place of birth," says Sainath.

Of the 572 units in the housing complex, around 150 belong to personnel who have served under the Ministry of Defence.

"A reply from Avadi Corporation acknowledged the receipt our petition to the CM Cell and it added that the decision of naming the park is matter of State policy," says Col. R. Sengottuvil.

Tamil Nadu Progressive Consumer Centre, an Avadi-based citizens group, is also of the same view with respect to naming the park.

"Many establishments of the Defence Ministry including a laboratory of the Defence Research & Development Organisation are located in Avadi. So it would be befitting to name the park after the martyr. Also, last month marked the 10th anniversary of his martyrdom. Hence, we request the Tamil Nadu government to do the needful," says T. Sadagopan, the citizens group's president.

Text by L. Kanthimathi

GCC's painting project aims to honour Vyasarpadi residents

Greater Chennai Corporation is painting the pillars of the Basin Bridge flyover with images of renowned residents of Vyasarpadi.

The following are among the prominent personalities chosen by GCC to adorn the flyover: posthumous recipient of the Padma Shri Award physician Dr. V. Thiruvengadam fondly known as "Five Rupee Doctor"; V. Nandakumar, an officer of the Indian Revenue Service; V. Dillibabu, a scientist at the Defence Research & Development Organisation; football champion S Nandhakumar; carrom champion Khazima M. Basha, and retired Police Inspector Prakash.

The list also includes women advocates hailing from underprivileged sections of society and known for breaking the glass ceiling. Among the artists are Sudhan popularly known as DJ Black and Isaivaani. The flyover falls under Ward 46 of Zone 4 - Tondiarpet of the Greater Chennai Corporation.

"This idea is to motivate and inspire the youngsters of Vyasarpadi to excel in their chosen field and also to prevent them from falling into bad ways," says a GCC official.



At Basin Bridge flyover in Vyasarpadi.
PHOTO: B. JOTHI RAMALINGAM

Haddows Road: cable spools versus pedestrians



In the best of times, with cable spools occupying the pavement, this section of Haddows Road in Nungambakkam was never a pin-up for walkability, as illustrated by the image (right) taken on April

30, 2025. Ironically, this section sports a board that points out that "pavements are for pedestrians only".

With pipeline work being undertaken on this section, pedestrian



comfort has sunk to an abysmal low, as the image from May 14, 2025 shows.

Haddows Road is a one-way and known for fast-moving traffic; even the pedestrian signal installed near

Shastri Bhavan does not act as a speed regulator for the vehicular traffic most of the time.

And in sections such as this one, pedestrians are out on a limb, while crossing the road and even

while walking down the road, as obstructions such as this cause them to step on to the carriageway.

Pavement relaying work is under way at Haddows Road
Photos: Prince Frederick

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 mea-

sures 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 Tamil Nadu CM should allocate addi-

tional 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 un-

derground 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, patch-work 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.

Watch out!



A battered section of Ennore Express Highway near Kasimedu in Thiruvottiyur. PHOTO: HARINI. S

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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 fun-drivers, Rhapsodeed gives a leg-up to the unprivileged to start small ventures of their own.



This section spotlights initiatives undertaken by residents of Chennai to minimise the waste that reaches landfills

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 fiance 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 fiance now husband.

"His words 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 unnecessary, but they came around eventually."

In the early days of wedding preparation, when the nod was yet



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

Green beginnings



'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

Snapshots of the two weddings.
PHOTOS: SPECIAL ARRANGEMENT

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 Banarsi 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 registrar's office. But, the bride and the groom being first-borns, 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.

When Anjani was carrying Dev, she had a green baby shower on October 15, 2023, organised at St. Mark's Matriculation Higher Secondary School in Chromepet.

Ever since he was born, Dev has taken pitter-patter steps across a sustainability landscape, travelling alongside his mother and father, Blessing Samuel Prince.

The swing that he used for four months is a hand-me-down," says Anjani.

For the first one year since Dev's birth, the parents celebrated a monthly milestone, planting at least one tree on the day he would turn a month older. The diaper being used is a Super Bottom cloth diaper. The sight of used diapers on roads disturbs Anjani. One of her early decisions for Dev was to avoid disposable diapers. "We see diapers scattered on roads, sometimes torn apart by stray dogs. I did not want to be part of that. It became a priority not to contribute to that kind of waste." While cloth diapers require extra effort, especially while travelling, Anjani found the added work worth it. "You need to clean, pack and wash them – even at restaurant stops – but it is a choice I



From the green baby shower; and (right) Dev.



