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கடன் கன்னி

கல்பனா கொஞ்சம் வித்தியாசமானவள். அவள் கடன் வாங்க மாட்டாள். 'நீ சுத்தமா கடன் வாங்கக் கூடாது' என்று ஒரு காலத்தில் அவளுடைய அம்மா சொல்லியிருந்தாள்.

'அப்போ குளிக்காமல் கடன் வாங்கலாமா?' என அப்பாவி யாகக் கேட்டிருந்தாள் கல்பனா.

கல்பனாவின் அம்மாவுக்கு இறக்கும் தருவாய். எம்ன் வந்து ஒரு லைஃப் லைன் கொடுத்தார். 'உனக்கு இரண்டு வருஷம் ஆயுள் கடனா தரேன். அடுத்த ஜென்மத்தில் திருப்பிக் கொடுத்திடு' என்று எம்ன் எக்ஸ்டென்ஷன் கொடுத்தபோது அதை மறுத்தாள்.

எம்னுக்குக் கோபம் வந்து அவளுக்கு என்மியாகி 'இதற்கு நீ அடுத்த ஜென்மத்தில் அதாவது மறுமையில் அனுபவிப்பாய்' என்று கூறி அவளை எருமையில் பில்லியன் ரைட்ராகக் கூட்டிக் கொண்டு போய்விட்டார்.

அம்மா போனதிலிருந்து கடன், லோன் என்ற வார்த்தை களைத் தன் அகராதியிலிருந்து எடுத்துவிட்டாள் கல்பனா.

வீட்டில் தனியாக இருக்கும்போதுகூட லோன்லியா இருக்கேன் என்று சொல்லாமல் பக்கத்தில் யாரும் இல்லாமல் இருக்கேன் என்று மாற்றிச் சொல்ல ஆரம்பித்தாள். பக்கத்துக் கடையில் 'கடன் அன்லை முறிக்கும்' என்று போட்டிருந்த பெரிய வினைல் போர்ட் வேறு அவளை பயமுறுத்தியது. கடைக்காரர் அந்த போர்டையே கடனில் தான் வாங்கியிருந்தார் என்று அவளுக்குத் தெரியாது.

கல்பனா வளர்ந்து பெரியவள் ஆனாள்.

'வீட்டுக்கு டெய்லி இங்கிலிஷ் பேப்பரும் தமிழ் பேப்பரும் போடச் சொல்லுமமா' என்றார் அப்பா.

'மாசக் கடைசில பணம் கொடுங்க' என்றார் ஏஜென்ட்.

'ஐயோ, அது தப்பு. அது கடன் வாங்கின மாதிரி ஆயிடும். நீங்க இப்பவே அட்வான்ஸ் பணம் வாங்கிட்டுப் போடுங்க' என்றாள் கல்பனா.

இரண்டு நாட்கள் ஆயின. பேப்பரைப் படித்த அப்பா சொன்னார்: 'என்ன இது? நம்ம வீட்டிலேயும் ஒரே நியூஸ்தான் இருக்கு. பக்கத்து வீட்டுப் பேப்பர் லேயும் அதே நியூஸ்தான் இருக்கு. நாம் அட்வான்ஸா பணம் கட்டி யிருக்கோமே. நமக்கு இன்னும் செய்திகளை முந்தித் தர வேண்டாமா?' என அங்கலாய்த்தார்.

ஒரு தடவை டவுன் பஸ்ஸில் போகும்போது டிக்கெட்டை அவளிடம் கொடுத்த கண்டக்டர் 'பணத்தை வந்து வாங்கிக்கிறேன்' என்று முன்பக்கம் டிக்கெட் கொடுக்கப் போய்விட்டார்.

இது கடன் கணக்கில் வந்துவிடுமோ? கல்பனா கவலைப் பட்டாள்.

'உன் கொள்கைக்கு பங்கம் வந்திடுச்சு. நீ short term loan வாங்கிட்டே' என்று தூபம் போட்டாள் அவளுடைய தோழி.

அரசாங்கப் பணத்தைக் கையில் கொஞ்ச நேரம் வைத்திருந்து விட்டோமே என்று அவளுடைய மனம் உறுத்தியது.

'இதுக்கு ஒரே வழிதான் இருக்கு. நாம் ஒரு ஸ்டாப் முன்னாலேயே இறங்கிடலாம்' என்று முடிவெடுத்து இறங்கினாள் கல்பனா.

இன்னொரு முறை ஒருவர் வீட்டுக்கு உச்சி வெயிலில் போயிருந்தாள். திரும்பப் புறப்படும் போது 'வெயிலா இருக்கு, குடையை எடுத்துக்கிட்டுப் போ' என்றார் அவர்.

'ஐயோ, நான் கடன் வாங்க மாட்டேன். வேணும்னா நீங்க ஒண்ணு பண்ணுங்க. குடையை எடுத்துக்கிட்டு என்கூட வீட்டுக்கு வாங்க. ஆனால் குடையை நீங்கதான் பிடிச்சிக்கணும்' என்று அவரை வெயிலில் நடக்க வைத்தாள்.

வீடு வந்து சேர்ந்தவுடன் ஒரு மன உளைச்சலில் கேட்டாள்.

