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Vol. 20, No. 11

999th Issue : August 9 - 15, 2014

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ஸ்ரீ காஞ்சிபுரம் பட்டு சென்டர்
V.M.A ஹால்

வல்லப கணபதி கோயில் அருகில், சீனிவாச தெரு, ஆரிய கவுடா ரோடு, (அய்யோத்யா மண்டபம் சமீபம்) மேற்கு மாம்பலம்.

பழைய டிஷ்யு புடவைகள் ரூ. 4,000 முதல் ரூ. 20,000 வரை வாங்கப்படும்.

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09.08.2014 முதல் 14.08.2014 வரை

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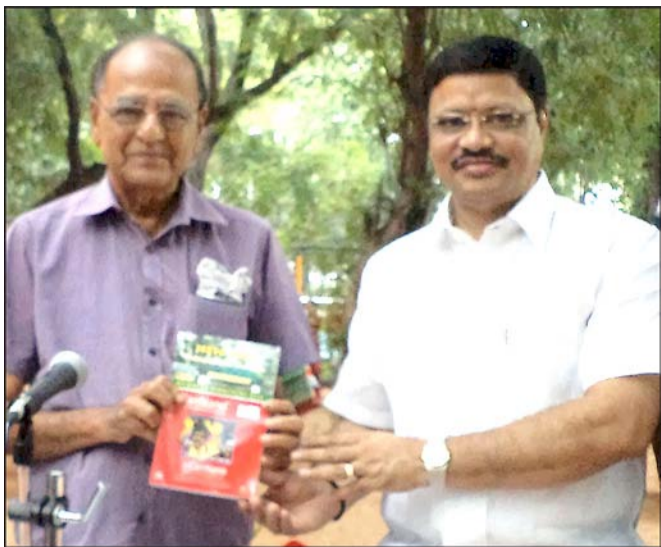
Jeeva Park Walkers Association releases members' directory

By Our Staff Reporter

Jeeva Park Walkers and Joggers Association (G. N. Chetty Road, T. Nagar. Ph: 94440 15053, 98810 01357) released the 4th edition of its members directory for 2014 on Aug.2.

D. Gopalakrishnan (President) said that the directory, apart from names, addresses and contact numbers, also consists of members' memories and anecdotes during their walks in the park with friends.

He said that the directory also lists blood group of members which can prove beneficial in case of a medical emergency.



Members who have not collected the directory may contact the Association for a copy.

Exhibition-cum-sale of homemade products

By Our Staff Reporter

Amirtha Fashions (Srinivasa Iyer Street, West Mambalam) will conduct a 3-day exhibition-cum-sale of homemade products like vathal, appalam, pickles, bags, fashion jewellery and garments from August 12 to 14 in Sri Kumaran Anugraha Kalyana Mandapam (Arya Gowda Road, West Mambalam).

Customers can avail special discounts and take part in a lucky draw contest.

Vocal concerts in Tirupurasundari temple on Aug. 15

By Our Staff Reporter

Under the auspices of Hamsavinodhini, Keerthana Sivaramakrishnan will present a Carnatic vocal concert on Friday, Aug. 15, at 5.30 p.m in Sri Karumari Tirupurasundari Temple (West Mambalam). She will be accompanied by R. Satish Kumar on the violin and Karthik Thiruvengadam on the mridangam.

It will be followed by a vocal concert by Kanaka Durga Venkatesh. She will be accom-

panied by Srividya R.S. Iyer on the violin and Thanjavur Subramanian on the mridangam

All are welcome.

Free Thirupugazh classes on Wednesdays

By Our Staff Reporter

Thirupugazh Anbargal (West Mambalam) will conduct free Thirupugazh classes on Wednesdays from 6.30 p.m to 8 p.m at 33/54, Kamakoti Colony, Kuppaiah Street, West Mambalam, Ph: 95660 46163.

Anyone can join the classes.

Veda paarayanam and free Yajur Veda sandhyavandanam class tomorrow

By Our Staff Reporter

In view of Avani Avittam, Sri Sai Seva Chakra (15, Bharathi Street, West Mambalam) will conduct Veda paarayanam and Sai bhajan on Sunday, August 10, from 4

p.m to 5 p.m in Sarvapriya Maha Ganapathi Temple (Moorthy Street Extn., West Mambalam).

