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Vol. 31, No. 32

December 21 - 27, 2025

Advt. Supplement

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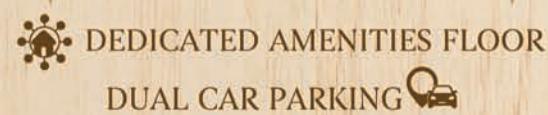


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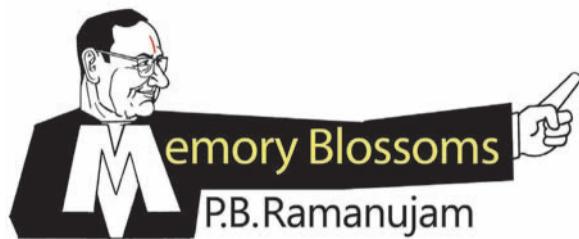
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The Best Gift I Ever Received

Around the second week of October 2023, a woman of about 27-28 old came to my office. She introduced herself as a married woman who had been separated from her husband for 4 years. They had no kids.

She was having a good employment just like her husband who was working in the IT sector. She said that she was a victim of the ego on the part of her husband and it caused their separation. She wanted to initiate divorce proceedings against him, and proposed to engage me as her lawyer for the purpose.

After listening to her, I gave her a paper and asked her to list all her grievances against her husband.

She started writing:

1. Ego
2. Mental Agony
3. Temperament not compatible

She could not write anything else for the next 10 minutes. I collected the paper from her and asked her, "Do you suspect him of any extra matrimonial relationship?"

She replied, "He does not have the guts for it, sir".

"Is he an alcoholic?", I asked her.

"No", she said, "I have not seen him even touching a liquor bottle".

She was a good-looking woman, well-educated and well-employed, and did not suspect her husband's fidelity. I therefore thought that it was worthwhile to make an attempt to bring them together and save their marriage.

I asked her the address of her husband and dictated a letter to him in her presence. "Dear Mr.....

I am a stranger to you. Your wife is sitting before me narrating some grievances against you. I would like to know your side of the picture. If you could meet me - subject to getting permission from your lawyer (who may be knowing me) - please get in touch with me in my phone number. If you are not willing to meet me, please ignore this letter.

With regards,

PB Ramanujam, Advocate

She gave her consent for sending this letter to her husband, and left.

Two days later, I received a call. I could not immediately recognize the caller but, as the conversation progressed, I realised that he was the one to whom I had sent the above letter. During the talk I learnt that he too did not have any serious complaints against his wife except that they were not able to see eye-to-eye on certain matters. The talk reinforced my idea that their disagreements were not irreconcilable and that their marriage could yet be saved.

I told him that this type of separation or a divorce was not a remedy for their mutual grievances and no couple was made for each other. That even Rama and Sita used to quarrel. There was nothing wrong in his disagreeing with her views and she disagreeing with his views in certain matters. I also suggested to him that, once a child came into the family, these differences would be ignored by both of them.

He listened to me patiently and kept quiet. I asked him if he was willing to come to my office at 4 pm the following Monday. He agreed. I told him that I would ask his wife also to come at the same time.

I informed his wife of the conversation and she too agreed to come to my office at 3.45 pm.

She arrived promptly at the appointed time. I advised her to approach their meeting with a positive attitude saying that she had everything to gain by saving the marriage than by undergoing a divorce.

The husband turned up promptly at 4 pm. I could immediately notice the pleasantness in each of their faces when they met, and feel the positive vibe between them. Without much preliminaries I placed their palms one over the other and asked them to imagine that day as the first day of their marriage and forget the recent unfortunate past. I suggested to them to take leave for 10 days from their jobs and go on a fresh honeymoon to Ooty or Kodaikanal.

Both of them agreed and left my office together.

They came back together after 15 days with a parcel in their hand as a gift to me. She asked me, "What is your fee, sir?".

I said, "Your peace is my fee".

She asked me to open the gift which was well covered and packed, and insisted that I should open it immediately. On opening it I found a cute mug with my photo and the words, "YOU ARE REALLY GREAT, SIR" inscribed on the outside.

The mug might not have cost them much but I was touched by the thought of how much time and effort they would have taken to think of such a gift and execute it. Even today I consider it as the best gift I ever received from any of my clients.

Had I received the woman when she first came to my office in a professional manner and sent a notice to her husband seeking divorce, the case would have dragged on for over two years culminating in a decree of divorce by mutual consent as happens everyday in the Family Court. I also would have been richer by a few thousand rupees as my fee. Luckily God has not given me the temperament to act as such a professional always.

(To be continued) pbrassociates@yahoo.com

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Bhajanai mahotsavam from Wednesday in Sripadaraja Mutt

By Our Staff Reporter

Mambalam Seva Trust has organised Margazhi Bhajanai Mahotsavam from Wednesday, Dec.24 to Sunday, Dec.28 in Sri Sripadaraja Mutt (9, Vivekanandapuram Street, West Mambalam).

Sastha kalynam and Anjaneya utsavam will be performed on Sunday, Dec. 28.

The following are the program details:

Wednesday, Dec.24: 3 p.m: Ganapathi poojai, Vishnu Sahasranaamam chanting; 4 p.m to 9 p.m: Thodaya Mangalam, Guru keerthanam and asthaphathi by Vembathur Thyagaraja Bhagavathar and group.