'உங்க குடை நிழலைக் கொஞ்சம் கடன் வாங்கிட்டேனே, அது தப்பா?'

'இங்கே பாருமமா, நீ ஒரு யூத் மாதிரி நடந்துக்கோ. அநியாயத் துக்கு யுதிஷ்டிரன் மாதிரி நடந்துக்காதே' என்று அறிவுரை சொன்னார் அவர்.

கல்பனா கல்லூரியில் சேர வேண்டிய தருணம் வந்தது. கையில் பணமில்லை.

'கல்விக்கடனும், நகைக்கடனும் வாங்கி உனக்கு ஃபீஸ் கட்டிடறேன்' என்றார் அப்பா.

'கடன் வாங்கறது தப்பு' என்றாள் கல்பனா.

'திருப்பிக் கொடுக்கறதுக்குப் பேர்தான் கடன். இதை எல்லாம் திருப்பிக் கொடுக்கணும்னு அவசியம் இல்லை' என்றார் அப்பா.

ஒரு வழியாகப் படிப்பை முடித்தாள். வேலைக்குப் போகும் பெண்தான் வேண்டும் என்று கல்யாண மார்க்கெட்டில் சொன்னார்கள்.

ஒரு வேலை வாய்ப்பு வந்தது. கல்பனா யோசித்தாள்.

'அம்மாவுக்குக் கொடுத்த வாக்கை மீறணும் போல இருக்கே?'

'உங்க அம்மா அடுத்த ஜென்மம் எடுத்து வேற எங்கேயாவது இப்போ பொறந்திருப்பா. போன ஜென்மத்து அம்மாவுக்கு நீ கொடுத்த வாக்கை இப்போ மீறலாம்' என்றார் அப்பா.

இதோ வேலையில் சேர்ந்துவிட்டாள் கல்பனா.

'நாங்க PQR பேங்கிலேயிருந்து பேசறோம். உங்களுக்கு ஏதாவது கடன் வேணுமா லார்?' என்று உங்களுக்கு அடிக்கடி பெண் குரலில் ஃபோன் வருகிறதா?

அப்படிப் பேசுவது கல்பனா தான்.

அந்த கால் சென்டர் கம்பெனியை நடத்துவது மறு ஜென்மம் எடுத்த அவளுடைய அம்மாதான் என்று கல்பனாவுக்குத் தெரிய வில்லை பாவம்.



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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M R Hospital opens De-addiction and Liver Treatment Center

By Our Staff Reporter

M R Hospital (20, Govindan Street, Ayyavoo Colony, Aminjikarai) opened an Alcohol De-Addiction and Liver Treatment Center in its premises on April 15.

It functions on all days from 12 noon to 2 p.m.

A team of paramedical staff led by Dr. M. R. Muralikrishnan (Managing Director) offers counseling and de-addiction therapy for persons with drinking problems after detailed assessment of their mental and physical health.

Dr. Muthukrishnansaid that the patients are counselled and treated to ensure that they quit drinking alcohol permanently.

Ashok S.K. (Administrative Officer) said that liver ailments are treated through a combination of medication, weight loss, surgery and lifestyle modification. The 24-hour hospital offers liposuction treatment to reduce fat, nose correction, breast reduction for men and augmentation for women.

For more details, contact the hospital in 2363 331 or 97910 96969 or contact Ashok in 63820 09123.

The De-addiction & Liver Treatment Center has a branch on 1st Main Road, SIDCO Nagar, Villivakkam, near New Avadi Road junction which functions from 10 a.m to 12 noon.

Special program today in Annai Arul Maiyam

By Our Staff Reporter

Sri AravindarAnnai Arul Maiyam (9, Mahadevan Street, West Mambalam) has organised a special program on Sunday, April 24 as part of 103rd year of Divine Mother's arrival in Pondicherry.

There will be balcony darshan at 6 a.m, speech by Sri AnnaiAdigal (Founder) on 'Annaiyenumperoli' and mass prayer at 7 p.m.

The centeris open from 8 a.m to 8 p.m. Devotees are welcome to perform Pushpanjali.

More details can be had in 98414 25456.

Now, eat 'healthy' idly containing millet

By Our Staff Reporter

S. Vijayalakshmi (resident of 7th Avenue, Ashok Nagar) recently started using cumbu (pearl millet) and kezhvaragu (finger millet) as ingredients along with ulundu to prepare idly batter she has been marketing for some time.

She has been selling her popular millet health mix for several years.

She told Mambalam Times that millet is very good for the health but millet-based dishes are not easy to prepare. Neither are they very delicious or palatable. But making it an ingredient of idly solved this problem to a very great extent.

She said that the suggestion to make millet an ingredient came from a number of regular customers who buy her health mix.

She also said that she has been receiving a number of enquiries including from stores about her new product.

Her phone number is 97907 72370.

Steep hike in fee for renewing vehicles' fitness certificate

Charges to renew fitness certificate (FC) for vehicles that are 15 years or more have been increased several fold.

