

MAMBALAM TIMES

The Neighbourhood Newspaper for T. Nagar & Mambalam

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22 candidates in fray in T. Nagar

By Our Staff Reporter

22 candidates including 10 independents will contest from T. Nagar constituency in the Assembly election on April 6.

The key contestants are:

Sitting MLA B. Sathya narayanan: AIADMK

J. Karunanithi: DMK

P. Karupaiyah: Makkal Needhi Maiyam (launched by Kamal Hassan).

There are 2.84 lakh voters in T. Nagar constituency with 229 polling booths.

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Man held under Pocso Act

By Our Staff Reporter

R. Murali (46) from T. Nagar was arrested by Teynampet woman police on March 16 under the Pocso Act for sexually assaulting a 15-year-old girl who worked as a maid in his employer's house.

The accused was employed as a driver.

According to the police, Murali took the girl inside the car under the pretext of teaching her how to drive, and molested her.

Her parents filed the police complaint.

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- மூங்கில் அரிசி: மூட்டு வலி, முழங்கால் வலி சரியாகும்.
- மாப்பிள்ளைசம்பா அரிசி: நரம்பு, உடல் வலுவாகும். ஆன்மை கூடுகிறது.
- அறுபதாங்குறுவை அரிசி: எலும்பு சரியாகும்.
- பூங்கார் அரிசி: சுகப்பிரசவம் ஆகும். தாய்ப்பால் உறுகும்.
- கறப்புகறுவை அரிசி: இயற்கை சக்தியை மீட்டுதல் தரும். கொடிய நோய்களையும் குணப்படுத்தும்.
- காட்டுயாள் அரிசி: நீரிழிவு, மலச்சிக்கல், புற்று சரியாகும்.
- தங்கச்சம்பா அரிசி: பல், இதயம் வலுவாகும்.
- காலாநாமக்கரிசி: புத்தர் சாப்பிட்டது. மூளை, நரம்பு, இரத்தம், சிறுநீரகம் சரியாகும்.
- கிச்சிலிசம்பா அரிசி: இரும்பு சத்து, சுண்ணாம்பு சத்து அதிகம்.

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Man held for bid to molest neighbour

By Our Staff Reporter

L. Kannan (37) was arrested on March 15 by Mambalam police on the charge of trying to molest his neighbour's wife when she was alone at home in Kavarai Street (West Mambalam).

According to the police, knowing that the woman was alone in the house, the accused knocked on the door at around 7 p.m, forced himself in and bolted the door from inside.

He then tried to molest her, but the woman raised an alarm, following which Kannan escaped.

The couple filed a complaint in Mambalam All-Woman police station.

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*** இதை 'டீ' அடிச்சான் காப்பி என்று மோடி தாசர்கள் சொல்வார்கள்.

2. வீட்டுக்கு ஒரு ஓட்டகம் தர மஜ்லிஸ் கட்சி தலைவர் ஓவையின் யோசனை.

*** வாக்களித்தவர்கள் ஓட்டகம்போல் பொதி சுமக்க வேண்டியதை உணர்த்தத்தானே?

3. 'சமுதாயத்தை முன் நிறுத்தவே கிழங்கு கிழங்காக நகைகளை அணிந்து அலைகிறேன்' பனங்காட்டுப் படை கட்சியின் அதிபர் ஹரி நாடார்.

*** பொன்மனத் தலைவர் அல்லாமல் பொன்மேனித் தலைவராக ஒளிர விருப்பமா?

4. நாங்கள் ஆட்சிக்கு வந்தால் வேளாண்மை அரசுப் பணியாக மாற்றப்படும் - சிமான்.

*** அரசு விவசாயிகள் பண அறுவடை செய்யாமல் பார்த்துக் கொள்வாரா?

5. 'எங்கள் ஓட்டு விற்பனைக்கல்ல' என்று வீட்டின் முன் எழுதி வையுங்கள் - கமல்.

*** பல கட்சிகள் களத்தில் இருப்பதால் ஓட்டு ஏலத்திற்கு அல்ல என்றும் தானே?

6. அயோத்தியில் உருவாகும் ராமர் கோவிலுக்கு வயதானவர்களை தரிசனத்திற்கு அழைத்துச் செல்வேன் - கெஜ்ரிவால்.

*** வில்லேந்திய ராமனைத் தள்ளாடாமல் சென்று தரிசிக்க கைத்தடிகளுடனுமா?

7. அயோத்தி விமானநிலையத்தை நவீன மயமாக்க ரூ. 242 கோடி வழங்கப்படும்.

*** சிதையை மீட்டு ராமர் புஷ்பக விமானத்தில் இறங்கிய ஏர்போர்ட் ஆச்சே!

8. 100% ஓட்டுப்பதிவுக்குக் கருவேல முன் மீது சிவதாச பகவானின் யோகாசனம்.

*** தலைகீழாக நின்றாலும் நாங்கள் ஓட்டளிக்க மாட்டோம் என்பவர்கள் திருந்தவா?

9. தனியார் அப்பள நிறுவன ஊழியர்கள் ஓட்டளிப்பு பற்றி உறுதிமொழி.

*** நழுத்துப் போன வாக்குறுதிகளைத் தருபவர்களுக்கு எங்கள் ஓட்டு இல்லை என்றா?

10. மோடியின் 'போரிபர்தன்' வார்த்தைக்கு மாற்றம் என்று பொருளாம்.

*** அரசியலில் மாற்றம் ஒன்றே மாறானது அல்ல. ஊழல் நாற்றமும் மாறானது.

11. நடிகர் செந்தில் பா.ஜ.கவில் இணைந்தார்.

*** 'டேய், ஓட்டுப் பெட்டித் தலையா! இதிலேருந்தும் பிச்சுண்டா, உதைப்பேன். கொக்கமக்கா ஓடிப்போயிடு' என்று கவுண்டமணி கலாயிப்பாரா?

