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# MAMBALAM TIMES

The Neighbourhood Newspaper for T. Nagar & Mambalam

www.mambalamtimes.in

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February 1 - 7, 2026

FREE

Ohm Sree Gurubhyo Namah

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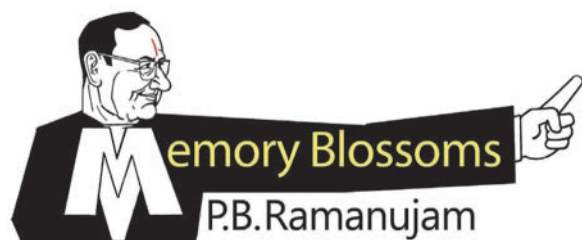
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### “Unfit for the lawyer profession”

This event happened in 1966 or 1967 during the early days of my practice.

Narayana Iyer, who was the father of one of my classmates, was running a shop on V. V. Koil Street.

He had rented out a house belonging to him and had filed a case in the lower court seeking the eviction of his tenant citing the reason that he needed the premises for his own occupation. The case was dismissed because he had not produced all relevant documents in the trial court. He came to me at this stage and, on his request, I filed an appeal in the appellate court.

Narayana Iyer would often tell me that he had full confidence in my winning the case, and that I should do my best to get the appeal decided in his favour.

I filed additional evidence and argued vehemently in the appellate court, and the case was remanded back to the trial court. The trial dragged on for a year and was finally decided in my client's favour, and eviction was ordered against his tenant.

By the time we reached the premises for executing the eviction order, to our shock, the tenant had filed a petition for injunction against the eviction and his lawyer managed to have the notice served on me. We had therefore to return disappointed without evicting the tenant.

A few days later Narayana Iyer came to my house on a morning and said, “Ramu, get into the car. We are going urgently to a place”.

Without knowing the destination I got into his car.

The car stopped in front of a house in West Mambalam.

Narayana Iyer gave me a packet and told me, “Ramu, there is 10,000 rupees in this packet. Go into this house and hand it over to the person inside”.

I was perplexed at his request and asked him, “Who is he and why should I hand over this money to him? You have not told me any details”.

Narayana Iyer told me, “This is the house of the judge who will be hearing the injunction petition against us. This money is to persuade him to dismiss the injunction petition”.

I started shuddering at the thought of bribing a judge for a favourable order, and hesitated. But Narayana Iyer literally pushed me into the house.

The judge was sitting in the hall. He recognized me and asked me, “Are you not a junior of N. C. Raghavachary? What brings you here?”

I was still trembling but managed to say, “Nothing in particular sir. I live in T. Nagar and came to see a friend. I was walking along this road, saw your name board and came in to pay my respects. It is only a courtesy call sir”.

“Ok, ok. Will you have a cup of coffee?”

I thanked him but excused myself and came out of the house.

Narayana Iyer, who was waiting for me anxiously, asked me, “Did you hand over the money to the judge? What did he say?”

I lied to Narayana Iyer, “The judge said that he will pass a fair order and there is no need for any payment for it”, and returned the packet to Narayana Iyer.

Because our case was strong, the judge later passed an order in my client's favour reversing the injunction against the eviction.

I subsequently got an execution order and, accompanied by the Court Ameen, we evicted the tenant and took possession of the premises by about 11 o'clock at night. (If you start action to execute the eviction warrant before sunset, you can continue well into the night.)

Narayana Iyer was very happy and I too was happy anticipating a hefty fee from him. After all, was he not willing to pay Rs. 10,000 to the judge for a favourable order?

Narayana Iyer came to my house the next morning when I was eagerly expecting to receive a substantial amount as my fee from him.

To my shock, he opened his purse, took out Rs. 500 and gave it to me, saying, “This is your fee”.

Visibly disappointed, I asked him, “Such a low amount for all the successful work I did for you?”

“Ramu, as a lawyer you should know when to ask for your fee from your client. It is when your client is under great tension and tells you, ‘please win the case for me irrespective of the expenses’ that you should name your fee and he will give it to you without grudging. If you ask for the fee after the case is over, the client will become stingy. Look at me, in spite of my knowing the hard efforts put in by you to win my case, I do not feel like giving you more than 500 rupees now”.

He closed his purse indicating that I could not expect anything more from him.