The revised charges came into effect on April 1. The revision is as follows:

Car: Rs 5,000 (from Rs 600)
Two-wheeler: Rs 1,000 (from Rs 300)
Autorickshaw: Rs 2,500 (from Rs 600)
Lorry/bus: Rs 12,500 (from Rs 1,500)
Medium goods or passenger motor vehicles: Rs 10,000 (from Rs 1,000)

Appeal to keep parks open all day

By Our Staff Reporter

After the Covid-related curbs were eased, Chennai Corporation had opened its parks to the public in the morning and evening.

Unlike pre-Covid times, most parks are still kept locked between 11 a.m and 4 p.m.

With summer setting in, members of the public have appealed to the Government to keep the parks open throughout the day.

R. Shanmugham (Medical Representative and resident of Chromepet) told *Mambalam Times* that his work is totally outdoors and he visited doctors and pharmacies in T. Nagar, West Mambalam and nearby areas.

"In our business, most clients are available till 12 noon or after 4 p.m only. It is not possible for me to go to Chromepet and return. So, neighbourhood parks like Panagal Park are a haven for marketing persons like me to relax and plan ahead as it offers shade from the searing afternoon heat. But, with parks closed, we have no option but to bear the brunt of the heat," he said.

Similarly, roadside vendors and labourers also take rest in parks during the afternoon hours.

At present, the city has 718 parks and 163 roadside parks.

Gang held for robbing phone from delivery agent

By Our Staff Reporter

History-sheeter Binu Pappachan (who has multiple cases pending against him) and three members of his gang were arrested by Teynampet police on April 21 on charges of robbing, beating up and threatening a courier delivery agent in T. Nagar.

The incident happened on April 20 when the victim N. Janakiraman (resident of T. Nagar) went to an apartment complex on G. N. Chetty Road (T. Nagar) to deliver a mobile phone purchased online on 'Cash on Delivery' basis by Selva.

While Selva asked Janakiraman to open the parcel, the latter said that it could be done only after receiving payment.

Binu, who was standing beside Selva, snatched the phone from the victim after pulling him into the house.

The gang also beat up Janakiraman, and let him go after two hours threatening dire consequences if he went to the police.

Based on the victim's complaint, Teynampet police arrested the gang.

Awards presented to musician, social worker

By Our Staff Reporter

As part of its 20th Anniversary celebrations, Sri Kalaranjani Charitable Trust (Rangarajapuram, Kodambakkam), which manages Sri Kalaranjani Music School, presented the 'Ghana Saraswathi Award' to Shanthi Suresh

(Director, Arun Excella, Royapettah) and 'Seva Rathna Award' to R. Rajalakshmi (Secretary, Sri Lakshmi Ladies Association, Valasaravakkam) on April 16 in YGP Auditorium (Bharat Kalachar, Thirumalai Road, T.Nagar).

The students of Kalaranjani School presented a keyboard concert. The function was presided over by Bharathi Venkateswaran (Trustee, Santhana Perumal Temple, Mogappair). Sivaramakrishnan (Vice-president, Moha Cements), Madhuvanathi (Art Director) and thespian Y. Gee. Mahendran were present.



Mock fire drill conducted in Saradha School



Tamilnadu Fire & Rescue personnel conducted a mockfire drill in Sri RKM Saradha Girls Higher Secondary School, Usman Road, T. Nagar on April 20 as part of National Fire Service Week

celebrations. About 500 students participated in the mock drill. The students also conducted an awareness rally along G.N. Chetty Road, Venkatanarayana Road and Thyaga-

raya Road. Priya Ravichandran (Joint Director, North Zone, Fire Department), S. Syed Mohammed (South Chennai Divisional Fire Officer) and other officers participated in the program.

Hall tickets for board exams distributed



By Our Staff Reporter

Students of Government Girls Higher Secondary School, 3rd Avenue, Ashok Nagar appearing for board examinations received their hall tickets from teacher on April 22. They were also briefed on instructions to be followed in the examination hall.

Drone survey to identify locations for modern toilets

Chennai Corporation will begin construction of new toilets in May and complete it in three months. With a toilet to be made available every 500 meters along arterial roads and bus routes, Chennai Corporation will deploy drones to survey and identify the new locations.

The Corporation has so far identified 84 locations in the city for building the new toilets. Private agencies will develop clean toilet buildings integrated with commercial units, including coffee shops at 50 locations in areas such as Pondy Bazaar in T. Nagar. Teynampet Zone will get the most toilets at 37 locations. In South Chennai, 111 locations have been identified for the modern toilets and tenders have been called for 244 seats and 170 urinals.

'Samashti Upanayanam' on April 29

By Our Staff Reporter

Thamizhnadu Brahmin Association (West Mambalam) has organised 'Samashti Upanayanam' for 22 Brahmin boys on Friday, April 29 in Sringeri Saradha Mutt (11, Venkatanarayana Road, T. Nagar). Classes will also be conducted on performing the daily anushtams.

All are welcome to attend the program.

For more details, call Sivaraman (President) in 9962884355

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New Deputy Commissioner of Police for T. Nagar

Adarsh Pachera has taken charge as Deputy Commissioner of Police, T. Nagar.

He was earlier posted as Asst. Superintendent of Police (Chengalpattu).