12. ராஜபாளையம் தொகுதியில் கவுதமிக்கு பா.ஜ.க சீட்கிடைக்கவில்லை.

*** கமலுடன் (தாமரை) தொடர்பு தொடர்ந்து இல்லை போலிருக்கு.

13. குருவனம் என்ற தன் இடத்தில் 600 எளிய குடிமக்களுக்கு சிலை அமைக்க ஓவியர் சந்துருவுக்கு விருப்பமாம்.

*** தலையில் துண்டைப் போட்டுக் கொண்டு முழிக்கும் வாக்காளர் சிலை உண்டா?

14. 'செல்லாத பணம்' நாவலுக்காக எழுத்தாளர் இமையத்திற்கு சாகித்ய அகாடமி விருது.

*** எப்படி? தேர்தல் சமயத்தில் செல்லாத பணமா? பணம்தானே செல்லும்?

15. சொத்தைக் கத்தரிக்காய்கள் சமையலுக்கு வருகின்றன - பழ கருப்பையா.

*** இழந்த சொத்தை மீட்கத்தானே?

16. ஏ.சி முதல் ஊசி வரை 108 ஃப்ரீ சின்னங்கள் அறிவிப்பு.

*** பொற்கிழி, மணிபர்ஸ், பீரீஃப் கேஸ்கள் இருக்காதே!

17. கோழி கூவும் முன்னே 'பட்டுவாடா'க்களை முடிக்க வேட்பாளர்கள் திட்டம்.

*** பால் கவருடன் பணக் கவரும் அரை இருட்டில் கைமாறலாம் இல்லையா?

18. பெண் எம்.எல்.ஏக்கள் இழுத்த டிராக்டரில் ஊர்வலம் வந்த ஹரியானா காங்கிரஸ் ஹூடா சர்ச்சையில்.

*** இப்படியும் மகளிரை இழுக்கிற இழுப்புகள் இருக்குமா என்ன?

19. அனைவருக்கும் இலவச வாஷிங் மெஷின் - அ.தி.மு.க அறிவிப்பு.

*** ஏழை பாழைகள் கந்தலானாலும் இனி கசக்கிக் கட்டலாம்.

jsraghavan@gmail.com

T. NAGAR & MAMBALAM BAZAAR

This column is intended to help small businesses to have a cost-effective advertisement medium. Advertisement in this section will be in standard panel sizes of 4 cm. x 1 column (costing only Rs. 600) and 4 cm. x 2 column (costing Rs. 1200)

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Hotels struggle due to low occupancy

By Our Staff Reporter

More than six months after hotels reopened, most of them are struggling to stay afloat due to low occupancy rates compounded by high cost of maintenance.

M. Ravi (President, Chennai Hotels Association) said that more than 1,500 hotels have closed since the lockdown and many more will follow suit.

As foreign tourists have stopped coming, none of the big hotels are occupied. Due to this, rates have been slashed by nearly 50 percent.

Even restaurants are struggling as many prefer to order from the safety of their homes.

Officials campaign to increase voter turnout

By Our Staff Reporter

Chennai Corporation has organised special campaigns to increase voter turnout in the ensuing assembly elections.

The election officials will conduct SVEEP (Systematic Voters' Education and Electoral Participation) activities in 173 polling locations which registered lower than 50% turnout in the previous election which include 27 polling booths in T. Nagar.

Passers-by nab chain snatcher

By Our Staff Reporter

In a failed chain snatching attempt near Umamathy Street Extension (West Mambalam), by two men on a bike, the pillion rider was nabbed by passers-by, while the rider was later arrested by Kodambakkam police.

They were identified as Durairaj of Vadapalani and A. Kishore of Kodambakkam.

The culprits tried to snatch the chain of a morning walker, but both fell off the bike in the attempt.

While Kishore managed to get up and escape on the bike, Durairaj was secured by passers-by.

Based on the information provided by Durairaj, Kishore was arrested the same evening.

5 booked for stealing documents, pledging house

By Our Staff Reporter

The Central Crime Branch (CCB) police have booked B. Sheela (daughter of late educationalist Jeppiar and Remibia) along with her accomplices A. Muralidharan and S. Francis of T. Nagar, S. Jose of Perumbakkam and S. Justin of Kanniyakumari on the charge of stealing the original documents of Remibia's house in Royapettah and pledging it for Rs. 5 crores.

After preliminary inquiries, police said that Sheela was behind the fraud and had pledged the house to Francis and Muralidharan.

Sheela is the ex-trustee of Jeppiar Educational Trust and Jose and Justin are her siblings.

Leaning grill a danger for pedestrians

A portion of the grill with sharp ends atop the compound wall of Jeeva Park (Arul Ammal Street, Parthasarathi Puram, T. Nagar) which is leaning towards the pavement, poses a danger for unwary pedestrians, especially at night due to poor visibility. The grill was damaged by a leaning tree which was cut and removed last week.

Park visitors have appealed to Corporation officials to repair the compound wall and reinstall the grill properly.

Face mask given to school students

By Our Staff Reporter

Malathi Santhosh (President, Inner Wheel Club of Chennai Gemini) donated 250 reusable face masks and 1000 sanitary napkins to the students of Kesari Higher Secondary School (T. Nagar) on March 15 as part of International Women's Day celebrations.



Most of the students studying in the government-aided school are from poor families.

Watermelon sales pick up pace as mercury rises



Sales of watermelon have started to increase with the mercury levels crossing the 35 degree centigrade mark.

More roadside vendors are selling the thirst-quenching fruit on Govindan Road, Arya Gowda Road (West Mambalam) and Kamarajar Salai (Ashok Nagar). Heaps of melons can also be seen stacked outside big vegetable shops like Pazhamudhir Nilayam. They are sold between Rs. 20 and Rs. 30 per kg and at Rs. 10 per slice.