It will be followed by free 'Yajur Veda' sandhyavandanam class.

If the response is good, Sama and Rig Veda sandhyavandanam classes will also be held on following Sundays.

It also conducts free Veda classes on Saturdays and Sundays at 6.30 a.m.

There will also be admission for free Veda classes at the venue.

All are welcome.

Awareness program on road safety on Friday

Daasya (12th Avenue, Ashok Nagar, Ph: 99406 38972, 94459 54262), an NGO, and Rotary Club of Chennai Silk City will jointly conduct a free awareness program 'Road Safety - Accident Free Chennai' on Friday, Aug. 15, at 11 a.m at Panigraha Kalayana Mandapam (Arya Gowda Road, West Mambalam).

Dr. K. Chellappan (Dean, Madras Medical College) will give a talk on road accidents and injuries caused by them.

All are welcome.

Sai bhajan programs in T. Nagar and Mambalam

By Our Staff Reporter

Sri Sathya Sai Samiti conducts Sai bhajans every week in the following venues in T. Nagar and Mambalam.

T. Nagar:

Sai Keshav Hall, 157, G. N. Chetty Road (near Panagal Park, Vijaya Bank building): Saturdays, 5 p.m.

Ayurvedasramam, 155, G. N. Chetty Road (near Panagal Park): Mondays, 6 p.m.

50/38, Motilal Street (opposite Ranganathan Street): Wednesdays, 6 p.m.

Muthumaari Amman Temple, South Boag Road: Mon-

days, 6.30 p.m
Mambalam:
12A/27, Thambiah Road, West Mambalam: Saturdays, 5.15 p.m.

Vallabha Ganapathy Temple, Arya Gowda Road, West Mambalam: Fridays, 6.30 p.m.
M u r u g a s h r a m a m , Srinivasa Pillai Street, West Mambalam: Second Tuesdays, 6 p.m.

For registration, please call 94456 11333 or 94447 73926. All are welcome.

The Samiti also sells books on Sai literature and CDs of Sai bhajans.

Cardiologist available for consultation in PHC

By Our Staff Reporter

Dr. V. Ganesh (cardiologist) is available for consultation at the out-patient ward of Public Health Centre (Lake View Road, West Mambalam) from 11 a.m to 1 p.m on weekdays, since Aug. 1.

The consultation fee is Rs. 70.

The cardiology section of PHC is well equipped with ECG, echo cardiogram, treadmill and CathLab for performing angiogram, angioplasty, stenting and a well-equipped operation theatre for performing heart surgeries.

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S. Sriram, resident of Mambalam and an engineer with post graduation from IIT Kanpur has pioneered the concept of mounting the cot (king size 6 x 6.5 feet) at ceiling above the head level (6 feet). He says this kind of cot arrangement saves enough floor space and can give the needed extra walking space in today's cramped apartment. He can be contacted at 93825 13825 for more details and demo of the product.

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ரூ.1000 முதல் ரூ.3000 வரை புடவை கொடுப்பவர்களுக்கு கபம்! இலவசம்!

பழைய டிஷ்யூ புடவைகள் ரூ 5,000 முதல் ரூ. 20,000 வரை வாங்கப்படும்

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இவ்வாய்ப்பு 9 தினங்கள் மட்டுமே! 09.8.2014 முதல் 17.8.2014 வரை

ஞாயிறு கடை உண்டு. வேலை நேரம்: 10 மணி முதல் இரவு 7 மணி வரை

Wins first place in interschool chess tourney



By Our Staff Reporter

S. Sandhya, a resident of Ramachandra Street, T. Nagar, won the first prize in the junior category in the interschool chess tournament conducted by Chennai Sports Academy on July 27.

She is a Std. 2 student of PSBB School.

Satsang in Postal Colony (West Mambalam) tomorrow

By Our Staff Reporter

Yogi Ram Surathkumar Mandali (22, Raja Apartments, Postal Colony 4th Street, West Mambalam, Ph: 98847 24271) will conduct Satsung on Sunday, August 10, from 4 p.m to 6.30 p.m in its premises.

There will be chanting of Yogi Ramsurathkumar's name, Hanuman chalisa followed by arathi.