The contact numbers of the DC's office are 94981 88688, 2345 2611 and 2434 9224. The email id is dc.tnagar@tnctns.gov.in



Music program on Subash Chandran birthday

By Our Staff Reporter

Sankara Academy of Music & Arts (Lake View Road, West Mambalam) and Subashchandran Foundation have organised 'Gurusmaran' music program on Sunday, April 24 in Sri Mahaswami Hall, Vani Mahal, 103, G. N. Chetty Road, T. Nagar as part of 76th birthday celebrations of Vidwan T. H. Subash Chandran



(Kanchi Kamakoti Peetam Asthana Vidwan).

The following is the program:

4.30 p.m: Mangala isai by Thavil Vidwan S. Rajaraman & party.

5 p.m: Veda Paarayanam by Chandrasekara Bharathi Ganapadigal & group.

5.30 p.m: Prayer by Vijayalakshmi Ganeshkumar and Harini Sridhar.

5.35 p.m: 'Guruvandana' presentation by disciples of Subash Chandran: Ramakrishna Neelamani and Akshay Anantapadmanabhan (mridangam), V. Selvaganesh and Ganesh Kumar (ganjira), Dr. S. Karthick and Chandrasekara Sharma (ghatam) and R. Raman and A. Ganesan (morsing).

6 p.m: Musical journey of 'King of Kannakol'. Subash Chandran (Documentary Video).

6.25 p.m: 'Shraddanjali' tribute to Subash Chandran.

6.50 p.m: Presenting 'Subash Chandran Memorial Award for Excellence in percussion' to Dr. T.K. Murthy.

The CD of 'Swaraarpanam', a musical tribute to Subash Chandran by Carnatic keyboard Vidwan S. Hari Krishna, will be released.

The guests of honour will be T. H. Vikku Vinayakram (Grammy Award Winner), Vidhushi E. Gayathri (Former Vice Chancellor, Tamil Nadu Music & Fine Arts University) and V.V. Sundaram (Secretary, Cleveland Thyagaraja Festival, USA). All are welcome. More details can be had in 98844 60904.

Chennai Metro floats tenders to install telecom system

Work to open a metro rail line linking core city areas with the western suburbs by mid-2025 has speeded up as Chennai Metro floated the tender to install telecommunication system needed for the operation of driverless train services on Corridor-4 of Phase-2 from Light House to Poonamallee bypass via Nandanam, T. Nagar, Kodambakkam and Vadapalani. Construction is already going on in full swing in this corridor and work to identify firms that can manufacture driverless trains, lay ballastless tracks and install OHE for electrification of the line is underway.

The deadline for the 118.9km phase-2 is 2025.

An official said that telecom systems are crucial for the operation of trains. The system includes public information display systems, public address systems, radio and telephone systems and CCTV cameras.

It links the train operator, passengers, traffic controller at the operation control centre and the stations. These systems play a key role during emergencies when passengers need to be alerted and evacuated or if passengers want to communicate with officials while on the move.

Spike in Covid cases

After the total number of Covid cases fell below 100 last week, there has been a spike in the number of cases since April 18.

On April 18, 19 new cases were reported across the city and on April 20 and 21, a cluster of 30 cases were reported in IIT, Madras.

The total number of active cases as on April 22 has risen to 136 from 93 on April 15. Most patients are said to have mild symptoms and are isolated.

No new fatalities were recorded due to Covid and the toll since the outbreak in Tamil Nadu remains at 38,025.

Laksharchana conducted for New Year in Shirdi Sai Seva Samaj

By Our Staff Reporter

A number of devotees and children participated in the Laksharchana conducted in Shri Shirdi Sai Seva Samaj (21, Jaishankar Street, West Mambalam) on April 14 to celebrate Tamil New Year.



Organic manure sold in parks

By Our Staff Reporter

Chennai Corporation has started selling organic manure at some of the neighbourhood parks including Anna Nagar Tower Park, Millennium Park (Anna Nagar Western Extension) and Mangal Eri Park (Mogappair) in the mornings from 7 a.m to 9 a.m.

The price is Rs. 20 per kg.

The manure is made in compost pits using biodegradable waste collected daily from nearby households.



Free health check-up till April 30

By Our Staff Reporter

The Government is conducting a mega health camp under the Central Government's 'Azadi Ka Amrit Mahotsav' program across the State till April 30.

It is being conducted in all the primary health care centers in all the 15 Corporation Zones in Chennai and in all government hospitals.

It is aimed at promoting maternal health, prevention of non-infectious diseases such as cancer, diabetes and high blood pressure.

Medical certificates and ID cards will be issued to persons with disabilities who visit the centers for treatment.

Poor sales in Amma canteens

By Our Staff Reporter

The future of 402 Amma canteens, part of a welfare measure that once benefited lakhs of underprivileged persons, now hangs in the balance.

Official estimates show that the canteens together get less than 1.5 lakh customers a month against more than 3.5 lakh a month eight years ago.

In spite of the steady decline, the canteens together have more than 4,355 workers for whom more than 60% of the Rs. 120 crores annual expenditure accounts for salary.