S. Murugan (a watermelon and tender coconut trader in K.

K. Nagar) said that the demand for watermelon is now higher than tender coconut. Last year, the sales were affected due to COVID-19 outbreak. Sales did not go up even after the lockdown. We expect a good season this year with the election fast approaching," he said. S. Bala (a resident of Lake View Road, West Mambalam) told this reporter that he now prefers a slice of melon or tender coconut instead of aerated drinks to quench thirst, as the latter is not a healthy option in the present pandemic environment.

Artistic paintings adorn school compound wall

By Our Staff Reporter

The compound wall of Sri RKM Sarada School (Usman Road, T. Nagar) has been beautified with artistic paintings of flowers, birds and other subjects.

Small stones have been embedded on the wall's surface to prevent pasting of posters.



Boards with metro rail info at bus stops

By Our Staff Reporter

Chennai Metro is installing information boards on fares, timings and routes at MTC bus stops close to stations.

At present, the boards have information on fares from the station nearest to the bus stop to all the 40 metro stations along with the various discounts available.

Bharatanatyam exponent, disciples felicitated

By Our Staff Reporter

Dharani Ramakrishnan (Founder, Saraswathi Natyalaya, West Mambalam) and her disciples were felicitated by Tamil Isai Sangam (Mayiladuthurai) for presenting a thematic group recital for Shivarathri in Veeratteswarar Temple (Korukkai, Mayiladuthurai) on March 11.



She has trained a number of students, many of whom have become professional dancers. A number of her students have also started their own dance schools. She and her students have given a number of performances in temples, leading sabhas and dance festivals. Her contact number is 98417 39168.

Temple chariot procession on Thursday

By Our Staff Reporter

The chariot of Kasi Viswan-athar Temple (Kuppaiyah Street, West Mambalam) will be taken in a procession at 6 a.m on Thursday, March 25 as part of Panguni Uthiram festival.

The procession will cover Easwaran Koil Street, Madley Subway Service Road, K. R. Koil Street, Arangappan Street, Ellaiamman Koil Street and Gandhi Street.

Devotees are requested to participate and help in pulling the temple chariot. All are welcome.

Photo IDs for new voters will come by post

Those who have applied for inclusion in the electoral roll for the first time will receive the Elector Photo Identity Card (EPIC) by post at their registered address.

Previously EPIC was either handed over by the booth level officer or one had to apply for it through e-seva centers, which caused delays and hardship to the prospective voters.

Similarly, those who have lost the EPIC or wish to replace damaged ones, need not

approach the e-Seva centers. The ECI is in the process of rolling out a system wherein those who have lost their EPICs and want a replacement will be able to apply for them online without going through the long process, and it will reach them by post.

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LETTERS TO THE EDITOR

Debris not removed after road relaid



Sir, The road between Postal Colony 4th street junction and Kavara Street junction on the main Lake View Road in West Mambalam was milled and relaid about three weeks back. The debris, consisting of gravel, mud and stones, was not removed from the road but heaped on the margin of the road opposite Bank of India branch. I wonder how such a huge heap of debris has escaped the attention of the Corporation supervisor responsible for road maintenance. I request officials to immediately clear the debris. **Rajaraman, Brindhavan Apartments, 198, Lake View Road, West Mambalam, Ph. 94442 11330.**

Junction in bad shape after cables relaid

Sir, The junction of Arcot Street and South Boag Road has been in a pitiable condition for the last six months after the EB relaid cables. The officials concerned should take steps to relay the road. **S. Parvathy, Resident of South Boag Road**



Flying squads formed to enforce use of masks

By Our Staff Reporter

COVID-19 prevention efforts have intensified due to rising cases.

Like flying squads for elections, the Health Department is taking measures to form flying squads to impose fines on persons who do not wear masks, Health Secretary J. Radhakrishnan said on March 11.

With fresh COVID-19 infections gradually rising across the State, the department is all set to intensify collection of fines from those who violate safety norms.

Persons who do not wear masks or keep their masks in pockets in any place where more than 20 persons are gathered will be fined.

"People attending marriages, funerals, birthday parties and programs at home should wear masks. All these norms will apply to election meetings and wearing of masks is a must," he said.

Sewage water overflowing in Madley Subway

By Our Staff Reporter

Due to leakage in the pipeline, sewage water has been accumulating in the storm water drain in Madley Subway and overflowing onto the road for several days.

It has turned the road slippery and unsafe for motorists.

The unhygienic condition is also a health hazard.

The drain is open in several places as the covers are damaged.



Debris removed following report in Mambalam Times



By Our Staff Reporter

Following the report 'Debris dumped on Dr. Nair Road' published in *Mambalam Times* (March 14-20 issue), the construction debris and silt dumped on the margin of Dr. Nair Road in T. Nagar were removed.

Damaged scooter dumped near EB junction box



By Our Staff Reporter

A scooter (TN09/BR3775) in damaged condition has been lying near an EB junction box outside 21, Bhagavantham Street, T. Nagar for more than eight months, according to nearby residents.

The base of the junction box is damaged.

Residents have appealed to traffic police to remove the damaged scooter from the spot.

If anything interesting is happening in your neighbourhood please inform Mambalam Times.

8-day Naamasankeerthana Vaibhavam from tomorrow

By Our Staff Reporter

Sri Thyaga Brahma Gana Sabha (Vani Mahal, G. N. Chetty Road, T. Nagar) has organised the 13th Naamasankeerthana Vaibhavam in association with Sri Kanchi Mahaswami Vidya Mandir (Rajakilpakkam) and Sastra University from March 22 to 28 in Vani Mahal.

The following is the program:

March 22: 4 p.m: Thodaya Mangalam, Guru Keerthanam & Guru Abhangam by Krishnapuram Ramasubramanyan Bhagavathar; 6 p.m: Inaugural function.