Witnessing sustainability from the cradle

SHARON JESSICA MICHAEL

made for the environment and animals. In the first year and a half, it is mostly about diapers. That is the main area where I tried to be mindful."

Anjani and her husband are also careful about the toys and clothes they buy for Dev. The play gym was purchased from a second-hand store called @shoptwicetreasured on Instagram.

"We prefer wooden toys, especially locally sourced ones, and avoid shopping online where possible." She adds. "We try not to buy plastic toys. Thankfully, he is more into books, so we focus on buying books and only a few toys." For clothing, she turned to traditional practices. "For his clothing, during the first year, we stitched his clothes using leftover blouse fabric from saris." She also made jhablas and other small clothes using soft cotton fabric available at home.

Even travel is planned with intention. Anjani carries her son's cutlery and food, including sathu maavu powder. Resorts have become easier to manage now, but she was very particular about what Dev ate during the early months. There are also certain baby products Anjani chooses not to buy. "We avoid moisturisers, body washes, and commercial laundry liquids." For washing his clothes, she uses a bioenzyme-based liquid called Sukizyme, recommended by Kavitha Sivakumar from Nammia Ooru Foundation. "It has a mild fragrance to mask strong odours." She has begun introducing sustainability concepts to Dev. "He has learned to segregate waste using blue and green bins." She notes he already knows which waste goes where and is comfortable participating in the process.

WHO's road safety toolkit aligns with CUMTA's mobility plan, says Bicycle Mayor of Chennai

Felix John presents his wish list, which includes the creation of an "Active Mobility Cell" for walking and cycling in Chennai; and more community volunteering efforts to make the city safer for users of non-motorised transport

LIFFY THOMAS

Institutions and municipal bodies seeking to promote non-motorised forms of transport with a girding of safety now have a guiding light – "Make Walking and Cycling Safe", launched by the World Health Organisation at the Eighth United Nations Global Road Safety Week (May 12 to 18).

Designed for policy makers, governments, civil society organisations, private sector, and other stakeholders in planning, implementing, and evaluating efforts in integrating walking and cycling into transport, health, environmental and education policies, the toolkit calls for bold action in promoting safe road use through public awareness and behaviour change campaigns.

It features case studies to showcase real-world examples of how these policy options are being successfully put into practice.

Felix John, Bicycle Mayor of Chennai, says the toolkit aligns perfectly with the "Comprehensive Mobility Plan" being readied by Chennai Unified Metropolitan Transport Authority

(CUMTA). "By putting safety and accessibility in the forefront, it gives legitimacy to community efforts," says John, an advocate for active mobility.

The toolkit can guide CUMTA, CMDA, CCC, GTP to enforce safer speed limits, create calming infrastructure at school zones and protect cycling and walking infrastructure. "While we have seen efforts by civil society organisations and the local body to promote non-motorised form of transport, there is always more credibility when WHO collaborates for this initiative," says John.

John says Chennai is one of the first states to launch the Non-Motorised Transport Policy, when it did so in 2014 with the help of ITDP. "We have a policy but not much emphasis is being placed on implementation or adoption. Priority is being given to a vehicle-centric approach," says John.

John Felix's wish list includes creation of an "Active Mobility Cell" for walking and cycling in Chennai. "More community volunteers should be invited to be part of efforts to make the city safer for non-motorised transport," adds John.



Cyclists on Swami Sivananda Salai. PHOTO: R RAGU

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.

Venkatarman Karthikeayan, 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. Karthikeayan.

As heat-related fatigue can be hard on seniors, particularly those with such ailments, Dr. Karthikeayan 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.