Before leaving he added as a parting shot, “You remember the 10,000 rupees you returned to me saying that the judge did not want it? You could well have pocketed the money and told me that you had given it to him and I too would have believed you. By returning the amount to me you have shown that you are unfit for the lawyer profession”.

Saying so he got into his car and left.

Thus, not only did I not get a reasonable fee for my efforts but received an admonition that I was not fit for the lawyer profession!

(To be continued) pbrassociates@yahoo.com

## T. NAGAR & MAMBALAM BAZAAR

This column is intended to help small businesses to have a cost-effective advertisement medium. Advertisement in this section will be in standard panel sizes of 4 cm. x 1 column (costing only Rs. 800) and 4 cm. x 2 column (costing Rs. 1600)

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## Thiruvvasagam discourse today forenoon

By Our Staff Reporter

Nirmala Ravi will present a discourse on Thiruvvasagam at 9 a.m on Sunday, Feb. 1 in Sakthi Vinayagar Temple (Sathyamoorthy Block, Jafferkanpet, behind R10 Police Station).

All are welcome.

For more details, call 99417 55111.

## Cover missing from BSNL chamber



By Our Staff Reporter

The cover is missing from the underground BSNL chamber on the road margin of Muthurangan Salai (T. Nagar). Wooden boards are inserted into the opening to caution passersby.

Due to poor visibility at night, it poses danger to motorists and pedestrians. This photo was taken on Jan.30.

## Nithyananda Trayodashi celebration today evening

By Our Staff Reporter

ISKCON (International Society for Krishna Consciousness) has organised Nithyananda Trayodashi celebration from 4 p.m to 7 p.m on Sunday, Feb. 1 in Guru Badri Marriage Hall (3/2, Sundaram Street, near Natesan Park, T. Nagar).

The following are the program details:

4 p.m: Kirtan  
 5 p.m: Abhishekam  
 5:45 p.m: Discourse by Nithyananda Rama Prabhu  
 6:30 p.m: Arathi  
 7 p.m: Prasadam distribution All are welcome.

For more details, call 98400 76024.

## Three held for molesting college student

T. Nagar police on Jan. 28 arrested three men on charge of sexually assaulting a 20-year-old college girl in the canteen in Government Arts and Science College (Nandanam) on Jan. 23.

The accused were identified as Muthuselvam, Gunasekaran, and Karthikeyan (resident of West Mambalam).

Police said that Muthuselvam, who has been running the college canteen for over 12 years, had sexually assaulted the girl several times, and on Jan. 23, he again assaulted her with the other two accused in the campus.

Gunasekaran works as a cook in the canteen and Karthikeyan is an autorickshaw driver. They were remanded in judicial custody.





### கேள்வி பதில்!

1. நீரிழிவு உள்ளவர்கள் தங்கள் மருந்துகள்/இன்கலினுடன் நரம்புக்கான வைட்டமின்களையும் சேர்த்து எடுத்துக்கொள்வது எதற்காக? அவசியமா?

பதில்: பொதுவாகவே நம்முடைய உணவில் நீரில் கரையும் வைட்டமின் பி.காம்ப்ளக்ஸ் குறைவு. வைட்டமின்களும், ஆன்டி ஆக்ஸிடன்டுகளும் (Anti Oxidants), உடலின் பல வளர்சிதை மாற்றங்களுக்கு (Metabolism) அவசியம்.

நீரிழிவு நோயின் முக்கியமான பாதிப்பு சிறு இரத்தநாளங்களில் ஏற்படுகிறது. மூளை, நரம்புகள், கண், சிறுநீரகம், இதயம் போன்ற பல உறுப்புகளும் நீண்ட நாட்கள் சரியாகக் கட்டுப்படுத்தப்படாத நீரிழிவு நோயால் பாதிக்கப்படும்.

நரம்புகள் பாதிக்கப்பட்டால் மரத்துப் போதல், கை கால்களில் ஊசிகள் குத்து வதைப் போன்ற வலிகள், ஆறாத புண்கள் போன்றவை ஏற்படக்கூடும். சாதாரணத் தரையின் மீது (மொலைக், மார்பின் எதுவானாலும்) நடக்கும்போது கூட முள்ளின் மீதோ, கூழாங்கற்களின் மீதோ, மெத்தையின் மீதோ நடப்பதைப் போன்ற உணர்வும், வலியும் ஏற்படக்கூடும்! காரணமில்லாமல் மிகையான பூசியதைப் போன்ற எரிச்சலும் சிலருக்குத் தெரியலாம். Diabetic Neuropathy எனப்படும் இந்த வகை நரம்பு வியாதிக்குக் காரணம் வலுவழிந்துவிடும் நரம்புகளும், 'மயலின்' என்னும் உறை இழிந்த (demyelination) நரம்புகளுமேயாகும்.

