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## Medical Excellence Award presented to Dr. Renuka

Dr. Renuka Ramakrishnan (resident of 7th Cross Street, Shenoy Nagar) was presented the Medical and Science Excellence Award by Indo UAE Economic Chamber of Commerce in a function held in SRM University (Chennai) on March 28.



She received the award from Thamizhisai Soundararajan (BJP leader and former Governor of Telengana).

Dr. Renuka has been providing free treatment to tuberculosis and leprosy-affected patients across Tamilnadu through a team of like-minded doctors. She is a Fellow of Royal Society of Health (London). She was a Senior Consultant in Dr. Hande Hospital (Shenoy Nagar). She is a Rotarian and also works for the welfare of transgender and the Irula community. Her contact number is 94440 87050.

## Tamil book on Vedanta Maharishi released



S. Srinivasan R. K. Maheshwari S. Sankaralingam

'Mahanin Manimozhi Malar', a book in Tamil co-authored by Nagai S. Srinivasan (resident of Kamaraj Nagar, Padi Pudhu Nagar Main Road, Anna Nagar), R. K. Maheshwari Kasingam and S. Sankaralingam (residents of Kalaivanar Nagar, Anna Nagar Western Extension) was released at the 36<sup>th</sup> anniversary function of Arivu Thirukoil (Villivakkam) on March 30.

The 64-page book describes the life of Vedanta Maharishi, his teachings and his path to spirituality, and on the activities of Manavala Kalai branches in Villivakkam and Anna Nagar. The authors are disciples of Vedanta Maharishi, and conduct free yoga and pranayama classes. For a free copy of the book, call 97899 50222 or 91500 86655.

## Program for senior citizens this week

Dignity Foundation has organised special programs for senior citizens from 4 p.m to 5.30 p.m from March 31 to April 3 in its premises in New No. 27, F Block 2nd Street, East Anna Nagar.

- Monday, April 7: Zumba dancing
  - Tuesday, April 8: Singing for pleasure
  - Wednesday, April 9: Yoga for health
  - Thursday, April 10: Health Day celebrations
  - Friday, April 11: Online story telling session.
- All senior citizens are welcome. For free registration, contact Merita Joseph in 73959 38954, 75502 07456.

## Plexuss Pain and Spine Clinic offers non-invasive treatment

By Our Staff Reporter

The newly opened Plexuss Pain and Spine Clinic (W 19, W Block 7<sup>th</sup> Street, adjacent to Tower Park, Anna Nagar) offers non-invasive treatment for joint pain, knee pain, neck pain, back pain, sciatica, and ligament wear and tear.

Dr. M. A. Pavithra and Dr. C. Balaji (Senior Consultants) told Anna Nagar Times that the treatments have no side effect.

They said that the special treatment involves segregation of rich plasma from the

patient's blood sample using a PRP machine, and injecting it into the area of inflammation under ultrasound guidance to cure the pain in one or more sittings.

The clinic is open from Monday to Saturday between 9.30 a.m and 6.30 p.m.

Its contact number is 93448 98328.

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Vol. 32, No. 31

1643<sup>rd</sup> Issue: April 6 - 12, 2025

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## Corporation Schools campaign for enrolment

By Our Staff Reporter

The Corporation Schools in Anna Nagar, Mogappair and Shenoy Nagar are campaigning for new admissions for all classes for the 2025-26 academic year.

Its teachers were seen distributing pamphlets on April 2 on Thirumangalam Road (Anna Nagar) and creating awareness about the Corporation's schemes to improve the quality of education in its schools.

The other benefits extended by the Corporation are free textbooks, free breakfast and



lunch, and 4 sets of free uniforms. Parents interested in admitting their children in Corporation schools can contact 98410 76721 or 94447 61710.

## Spiritual book stores opened in temples

By Our Staff Reporter

Bookstores were opened in temples across Tamilnadu including this neighbourhood to sell rare spiritual books reprinted by the Hindu Religious and Charitable Endowments Department (HR & CE)

216 spiritual books featuring devotional literature, temple chronicles, biographies of saints, and works on temple art, sculptures, epics, paintings, ancient Tamil palm-leaf manuscripts, and the teachings of Siddhas will be available for sale.

The stores in the neighbourhood are located at Santhana Srinivasa Perumal Temple (Vellalar Street, Mogappair West) and Ekambareswarar Temple (Sannadhi Street, Aminjikarai).