Amudha (Former head of a SHG), who used to run the Amma canteens in West Mambalam and Kodambakkam, said that nearly 10 workers are employed for cutting vegetables and cooking in the facilities that get barely 40 customers a day.

It is a waste of salary, she said.

Due to paucity of funds, kitchen equipment and machinery in most canteens are in bad condition and most of the buildings need repair, fans are dysfunctional and there are no lights or tables.

Chennai Corporation has sought Rs. 100 crores from the government to run the canteens and is carrying out inspection to downsize or improve the facilities to attract more customers.

Urbaser Sumeet rewards three conservancy workers with Goa trip

By Our Staff Reporter

Three conservancy workers of Urbaser Sumeet (Conservancy operator engaged by Chennai Corporation), including Lingeshwaran of Teynampet Zone, won a trip with family to Goa in appreciation of their good work during Deepavali last year. Their names were selected through a lucky draw conducted for around 100 selected workers.

Lingeshwaran is engaged in door-to-door collection of garbage in T. Nagar. He is currently using an e-vehicle provided by his employer.

The three conservancy workers and their families flew down to Goa and stayed for four days in a 5-star



hotel. The entire expense was borne by Urbaser Sumeet.

"With a salary of around Rs. 12,000 a month, my life revolved around managing daily expenses and needs. A

trip to Goa and a stay in a 5-star hotel with my wife and

two children was a pleasant surprise," Lingeshwaran said.

It was our first experience of traveling in a plane, he said.

Local student excels in Kungfu tourney

By Our Staff Reporter

J. Gokula Varshini (Std. 4 student in Guntur Subbiah



Pillai Girls Higher Secondary School, West Mambalam) came 3rd in the sub-junior category in the Kungfu tournament conducted by School Games Federation of India in Nagercoil recently.

More than 30 students participated in the tournament.

17,000 families shifted from Coom, Adyar River banks

By Our Staff Reporter

17,294 families residing on Coom and Adyar river banks have been resettled in the last 4 months, a statement released by Chennai Corporation has said.

Of this, around 9000 families were living along Adyar River near Jaffer Khanpet.

The families have been resettled in Tamil Nadu Urban Habitat Development Board Apartment complex in KP Park. The eviction drive is being carried out under Chennai Rivers Restoration Trust

Expensive KTM motorcycle stolen in Ashok Nagar

By Our Staff Reporter

An expensive KTM motorcycle belonging to Manimegalai (VJ-turned-comedian of Cooku With Comali fame) and her husband Hussan was stolen when it was parked outside the house of her friend Arvind in Ashok Nagar on April 18.

She filed a complaint in Ashok Nagar police station and also posted about the theft on her Twitter handle.

Arvind had borrowed the bike from the couple to use for a week.

Kolam powder seller held for bid to snatch chain from child

A kolam powder seller was caught when he tried to steal a 4 gm. gold chain from a 3-year-old girl child playing outside her house in Bakthav-atchalam Colony (Vadapalani) at around 4.30 p.m on April 19.

She is the daughter of Damodaran, a CRPF personnel posted in Avadi.

The kolam powder seller, who was passing along the street, saw the girl playing alone and tried to remove the gold chain from her neck. However, since she raised an alarm, neighbours came to her rescue and secured the man who was identified as C. Mariyan (45) of Chromepet.

He was handed over to Vadapalani police.

Is anything interesting happening in your street or locality?

Please inform Mambalam Times!

Board on median straightened following report



By Our Staff Reporter

Following the report 'Slanting board on median may topple over' published in *Mambalam Times* (April 10-16 issue), the slanting sign board on the median at the junction of Govindan Road (West Mambalam) and 11th Avenue (Ashok Nagar) was straightened.

Sewage water flowing into drain



By Our Staff Reporter

Sewage water flowing into the storm water drain on Ramachandra Street, T. Nagar for several days. A stench pervades the area.

Number of garbage e-vehicles to be doubled

By Our Staff Reporter

The Tamil Nadu Housing and Urban Development Department has issued circulars to Corporations and municipalities to increase the number of e-vehicles utilised in garbage collection.

This is part of an effort to improve the eco-friendliness of the process as well as increase the dignity of the



garbage collectors.

Chennai Corporation presently employs more than 350 vehicles and has plans to double the fleet size.

These e-vehicles can travel up to 100 km or six hours continuously on a single charge. According to a senior Corporation official, these vehicles can pass through narrow lanes.

Unused rods lying along station wall



By Our Staff Reporter

Unused iron rods have been lying along the compound wall of Mambalam Railway Station on Mambalam High Road, T. Nagar for several days. Passersby have converted the spot into a urinal.

Tricycle cart gifted to nomad family

By Our Staff Reporter

Jothi Madhar Sangam (Burkit Road, T. Nagar) gifted a tricycle cart to a family of nomads earning their livelihood by presenting folk dance, drama and mimicry acts on the roadside.

Lakshmi Ragukumar (President, Jothi Madhar Sangam) said that the family used to walk long distances carrying their belongings and children to save money on transport.

She said that the tricycle cart will offer them easier and faster mobility

Her contact number is 98411 58018.



Music and dance therapy for Alzheimer's disease

By Malavika & Pooja Menon

Alzheimer's is a type of progressive neurodegenerative disease, leading to deterioration in cognitive functions.