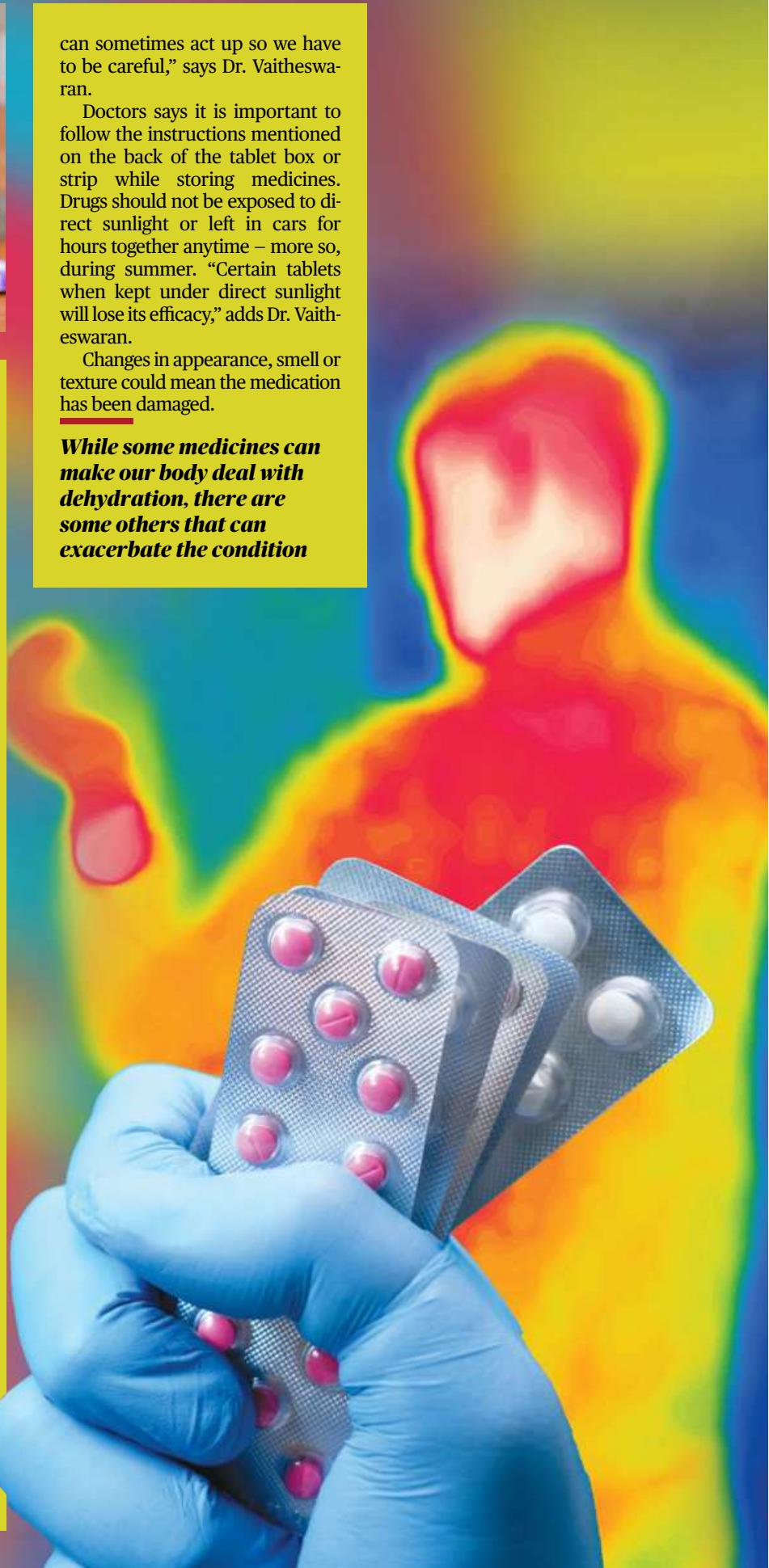
"The dosage of some of the medicines might have to be changed depending on the timing of the dose and how it causes those problems. Some medicines such as Lithium, which we prescribe for bi-polar disorder,

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





Daily wage worker's son is school topper in Board exam

Sevalaya's Mahakavi Bharathi Higher Secondary School has achieved 100% results in Class X Board exam conducted this year. The results were released on May 16. Out of 135 students who appeared for the exam, 114 passed in the first division. The

toppers this year have secured 95%, 94% and 92% marks respectively, says a press release.

Sevalaya, a charitable organisation has been functioning for the past 37 years educating nearly 2,200 underprivileged children, free of cost at their school in Kasuva, near Thiruninravur, in Tiruvallur district. Many students are first-generation school goers hailing from a disadvantaged economic background, the release says.

The topper, Kaviyarasan J., who

scored 474 out of 500 marks, wishes to pursue Computer Science at IIT and become an IT professional. His father is a daily wage worker and his mother works as a tailor.