இந்த நரம்புகளுக்கு வலுவேற்றும் வகையில் அளிக்கப்படுபவையே Neurotrophic வைட்டமின்கள் - தயமின் (B1), பைரிடாக்ஸின் (B6), மெதி (அ) சயனோ கோபாலமைன் (12) வைட்டமின்களும், வைட்டமின் D, E ஆகியவைகளும் சேர்க்கப்படுகின்றன.

நரம்பு வலிகள் (Neuritic pain) அதிகமாகும்போது காபாபெண்டின், ப்ரீகாபாலின் போன்ற மருந்துகளும் உதவக் கூடும்.

தினமும் உடற்பயிற்சி, உணவுக் கட்டுப்பாடு, தவறாமல் மருந்துகளை எடுத்துக் கொள்ளுதல் - இவற்றினால் நியூரோபதியைத் தவிர்க்கலாம்! வருமுன் காப்பதுதானே நல்லது! நியூரோபதி வந்த பிறகு 'இவ்வளவு மருந்துகளா' என்று அல்லோபதியை நிதிப்பதையும் தவிர்க்கலாம்!

2. கொலஸ்டிராஸ்கென் எடுத்துக் கொள்ளப்படும் மருந்துகள் பற்றி....

பதில்: உடலின் கொழுப்பு சக்தி மிகவும் அவசியமானது. நல்ல கொலஸ்டிரால், கெட்ட கொலஸ்டிரால் என்பவை உடற்கொழுப்பின் பல்வேறு பகுதிகளே. ஓர் அளவுக்குமேல் கொழுப்பு கூடுவது ஆரோக்கியத்துக்கு நல்லது அல்ல. 'டிரைக்ளிசரைட்' என்ற வகைக் கொழுப்பு அதிகமாகும்போது இரத்தக் குழாய்களின் உட்பகுதியில் படிந்து, குழாயின் விட்டத்தைக் குறைப்பதால் உடலின் பகுதிகளுக்குச் செல்லும் இரத்தமும் அதனால் தேவையான அளவு ஆக்ஸிஜனும் தடைபடுகிறது. இது இதயத்தில் 'ஹார்ட் அட்டாக்'ையும், மூளையில் 'ஸ்ட்ரோக்' எனப்படும் பக்கவாதத்தையும் ஏற்படுத்தலாம். அதோடு மற்ற உறுப்புகளின் வேலைத் திறனையும் பாதிக்கின்றது.

இவ்வகைக் கொழுப்பைக் குறைப்பதற்கான மருந்துகள் 'ஸ்டாடின்' என்ற வகையைச் சேர்ந்தவை. நீரிழிவு, இரத்தக் கொதிப்பு போன்ற வியாதிகள் இருப்பவர்களுக்கு கொலஸ்டிரால் சரியான அளவில் இருப்பது அவசியம். அந்த வேலையை செய்பவை இந்த வகை மருந்துகளே! தசைப் பிடிப்பு, சிறு சிறு ஜீரண உபாதைகள் போன்றவை தவிர பெரியதான பக்கவிளைவுகள் கிடையாது என்பதால் மருத்துவ ஆலோசனையுடன் எடுத்துக் கொள்ளலாம். 'ஹார்ட் அட்டாக்' முதலுதவியாகக் கொடுக்கப்படும் மருந்துகளில் ஸ்டாடின் முக்கியமானது.

உணவில் கட்டுப்பாடு, முறையான தினசரி உடற்பயிற்சி, நீரிழிவு மற்றும் இரத்தக் கொதிப்பு கண்ட்ரோல் போன்றவை மிகவும் அவசியமானவை. அவ்வப்போது கொலஸ்டிரால் அளவை சரிபார்த்து மருத்துவ ஆலோசனையுடன் ஸ்டாடின்களை குறைக்கவோ கூட்டவோ செய்யலாம். மிகக் குறைந்த அளவில் கொழுப்பு கூடியிருந்தால் உடற்பயிற்சியே போதுமானதாக இருக்கும்.