Thursday, Dec.25: 4 p.m to 9 p.m: Asthaphathi, tharangam and naamasankeerthanam by Lakshman Bhagavathar

Friday, Dec.26: 4 p.m to 9 p.m: Abhang, panchapathi and dhyanaam by Radhika Raja and group

Saturday, Dec.27: 4 p.m. to 9 p.m: Upachaara poojai, divyanaamam and dolotsavam by Erode Satyanarayana and group

Sunday, Dec.28: 8 a.m: Sastha Kalyana Vaibhavam by Nagai Sundararajan Bhagavathar; 6 p.m: Anjaneya utsavam by Varagur Ravi Bhagavathar Bhajana Mandali

All are welcome. For more details, call 98419 70775, 99628 84355, 86376 05100.

Thambrass AGM next Sunday

By Our Staff Reporter

Tamilnadu Brahmin Association (Thambrass) (T. Nagar) will hold its next Annual General Meeting on Sunday, Dec. 28 in Panigraha Kalyana Mandapam (Arya Gowda Road, West Mambalam).

All members are requested to attend.

It will end with a Mandolin concert by Sai Govind at 5 p.m

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Special poojai to Lord Ayyappa on Saturday

By Our Staff Reporter

Sabarimalai Yathirai Kuzhu has organised special poojai to Lord Ayyappa in Sri Sakthi Vinayagar Temple (Gandhi Street, West Mambalam) on Saturday, Dec.27.

The following are the program details:

9 a.m: Vinayagar and Ayyappa poojai

10 a.m: Devotional songs
 12.30 p.m: Maha deepaрадhanai and annadhaanam.

All are welcome.
 Devotees can contribute towards the annadhaanam.
 For more details, call R. Mukundan in 98843 97273

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Vol. 31, No. 31

December 14 - 20, 2025

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95,999 names deleted from T. Nagar voter list

In the draft electoral roll relating to T. Nagar constituency published on Dec. 19 after the recent Special Intensive Revision, 95,999 names are seen deleted from the earlier list.

Of these, 9,346 are due to deaths, 85,744 are due to permanent shifting of residence and 908 due to duplicate entries. Those whose names have been deleted under permanently shifted or duplicate entries categories can re-enrol themselves during the claims and objection period till January 18, 2026. The list of such names are available in the polling stations.

The draft electoral roll can be downloaded from the website <https://voterlist.co.in/tamil-nadu-sir-draft/>.

The deleted voter list can also be download from above website.

Corporation begins door-to-door verification for pet licenses

Two days after the December 14 deadline for mandatory pet licensing ended, Chennai Corporation has begun door-to-door verification and enforcement, issuing fines to pet owners who failed to obtain licences despite registering

their pets online.

Pet owners who completed online registration but did not obtain a licence are fined Rs. 500 per pet, while those without registration and a valid licence face a higher penalty of Rs. 5,000 per pet. The enforcement drive has drawn criticism from pet owners, many of whom argue that the Corporation did not provide adequate infrastructure or time to complete the licensing process.

According to Corporation data, only about 57,626 pets had been licensed as of December 14, out of around one lakh pets registered online.

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24-12-2025 முதல் 28.12.2025 [மார்க்கு 9 முதல் 13 வரை]

இடம்: **ஸ்ரீ ஸ்ரீபாத்ராஜர் மலம்** (மாம்பலம்)

எண்.9. விவேகானந்தபுரம் 1வது தெரு.

மேற்கு மாம்பலம், சென்னை 600 033.

24.12.25	புதன் கிழமை	மாலை 3.00 கணபதி பூஜை, விழிலை சுற்றுச் சாலை நாமம் மாலை 4.00 முதல் 9.00 மணி வரை தோடையம்களம், குருக்கிருஷ்ணகள், ஸாதுக்கள் அஷ்டபதி (1-12) நிகழ்த்துவர்: வேம்பத்தூர் ஸ்ரீ தியாகராஜ பாகதவர் குழுவினர்
25.12.25	வியாழக் கிழமை	மாலை 4.00 முதல் 9.00 மணி வரை அஷ்டபதி (13-19), தரங்கம், நாம ஸங்கிருத்தனம் நிகழ்த்துவர்: ஸ்ரீ வகைமணன் பாகவதர் குழுவினர்
26.12.25	வெள்ளிக் கிழமை	மாலை 4.00 முதல் 9.00 மணி வரை அபங்கம், பஞ்சபதி, தியாளம் நிகழ்த்துவர்: ஸ்ரீமதி ராதை ராஜா குழுவினர்
27.12.25	சனிக் கிழமை	மாலை 4.00 முதல் 9.00 மணி வரை பூஜை, உபச்சாரம், தீவ்யநாமம், டோலோத்ஸவம் நிகழ்த்துவர்: ஸ்ரீராடு ஸ்ரீ சத்யநாராயணன் குழுவினர்
28.12.25	குருபிற்றுக் கிழமை	காலை 8.00 மணிக்கு, ஸ்ரீசாஸ்தா கஸ்யாண வையவம் நிகழ்த்துவர்: நாகை ஸ்ரீ சந்தராஜ பாகவதர் மாலை 6.00 மணிக்கு ஆஞ்சநீயர் உத்ஸவம் குழுவினர் நிகழ்த்துவர்: வரசவர் ரவி பாகவதர் பஜனை மண்டலி

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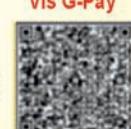
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Documentary on Tamil Scholar Va. Ve. Subramanian released



By Our Staff Reporter

'வற்றாத ஊற்று' - a documentary on the life and literary achievements of Tamil scholar Va. Ve Subramanian (resident of Ashok Nagar and retd. Principal of Vivekananda College) was released at a function held at Tamil Virtual Academy (Kotturpuram) on Dec. 12.

It was scripted and directed by writer S.L. Naanu.