## Iris scanner in ration shops for biometric verification

By Our Staff Reporter

As part of biometric verification, iris scanners have been introduced in ration shops in addition to the fingerprint scanners. Consumers availing free commodities from ration shops are now subjected to both iris and fingerprint authentication.

This photo taken on April 2 at the ration shop in Navalur Nagar (Anna Nagar) shows an iris scanner used for biometric verification of a ration card holder.



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## Young gymnasts felicitated for entering Guinness Book of World Records



In appreciation of their recent Guinness Book of World Record achievements, R. S. Janani, D. Deeksha Prithyanka, Gowrisankari (residents of Lakshmi Talkies Road, Shenoy Nagar) and their coach Vijayalakshmi Saravanan (Founder, Chennai Hoopers, Ph: 94435 31538) were felicitated by Anitha R. Radhakrishnan (Minister for Fisheries) in the Secretariat on April 2.

Janani had performed a record 24 juggling catches while performing a one-handed cartwheel in 1 minute.

Deeksha, spinning three hula hoops around her waist, had completed 50-meter dash in the fastest time of 18.28 seconds.

Gowri had achieved the record of performing 124 rotations with hula hoops around the knee in one minute. They are students in Doveton Girls Higher Secondary School (Vepery).

## Offers table tennis coaching at all levels

Table Tennis Coaching Center (647, Towers Club, 2<sup>nd</sup> Floor, 3<sup>rd</sup> Main Road, adjacent to Tower Park, Anna Nagar) offers coaching at beginner, intermediary and advanced levels.

Special coaching is offered to professionals and senior-level players.

G. Purushothaman (Senior Coach) has 27 years of experience as a coach. The classes for beginners are conducted from 5 p.m to 6.30 p.m, and for others from 6.30 p.m to 8 p.m from Monday to Friday.

The fee is Rs.2,000 per month. Purushothaman said that several of his students have won prizes in state and national-level tournaments. His contact number is 73972 20573.

## Career counselling seminar next Sunday

Aspire Academy (1961B, 2<sup>nd</sup> Floor, Vijaya Complex, Asiad Colony, Anna Nagar Western Extension) will conduct a career counselling seminar for school students from 10.30 a.m to 12.30 p.m on Sunday, April 13 in its premises.

Chartered Accountant S. Rajan (Founder and CEO of Aspire Academy) will conduct the seminar.

He said that it will be beneficial to students who aspire to pursue professional courses like CA, CMA and CS. He will talk about career opportunities and give tips on passing the exams. For registration, contact the Academy in 72007 34998 or 89258 87798.

## 7-day Atma Gnana yoga course from tomorrow

A 7-day course on Atma Gnana Yoga covering Pranayama, meditation and diet will be conducted by Lakshmi Mony from 10.30 a.m to 12 noon from Monday, April 7 to Sunday, April 13 in W-746, D Sector, 4th Avenue, Anna Nagar Western Extn. (behind SBOA School). The classes will be conducted in English and Tamil.

According to her, the regular practice of Atma Gnana Yoga will cure chronic ailments like high blood pressure, wheezing, diabetes, migraine and spondylitis. The program is secular and has no religious overtones. Anyone above the age of 13 years can attend the course. The course fee is Rs. 700. For details, contact in 94444 68360.

## 12-day Manavalakkalai Yoga course from Thursday

Vedathiri Maharishi ICF Manavalakkalai Manram (R 31, R Block 12th Street, opposite Firm Hospital, Anna Nagar) will conduct a 12-day Manavalakkalai Yoga Foundation Course from 5 p.m to 6.30 p.m from Thursday, April 10 to Wednesday, April 23 in its premises. There will be no class on Sundays, April 13 and 20.

K. Sampathkumar (Secretary) told *Anna Nagar Times* that simplified physical exercises, Kundalini Yoga and Kaayakalpa Yoga will be taught along with lectures and demonstrations.

He said that the regular practice of the kriyas will enhance immunity levels in the body system. Anyone above 14 years can join the course. More details can be had from the Manram in 91766 29956 or 98402 24683 or 91505 46681.

## OBITUARY

### K. RAJENDRAN

K. Rajendran (resident of 75, Gujji Naicken Street, East Anna Nagar) passed away on March 25.

He was 57, and had been a resident of Anna Nagar for more than 50 years. He was an electrical works contractor. He is survived by his wife Deivamani, daughters Ezhilarasi and Dakshayini.