பரம்பரை சார்ந்தும் கொலஸ்டிரால் அதிகமாக இருக்கக் கூடும். கவனம் தேவை.

இனி யாராவது 'என்ன, கொழுப்பா?' என்று மிரட்டினால், 'இல்லை, ஸ்டாடின் சாப்பிடுகிறேன்' என்று ஜோக்கி'க்கலாம்!

3. மழைக்காலம், காலில் வரும் சேற்றுப் புண்ணுக்கு என்ன செய்யலாம்?

பதில்: நீரில் அதிக நேரம் நின்று வேலை செய்பவர்களுக்கு வரும் பொதுவான பிரச்சனை இந்த சேற்றுப் புண்கள். தோல் காய்ந்து இருக்கும் சிலருக்கு (Dry skin) பாதங்களில், முக்கியமாகக் குதிகால்களில் 'வெடிப்புகள்' இருக்கும் (ஏன் 'பித்த' வெடிப்பு என்கிறார்கள் என்று தெரியவில்லை). சேற்றுப் புண்கள் வருவதற்கு இவர்களுக்கு வாய்ப்புகள் அதிகம். கால் விரல்களுக்கு இடையில் அதிகமாக (கை விரல்களுக்கிடையிலும்) வரும்!

நீரில் ஊறிய தோல் மிருதுவாகிவிடுவதால் பாக்கடரியா, பூஞ்சை போன்ற தொற்றுகள் எளிதில் தொற்றிக் கொள்கின்றன. அரிப்பு இருந்தால் சொறிவதால் அவை அதிகமாகின்றன. மழைக் காலங்களில் மழை நீரில் எப்போதும் கால்கள் ஈரமாக இருப்பதால் அதிகமாக வருகின்றன. ஆஸ்துமா, தூசி அலர்ஜி உள்ளவர்களுக்கு (Atopic Individuals) காலில் வெடிப்பு இருப்பதாலும், சர்க்கரை வியாதி உள்ளவர்களுக்குத் தொற்றுகள் அதிகமாக வருவதாலும் சேற்றுப் புண் இவர்களுக்கு வரும் வாய்ப்புகள் அதிகம்.

கூடிய வரை பாதங்களை சுத்தமாகவும், ஈரமில்லாமலும் வைத்துக் கொள்வது நல்லது. வேலை முடிந்த உடனே கால்களை டவலால் ஒற்றித் துடைத்து, தேங்காய் எண்ணெய் அல்லது லிக்விட் பாரஃபின் அல்லது வாஸலைன் தடவலாம். பாக்கடரியால், பூஞ்சைத் தொற்றுகளுக்குத் தகுந்த கிரீம்கள், உள்ளுக்கு மருந்துகள் எடுத்துக் கொள்ளலாம்.

மாய்ச்சரைலர், எண்ணெய் போன்றவற்றைத் தடவும்போது கவனம் தேவை. அவசரமாக நடந்து, வழக்கி விழுந்து அவசர சிகிச்சைப் பிரிவில் எலும்பு முறிவிற்கு அடமிட் ஆகிவிடும் அபாயம் இருக்கிறது!

bhaskaran\_jayaraman@yahoo.com



## Golden deed earns sanitary worker a special postal stamp

By Our Staff Reporter

48-year-old Padma, a conservancy worker, has been honoured by The Department of Posts (Tamilnadu Circle) for returning Rs. 15 lakhs worth gold jewellery that she found while on duty in T. Nagar on Jan. 11.

The Postal Department released a special 'MyStamp' postal cover bearing her photograph in recognition of her honesty on Jan. 28 at the office of the Senior Superintendent of Post Offices (Chennai City Central Division), where Padma and her husband were honoured.

Additionally, India Post Payments Bank provided Padma with a premium savings account, a personal accident insurance cover of Rs. 15 lakhs, and opened a fixed deposit in her name.

She works with the private sanitation firm Urbaser



Sumeet.

On Jan. 11, while she was on duty near a temple, she found a box lying on the road.

On opening it, she discovered 45 sovereigns of gold ornaments inside.

She immediately informed her company officials and handed over the box to Pandy Bazaar police.