Several dignitaries including Krishnan (Editor, Amudhasurabhi), poet Ravi, Director Chandru Manickavasagam and N. Panchapakesan (Founder, Sai Sankara Group of Matrimonials) were present.

Median serves as bus stop



By Our Staff Reporter

The median on Venkatanarayana Road (T. Nagar) has turned into a bus stop for commuters, defeating the purpose for which it was constructed to prevent crisscrossing of vehicles and jaywalking by pedestrians.

Commuters now wait on the median, with no shelter, to board MTC buses plying on the route even as vehicles zip past. MTC buses now halt on the right side of Venkatanarayana Road, after it was made a one-way stretch due to the ongoing metro rail work.

This is despite a proper bus stop with a shelter on the left side. "After the road was made one-way, MTC buses always ply on the right side of the road, so we have no other option but to wait on the median," Padmanaban, a regular commuter, said.

Senior citizens, school students and women are forced to squeeze themselves on the one-and-a-half-foot-wide median, as they wait for buses.

While most of Venkatanarayana Road is already encroached upon by hawkers of all types, the pavements have become parking lots for temples, offices, and shops, leaving less space for vehicles to manoeuvre.

Chennai Corporation and the traffic police periodically remove the encroachments, but they return to where they were within a week.

Pontiff of Kudali Sringeri Mahasamasthanam in city till Dec. 31

Abhinava Sankara Bharati Maha Swamigal (the 72nd pontiff of Kudali Sringeri Maha Samsthanam, Dakshinamanya Sri Sharada Peetham, Sringeri, Karnataka) will stay from Sunday, Dec. 21 to Wednesday, Dec. 31 in Valambal Illam, 16/20, Srinivasa Pillai Street, West Mambalam, opposite Om Murugasramam.

Devotees can have darshan and seek his blessings. The Kudali Sringeri Mutt is a renowned seat of Advaita edanta established by Adi Shankara. For More details, contact 99403 10620 or 93800 45004.

Bharat Kalachar honours Carnatic musicians, actors



By Our Staff Reporter

Several persons, including award to Bharatanatyam artistes of various fields, exponent Padmini Krishnadas were honoured at the amurthy, Vimarshaka Kala 37th Margazhi Mahotsav Bharathi award to arts committee organised by Bharat mentor and journalist S. Kalachar (T. Nagar) on Dec. 15. Gnana Kala Bharathi award to Mohandas award was presented to instrumentalist and vocalist Delamour (Founder of N. Kumar (Chairman, Triveni Association, a non-profitable organisation to N. Ravikiran, Viswa Kala promote art and culture), digitaries from the music Bharathi award to ghatam exponent S. Karthick, Nadaga Kala Bharathi and filmdom were present

award to dramatist V. Sreevathsan, and K. Balachander Trophy for Artistic Excellence to actress Suhasini Maniratnam.

Awards were also presented to upcoming musicians.

N. Kumar (Chairman, Group Corporate Board, The Sanmar Group) and other

Cybercrime awareness programs held in school



By Our Staff Reporter

Chennai Police have begun reaching out to schools and resident welfare associations to create awareness about cybercrimes.

On Dec. 15, a team from the cybercrime cell of the Central Crime Branch (CCB) interacted with teachers at a private school in Ashok Nagar and shared information about various cyber frauds like digital arrest, online trading scam, and courier scam.

More than 100 teaching and non-teaching staff participated in the awareness meet.

Victims of cybercrime can register their complaint at www.cybercrime.gov.in.

Krishna Gana Sabha awards musicians

By Our Staff Reporter

Krishna Gana Sabha (Maharajapuram Santhanam Salai, T. Nagar) inaugurated its 69th Margazhi Utsavam on December 12 in the presence of N. Kamakodi (CEO of City Union Bank) and Sabha President Nalli Kuppuswamy Chetti and other dignitaries.

During the event, Sangeetha Choodamani award was presented to renowned percussionist K.V. Prasad and the Nrithya Choodamani award was presented to Bharatanatyam exponent G. Narendra.

Prizes were awarded to the winners of the Ilamai Thiramai talent initiative conducted by the Sabha earlier in the month.

Concerts and naamasankeerthanam will be held daily at 10 a.m, 11 a.m, 1 p.m, 4 p.m and 7 p.m.

Entry is free for the programs at 11 a.m and 1 p.m.

To buy tickets for the other programs, visit <https://tikkl.com/krishnaganasabha/c/margazhimela2025>.

Thirukalyanam next Sunday in Gandhimadhi Marriage Hall

Agri Kannan Guruswamy has organised Sastha Thirukalyana Mahotsavam on Saturday, Dec. 27 and Sunday, Dec. 28 in Gandhimadhi Marriage Hall (11B, 2nd Street, North Boag Road, T. Nagar).

The thirukalyanam will be performed by V.S. Siva Subramanian Bhagavathar on Sunday, Dec. 28. The following are the program details:

Dec. 27: 6 a.m: Sri Ganapathi homam; 8.30 a.m to 12.30 p.m:

Aavaahana poojai, lakshaarc hanai, deepa aradhana and annadhaanam; 3 p.m to 5.30 p.m: Sampradaya bhajan; 6 p.m:

Vishnu and Lalitha sahasranaama paaraaya nam, Kanya

poojai, Suvasini poojai, Tham bathi poojai and Guru poojai; 7 p.m: Janavasam and dolot savam. Dec. 28: 8 a.m to 3 p.m: Thirukalyanam and special

poojas. All are welcome.

For more details, call 98403

05141 or 97898 25596.