Patients with dementia go through a range of emotions like anger, fear, grief and frustration.

While there is no cure for Alzheimer's, research shows that stimulating specific areas of the brain has shown to reduce the symptoms, and keep Alzheimer's from progressing. The combination of mental and physical activities has many benefits including improved memory and stronger neuronal-connections.

Music and dance are good therapies for those suffering from dementia.

While music helps to reduce stress, anxiety and depression,



dancing helps in improving the cognitive, physical and social aspects of a person

suffering from dementia.

Research has shown that brain areas linked to musical memory are relatively undamaged by the disease.

Through our NGO Nandanam Arts, we have been offering music, dance and other therapies to dementia patients. They include table games like puzzles, sudoku and bingo and simple dance movements accompanied by soft music.

We join them in the games and dance sequences as it empowers them to know that they are seen, heard, appreciated and respected.

We have observed that these activities slow down the degeneration process in dementia patients.

(Malavika & Pooja Menon are Bharatanatyam dancers and Founders of Nandanam Arts. Alzheimer's patients and car givers can contact them in nandanamarts20@gmail.com)

Free online summer camp for children

By Our Staff Reporter

ISKCON (International Society for Krishna Consciousness) will conduct a free online summer camp over Google Meet for children in the age group of 6-12 years from Monday, April 25.

The classes will be conducted in English, Tamil, Telugu and Hindi.

The second batch will start on May 16.

The theme will be 'ABCDE of Bhakti'.

The camp duration will be two weeks (no classes on Saturdays and Sundays) and the online classes will be conducted daily for 90 minutes.

The children will also be taught slokas, devotional songs, bhajans, mantras, meditation drawing and craft work. There will also be fun games. Lessons and stories will be sent through WhatsApp audios and videos.

Online completion certificate will be given to all the participants.

Parents are encouraged to admit their children to the online classes.

To register, visit the website <http://www.iskconchennai.org/summercamp>

For more details, call Sugopi in 97914 66520 or Esvari in 94447 08680.

Power outage during night in T. Nagar, K. K. Nagar

By Our Staff Reporter

Power failure and voltage fluctuation in the night have become a problem for residents of the city including T. Nagar and K. K. Nagar.

A resident of Bazullah Road (T. Nagar) told *Mambalam Times* that there was no power supply for 9 hours at night on April 16.

He said frequent power failures, lasting between 30 minutes and 3 hours, are occurring frequently during night apart from heavy fluctuation.

A senior TNEB official said that the city's power demand continues to remain high due to an increase in usage of air-conditioners in the sweltering heat.

"As most city residents have one or more ACs in their homes, the power demand peaks at around 11 p.m every day. This overloads feeder lines or trips distribution transformers that results in power cuts," the official said. He said that Tamil Nadu is facing power shortage and the government has started to purchase power which is expected to reach 6,000 MW by May-end.

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

Police intensify checks to curb underage driving

With schools closed for summer holidays, police have intensified checks to curb underage driving in the city.

According to statistics, more than half the accidents involving underage drivers in the 2019-21 period happened in Besant Nagar, T. Nagar and Guindy. A traffic official said that unlike other traffic offences which can be monitored through CCTV cameras or other technologies, underage driving can be checked only by police on the field.

"At present, only a small amount is collected as fine and parents are let off with a warning. But the new laws suggests a fine of Rs. 25,000 or a three-year jail term for parents of minor offenders with cancellation of the vehicle's registration", he said.

Traffic police have warned parents not to give their vehicles to their underage children or those without driving license.

Veteran film director Rama Rao passes away



By Our Staff Reporter
Veteran film director and producer T. Rama Rao passed away on April 20. He was 83, and had been a longtime resident of T. Nagar. He had directed/produced more than 70 films in Telugu, Hindi and Tamil. Since 1969, he had directed leading actors like NTR, Nageswara Rao, Shoban

Babu, Krishna, Balakrishna, Sridevi, Jayapradha and Jayasudha. Some of his hit movies in Telugu include 'Navarathri', 'Jeevana', 'Tarangalu', 'Brahmachari', 'Aalumagalu', 'Yamagola', 'Presidenti GariAbbayi', 'Illalu', 'PandaniJeevitham' and 'PachaniKaapuram'.

He entered the Hindi film industry in 1979 and had directed leading stars like Amitabh Bachchan, Jeetendra, Dharmendra, Sanjay Dutt, Anil Kapoor, Govinda and Mithun Chakraborty. He introduced Rajinikanth to Hindi cinema with the movie 'Andhaa Kanoon'.

He made Tamil films under the banner of Sri Lakshmi Productions and produced movies with leading Tamil actors such as Vikram, Vijay, Jayam Ravi and Vishal.

Rama Rao received many awards for his outstanding contributions to the Indian film industry.

He was the Chairman of Madras Hydraulic Hose (a leading manufacturer of stainless steel flexible corrugated hoses).

He is survived by his wife Tatineni Jayashree, son Ajay and daughters Chamundeswari and Naga Suseela.