This will be followed by a lecture on Yogi Ram's spirituality 'Guru Darshan Leelaigal' in which the devotees can share their personal experiences with the guru.

All are welcome.

Free workshop on 'Acupressure and Nature Cure' next Saturday

By Our Staff Reporter

Senior Citizens Bureau (90, Rama Street, Nungambakkam), in association with Indian Board of Integrated Medicines (West Mambalam),

2-way traffic resumes on Kodambakkam Bridge for light vehicles

By Our Staff Reporter

Two-way traffic, except for heavy vehicles including MTC buses, was resumed on Kodambakkam Bridge couple of days ago. It has brought a big respite to motorists.

The bridge was made one-way to facilitate the repair work being undertaken on the bridge.

Earlier, vehicles going towards Kodambakkam flyover from Vallurkottam were diverted via Thirumalai Road and Bazullah Road flyover to reach Kodambakkam.



Infants enjoy blissful sleep amidst heavy traffic



By Our Staff Reporter

Two infants undisturbed by the traffic noise were found sleeping in makeshift saree cradles hung from a tree branch on the pavement of Dr. Nair Road (T. Nagar) on Aug. 6.

The parents were engaged in storm water drain work nearby.

Even as the country gears up to celebrate its 68th year of independence, many are still struggling to get even basic needs of survival.

Talk on stress management in German Hall on Friday

By Our Staff Reporter

P.S. Lalitha (Reiki practitioner and acupuncturist) will give a free talk on 'Stress Management' in Bala Mandir German Hall, Prakasam Street, T. Nagar, on Friday, Aug. 15, from 10 a.m to noon.

The talk will cover ailments caused by stress and how to relieve it with simple techniques like meditation.

All are welcome.

Lalitha, after retiring as professor from Madras Veterinary College, started practicing Reiki and acupuncture. She runs a clinic in Tiruvanmayur

Hepzibah Institute offers course on conserving paintings

By Our Staff Reporter

Hepzibah Institute of Heritage Conservation (21, V.O.C. Street, M.G.R. Nagar) will conduct a crash course on 'Introduction to Conservation of Paintings' from Aug. 25 to 31.

The course covers basics of conservation of old paintings through classroom studies, demonstrations, hands on experience of handling heritage materials and visit to museums.

The last date for the receipt of filled-in application is Monday, Aug. 18.

Application forms can be collected from the office from 10 a.m to 5 p.m on weekdays.

For course fee and other details, please call 2474 5944 or 2471 3239.

New office bearers for Thyaga Brahma Gana Sabha

By Our Staff Reporter

N. Krishnamoorthy was elected as President of Sri Thyaga Brahma Gana Sabha for the term 2014-17 during its 69th annual general meeting held on Aug. 3.

The other office bearers elected are T.K. Raghunathan (Vice President), J. Krishnamachary (Honorary Secretary), S.V.S. Mani (Honorary Secretary) and R. Seshadri (Honorary Treasurer).

Free eye-check and treatment by Lions Club on Friday

By Our Staff Reporter

To mark Independence day, Lions Club of Wisdom (13, Easwaran Koil Street, West Mambalam, Ph:2371 5060/98411 16123), in association with Sri Sabarimalai Baktha Educational and Social Trust, will conduct free eye check-up on Sunday, August 10, from 9 a.m to 1 p.m in Pandian Kalyana Mandapam (10, Station Road, West Mambalam).

Doctors from Udhi Eye Hospital (Alwarpet) will examine the participants.

Those needing medical inter-

vention will be given free treatment at Udhi Hospital.

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Ph: 2474 6424, 97890 25162
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ஸ்ரீ சிருங்கேரி ஜகத்குரு சங்கர மடம்
38, கிருபாசங்கரி தெரு, மேற்கு மாம்பலம், சென்னை - 33.
ஸ்ரீ கிருஷ்ண ஜெயந்தி மஹோத்ஸவம்
17.08.14 (ஞாயிற்றுக்கிழமை) முதல் 22.08.14 (வெள்ளிக்கிழமை) வரை