March 23: 4.30 p.m: Naamasankeerthanam by Sivasri Skandaprasad & party; 6.45 p.m: 17th Ashtapathi by Sirkazhi Sattanatha Bhagavathar.

March 24: 4.30 p.m: 15th - 21st Ashtapathi by Karthik Gnaneshwar Bhagavathar; 6.45 p.m: 22nd - 24th Ashtapathi and Narayana Theerthar Tharangam by R. Ganesh Bhagavathar.

March 25: 4.30 p.m: Naamasankeerthanam by bhajan group from Sastra University; 6.45 p.m: Bhajans by Savita Sreeram.

March 26: 4.30 p.m: Rendering of kirtanas by Gnananda Naamasankeerthanam Mandali; 6.45 p.m: Special kirtanas by Senkottai Sri Hara Hara Subramaniam Bhagavathar.

March 27: 4.30 p.m: Devatha Dhyanam by Rasika D. Prasad (Trichy); 6.45 p.m: Abhanga Divyanamam by Kadayannallur Rajagopala Das Bhagavathar.

March 28: 8.30 a.m: Unjavrithi; 9.30 a.m: Pooja, Divyanamam and Sri Radha Kalyanam by Udaiyalur K. Kalyanaraman Bhagavathar; 12.30 p.m: Mangala Harathi and Anjaneya utsavam.

I am officially immune to COVID-19

By Dr. Raj Palaniappan (Bariatric Surgeon)

Immune certified means I am eligible for my immunity passport.

Value more than 1 is positive and more than 10 is good immunity.

After I completed my 2 doses of Covishield and checked my antibody status a month later, my value was a healthy 16.6.

I got my CO-WIN certificate and also downloaded it through the Arogya Setu app.

You should leave aside all apprehensions about when to get vaccinated or which vaccine (Covishield or Covaxin) to choose and but just get yours done today.

If already done, then get your antibodies checked and download your certificate.

Let us fight for a COVID-19-free world.

12 Election Expenditure Observers for Chennai

By Our Staff Reporter

To monitor the election expenditure of candidates and political parties, 12 expenditure observers have been deployed in Chennai since March 12.

While 8 expenditure observers will monitor the RK Nagar, Perambur, Kolathur, Egmore, Royapuram, Thousand Lights, Anna Nagar and Virugambakkam constituencies, four will take cover eight constituencies.

As per the Election Commissioner of India notification, candidates should not spend more than Rs. 28 lakhs for election related activities including campaigns. The expenditure observers will also look out for bribing of voters with cash and gifts.

Further, Chennai Corporation has increased the number of flying squads to 144 from the present 48 to intensify the surveillance against distribution of cash and gifts for votes.

According to G. Prakash (Corporation Commissioner), 16 video surveillance teams have also been deployed (one for each constituency).

In case of violation of the election rules in Saidapet and T. Nagar constituency, members of the public can complain to the observers in 89255 15021.

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As new cases spike in city, Kodambakkam registers drop

By Our Staff Reporter

Though 11 zones in the city registered a positive growth rate of fresh COVID-19 cases in the last seven days till March 16, Kodambakkam Zone, which was topping the list since Feb. 15, registered a drop and stood at -1.3%.

Teynampet Zone registered a positive rate of 3% which was lower by 2% from the earlier 15-day period.

According to the data released by Chennai Corporation, the average growth rate of new cases across all zones was at 2.4 percent.

According to a health official, the city is now reporting around 300 new cases every day (400 on March 15), a much higher number than a few weeks back.

Overall, the city has 1,980 active cases, which is around 1 percent of the total reported cases.

The Corporation has started bring under containment houses and apartment complexes that are reporting more than 3 cases.

Mysore Coffee offers sugar on purchases

By Our Staff Reporter

Mysore Coffee (57, Lake View Road, Station Road, West Mambalam) is offering 1 kg sugar free on purchase of 1 kg. of coffee powder, 500 gm sugar on purchase of 500 gm coffee powder and 250gm. sugar on purchase of 250 gm. of coffee powder.

The price of coffee powder is Rs. 400 for 1 kg., Rs. 200 for 500 gm. and Rs. 100 for 250 gm.

According to its proprietor, it sources export quality coffee seeds from Chikmagalur, Karnataka.

He said that free home delivery is available for orders of 500 gm. and above.

Mambalam Mami's homemade vathal, vadam, pickle and appalam are also available.

Its phone numbers are 91764 43894, 91764 43891.

Policy cover for hospitalization for vaccine after-effects

By Our Staff Reporter

Insurance Regulatory and Development Authority of India (IRDAI) has clarified that in the event of hospitalisation following an adverse reaction to COVID-19 vaccination, the medical expenses of hospitalisation will be covered under the health insurance policies subject to the specific terms and conditions of the policy.

Child Helpline 1098

2 get 'Deccan Dhanvantari' award



By Our Staff Reporter 'Deccan Dhanvantari' award was presented to S. Meenakshi and S. Sekar (Advance Haemo Dialysis Technicians) during 'Dhanvantari Day' celebrations on March 10 under the auspices of Sukar

Markandeyan Charities (6/1, 2nd Street, Balaji Avenue, T. Nagar. Ph: 2834 2483).

The award was presented by Nirmal Gadhiaji (Managing Director, Deccan Group of Companies, T. Nagar). Dr. Kamalakar Rao (former

Professor of Plastic Surgery, Madras Medical College) welcomed the gathering. Ramani Guruji (Sakthi Arutkoodam, Alamelupuram, Selaiyur) gave his blessings and S. Ve. Sekar (Thespian) presented a special address.

Damaged auto dumped on pavement



An autorickshaw in damaged condition has been lying on the pavement outside Plot No. 21, Postal Colony Street, West Mambalam for several months.

The residents of the street have appealed to the traffic police to remove the vehicle from the spot.