Kaaval Uthavi app offers 66 services

By Our Staff Reporter

Kaaval Uthavi is a mobile app launched recently by Tamil Nadu Police. It offers 66 different services to the public to enhance safety. On pressing the SOS button in the app, the user is connected to the police control room. If the phone has a camera, it can also be switched on, and the police in the control room can view what the emergency is.

The user can upload a video, image or document while lodging an online complaint through the app. All complaints registered through the app are monitored by higher officials and updated by the police station handling the complaint.

The app includes a 'Nearest Police Station' feature in case of emergencies. Pressing the icon will open Google Maps to show the way to the nearest police station.

As the app is linked to CCTNS (Police Department's Information System), members of the public can avail of updates in services like police verification reports, lost document report, vehicle verification reports and more.

Other features include a separate section for reporting cyber financial fraud.

22 other department's toll-free numbers are integrated with this app to avail of their services.

The app can be downloaded on Android phones.

Man held for threats to local activist

The Ashok Nagar police on April 15 arrested a 49-year-old catering worker for sending a threatening message over phone to activist M. V. Ramani (a resident of T. Nagar, life member and an ex-president of Sri Ram Samaj, Ayodhya Mandapam, Arya Gowda Road, West Mambalam) who had alleged that the money collected from the devotees during poojas and special festivals as contributions were not mentioned in accounts and were being misappropriated, which led to the HR&CE Department taking over Sri Ram Samaj recently as per court orders.

Ramani had also alleged that the Samaj received gold and silver as contributions by the devotees but no proper records were maintained of the hundi collections.

According to police, the accused K. Mahesh (29) of Thillai Ganga Nagar (Nanganallur), is a catering worker and had cooked for events in Sri Ram Samaj.

His arrest comes after police provided an armed guard for Ramani after he received threats following the HR&CE Department's move to take over the society.

Sensory garden for autistic children in Stanley Medical College

Health Minister Ma Subramanian laid the foundation stone for a sensory garden dedicated to autistic children in Stanley Medical College and Hospital on the occasion of World Health Day on April 6.

The garden will be constructed at a cost of Rs. 30 lakhs and it will help children with Autism, Attention Deficit Hyperactivity Disorder, Cerebral Palsy and Sensory Processing Disorder.

Saplings planted on Earth Day in Thakkar Bapa Vidyalaya



On the occasion of World Earth Day and Bhoodan Movement Day, Dignity Foundation and Thakkar Bapa Vidyalaya (Venkatanarayana Sundara Gopalan (Chief of Road, T. Nagar) jointly planted saplings of 50 native trees in the compound of Thakkar Bapa Vidyalaya on April 18.

Thakkar Bapa Vidyalaya,

founded by Mahatma Gandhi in 1946, is presently headed by Gandhians Sankar Kumar Sanyal and Dr. S. Pandian.

Sundara Gopalan (Chief of Dignity Foundation), Dr. M. Arunachalam, Bhoodan Muthiah (President Harijan Sevak Sangh, Chennai), A. Annamalai (Director,

National Gandhi Museum) and P. Maruthi (State President, Thakkar Bapa Vidyalaya) participated in the program.

Sundara Gopalan administered a pledge to protect the environment.

Maruthi spoke about the importance of safeguarding the environment and the

contribution of Thakkar Bapa Vidyalaya in educating the poor and providing them job opportunities through its vocational courses.

The Vidyalaya has appealed for volunteers.

Interested persons may contact Maruthi in 9176624283.

Tunnel-boring machines for metro rail work may arrive by August

By Our Staff Reporter

Construction of twin tunnels for operating driverless metro trains is awaiting the arrival of 23 giant tunnel boring machines (TBMs) which is likely by August.

Officials said that tunnelling will begin simultaneously at various locations and all 23 TBMs will be operated for faster construction. The 118.9 km. phase-2 project, which has a 2025 deadline, has a 43 km. underground stretch with 48 stations.

"Tunnelling may start by September or October, as it



may take some time to assemble and deploy the machines underground," an official said.

Officials said that they may be tunnelling through some challenging locations such as the 1.3 km. stretch between

Nandanam and Panagal Park and between Nathamuni and Retteri, where hard rock soil condition has been identified.

The TBMs will dig tunnels at a depth of 24 meters to 26 meters below the existing phase-1 tunnels.

Storm water drains to have dual ducts in flood-prone areas

By Our Staff Reporter

A panel of experts from the Indian Institute of Technology Madras studied the storm water drain infrastructure in flood-prone areas such as West Mambalam, T. Nagar, Parangusapuram and K.K. Nagar last week and have proposed construction of dual ducts to prevent entry of sewage into stormwater drains.

Work on the project is scheduled to be launched on April 25 and completed in five months.

According to a senior corporation official, illegal discharge of sewage caused silt formation in stormwater drains and clogged them in many stretches.

This in turn caused flooding in several areas in the city during monsoon last year.

The Corporation will have to widen the stormwater drains to build dual ducts of 55 cm. width each and a dividing wall of 10 cm. width.

For drains of larger width, the sewer duct will be restricted to 55 cm. width or one-third of the width, whichever is bigger. The height of the dividing wall will be restricted to two-thirds of the depth of the stormwater drain.