நிகழ்ச்சி நிரல்	
17.08.14 (ஞாயிறு) காலை 8.30 மணி முதல்	• கோகுலாஷ்டமி மூலவர் / உற்சவர் ஸ்ரீ நவநீத கிருஷ்ணருக்கு மஹாபிஷேகம் மற்றும் விசேஷ பூஜைகள்
மாலை 7.00 மணிமுதல் மாலை 7.15 மணிமுதல்	• விசேஷ பூஜைகள் • செங்கோட்டை வித்வான் ஸ்ரீ S K S ஹரிஹர சுப்ரமணிய பாகவதர் மற்றும் குழுவின் நாமசங்கீர்த்தனம்
18.08.14 (திங்கள்) மாலை 6.30 மணிமுதல்	• உறியடி உற்சவம்
19.08.14 (செவ்வாய்) முதல்	• தாமஸ் ராமகிருஷ்ணன், தாமஸ் பெருந்தேவி அவர்களின் நாராயணீயம் உபந்யாசம் கீழ்க்கண்ட தலைப்பில் நடைபெறும். 19.08.14 (செவ்வாய்) : நாராயணீயம் - அவதாரிகை 20.08.14 (புதன்) : ப்ரகலாத சரித்திரம் 21.08.14 (வியாழன்) : ஸ்ரீ கிருஷ்ணாவதாரம் 22.08.14 (வெள்ளி) : ருக்மணி கல்யாணம்

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will conduct a free consultation-cum-workshop on 'Acupressure and Nature Cure' on Saturday, Aug. 16 from 10.30 a.m to 12.30 p.m in Sai Baba Hall (2A/68, Balakrishna

Naicker Street, near Ayodhya Madapam, West Mambalam). Dr. F.A. Abdul Nazar will demonstrate and talk about the benefits of acupressure and nature cure.

Participants can avail free consultation For registration, contact S. Jayakumar in 2823 1388.

Doctor donates clothes to villagers during padayatra to Tirupati

By Our Staff Reporter
Dr. Suneel (resident of Vijayaraghava Raod, T. Nagar. Ph: 95512 96999/98412 07788) donated dhotis, sarees and medicines to villagers during his 150-km padayatra from Chennai to Tirumala Temple (Tirupati) from Aug. 1 to 4.

He went on this pathyatra for the ninth consecutive year. He said that the yatras help him to analyze the condition of the villages on the way and he interacts with the dwellers during his rest periods to assess their needs.

4-day Rajayoga meditation from Wednesday

By Our Staff Reporter

Brahma Kumaris Rajayoga Meditation Centre (17/8, Ramasamy Street, T. Nagar, Ph: 97910 92461, 94440 11194) will celebrate its 3rd anniversary on Tuesday, Aug. 12, from 5 p.m to 8 p.m in its premises.

There will be a pictorial exhibition of Rajayoga meditation. Visitors will be given an introduction to Rajayoga meditation and can register for the 4-day class to be conducted from Aug. 13 to 16, from 6.30 p.m to 7.30 p.m.

They can also celebrate raksha bandhan with the members.

All are welcome.

Shops gear up for Independence Day celebration

By Our Staff Reporter

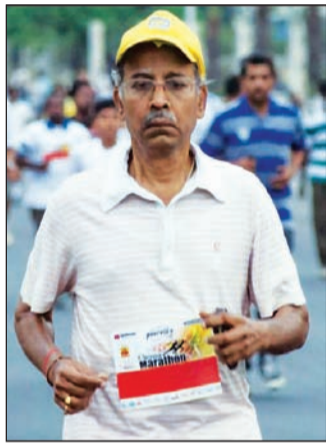
Shops selling novelties are gearing up to rake in business on account of India's 68th Independence Day on August 15.

A shop owner told *Mambalam Times* that a number of items, including hand bags, garlands, flags of all sizes, T-shirts, friendship bands, medals and mementos with slogans and messages with respect to nationalism are available for sale.

Celebration of Independence Day with flag hoisting and decoration is popular in banks, government offices, corporate houses, educational institutions, residential associations and social service organizations.



62-year-old completes 8 km run



By Our Staff Reporter

62-year-old V. Sethuraman (a resident of 23, Pinjala Subramaniam Street, T. Nagar; Ph: 96001 88824) successfully participated in the 8 km 'Race against cancer' run held at Island Grounds on Aug. 3.

He completed the run in 64 minutes.

He said that more than 6000 persons participated in the run which was flagged off by Dr. V. Shantha (Adyar Cancer Institute).