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## Programs in Chandramouleeswarar Temple this week

In connection with Sri Rama Navami, santhana kaappu alangaaram will be performed to deity Anjaneyar from 5 p.m to 8.30 p.m on Sunday, April 6 in Chandramouleeswarar Temple (1, 15th Main Road, Kathiravan Colony, Anna Nagar).

In connection with Pradosham, special abhishekam will be performed to deities Chandramouleeswarar, Thirupurasundari, Lingeswarar and Nandikeshwarar from 4 p.m to 5 p.m on Thursday, April 10. There will special abhishekam to deities Ayyappan, Murugan on Friday, April 11, followed by recitation of Harivarasanam and Skanda Guru Kavasam. Devotees will perform Sahasranaama paaraayanam from 5 p.m to 5.45 p.m on Saturday, April 12. All are welcome.

## Paal Kudam procession on Friday

In connection with Panguni, paal kudam procession will be taken out at 8.30 a.m on Friday, April 11 from Maha Ganapathy Temple (Pillaiyar Koil Street, Thangam Colony, Anna Nagar).

The procession will go via Thangam Colony 1st, 2nd, and 3rd Streets, Thirumular Colony, Vivekanandar Street, Adhi Sankarar Street, Vallalar Street, and will end at the temple at 10 a.m.

It will be followed by maha abhishekam with the milk in the kudams to the deities Murugan, Valli and Deivanai. There will be annadhaanam at 12 noon and procession of deities around the temple at 7.30 p.m. Devotees wishing to participate in the paal kudam procession must register in advance at the temple. All are welcome.

## Kayakalpa Yoga class today evening

Anna Nagar Manavalakkalai Manram (Plot 1255, New No. 10, Flat 5, 1st Floor, Vasanth Apartments, 19th Main Road, behind Kambur Colony, Anna Nagar, Ph: 94452 36242, 94449 75156, 78715 64700) will conduct a Kayakalpa Yoga class from 4.30 p.m to 7.30 p.m on Sunday, April 6 in its premises. According to the organisers, regular practice of Kayakalpa will enhance immunity levels in the body system, retard ageing process and extend longevity. Anyone above 14 years can attend.

## Blood bank opened in MMM Hospital

Brijlal Ramnath Dhoot Rotary Blood Bank, co-sponsored by the newly formed Rotary District 3233, Rotary Club of Madras T. Nagar and Shivpyaribai Brijlal Dhoot Charitable Trust, was inaugurated on April 2 in Madras Medical Mission (Mogappair).

## Sri Rama Navami in 3<sup>rd</sup> Avenue temple

In connection with Sri Rama Navami, there will be special alangaaram with 1,008 vadamalai to Anjaneyar at 6 p.m on Sunday, April 6 in Samayapurathu Amman Temple (3<sup>rd</sup> Avenue, adjacent to K4 Police Station, Anna Nagar).

It will be followed by recitation of Hanuman Chalisa. There will be annadhaanam at 7.30 p.m. Devotees can contribute vadamalai for the alangaaram. In connection with Pournami on Saturday, April 12, special abhishekam will be performed to Vaarahi Amman from 6.30 p.m to 7 p.m. It will be followed by special alangaaram and recitation of Vaarahi Amman stotram. All are welcome.

## Founder's Day celebrated in JGVV School

Founder's Day was celebrated in Jaigopal Garodia Vivekananda Vidyalaya (U6, U Block 7<sup>th</sup> Street, Anna Nagar) and all its other branches in the city on April 2.

A special assembly was held and floral tributes were offered to the statue of Jaigopal Garodia, the Founder.

Jaigopal Garodia, a philanthropist and an animal activist, had started the free JGVV Book Bank Scheme which has helped thousands of underprivileged school and college students.

He had awarded scholarships to thousands of meritorious students from poor families.

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### Workshop on 'Shifting Mindset' on Saturday, Sunday

Happy Mind Counselling workshop on 'Shifting Mindset' Center (R 31, R Block 12th Street, opposite Firm Hospital, Anna Nagar) will conduct a

The fee for the 2-day workshop is Rs. 8,000. Hariharan Sampathkumar (Neuro-Linguistic Programming (NLP) trainer) told *Anna Nagar Times* that those (including students) who suffer from self-doubt, anger issues, stress and other such mental problems can benefit from the workshop.

He said the workshop will improve focus to help students in their studies and others in enhancing their career and business prospects.

For registration, contact Hariharan in 98840 33717.