Police returned the

jewellery to the owner Parmesh (46) the same day as he had lodged a complaint about the lost jewellery at the police station.

Parmesh is a gold trader from Nanganallur.

Padma was earlier felicitated by Chief Minister M. K. Stalin, who had presented her with a cheque for Rs 1 lakh.

## PHC conducts Bhoomi poojai for constructing new building



By Our Staff Reporter

Public Health Center (West Mambalam) conducted Bhoomi poojai for construction of a new hospital building in the plot adjacent to its Teeka Singh Block

(Lake View Road, West Mambalam) last week.

A senior doctor told Mambalam Times that the new building is being constructed to expand its facilities and to offer treatment at affordable rates to more patients.

The charitable hospital is 73 years old.

## Theppa Utsavam in Kothandaramar Temple till Feb. 4

By Our Staff Reporter

Theppa Utsavam which began on Jan.31 in Kothandaramar Temple (K.R. Koil Street, West Mambalam) will conclude on Wednesday, Feb.4.

The theppam will be conducted daily at 7 p.m.

The following are the details:

Sunday, Feb.1: Kothandaramar Theppam

Monday, Feb.2: Kothandaramar and Hanuman Theppam

Tuesday, Feb.3: Ranganaathar, Thaayar and Andal Theppam followed by procession.

Wednesday, Feb.4: Yoga Narasimhar and Krishnar theppam followed by procession. All are welcome.

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## Damaged car removed after report



By Our Staff Reporter

Following the report 'Damaged car abandoned on road margin' published in *Mambalam Times* (January 11 – 17 issue), a car in a dilapidated condition abandoned on the road margin outside Chennai Telephones Staff Quarters (33, 2nd Main Road, C.I.T. Nagar) was removed by traffic police on Jan. 24.

## Kolam competition held



By Our Staff Reporter

N. Padmini (President of Vajpayee Sevai Maiyam, 7th Avenue, Ashok Nagar) conducted Kolam competition at Pudhur (Ashok Nagar) last week.

The top three winners were Sowmiya, Isai Selvi and Nandini.

Padmini's contact number is 90803 41025

## Ex-serviceman held for hoax bomb threat

By Our Staff Reporter

The Teynampet police arrested a former army personnel for making a hoax bomb threat to the Chief Minister M.K. Stalin's residence.

The call, made to the police control room on Jan. 25, prompted an intensive search by security teams, which confirmed it was a hoax.

The accused, Balasubramanian (45), was traced through his call details and was arrested from Virudhunagar.

He has been charged and remanded in judicial custody.

## Vyaparigal Sangam conducts oratorical competition



By Our Staff Reporter

Station Road Periya Kadai Vyaparigal Sangam conducted an oratorical competition for school students as part of the 77th Republic Day celebrations held at Station Road (West Mambalam) on Jan.26.

Gifts were distributed to the winners by J. Karunanidhi (MLA, T. Nagar).

Uma Anandhan (Councillor, Ward 134), Ramesh (Sangam President) and other senior members of the Sangam were present.

## Anthology by Poets' Circle features 60 poets



By Our Staff Reporter

Chennai Poets' Circle (CPC) recently marked its 25th annual seminar at TAG Auditorium (Ramakrishna Mission School, T. Nagar).

The focal point of the seminar was the launch of Efflorescence 2025, the group's 25th anniversary anthology.

The publication features verses of 143 poets spanning a wide age band from a nine-

year-old student to veterans aged 80 and above. The anthology was released by Chief Guest K. Ganesh (Former Associate Professor and HOD of English at Madras Christian College).

The seminar drew 60 poets from across India, including representatives from Maharashtra, Telangana, West Bengal, Kerala and Karnataka.

The event also featured the launch of In a Cage and Beyond, a poetry collection by eminent Nagpur-based writer Ratnakar D. Bhelkar.

M. Thirumeni (Chairman, CPC) and S. Kannan (President) were present.

Poets interested in the activities of the Chennai Poets' Circle may contact Hema Ravi at [chennai poetscircle@gmail.com](mailto:poetscircle@gmail.com).

## Republic Day celebrated in Mangichand Bhandari Jain School



By Our Staff Reporter

Mangichand Bhandari Jain Higher Secondary School (T. Nagar) celebrated the 77th Republic Day in its premises on Jan. 26.