Free session on public speaking today forenoon

By Our Staff Reporter

Speakers Hive was launched 6 months back by Sudha Avataram and Saro Velrajan in Hari OM Vidyalaya (14, 22nd Street, 5th Sector, K. K. Nagar).

Its members impart training in public speaking and communication skills.

It will conduct a free session on 'Basics of Public Speaking' for persons above 18 years from 10 a.m to 11.30 a.m on Sunday, Dec. 21.

Sudha told *Mambalam Times* that Speakers Hive offers certified programs from basic to intermediary to advanced levels in public speaking and communication skills.

For more details, visit <https://www.speakershive.org/> or call Sudha in 99402 48591.

Vishnu Sahasranaama mahotsavam from Dec. 21 to 28

By Our Staff Reporter

Visva Vishnu Sahasranaama Samasthan (VISVAS) has organised its annual sahasranaama mahotsavam from Sunday, Dec. 21 to Saturday, Dec. 27 in Krishnaswamy Kalyana Mandapam (62, South Boag Road, T. Nagar).

Eminent personalities including N. Gopala swamy and T. S. Krishnamoorthy (Former Chief Election Commissioners), G. Bhanu Prakash Reddy (Board Member, TTD), and M. Murali (Managing Director, Sri Krishna Sweets) will be present on the inaugural day.

There will be talk on the benefits of Vishnu Sahasranaama from 9 a.m to 1 p.m on Dec. 26 and Srinivasa Perumal Thirukalyanam from 8 a.m to 1 p.m on Dec. 27.

Vishnu Sahasranaamam chanting will be held daily from 5 a.m to 6 a.m, 6.30 a.m to 9.30 a.m, and from 6 p.m to 8.15 p.m. There will be chanting of naamasankeerthanam from 10 a.m to 1 p.m and from 1.30 p.m to 5 p.m.

The following are the other program details to be held daily:

3:15 a.m: Yoga;

4 a.m to 6 a.m: Suprabatham and Thiruppavai discourses

1 p.m to 1.30 p.m: Debates and quiz

All are welcome.

For more details, call 97909 25804.

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மார்வலி எல்லாம் ஹார்ட் அட்டாக் அல்ல!

அவருக்கு அறுபத்தைந்து வயதிருக்கலாம். இருபது வருடங்களுக்கு மேலாக சர்க்கரை வியாதியும், ரத்தக் கொதிப்பும் அவருடன் பயணிக்கின்றன! கொஞ்சம் நெட்டில் மேய்வது, முக்கியமாக ஹெல்த் சம்பந்தமான செய்திகள், பிடித்தமான பொழுதுபோக்கு.

இரண்டு நாட்களாக மார்வலி. 'கேஸ்' பிராப்ளம் என்று, தானே ரோஸ் கலர் மருந்து, ரானிடிடின் (நெட் உபயம்!) எடுத்துக் கொண்டும் வலி குறையவில்லை. வலி அதிகமாகவே 'ஹார்ட் அட்டாக்' என பயந்து எல்லா டெஸ்டுகளையும் எடுத்து மருத்துவமனையில் இரண்டு நாட்கள் தீவிரமாகக் கண்காணிக்கப்பட்டார்! ஜந்தாம் நாள் திட்டுத் திட்டாக சிவந்த நிறத்துடன் சின்னச் சின்ன நீர்க் கொப்புளங்கள் வலது பக்க மார்புப் பகுதியில் தோன்றின. Herpes Zoster or Shingles என்ற அக்கி எட்டிப் பார்த்தது.

'அக்கி' என்பது பெரும்பாலும் ஜம்பது வயதிற்கு மேற்பட்டோருக்கு வருகின்ற 'வைரஸ்' தொற்று. சின்ன வயதில் சம்மர் விடுமுறையில் அநேக மாக நம் எல்லோருக்கும் வரக்கூடிய 'சின்ன அம்மை' (ஆத்தா மேலே இறங்கியிருக்கா என்று வேப்பிலைப் படுக்கையும், பத்தியமும், பால்குடமும், நேர்த்திக் கடனும் இன்னமும் வழக்கத்தில் தமிழ்ப் பாரம்பரியம் பேசியபடி உள்ளன.) பெரியவர் களுக்கு உடம்பின் ஒரு பாதியில் (இடது அல்லது வலது), ஒரு பகுதி யில் மட்டும் (ஒரு நரம்பு ஒடும் பாதையில் மட்டும்) வருவதுதான் அக்கி. வேரிசெல்லா சாஸ்டர் வைரஸ் (Varicella Zoster Virus) தொற்று. ஜாரம், குளிர், தலைவலி, சோர்வு, தசைப் பிடிப்பு எல்லாம் சிலருக்கு வரலாம். நரம்பின் பாதை யில், தோலின் மீது சிறு நீர்க் கொப்புளங்களாக அங்கங்கே வரும். எரிச்சலுடன் வலியும் இருக்கும் (சில நேரங்களில் அரிப்புடன்). உடம்பின் ஒரு பாதியில் மட்டும் இருப்பது வழக்கம். குறிப்பிட்ட பகுதியில் மட்டும் (Localized) வருகின்ற சின்ன அம்மை என்னாம்.

பேச்சு வழக்கில் குழந்தைகளுக்கு முகத்தில் வருகின்ற மூக்கு, உதடுகளின் ஓரங்கள், கன்னம், கழுத்து, கை, கால் என வரலாம். பாக்மெரியல் தொற்றை 'அக்கி' என்று தவறாக நினைப்பவர்களும் உண்டு. இவை சிவப்பும் மஞ்சளும் கலந்த நிறத் தில் பொருக்குடன் இரண்டு பக்கமும் இருக்கும். இதற்கான சிகிச்சை வேறு. (அம்மை அல்லது அக்கி என்றெண்ணி வேப்பிலையும், மஞ்சளும் அரைத்துப் பூசி, உடம்பு பூராவும் புண்ணாகிவிடும். ஆத்தா வீரியமாக வந்துவிட்டதாக நினைத்து பயப்படுவோரும் உண்டு!)