### Free eye check-up on Thursday

On the occasion of Mahaveer Jayanthi, Anna Nagar Jain Yuvak Madal has organised free eye check-up from 9 a.m to 1 p.m on Thursday, April 10 in Samuga Koodam (75, Upper Street, Tiruvalleswarar Nagar, Anna Nagar) Doctors and paramedical staff from MN Eye Hospital (Ton-diarpet) will conduct the check-up.

Free spectacles will be gifted to persons diagnosed with vision problems, and those diagnosed with cataract can

avail free surgery at the hospital. For registration, call Aki-lesh in 98403 01614 or Pankaj in 93800 33000 or Yeshwanth in 70102 73644.

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The person must say this prayer for three consecutive days. After three days the favour requested will be granted even if it may appear difficult. This prayer including these instructions must be published immediately after the favour is granted without mentioning the favour. Only your initials should appear at the bottom.

**S.G**

**Excels in shooting**

By Our Staff Reporter

Srinithi

Abirami

(resident of

4B, Block

259, Anbu

Colony Jawaharlal Nehru

Road, Anna Nagar)

won a gold medal in the 300 meters Open Big Bore Shooting Tournament held from March 23 to March 31 in Army Marksman Unit (Indore) conducted by National Rifle Association of India.

Her contact number is 99442 01328



**Special poojas in temple on Thursday, Saturday**

In connection with Ekadeshi, special abhishekam will be performed to deity Sahasra Kuberalingeswarar from 6.30 p.m to 7 p.m on Thursday, April 10 in Mahameru Sri Chakra Bhagavathi Amman Temple (1st Main Road West, next to Thiru Vi Ka School, Shenoy Nagar).

It will be followed by special alangaaram and recitation of Devaram. Special abhishekam will be performed to the presiding deity at 6.30 p.m on Saturday, April 12.

It will be followed by special alangaaram, pushpa archanai and recitation of Chottanikara Bhagavathy Amman stotram.

Devotees can donate milk, curd, ghee, scented oil and tender coconut for the abhishekam and flowers for the archanai. All are welcome.

**Thirukalyanam in temple on Friday**

By Our Staff Reporter

In connection with Panguni Uthiram, senior priests will perform Thirukalyanam to deities Murugan, Valli and Deivanai from 7 p.m to 8 p.m on Friday, April 11 in Vetri Vinayagar Temple (Vetri Vinayagar Street, Thiruvallieswarar Nagar, off Ambattur Estate Road, Thirumangalam).

There will be samapandi bhojanam at 8.30 p.m. All are welcome.

**Special school students hold autism awareness rally**

By Our Staff Reporter

In connection with World Autism Day, students of Jayam Special School (16, Mahalakshmi Street, off Park Road, Anna Nagar Western Extension) took out an awareness rally along Mahalakshmi Street, Kalaivanar Nagar, Kumaran Nagar, Devar Nagar, parts of C Sector and Park Road in Anna Nagar Western Extension on April 2.

They distributed pamphlets to passers-by.

G. Saya Devi (Principal) told Anna Nagar Times that admissions are open for the academic year 2025 - 2026.

Her contact number is 98418 32311.

**Online session on alleviating stress**

The Community Service Department of Sundaram Medical Foundation (4th Avenue, Anna Nagar) has organised a free online session titled 'Self-help tools for Stress and Anxiety' from 3 p.m to 4 p.m, on Saturday, April 26.

The Zoom meet ID is 824 546 6100. There is no password.

All are welcome. For more details, contact in 99410 07688 / 044-26144569.

**Sai bhajan in Thirumular Colony today**

Sri Balamurugan Bajanai Mandali (Thendral Colony 3rd Street, Anna Nagar) will present devotional songs on Lord Rama and Shirdi Sai bhajans from 11 a.m to 12.30 p.m on Sunday, April 6 in Shridi Saibaba Siddhar Peetam Trust (88, Vivekanandar Street, Thirumular Colony, Anna Nagar).

There will be annadhaanam at 12 noon and 7.30 p.m.

For more details, call 94444 96417 or 91760 33065.

**Plexuss Clinic offers free consultation**

Plexuss Pain and Spine Clinic (W 19, W Block 7th Street, adjacent to Tower Park, Anna Nagar) offers free consultation from 9.30 a.m

to 2.30 p.m on Saturday, April 12 and Saturday, 19 in its premises.

Dr. M. A. Pavithra and Dr. C. Balaji will be available for consultation.

Patients suffering from joint, knee, neck and back pain, sciatica and ligament tear can benefit.

For prior registration, call 93448 98328.

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