New pavement for Mambalam High Road



By Our Staff Reporter A 6-foot-wide pavement with interlocking slabs was laid on Mambalam High Road (T. Nagar) last week.

Encroachments were also removed from the road margin. Debris and other garbage dumped on the road margin for more than a month were also removed.

Bench at bus stop inches above pavement



By Our Staff Reporter The stainless steel bench at the modern bus stop on G. N. Chetty Road (T. Nagar) has lost its utility after the height and width of the pavement were raised.

The bench is now just a few inches above the pavement thereby making it impossible for anyone to sit on it with comfort.

At times, some persons can be seen sleeping on the bench. Commuters have appealed to MTC to replace the bench.

Maximum temperature touches 35.1°C on March 14

By Our Staff Reporter

The temperature crossed 35°C for the first time on March 14 to touch 35.1°C.

The previous high of the year was 34.3°C on March 1. According to officials in the Regional Meteorological Centre, the maximum temperature will hover around 35°C and the minimum around 24°C through March and increase through April to peak during the Katri Veyil period in May.

With the dry weather expected to continue, there could be sporadic rainfall.

Rs. 17-lakh hi-tech vehicle to nab traffic rule violators

The State Transport Department has procured an interceptor vehicle to nab traffic rule offenders in the city.

The Rs. 17-lakh state-of-the-art vehicle is equipped with a radar gun that can measure the speed of moving vehicles and take photos of those exceeding the speed limit.

An Automated Number Plate Recognition (ANPR) system, linked to the Centre's Parivahan portal, can extract owner details using the registration number and a receipt will be generated on the spot. It also includes a breath analyser, a sound-level meter and light-transparency measuring meter to book motorists driving under the influence of alcohol, using illegal horns and those using tinted glass.

A 360° camera, a public address system and laptop are also fitted to the vehicle.

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Demystifying COVID-19 vaccine

Dr. Murugan

Presently, Covishield and Covaxin are the two government approved COVID-19 vaccines that are being administered.

1. How long do the vaccines last? How much immunity can one get?

As per statistics, the antibodies in people affected by COVID-19 infection wane in 6 months and even faster in those with comorbidities.

The injected vaccines will also follow a similar pattern and may wear off in a year.

Will one require annual doses or booster shots?

It will depend on the progression of the pandemic, and booster shots may be needed in the future if the pandemic continues on a large scale or as per the advisory of the govt.

Similarly, persons with frail immunity levels, the aged and those with co-morbidities may need booster shots after assessment of the antibodies in the blood stream.

Are there chances of infection even after a vaccine shot?

Yes. It is possible, but the impact may be lesser.

The booster vaccine shot is given 28 or 30 days after the 1st shot.

The antibodies start building from the 13th day to the 45th day or, more accurately, 15 days from the date of the 2nd shot of the vaccine.

So, a person is reasonably protected only 45 days after the 1st shot.

Also, the T-Cells (white blood cells) which are vital to boost the immunity start building up a month after the 1st shot.

So, a vaccinated person is as much at risk of infection in the first 45 days, but the vaccine will decrease the spread and reduce the impact of the infection by making it weaker and not turning into severe manifestation of lung disease and the cytogenic storm.

How effective are these vaccines?

As per clinical trials, the efficacy of Covishield is 66% to 72% and that of Covaxin 81%.

But, in real world, the effectiveness is expected to be around 50% to 55%.

The effectiveness is more relevant when seen on a larger scale than at an individual level. With more people getting vaccinated, the faster will be the control over the pandemic, which is termed "Herd immunity". According to medical experts, the fastest way to combat the pandemic is to vaccinate the maximum population, especially the most vulnerable at the earliest like the aged and those with comorbidities.

The bottom line!

Even if the vaccination is not 100 percent effective, it is the best available option to protect against COVID-19, and it will also help in bringing the pandemic under control through herd immunity.

Till the govt. eases all norms, wearing masks and following social distancing is paramount, especially at gatherings and functions, which are now seen as the new cluster threats.

Alcohol should be strictly avoided for minimum 45 days post administration of the vaccine as it adversely affects the immune system and will impede the antibodies level and also the growth of T-Cells.

It is important to follow a healthy diet and remain hydrated as it will help augment immunity level.

Normal side effects include mild fever, headache and body pain which will wear off in 24 to 48 hours.

In case of any adverse reaction, a doctor should be consulted immediately.

Play with cats, dogs in restaurant in Alwarpet

By Our Staff Reporter

For the past three years, pet-themed restaurant Twisty Tails (1, Ananda Road, Alwarpet) has strived to be a space for people to play with dogs and experience the relaxation and joy that pets bring.

Now, the founders have launched a new section called 'Kitty Love' where customers can walk in and play with cats.

Rekha Dandey (resident of G. N. Chetty Road, T. Nagar and the co-owner of Twisty Tails) said that this is South India's first pet cafe.

The restaurant is popular for its puppy love room where people can play with 16 dogs of breeds like Shih Tzu, Havanaese, Tibetan Spaniel and Bichon Frise.

The 'Kitty Love' section hosts Himalayan, British Shorthair, Persian and Indian cat breeds.

Though no booking is required, only a limited number of persons will be admitted at a time because of the COVID-19 restrictions.

The restaurant is also partnering with NGOs to foster and help facilitate adoption of kittens.

For more details, contact Twisty Tails in 90922 58887.

Pile of pipes blocking road margin



By Our Staff Reporter

More than fifty 20-foot-long and 1-foot diameter PVC pipes through which cables are laid have been lying on the margin of Thanikachalam Road (T. Nagar) for several days.

DVAC files graft case against TNHB officials

By Our Staff Reporter

Based on the Madras High Court's directions, the Directorate of Vigilance and Anti-Corruption, on March 17, filed a corruption case against unnamed officials in TNHB (K. K. Nagar division) and Ashok Nagar Sub-Registrar for allegedly issuing false documents.