Brigadier Santosh Vishwanathan was the Chief Guest.

Pradeep Chordia (School Correspondent) and Piyush Bhandari (Secretary) were present.

The program started with unfurling of the National Flag, followed by distribution of prizes to students who had excelled in sports and other contests.

It concluded with cultural programs like group singing and group dances by the students.

A newly renovated computer lab was inaugurated on the occasion.

## Youth dies in bike accident

By Our Staff Reporter

21-year-old K. Praveen (resident of West Mambalam) died in a bike accident on the Tambaram-Maduravoyal bypass service road (Kundrathur) at night on Jan. 18.

A woman riding pillion on the bike suffered severe injuries.

Police said that the accident happened when he was travelling on his motorcycle from Porur to Kundrathur.

While crossing Tharapakkam junction, the bike skidded and both fell off the vehicle and suffered grievous injuries.

They were taken to Tambaram Government Hospital where the doctors declared Praveen as brought dead. The woman is undergoing treatment.

The Chromepet Traffic Investigation Wing registered a case and sent the body for postmortem.

## NGO launches label to sell products made by women entrepreneurs

Sanju Women's Welfare Association (SWWA) (8, Police Quarters Road, T. Nagar), a 26-year-old non-profit organisation, has registered its brand label titled 'SWWA Artivaa' under the MSME Development Act, 2006 to market products made by women entrepreneurs supported by it.

In the last two decades, SWWA has taken up a number of projects to empower youth, senior citizens, women and children.

Under its women livelihood project, raw materials and accessories are given as part of the training to encourage participants to start their own venture. They also support women entrepreneurs and vocational trainees in tailoring, seaweed basket weaving, jewellery making and other crafts.

Leema Rajavarman (Youth Coordinator of SWWA) said that the launch of the label is an attempt to give the products marketed by them an identity as well as build trust among customers. Shanthi Socrates (Founder, SWWA) said that with the branding now established, they are also looking at exporting the products.

**The publication that is most popular with the residents of Mambalam & T.Nagar? MAMBALAM TIMES!**



## Kumbhabhishekam in Madras Kali Bari temple on Feb. 6

By Our Staff Reporter

Maha Kumbhabhishekam will be performed in Madras Kali Bari (Umapathy Street, West Mambalam) from 8.45 a.m to 10.15 p.m on Friday, Feb. 6.

The temple was built in 1981, and Kumbhabhishekam is being held for the 3<sup>rd</sup> time.

As a prelude to the kumbhabhishekam, special poojas will be held daily from Monday, Feb. 1

Swami Satyajnananadaji Maharaj of Ramakrishnan Math (Mylapore) and Swami Mayadhipanandaji Maharaj (Ramakrishna Math, Bangalore) will attend the kumbhabhishekam on Feb. 6.

Following are the details:

**Monday, Feb. 2:**

6 p.m: Ganapathy poojai, Mahalakshmi poojai, homam, Vaasthu poojai, Pravasena and Kadamba Bali

**Tuesday, Feb. 3:**

7 a.m to 12 noon: Gho poojai, Gaja poojai and special homams

5 p.m to 8 p.m: Moolamathra japam and homam

**Wednesday, Feb. 4:**

7 a.m to 12 noon: Japam, homams and kalasa poojai

6 p.m to 8 p.m: Moolamathra japam and yagam

**Thursday, Feb. 5:**

7 a.m to 12 noon: Chandi homam, Moolamathra japam and homam

7 p.m to 8 p.m: Special poojas, abhishekam and homam

**Friday, Feb. 6:**

7.45 a.m: Maha Poornahuthi

8.45 a.m to 10.15 a.m: Maha Kumbhabhishekam and Paalika Visarjanam

11 a.m to 4 p.m: Maa Bhabatarini poojai and homam

6.30 p.m: Aarathi

7 p.m: Devotional concert by Swami Mayadhipanandaji Maharaj.

All are welcome.

## Report hastens work on new storm water drain



By Our Staff Reporter

Following the report 'Open drain filled with sewage water' published in *Mambalam Times* (January 4 – 10 issue), the work on the new storm water drain that is under construction on Dr. Giriappa Road (near Corporation School, T. Nagar) was completed on the stretch on a war footing by Chennai Corporation workers, and the drain was closed on Jan. 17. The barricades were also removed and the damaged road was re-laid.