நோய் எதிர்ப்பு சக்தி குறைவாக உள்ள நிலையில் வயதானவர்களுக்கு அக்கி வருவதற்கான வாய்ப்புகள் அதிகம். அறுபது வயதுக்குமேல், எச்.ஐ.வி, புற்றுநோயும் அதற்கான கிமோதெராபி, ரேடியோதெராபி, ஸ்ட்ரோப்ட் தெராபி, நீரிழிவு வியாதி உள்ளவர்களுக்கு அக்கி வரலாம்.

தோல் கொப்புளங்கள் இரண்டு அல்லது மூன்று வாரங்களில் ஆறிவிடும். சிலருக்கு மாறாத வடுவாகவும் நின்று விடக்கூடும். ஓய்வு மிகவும் அவசியம். குளிர் ஒத்தடம் உதவும். காலமின் லோஷன் கொப்புளங்கள் காய்வதற்கு உதவும். மருத்து வரின் ஆலோசனையுடன், ஆன்டி வைரஸ் மருந்துகளும், வலி மற்றும் அரிப்புக்கு மருந்துகளும் எடுத்துக் கொள்ளலாம்.

அக்கி என்றுவடன் சட்டி, பானைகள் செய்யும் குயவனாரிடம் சென்று 'எழுதிக் கொண்டு' வருவது வழக்கம். சட்டி பானைச் சில்லுகளைப் பொடித்து, குழைத்துப் பூசி விடுவார்கள். காலமின் லோஷன் போலவே 'காய வைக்கும்' குணம் இதற்கு உண்டென்றாலும் அசுத்தமான நிலைகளில் பாக்மெரியா தொற்று ஏற்படும் வாய்ப்புகள் அதிகம் என்பதை நினைவில் கொள்ள வேண்டும்.

முகத்தில் கண்களைச் சுற்றி வருகின்ற அக்கி (Herpes Zoster Ophthalmicus) சிறிது கவலைக்குறியது. கண் கருவிழியில் வெள்ளைப் புள்ளிகளாகக் காயங்கள் ஏற்படலாம். சரியான மருத்துவப் பரிசோதனையும், சிகிச்சையும் அவசியம்.

ஜம்பது வயது மதிக்கத்தக்க பெண்மணிகள் வலது பக்கக் கண் மற்றும் நெற்றி எங்கும் தாங்க முடியாத வலியுடன் 'பளிச்'சென் கத்தியால் வெட்டுவதைப் போன்ற வலியுடன் வந்தார். அருகில் பார்த்ததில் ஆறிய அம்மை வடுக்களும், சிவந்த கண்ணும் தெரிந்தன. கண் மருத்துவர் பார்த்துக் கண்ணுக்கு சொட்டு மருந்துகள் கொடுந்திருந்தார். இரண்டு வாரங்களுக்கு முன் அக்கி வந்ததையும், சரியான சிகிச்சை எடுத்துக் கொண்டதையும் அவர் காட்டிய மருந்துச் சீட்டு சொல்லியது! இது அக்கியின் பின் விளைவான நரம்பு வலி! (Post Herpetic Neuralgia)

வயதானவர்களுக்கும், சர்க்கரை நோயுள்ளவர்களுக்கும் அக்கி மறைந்த பிறகும்கூட சில சமயங்களில் ஒரு வருடம் வரையில் நரம்பு வலி இருந்து கொண்டே இருக்கும். வைரஸினால் நரம்புகள் பாதிக்கப்படுவதால் தோலில் கொப்புளங்கள் மறைந்தாலும் வலி மட்டும் தொடரும். அக்கி வந்த இடங்கள் சிலருக்குக் கூசும். சிலருக்கு மஸ்லின் போன்ற மெல்லிய துணிகள் பட்டால்கூட எரிச்சலோ, கூச்சமோ ஏற்படும். மிகவும் தாங்க முடியாத நரம்பு வலி சிலரை மிகவும் பாதிக்கும். அதற்கான பிரத்தியேக மருந்துகளும் எடுத்துக் கொள்வது அவசியம்.

குடைமிளகாயில் செய்யப்படும் கிரீம்கள் இங்கு உதவியாக இருக்கும் (Capsaisin). (பாட்டி வைத்தியமாக பச்சைக் குடைமிளகாயை அரைத்துப் போடுவதைத் தவிர்க்கவும்; விளைவுகள் விபரிதமாக இருக்கும்!)

அக்கி பிறகுக்குத் தொற்றும் வாய்ப்புகள் உள்ளதால் குழந்தைகள் மற்றும் வயதானவர்கள் சிறிது விலகி இருப்பது நலம். தோலில் கொப்புளங்கள் இல்லாமல் வலி மட்டும் முதலில் வருவதால் டயக்னோசில் குழப்பங்கள் (முதலில் சொல்லப் பட்ட கேஸ்); அக்கியின் பின் விளைவாக வரும் நரம்பு வலி (இரண்டாவது கேஸ்). இவற்றால் அக்கி முக்கியத்துவம் பெறுகிறது.



Concerts in Anuragha Mini Hall till Dec. 24

By Our Staff Reporter

Naadhabrahmam has organised its 24th Annual Carnatic Music Festival in Anuragha Mini Hall (59/32, Raju Street, West Mambalam).