The DVAC was asked to investigate a complaint by Dr. S. Arunkumar and other flat owners of K. K. Nagar TNHB complex on the genuineness of a letter by issued by the TNHB administrative officer to a man named V. Prabhakaraja, a fraudulent sale deed document issued by the sub-registrar and another sale deed issued by the SRO.

The complainant said that four residential flats in the MIG block on P. T. Rajan Salai (K. K. Nagar) had been allotted to four persons and the TNHB executed the sale deeds.

The four allottees later sold them.

The complaint said that the sale deed was only for the flats and not for the undivided share of land.

Prabhakaraja was neither an allottee nor a subsequent purchaser of the flats, the complainant said.

The alleged fraudulent letter issued by the TNHB stated that the undivided share of land was 1,664 sqft and was given to Prabhakaraja for availing of a loan despite him having no right over any flats in the complex.

Based on this letter, the sub-registrar registered a sale deed executed by one of the owners P. S. Malathi in favour of V. Sugantha, the complainants said.

The issue is that the survey number in both these documents is 276, while the survey number in the sale deeds of the other three flats is 394/1.

"It is not known how the TNHB used a different survey number for this flat," the complainants said.

The DVAC has registered a case of criminal conspiracy, criminal breach of trust and corruption.

City to get 703 new polling stations

By Our Staff Reporter

The District Election Office will develop 703 polling stations in new locations outside the existing ones. As a result, a number of electors in the 16 Assembly constituencies of the city will vote in new polling locations in the coming election.

All the new polling locations will be developed within a distance of 2 km from the existing facilities.

After the additions, T. Nagar will have 366, Saidapet (416) and Thousand Lights (369) polling stations.

Kolathur will get 117, the highest number of new polling stations.

The District Election Office will conduct SVEEP (Systematic Voters Education and Electoral Participation) activities to create awareness among electors about the new polling locations.

Street-wise awareness campaigns, including street plays and other programs will be organised to create awareness about voting and the new polling stations.

The T. Nagar - Mambalam edition of *Mambalam Times* can be accessed in www.mambalamtimes.in

Apartment complexes with 3+ cases to be under containment

By Our Staff Reporter

On March 16, the Health Department announced that all streets and apartment complexes with more than three COVID-19 cases in separate households will be declared containment zones with immediate effect.

To get more people vaccinated at the earliest, the State govt. is planning to hold vaccination camps outside hospitals by adhering to all protocols.

15% food outlets closed in lockdown yet to reopen

By Our Staff Reporter

Several food businesses which had to shut down during the lockdown have not reopened after the easing of curbs.

Food safety department officials said that 15 percent of the outlets had not applied for license renewal.

An official stated that though there are a large number of applications for licenses, the renewals are relatively lower when compared to pre-lockdown days.

A number of eateries have also shut down or have not reopened post lockdown in T. Nagar though it is the biggest commercial hub in the city and is seeing a steady increase in footfall.

R. Nathan, who owns a 3-storey commercial complex on Vijayaraghava Road, told *Mambalam Times* that three of the four eateries in his complex had closed down and two of the premises are still lying vacant. Overall, the occupancy in the complex has come down from 90% to 65% post lockdown, he added.

Card game illustrates memoirs of Chennai

Vinita Sidhartha (a resident of T. Nagar and founder of Kreeda) has developed a new card game titled 'Memories of Madras' inspired by the diverse culture, architecture and historical landmarks and institutions of Chennai.

The game can be played by two or four players.

"Every card has an illustration and a write-up about the place or an institution that has been part of the ethos of the city. Games have been created around the cards, the keywords and the colour schemes," Vinita said. She has covered many of the important landmarks in the game and it can be a guide for anyone visiting Chennai.

"Last year, a friend of mine came to Chennai. I arranged the cards in an interesting order for him to understand the city better while just driving around," she recalled.

The game, priced at Rs. 400, can be purchased from Amazon.

Experiencing Madras through a logbook

A logbook is usually maintained by an individual to record events or happenings. Unknown to many, Nam Veedu, Nam Oor, Nam Kadhai, a social history group, has come up with an initiative called the Madras Logbook.

This logbook will contain entries by people who have lived in Madras at some point in time or have a connection with the city.

According to the Founder Thirupurasundari Sevel (an advocate and resident of Shenoy Nagar), though the logbook initiative was started only in January, the project has been in the pipeline for some time.

"The person entering the logbook does not necessarily have to be an artist or photographer. They get one page or one spread in the logbook and get to add something in terms of how they see the city or what the city means to them," she said

Those interested in filing their entries in the logbook can either write down their personal experience of the city or from the perspective of a child/senior citizen/object like a building. For example, if you see the city through the perspective of tea stalls, you can fill the logbook as a tea shop or a tea glass," explains Thirupurasundari.

"We will send out the journal (an A4 size book) and those who are interested will have a couple of days to finish their entry and pass it on to the next person. If, for any reason, they are uncomfortable with receiving or sending the journal to the next person, then they can make their entry on an A4 sheet and send post it to us. We will add it to the book," she said.

After collecting the entries, she plans to convert them into a moving exhibit and publish them as a book with a detailed story and ideas behind each of the entries.

To be a part of Nam Veedu Nam Oor Nam Kadhai team, call 98404 95717 or join its Facebook page.

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RENTAL
 WEST MAMBALAM, Rajagopalan Street, Opp. Satyanarayana Temple, double bedrooms, 2 bathrooms, 24 hours water, fully furnished, only 7 flats, rent Rs. 20000 (negotiable), Brahmins only. Ph: 98840 50270.

WEST MAMBALAM, 113/46, Arya Gowda Road, SBI ATM Building upstairs, 2 bedrooms flat, hall, kitchen, 1st floor, no water problem, even in summer also, well furnished, rent Rs. 18000 negotiable. Ph: 98410 05443.