The residents thanked Chennai Corporation for its quick action and *Mambalam Times* for publishing the issue with a photo.

## Discourse on Bhagavad Gita today

By Our Staff Reporter

Under the auspices of Sri Ramakrishna Mission Ashrama (3, Maharajapuram Santhanam Salai, T. Nagar), Swami Guruvanananda will deliver a discourse in Tamil on Bhagavad Gita at 5.30 p.m on Sunday, Jan. 4 in the Ashram's premises.

All are welcome.

More details can be had in 2814 3896 and 2814 3514.

## Conference held on palliative care



By Our Staff Reporter

Dr. Republica Sridhar (Chairman, RMD Group of Hospitals) organised GERIPALCON 2026, a conference on the growing need of elderly and palliative care, on Jan.24 and Jan.25 at Residency Towers (T. Nagar).

The conference was inaugurated by geriatrician Dr. V.S. Natrajan (Founder, Geriatric Foundation).

Dr. Uma Sekar (Vice Chancellor, Sri Ramachandra Institute of Higher Education and Research) was the Chief Guest. 50 senior doctors spoke at the conference highlighting new trends and innovations in the fields of geriatrics, oncology, and palliative care. RMD has been providing care to terminally ill and cancer patients for the past 30 years.

Its contact number is 93810 16588.

## Vadapalani-Poonamallee metro line to undergo safety check

By Our Staff Reporter

Commissioner of Metro Rail Safety (CMRS) will conduct a three-day inspection for safety check from February 11 of the Chennai Metro Phase-II stretch from Vadapalani to Poonamallee By-pass.

A senior official of Chennai Metro said

that this will pave the way for commercial operations around mid-February or late February. The inspection follows the grant of a speed certificate by the Railway Board, a prerequisite for safety clearance. Once CMRS approval is secured, the Railway Board is expected to issue formal authorisation to commence passenger services.

Metro officials said finishing touches are under way at Vadapalani station, which will serve as the interim terminal on the Phase-II corridor.

Granite flooring is being laid on the skywalk that will link the Phase-I and Phase-II stations, while lifts and escalators are being readied.



## Piped water supply affected in parts of T. Nagar

Due to the pipeline interconnection work carried out by Chennai Metro in Nungambakkam High Road on Jan. 30, piped water supply by Metrowater was affected from 10 a.m on Jan. 30 to 10 a.m on Jan. 31 in several parts of T. Nagar, Kodambakkam and Saidapet.

Residents were given advanced notice to enable them to either store water or book with Metrowater for supply via tankers.

## Two local schools conduct alumni meet on Republic Day

Holy Angels Anglo Indian Higher Secondary School and Vidyodaya School (T. Nagar) organised alumni meet on Jan. 26.

Hundreds of past students and teachers attended the meets. The event was fun-filled with food, shopping, games, lucky draws and entertainment.

Holy Angels School is 91 years old and Vidyodaya School is 101 years old.

## Craft mela held in Tarachand Galada School



By Our Staff Reporter

In connection with Swami

Vivekananda's birth anniversary and National Youth

## Free spoken Sanskrit classes from Tuesday

By Our Staff Reporter

Sanskrit Bharati will conduct free 10-day spoken Sanskrit classes daily at the following venues.

45/19, Hindu Iraipani Manram (Jubilee Road, near Anjugam School, West Mambalam)

10.30 a.m to 12.30 p.m, from Tuesday, Feb. 2 to Wednesday, Feb. 11. Call 91760 13925 or 98409 11802.

1/1, KV Colony, 3rd Street, West Mambalam:

11 a.m to 1 p.m, from Monday, Feb. 9 to Wednesday, Feb. 18. Call 99656 31750 or 98405 83132.

Ramakrishna Mission School (71, Bazulla Road, T. Nagar): 6 p.m to 8 p.m, from Monday, Feb. 16 to Wednesday, Feb. 25. Call 98401 14069 or 99529 62934.

Vriksha Apartments (Vasan Street, T. Nagar):

3.15 p.m to 5.15 p.m, from Monday, Feb. 23 to Wednesday, March 4. Call 98409 67953 or 99307 56743.

There is no age restriction and no prior knowledge of Sanskrit is necessary. As prior registration is must, interested persons can contact the above-mentioned mobile numbers to register at the respective venues.