There will be concerts by leading musicians daily at 5 p.m and 6.45 p.m. Following are the concert details:

Sunday, Dec. 21: 5 p.m: Vocal concert by Kruthi Vittal, 6.45 p.m: Naamasankeerthanam by Srikanth Bhagavathar

Monday, Dec. 22: 5 p.m: Musical discourse on Andal and Arangan by Uma Chandrasekhar; 6.45 p.m: Vocal concert by Kanchana Sisters - Sriranjani and Shruthiranjani

Tuesday, Dec. 23: Vocal concert by Jayamangala Krishnamani; 6.45 p.m: Vocal concert by Thappar B. Sairam

Wednesday, Dec. 24: 5 p.m: Vocal concert by Lathangi Sisters – Archana and Samanvi; 6.45 p.m: Vocal concert by Srividya Ramnath.

Thursday, Dec. 25: Violin ensemble by Badri's School of Music; 6.45 p.m: Vocal duet by A. Vijay Karthikeyan and V. Prakash Ilaiyaraaja. All are welcome.

For more details, call 93810 43396 and 98411 40855.

Free demo classes at GTN Academy for UPSC/TNPSC aspirants

By Our Staff Reporter

GTN Academy (574/1 and 2, Anna Salai, Teynampet) offers coaching to students preparing for UPSC, TNPSC, and bank exams.

Interested students attend 10 free demo classes before joining.

The Academy offers Foundation to Advanced Level coaching for civil services aspirants.

The centre in-charge told

Health check-up next Sunday in Jaya Specialty Clinic

By Our Staff Reporter

Jaya Specialty Clinic (Kodambakkam Road, Mettupalayam, West Mambalam) has organised health check-up at Rs. 100 for all age groups from 8 a.m to 2 p.m on Sunday, Dec. 28 in its premises.

It will include blood sugar, haemoglobin, Vitamin D, uric acid and bone mineral density tests.

Dr. M. Balachandar (Orthopaedician) and Dr. Shivani (General Physician) will examine the patients.

Due to the time limit, the registration is restricted to 50. For more details and registration, call 94450 32227.

During the carnival, special discounts will be offered for holiday tours to destinations in Asia, Europe and Australia.

A travel scheme with 5 advantages can be booked in the carnival including benefits like HDFC Bank's promotional discount, American Tourister's travel trolley, and more.

Customers can avail reward points under the scheme 'Can Earn Edge' that can be redeemed in the next travel.

For more details, contact Jitendra (Manager) in 90032 21111.

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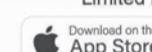
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Special poojas and concerts in Samiyar Garden temple from tomorrow

In connection with Margazhi, there will be special poojas and concerts from Monday, Dec. 22 to Saturday, Jan. 3 in Karumari Thirupurasundari Temple (Samiyar Garden, 7th Avenue, Ashok Nagar). The following are the program details:

Monday, Dec.22: 6.30 a.m: Gho poojai; 7 a.m: Maha Ganapathi homam; 5 p.m: Sri Vigneshwara poojai kalasa sthapanam

Tuesday, Dec.23 to Friday, Jan.2: 6.45 a.m: Sri Vigneshwar poojai; 8 a.m: Maha Rudhra archanai; 8.30 a.m: Rudhra paaraayanam; 11 a.m: Maha deepaaraadhanai and prasadam distribution.

Jan.3: 4 a.m: Special abhishekam to deity Nataraja Utsava Moorthy; 6.30 a.m: Gho poojai and Ayudha poojai; 7 a.m: Aarudhra darshan; 11 a.m: Mangala vathiyam and procession;

The following are details of the daily concerts from 5.30.p.m to 7.30 p.m:

Dec.23: Vocal concert by R. Nithyasri; Dec.24: Veena concert by students of Shivani Academy; Dec.25: Thirupugazh by N.S. Mani Iyer and party; Dec.26: Naamasankeerthanam by Lakshmi Hayagreevar mandali; Dec.27: Group bharatanatyam dance by Nrithyapriya Academy; Dec.28: Devotional concert by V.R Music Troupe; Dec.29: Devotional songs by Sabareeswari and Niranjana; Dec.30: Devaram by Sadhasivam Sathsangam; Dec.31: Mukha Pancha Sathi by Sarvapriya Women's Group; Jan.1: Maha Periyava sathsangam; Jan.2: Keyboard concert by Sri Varun; Jan.3: Devi Mahatyam by Gurucharan group. All are welcome.

Reflective safety jackets gifted to conservancy workers



By Our Staff Reporter

In connection with Human Rights Day, Rotary Club of Chennai Port City and Human Rights Puratchi jointly organised a community service program in VMA Hall (West Mambalam) on Dec.13. Free raincoats, reflective safety jackets and umbrellas were distributed to conservancy workers.

Sundaramoorthy (Founder, Human Rights Puratchi), Muthusamy (Charter President, Rotary Club) and others participated.

1,00,008 vadai malai alangaaram to Lord Hanuman

By Our Staff Reporter

In connection with Hanumath Jayanthi, alankaaram with 1,00,008 vadai malai was performed to Lord Hanuman in Karumari Thirupoorasundari Temple (Samiyar Garden Street, Ashok Nagar) on Dec. 19.



Sruuthi presented 'Star Alumnus Artiste' award



S. Sruuthi (resident of Bhagirathi Ammal Street, T. Nagar) was presented the 'Star Alumnus Artiste' award by MOP Vaishna College (Nungambakkam) last week for her all-round skills and special talent in singing and acting.

The award was presented by Archna Prasad (Principal of the college).