ASHOK NAGAR, 5, 51st Street, independent portion, hall, kitchen, bedroom, verandah, western toilet, no water problem, 720 sq.ft, Brahmins, vegetarians only, no car park, rent Rs. 12000, no brokers. Contact before visit. Ph: 94455 68153.

WEST MAMBALAM, Postal Colony 1st Street, 800 sq.ft, 2 bedrooms, hall, kitchen, 1 bathroom, 1st floor, 3 phase EB, 24 hours water, open car & 2-wheeler parking, rent Rs. 18000 (negotiable), small vegetarians family only. Ph: 91505 53902.

WEST MAMBALAM, 14, Murthy Street, near Ayodhya Mandapam/ICICI Bank Bus Stop, 2 bedrooms apartment, hall, kitchen, 1st floor, bath attached, balcony, car park, rent Rs. 11000, advance 6 months. Ph: 72001 86785, 98403 60785.

WEST MAMBALAM, Postal Colony 1st Street, 7, Srinath Flat, 750 sq.ft, 2 bedrooms, hall, kitchen, 1st floor. Ph: 86104 60146.

ASHOK NAGAR, 86th Street, ear 19th Avenue, 2 bedrooms, hall, kitchen, ground floor, independent house, 24 hours water, tree surrounding area, nearby all public utilities, open car park. Ph: 4320 4136, 94440 04136.

T.NAGAR, Kuppaswamy Street, opposite Vani Mahal, near Jeeva Park, 3 bedrooms, independent 2nd floor flat, 1800 sq.ft, lift, open car park, marble floor, office/residence. Ph: 97909 28862, 4351 2378.

ASHOK NAGAR, 19, 23rd Street, single bedroom, 540 sq.ft, 3rd floor, lift, rent Rs. 10000 plus maintenance, Brahmins only. Ph: 99404 77412.

T.NAGAR, Habibullah Road, Sri Malola Flats, 2 bedrooms, hall, one study room, dining hall, kitchen, no attached bathroom, 1100 sq.ft, 2nd floor, lift, open car park, rent Rs. 25000 including maintenance, vegetarians only. Ph: 98409 94250.

WEST MAMBALAM, 21/3, Thiruveethi Amman Street, near Govindan Road Bus Stop, 2 bedrooms, hall, kitchen, 1st floor, covered car park, vegetarians only, rent Rs. 17500 negotiable. Ph: 98842 34855.

T.NAGAR, 11, Crescent Park Street, 700 sq.ft, 1 bedroom flat, hall, kitchen, 3rd floor, lift, car park, balcony, A/c, cot, rent Rs. 15000, family/bachelors. Ph: 97910 63232.

WEST MAMBALAM, Brindavan Street, G.R. Builders, 1 bedroom flat, hall, kitchen, 553 sq.ft, 1st floor, covered car park, rent Rs. 13000. Ph: 94447 16306, 93848 52390.

RANGARAJAPURAM, 162, Rangarajapuram Main Road, near Five Lights, 825 sq.ft, 2 bedrooms, hall, kitchen, ground floor flat, car parking, vegetarians preferred. Ph: 98400 97695.

T.NAGAR, Mooparappan Road, off: Burkit Road, 2 bedrooms, hall, kitchen, bath attached, rent Rs. 13500, advance 6 months, family/office. Contact: Vimal Ph: 94441 16320.

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WEST MAMBALAM, 1, (2/10), Sundee Vinayaka Apartment, Sathyanarayana Street, 2 bedrooms, hall, kitchen, fully furnished, 1 common bathroom - Indian type, chimney, only bike parking, 650 sq.ft, rent Rs. 15000, advance Rs. 60000, maintenance Rs. 500. Ganesh, Ph: 90031 13471.

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ASHOK NAGAR, Ramapriya Apartments, 2/3, Nagathamman Koil Street Extension, (near SBI-12th Avenue), semi furnished 1st floor flat, lift, 2 bedrooms, hall, kitchen, 2 bathrooms, balcony, service area, covered car park for one car, rent Rs. 22000 negotiable, maintenance Rs. 2000, vegetarians only. Ph: 99400 79618.

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Now, a health mix with sprouted grains
 By Our Staff Reporter

S. Vijayalakshmi (resident of LIG Flats, 7th Avenue, Ashok Nagar), who markets a health mix, has introduced a new one with sprouted grains (ragi, wheat, cumbu, moong dhal), almond, cashewnut etc. The mix can be used to make porridge for breakfast.

She has been selling health mix with millets for three years.

"Our customers who buy millet health mix want the product with sprouted ingredients like ragi, wheat etc. So I have introduced the sprouted mix," she told *Mambalam Times*.

Vijayalakshmi earlier attended a training program on millet products conducted by Tamil Nadu Agriculture University Information & Training Centre. "Millets are God's gift for diabetics and they are hypertension-friendly too," she said. 300 gm. and 500 gm. packs are available at her residence.

She can be contacted in 97907 72370 / 2371 1835.

Corpn invites public, corporate role to promote Miyawaki forests

By Our Staff Reporter

Chennai Corporation has requested resident welfare associations and corporate companies to join hands with to create urban dense forest under the Miyawaki method.

"We will sanction permission to create urban dense forests immediately if the resident welfare associations and corporate companies give an expression of interest. People should create urban forests and take ownership," G. Prakash (Corporation Commissioner) said.

Prakash inspected the first urban forest using the Miyawaki method in Kotturpuram. Officials attached to Adyar Zone had cleared the garbage-ridden land and planted around 2,000 saplings at a cost of Rs. 15 lakhs.

"Presently, we have planted saplings for the urban forest in 30 places and our aim is to create urban forests in 1,000 places by utilising open space/ reserve land. These forests will prevent encroachment and anti-social activities. In total, around 60,000 saplings have been planted in the 30 places," Prakash added.

Prakash also requested resident welfare associations and corporate companies to adopt parks, traffic islands and medians for maintenance.