New drains are expected to be ready by September ahead of the onset of the northeast monsoon this year in and around Habibullah Road (T. Nagar), Parangusapuram and Munusamy Salai in K.K. Nagar, and Seethammal Colony and Chitharanjan Salai in Teynampet Zone.

Spike in conjunctivitis cases

By Dr. Velmurugan

Conjunctivitis is the inflammation of the conjunctiva, which is the top transparent layer of the eye that can occur due to viral infection or some form of allergy.

Since mid March, the rising mercury levels and pollution are leading to a spike in conjunctivitis cases in the city.

Commonly known as 'Madras Eye', it can spread through watery secretion coming from the eyes.

Patients suffer redness, watery discharge and foreign body sensation.

Allergic conjunctivitis is more common in children, but can also occur in adults.

Isolation and frequent hand washing helps to reduce the transmission of the virus.

Though wearing dark glasses or sunglasses helps in reducing the symptoms of photophobia induced by this infection, it does not reduce the transmission rate.

Self medication should be avoided and the affected patient should visit an eye doctor for a check-up.

Girls' toilets in Corporation Schools to be spruced-up

By Our Staff Reporter

Under the Nirbhaya Fund, Chennai Corporation will soon renovate the girls' toilets in the 132 of its 281 schools at a cost of Rs. 6 crores.

A Corporation official said that 132 schools have been selected for the project including four schools in T. Nagar and Ashok Nagar.

Under the scheme, new toilets for girls will also be constructed in select schools.

Bus runs over pedestrian in K. K. Nagar

A 56-year-old man died on the spot when he was run over by an MTC bus on Anna Main Road (K. K. Nagar) while trying to cross the road near Kamarajar Salai junction on April 18.

The victim was identified as Lakshmana Kumar (a resident of 7th Avenue, Ashok Nagar).

His body was sent to Royapettah Government Hospital for post-mortem.

The bus driver Shankar was arrested.

IIT-Madras to launch online course in industrial AI

In partnership with Tata Consultancy Services (TCS), the Indian Institute of Technology Madras has launched a web-enabled program on 'Industrial Artificial Intelligence' targeted at upgrading corporate employees in AI applications to address industrial problems.

The 18-month course will be conducted online completely, in live teaching mode through virtual classrooms.

V. Kamakoti (Director, IIT-M) said that the program will have theory and practicals covering important topics in data science and AI.

He said that the course will provide a unique perspective on the impact of AI on industrial systems, which can lead to processes that are robust, inherently safer and ultimately environment-friendly.

Interested persons can apply online on the IIT-M website.

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Local resident wins TT tourney

By Our Staff Reporter

C. N. Sridhar, a resident of Ashok Nagar, won the open-singles title in the 3rd edition of the MGC Amrutanjan IntraClub Table Tennis Tournament conducted in Madras Gymkhana Club recently.

In the final, he defeated Vishal Bhaiyya in 5 sets with a score of 11-9, 11-7, 12-10, 8-11, 11-9.

Sridhar has been playing table tennis for more than 40 years. His contact number is 90030 25867.



Motorcycles dumped on Arya Gowda Road

By Our Staff Reporter

Three motorcycles have been dumped on the margin of Arya Gowda Road, near its junction with Chakrapani Street (West Mambalam).

As the tyres of the bikes are not deflated, it is apparent that they have not been lying there for a very long period. A damaged table has also been dumped near the bikes.



A resident said that passersby have converted the spot into an open urinal which is a health hazard for residents living nearby.

He has appealed to traffic police to remove the vehicles from the spot.

'Hayagreevahomam' for students on April 24

By Our Staff Reporter

Shri Shirdi Sai Seva Samaj (21, Jaishankar Street, West Mambalam) will conduct 'Hayagreevahomam' and other special poojas from 3 p.m. on Sunday, April 24, in its premises for the benefit of students appearing for board examination.

There will be Hayagreevarashtothram, Saraswathi pooja and Shirdi Sai Baba ashtothram.

Students are welcome along with parents to participate in the poojas.

More details can be had in 9342850974.

Discourse on Bhagavad Gita today

By Our Staff Reporter

Under the auspices of Sri Ramakrishna Mission Ashrama (3, Maharajapuram Santhanam Salai, T. Nagar), Swami Satyaprabhananda will deliver a discourse in Tamil on Bhagavad Gita at 5.30 p.m. on Sunday, April 24 in the Ashram's premises.

All are welcome.

More details can be had in 28143896/3514/2014.

எனக்கு

மதுவில் இருந்து

விடுதலை

கிடைத்துவிட்டது.

உங்களுக்கு?



ஒருங்கிணைந்த

Alcohol De-Addiction & Liver Treatment Centre

நடுத்தர மக்களின் நலனை கருத்தில் கொண்டு நவீன மருத்துவ சிகிச்சைகளை குறைந்த செலவில் தருவதற்கான ஒரு உன்னத முயற்சி

சென்னையில், மக்களின் நலனுக்காக குடி பழக்கத்தில் இருந்து விடுபடுவதற்கு என்றே பிரத்தியேகமாக ஆரம்பிக்கப்பட்ட மருத்துவ மறுவாழ்வு மையம்.

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