During the event Sruuthi staged her latest Tamil play 'Agnipravesam' produced under her own banner Naatya Naadha Nataka Sangamam. She is the daughter of dramatist S. Shivprasad.

Students gift essentials to terminally ill patients

By Our Staff Reporter

30 students from St. Michael's Academy (Adyar) visited RMD Samarpan - The Care Point (Ragavan Colony, Mettuppalyam, Ashok Nagar) on Dec.16 as part of Christmas celebrations and interacted with the patients.

They donated groceries and other essentials to the hospital.

RMD Samarpan provides palliative care to terminally ill patients.

For more details, contact 93810 16588.



65 women participate in cancer awareness program



By Our Staff Reporter

Jothi Madhar Sangam (Sukalayam, 70/44, Burkit Road, T. Nagar. Ph: 98411 58018) in association with Women's Indian Association (WIA), conducted a cancer awareness program for women in its premises on Dec 17.

65 women took part in the program.

The program was inaugurated by Dr. Shyamala (Vice President, WIA) in the presence of Lakshmi Ragukumar (President, Jothi Madhar Sangam).

C. Shanthi (Kalpavriksham Trust, Privaram Cancer Hospital, Panaiyur) spoke on breast and cervical cancer and the importance of vaccination to prevent cervical cancer. She also displayed a model which helped participants easily understand the progression of the disease.

Lakshmi told *Mambalam Times* that the talk helped dispel myths, misconceptions, and fear surrounding cancer, empowering women with correct information and confidence to face cancer-related health concerns proactively.

Women association interested in organising cancer awareness program can contact Shanthi in 89393 01902 or 80155 22621.

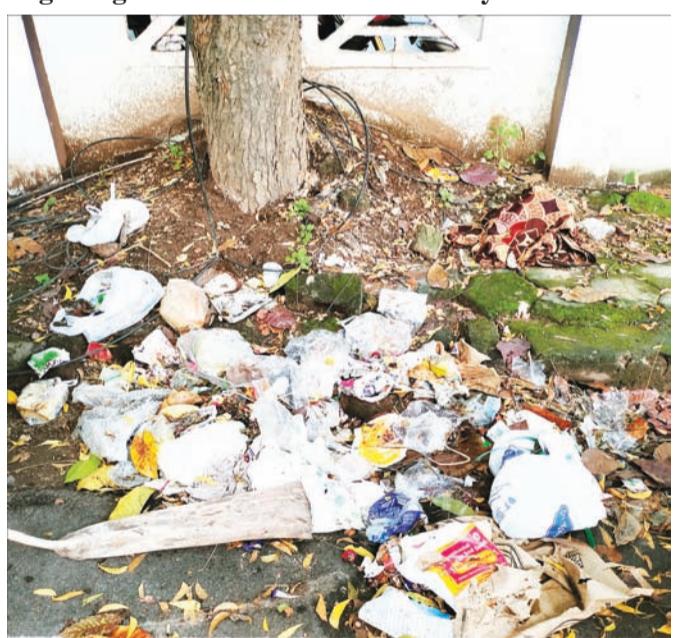
LETTER TO THE EDITOR

Irregular garbage collection in Postal Colony

Sir, Conservancy workers are irregular in collecting garbage from households in Postal Colony 1st Street (West Mambalam).

As it leads to pile up, there is issue of sanitation and proliferation of mosquitoes. Though I have complained to the officials concerned, no action is being taken to resolve the issue.

I appeal for immediate action. Arun, Old No. 6, New Np. 11, VPN Apartments, Postal Colony 1st Street, West Mambalam, Ph: 98410 17152



Vishnu Sahasranaama paaraayanam held daily

By Our Staff Reporter
In connection with Margazhi, Sri Prasanna Venkatesa Perumal Vishnu Sahasranaama Mandali (West Mambalam) is conducting Vishnu Sahasranaama paaraayanam at 6.30.p.m daily in Venkatesa Perumal Devasthanam (School Road, Mettuppalyam, West Mambalam).

All are welcome. For more details, call 9841294449.

Serial light cut-out of Santa Klaus outside church



CLASSIFIED ADVERTISEMENTS

Classified Advertisements under the heads *Accommodation Required, Automotive, Catering, Educational, Home Service, Packers & Movers, Situations Vacant, Etc...* will be published on this page. Each advertisement of Real Estate and Rental must relate to only one premises and its address must be given clearly.

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MUSIC & DANCE

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Carnatic Saxophone Concert
SIDDHARTH SIVARAM
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Dec 21 2025, Sunday 4.25 pm - 6.00 pm
Chief Guest: "Gnana Shri" Sri Harikesanallur Venkatraman
Venue: Karnataka Sangha School Auditorium Habibullah Road T.Nagar.
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T. NAGAR, G. N. Chetty Road, near Accord Hotel, 2 bedrooms flat, study, 1200 sq.ft, covered car park, lift, vacant possession. Contact: Chandran, 9789864370, 9841016931.

T. NAGAR, behind Natesan Park, 3 bedrooms, hall, kitchen, 1200 sq.ft, UDS 750 sq.ft, 1st floor flat, east facing, 2 covered carparks, lift, CCTV, 10 years old, 24 hours water/security. Ph: 98401 18780.

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RANGARAJAPURAM, 2 bedrooms flat, hall, kitchen, 2nd floor, 750 sq.ft, for a small hindu family, no brokers. Ph: 86673 81274.

T.NAGAR, Ragaviah Road, 3 bedrooms, hall, kitchen, 3 bathrooms, 1st floor flat, 1750 sq.ft, south facing, 2 car parks, 5 A/cs, lift, rent Rs. 57000, maintenance Rs. 3500. Contact: Agent Ph 99621 07304.