Milled street nor relaid for over a month

By Our Staff Reporter

South Sivan Kovil Street (Gangai Amman Colony, Kodambakkam), which was milled a month back, has still not been relaid.

The milling has made the road dusty and uneven. Motorists, especially 2-wheeler riders, are finding the ride hard and slippery.

Residents living on both sides of the 30-ft street complained to this reporter that the fine gravel throws up a dust storm.

They complained that the contractor has not continued the work after milling the street.

They have appealed to Corporation officials to complete the work without further delay.

3 youths held for selling ganja

By Our Staff Reporter

Ashok Nagar police arrested V. Ashish, (23) of West Mambalam, S. Balaji (22) of Vadapalani and K. Gangaraj (21) of Nellore (Andhra Pradesh) on the charge of selling ganja to students and others.

Following a tip-off, a special team of police intercepted the three coming on a bike on 48th Street, Ashok Nagar. A search of the vehicle yielded 10.4 kg of ganja.

According to the police, Gangraj used to get the ganja by road from Nellore and the three accused used to sell it locally.

Four students held for peddling ganja

By Our Staff Reporter

Four engineering students were arrested by the Prohibition Enforcement Wing (T. Nagar) for smuggling and selling ganja to youngsters in Virugambakkam.

Police raided the house where the group was staying in Kumaran Colony (Vadapalani) and seized 5kg of ganja from them.

A magistrate court remanded the four to judicial custody.

Inquiries revealed that all the four students, hailing from Andhra Pradesh, sold the contraband to youngsters and teenagers in city schools and colleges. Police also seized four mobile phones from them.

Poor lighting in 12th Avenue playground

As most of the lights are not burning, the Corporation Playground (12th Avenue, Ashok Nagar) is not well illuminated.

Park visitors told *Mambalam Times* that as it gets dark by 6 p.m they are not able to use the facilities due to poor lighting and have to leave early. They have appealed to the Corporation officials to repair the light fittings and replace the fused bulbs.

MAMBALAM TIMES

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Penn Nalam Founder presented Manidharkul Manikam award

By Our Staff Reporter

Jaigopal Garodia Hindu Vidyalaya (West Mambalam) presented the Manidharkul Manikam award to Radhika Santhanakrishnan (Founder of Penn Nalam, SP98, 1st Main Road, Ambattur Industrial Estate, Ambattur) on March 15 as part of International Women's day celebrations in appreciation of her service to breast cancer patients.

The award was presented by S. Vedantamji (Founder & President, Vishva Hindu Vidya Kendra, West Mambalam). Girija Seshadri (Correspondent) was present.

Prizes were also presented to the winners of the cooking competition organised for the teachers who, in all, prepared 30 varieties of sweets, savouries and other food items.

The competition was judged by Radhika and Girija.

Radhika is a breast cancer survivor.

During her period of recovery



she became aware of the lack of awareness and disparities in cancer care, which prompted her to start the NGO Penn Nalam along with Penn Nalam Hospital for breast cancer patients with the support of her family.

Penn Nalam focuses on creating cancer awareness,

preventing cancer through timely screening, and delivering cost-effective cancer treatment and care to women, especially those who cannot afford corporate hospitals, Radhika said.

"Our cancer care center is well-equipped to deliver low-cost cancer screening modules

for the timely detection and diagnosis of cancer. The center also offers treatment for obstetric and gynaecological problems, post-treatment care and alternative treatments.

"We will soon launch the 'Chennai Breast Cancer Research Foundation' - a one stop center of excellence for prevention, early detection, treatment and after care for patients with breast cancer," she said.

3-wheel Scooty donated to physically challenged woman

By Our Staff Reporter

Dr. R. Ragnathan (Founder, Kalpavriksha Seva Trust, West Mambalam) donated a new TVS Scooty costing Rs. 75,000 and modi-fied as a 3-wheeler



to a physically challenged woman in Namakkal last month. The Trust is actively involved in the welfare of students and needy persons.

3-sovereign chain snatched from elderly woman

Two bike-borne men snatched a 3-sovereign chain from 70-year-old Muthalamman in Nehru Nagar (MGR Nagar) at around 7 a.m on March 15 when she was returning home after her morning walk.

As the victim resisted the attempt and held on to her chain, the riders lost their balance and fell on the road.

Even as the woman raised an alarm, the duo managed to flee with the chain leaving the bike behind.

On information, MGR Nagar police seized the bike and have launched a hunt for the suspects.

Used tyres used to grow plants

By Our Staff Reporter

Two used truck tyres placed one over the other have been used as pots by a resident to grow plants on the pavement outside his house on Habibullah Road (T. Nagar).



Apartment complex bars entry of vote seekers

By Our Staff Reporter

The residents of Kence Enclave Apartments (Rama-krishna Street, West Mambalam) have affixed a notice in Tamil at the entrance requesting political party workers not to enter the building for campaigning for the ensuing assembly elections due to threat of COVID-19 infection as there are a number of senior citizens living in the complex.



Session on Artificial Intelligence conducted

By Our Staff Reporter

VelammalNexus live streamed a five-day session on 'Learn basic Artificial Intelligence' from March 8 to 12 on Velammal Nexus YouTube channel.

Shanmugapriya, soft skill developer in telecom industry, explained the importance of learning Artificial Intelligence as it is present in almost every aspect of daily life.

The session was witnessed by several thousand viewers.

Velammal Nexus has launched 'Skills for the Future' skill based courses, an extended program, as a part of its mission to help students develop practical expertise in specific areas.

For more details, contact 80560 63519.

COVID-19 vaccine in mini-clinics, primary healthcare centers

By Our Staff Reporter

The government has said that it would administer COVID-19 vaccine in mini-clinics and Primary Healthcare Centres.

It will also set up temporary hospitals with necessary facilities for administering the vaccination.

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