He had retired as a senior executive from BHEL.

Puppy found on Postal Colony 3rd Street

By Our Staff Reporter

A mongrel puppy with a white and brown coat and a red collar was found near Postal Colony 3rd Street on Aug. 2. It appeared to be lost and is now under the care of S. Anand.

Anand said that the dog appears to be depressed and is refusing to eat properly.

The owner of the dog or anyone willing to adopt it may contact Anand in 98412 79222.



Colouring and drawing competition for children on Friday

By Our Staff Reporter

6Dots Play School (18/12A, Danasekaran Cross Street, near Kali Bari Temple, West Mambalam) will conduct a colouring competition for LKG to Std. 3 students and drawing-cum-colouring competition for Std. 4 and Std. 5 students on Friday, Aug. 15, from 9:30 a.m to 3 p.m in its premises.

Colouring / drawing charts will be provided but participants will have to bring their own colouring materials.

Registration is free.

Wins third prize in inter-school Karate tourney

By Our Staff Reporter

Srijith Hrishikesh (resident of West Mambalam) won the 3rd prize in the 7th IGKA National Karate Tournament - 2014, in the green-brown belt category, conducted by Colt Institute of Karate and Hoslistic Health on July 27 in Indoor Basketball Stadium (Kilpauk).

She is a Std. 3 student of PSBB Millenium School.



Free Pranic healing program on Friday

By Our Staff Reporter

GMCKSPranicHealing Center (9/6, Mahadevan Street) will conduct a free pranic healing program on Friday, Aug. 15, from 10.30 a.m to 4 p.m in Rajeswari Hall (64, Lake View Road, West Mambalam).

The program will be conducted by Indra Ramamurthy. She said that Pranic healing is a highly developed and tested system of energy based healing technique that utilizes "prana" to heal physical and psychological ailments. It is a "no-touch no-drug therapy", she added.

All are welcome.

For more details, call 97104 03991 / 97104 03992/ 2371 5038.

Kamakshi Trust conducts art meets on Sundays

By Our Staff Reporter

Sri Anna Kamakshi Educational Trust (Plot 998, Door 19, 74th street, 12th sector, K.K. Nagar) conducts art meets on Sundays from 4 p.m to 5 p.m.

Anyone interested in art can join the meets and share their opinions.

There is no entry fee and all are welcome.

For more details, please call 2474 0429 / 93810 24002 / 81440 04001.

142 blood units collected from 200 donors



142 units of blood from 200 donors were collected during a blood donation drive conducted jointly by Rotary Central TTK and VHS Blood Bank in Jaigopal Garodia Hindu Vidyalaya (4th Street Postal Colony, West Mambalam) last week. The students who helped the organisers and the donors in conducting the drive will be honoured with appreciation certificates.

Free dance and meditation program for women next Saturday

By Our Staff reporter

'Udbhavam', a program with a blend of dance and meditation for women, will be conducted by Athma Laya on Saturday, Aug. 16, from 5 p.m to 7 p.m in Tattvaloka Hall, Teynampet.

According to Mala Bharat, who founded Athma Laya in 1998, Udbhavam will help women to relax and rejuvenate through a unique blend of dance (influenced by Bharatanatyam) and meditation.

It helps women to contemplate about their own lives and rejuvenate them to lead better lives, she said.

For registration, contact Gowri Jayakrishnan in 98849 53013 or 98841 53013 or email athmalaya@gmail.com.

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Krishnar Fancy Dress Competitionக்குத் தேவையான பஞ்சகச்ச வேஷ்டி, Flute, மாலை, கிரீடம், ஒட்டியாணம், அங்கி கிடைக்கும்.

Clay, Paper Mache and Fibre Krishnar available. Dress, Mala, Kreedam, Peetam, Jula for tiny தவமும் கண்ணன்.

Sumangali Set, கன்யாபெண் Set, தெய்வீக பரிசுப்பொருட்கள், Chanting Box, Full Sloga Chanting Box, Dressed Marappachi.

Papermache / மண்செட்டு பொம்மைகள் / Terracotta Colour பொம்மைகள் அனைத்தும் குறைந்த விலையில் கிடைக்கும்.

Rameswaram Street, T. Nagar (Opp. Canara Bank ATM).

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