WEST MAMBALAM, Kripasankari Street, 1st floor portion, 1 bedroom, hall, big kitchen cum dining, verandah, 850 sq.ft, vegetarians preferred, rent Rs. 19000. Ph: 93805 71763.

WEST MAMBALAM, near Brindavan Street, 2 bedrooms, hall, kitchen, rent Rs. 25000 or lease, vegetarians only. Ph: 90801 64510.

WEST MAMBALAM, near Ayoda Mandabam, new 2 bedrooms flat, 2nd floor, lift, cupboard, kitchen interiors, car park, Brahmins only, rent Rs. 29000. Ph: 94983 57600, 94449 35650.

VALASARAVAKKAM, Navin's Hanging Garden, 3 bedrooms, hall, kitchen, 1640 sq.ft, covered car park, lift, gated community, fully furnished flat, vegetarians preferred, no brokers. Ph: 98402 47446.

WEST MAMBALAM, Murthy Street, 2 bedrooms, hall, kitchen, 2 balconies, 2nd floor, no lift, only 2-wheeler parking, Brahmins only, no brokers. Ph: 96115 25130.

WEST MAMBALAM, Easwaran Koil Street, 800 sq.ft, 2 bedrooms, hall, kitchen, ground floor, well maintained house, spacious parking facility available for two/four wheeler, vegetarians only. Ph: 94447 13117.

T.NAGAR, Habibullah Road, near Karnataka Sangha School, 1500 sq.ft, ground floor, office/godown, carpark, north facing, rent Rs. 45000. Ph: 98401 18780.

T.NAGAR, Vijayaragava Road, 2 bedrooms, hall, kitchen, fully furnished apartment, AC, bed, geyser, fridge, sofa, TV, washing machine, rent Rs. 70000. Ph: 98412 63212.

WEST MAMBALAM, Vathiyar Thottam 2nd Street & Arya Gowda Road Junction, newhouse, 1200 sq.ft, 2 bedrooms, hall, kitchen, car park, semi furnished, individual property, Brahmins only. Ph: 98400 17643, 97102 18117.

WEST MAMBALAM, Vivekanandapuram 1st Street, near Ayodhya Mandapam, near Jaya Medicals, 2 bedrooms apartment, hall, kitchen, balcony, 1st floor, bath attached, rent Rs. 20000, advance 5 months. Ph: 90425 52845, 98411 93685.

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Concerts in Hindu Vidyalaya from today**By Our Staff Reporter**

Rasika Fine Arts has organised its 22nd Annual Carnatic Music Festival from Sunday, Dec. 21 to Thursday, Jan. 1 in J.G. Hindu Vidyalaya (83, Lake View Road, West Mambalam).

At 5 p.m on the inaugural day Rasika Kala Nipuna birudhu will be conferred on mridangam vidwan T.K. Murthy and the Rasika Kala Bharathi birudhu will be conferred on violinist Avasarala Kanyakumari.

Leading musicians will present concerts daily at 6.30 p.m.

Upcoming musicians will present concerts at 4 p.m.

Following are the details of the concerts at 6.30 p.m till Saturday, Dec. 27.

Dec.21: Vocal concert by K. Bharat Sunder

Dec. 22: Vocal concert by Maharajapuram S. Srinivasan

Dec. 23: Vocal concert by Vijay N. Siva

Dec. 24: Chitraveena concert by N. Ravikiran

Dec. 25: Vocal concert by Gayathri Venkatraghavan

Dec. 26: Violin concert by Shreya Devnath

Dec. 27: Mandolin concert by Rajesh

Entrance is free.

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MAMBALAM TIMES**Advertisement Rates**

Lakshaarchanai in Kasi Mutt today

By Our Staff Reporter

Anugraha Bhajan Mandali Trust (8/29, 2nd Floor, Giri Street, West Mambalam) has organised special poojas and lakshaarchanai on Sunday, Dec. 21 in Shri Kasi Mutt (Kuppiah Street, West Mambalam).

The following are program details:

9.30 a.m: Lakshaarchanai; 12 noon: Maha Deepaardhanai; 1 p.m: Annadhaanam; 6 p.m. Ayyappa bhajans by C. Nagarajan Bhagavathar; 6.30 p.m: Pushpanjali and prasadam distribution. All are welcome.

For more details, call 98408 64801 or 98410 86076.



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Awards to Panchapakesan and Gopinath for their social service

By Our Staff Reporter

In appreciation of their services to the disabled community, Lions Club of Chennai Wisdom presented the 'Valuable Social Activist Award' to N. Panchapakesan (Founder, Chennai Sai Sankara Group of Matrimonials, Ashok Nagar) and Aavin Gopinath (State Secretary of Tamilnadu Udvakkaram Association for the Welfare of Differently Abled, Ashok Nagar) at Sir Pt Thyagaraya Hall (T. Nagar) last week.



The awards were jointly presented by Vallinayagam (Former High Court Judge) and Kalpana Nayak (IPS) in the presence of the Lions Club members.

Colour powders for kolam sold on pavement



Saraswati (a resident of Saidapet) was found selling colour powders for kolam for Marghazhi vizha on the pavement of Arya Gowda Road (West Mambalam).

She is also selling rangoli stencils and other accessories.

She told *Mambalam Times* that she and her husband Anandan have been selling colour powders for the past five years during Marghazhi and Pongal season.

The colours are available in 10 shades, and are priced at Rs. 20 for 250 gm.

This photo was taken on Dec. 16.



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