Priyanka M. scored 469

and came second. Her father is a carpenter and her mother works in a private firm as a tailor. Priyanka too wishes to join Computer Science at IIT and become an IT professional in the future.

Her sister Pavithra, also a Sevalaya student, topped the Class X Board exam in 2023 and scored 544 in the Class XII board exam this year.

All the toppers credited their teachers and Sevalaya for their success and promised they would give back to Sevalaya and the society at large.

WhatsApp ticketing offered by CMRL

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.

Changes in electric train services

The Southern Railway, Chennai Division, has announced changes in the pattern of train services (Engineering work, line and signal block) in the Chennai Central and Arakkonam sections at Avadi yard.

Consequently, the following are the changes in the pattern of electrical multiple units and mainline electrical multiple units.

Train No: 66007, Moore Market Complex - Avadi at 11:40 p.m. is cancelled on May 19.

Train No: 43001, Moore Market Complex - Avadi at 00:15 a.m. is cancelled on May 20.

Partial cancellation

Train No: 43126, Pattabiram Military Siding-Moore Market Complex, at 19:35 p.m., is partially cancelled between Avadi and Moore Market Complex, and Train No: 66032, Sullurupeta-Moore Market Complex MEMU passenger, at 21 p.m., is partially cancelled between Korrukupet and Moore Market Complex on May 19.

Good Samaritan from Arumbakkam felicitated

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 Thamizh selvan 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.

25 outstanding nurses honoured



Twenty five outstanding nurses were honoured with the prestigious 'Nursing Excellence Award 2025' at a special event held on May 11. Organised by TwinTech Healthcare Academy, the event was held to celebrate International Nurses Day and the birth anniversary of Florence Nightingale.

They personally presented the award certificates and commendations to the selected nurses, said a release.

The celebration was further enriched by inspirational messages from national experts and healthcare leaders.

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Centre for stray cats looks for support



Photo used for representational purpose

Kinder World, a registered non-profit organisation working for animal welfare, helps stray cats by rescuing, feeding and vaccinating them. The group has been involved in rescue and rehabilitation, animal birth control surgeries and running a shelter house.

Kinder World is headed by Rajeswari Mohan, a banker by profession. We house 150 cats in our home which include old and young, sick and paraplegic cats, said a release.

Some of the achievements of the group include rescuing and rehabilitat-

ing 181 cats, conducting more than 500 ABC surgeries over the last 10 years, said the release.

As the number of animals under the centre's care has increased, they are running out of resources to keep them well fed, to do their surgeries and pay their regular medical bills, said the release.

We need approximately ₹1000 per cat a month to cover their food and medical bills, added the release. They also employ a few hands for cleaning and other works.

For details, call 9962592579.

Culinary workshops

Tamil Nadu Agricultural University Information & Training Centre is conducting a culinary workshop on May 22 and 23. The session on May 23 focuses on preparation of flavour powders that could be added in vegetarian and non-vegetarian cuisines. And preparation of sweets and savouries will be demonstrated on May 23. The workshops will be held at Agro Tech Green Park, First Floor, Thiru. Vi. Ka. Industrial Estate, Guindy. For details, call 044 - 29530048

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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.

The programme (English and Tamil) will be conducted at multiple locations in Chennai as well as can be attended virtually.

Children (ages 6-12) will learn through stories, quizzes, shlokas, bhajans, fireless cooking, art and craft. Teens will be engaged in stimulating theme-based stories, debates, group discussions, mind mapping, and JAM (Just A Minute) sessions. Course materials, including videos, PDFs, and presentations, will be delivered via Google Classroom. Upon successful completion, all participants will be awarded a certificate, added the release.

For registration, visit www.iskconchennai.org/bpss. Or call 8072599295.



Deepam Eye Hospitals offers concession on cataract surgeries

Marking its third anniversary, Deepam Eye Hospitals in Tiruvallur has come up with a community initiative.

The hospital is offering a 25 percent concession on cataract surgeries and a 'Buy One, Get One Free' offer on spectacles, valid until May 31.

The anniversary celebration was attended by the hospital's leadership team, including founder and chairman Dr Annamalai Pandian; Managing Director Dr. Karthik Pandian; Directors Dr. Manjula S and Dr. Padma Sushma KP, and Executive Director Dr. Sree Kumaran, along with the Deepam team, said a release.

For appointments, contact 97906 97907.

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