Day, a Craft and Food Mela was held on Jan. 30 and 31 in Tarachand Galada Jain School (Madley Road, T. Nagar).

75 handicraft items and nutritious food prepared by the students and parents were on display.

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## LETTERS TO THE EDITOR

### Open shelters devoid of shade in Kittu Park



Sir, The corrugated sheets forming the roof have been missing for over nine months from the shelters installed in Kittu Park (Ellai Amman Koil Street, West Mambalam). Now only the frames remain.

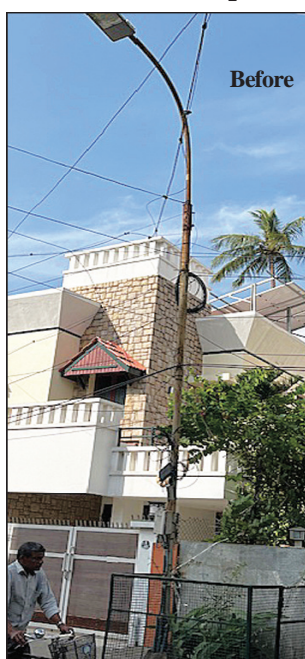
The shelters are of no use as they do not provide protection from sun or rain.

This photo was taken in Jan. 26.

I appeal to Chennai Corporation to refix the sheets for the benefit of the park users.

**P.S. Chandramouli, Ph: 95510 66577.**

### Leaning light post refixed after report



Before



Now

Following the publication of the report 'Leaning street light post in Sivasailam Street' in *Mambalam Times* (Jan. 11-17 issue), officials of Chennai Corporation inspected the light post on Jan. 18 and assured me that the problem will be rectified after the Pongal holidays.

As assured by the officials, the foundation was repaired and the streetlight post was properly re-erected by the workers of Corporation on Jan. 20.

I thank Chennai Corporation for their action and *Mambalam Times* for publishing my letter. **R. Chandra sekaran, West Mambalam**

### Street light post likely to fall



Sir, As its foundation is damaged, the street light post installed on 12<sup>th</sup> Avenue (LIC Colony, Ashok Nagar) is likely to fall across the road.

It poses grave danger to unwary passersby.

I appeal to TNEB to repair the foundation and refix the streetlight post to prevent any untoward incident. **Sundar, 12<sup>th</sup> Avenue, Ashok Nagar.**

### Stray cattle problem on Mambalam High Road



Residents of Mambalam High Road are put to hardship as a number of stray cattle, let loose by their owners, can be seen roaming freely and causing nuisance to motorists and pedestrians.

They can be seen squatting on roads, blocking entrances of houses and rummaging through garbage bins in search of food. Children and elders are put to risk.

I appeal to Chennai Corporation to seize the animals. **M. S. Kannan, Mambalam High Road, T. Nagar.**

### Sewage overflowing on Nathamuni Street

Sir, Sewage water is overflowing from the underground sewer chambers and flowing on the road in Nathamuni Street (T. Nagar) for the past several days.

It has resulted in an increase in mosquito proliferation and is a severe health hazard to the residents and passers-by.

I appeal to Metrowater to resolve the problem immediately.

This photo was taken on Jan. 27. **R. Bala, Nathamuni Street, T. Nagar.**



## Renovation of MGR Canal nearing completion



*By Our Staff Reporter*

Metrowater has set an April deadline to make the 1.7 kms MGR Canal, which runs through K.K. Nagar, Ashok Nagar and Jaffer Khanpet, sewage-free.

The canal drains into the Adyar River.

Despite being the essential flood water drain of the locality, the canal is largely polluted by untreated sewage inflow.

According to an official, the renovation of the canal undertaken by Chennai Corporation is expected to be completed by end February.

It includes deepening of the canal and reconstruction of the retaining walls.

After the completion of the works, Metrowater will check 11 storm water drain outfalls to identify the illegal sewage inlets. All the works including plugging any sewage outfall will be completed by end April, the official said. MGR Canal was created in the 1970s when Tamil Nadu Housing Board developed K.K. Nagar.

## Biography of Dr. Mohan Rajan released



*By Our Staff Reporter*

The biography of Dr. Mohan Rajan (Founder and Chairman, Rajan Eye Care Hospital, T. Nagar), titled 'The Rajan Effect', authored by Vaani Anand and AVIS Viswanathan, was released in GRT Hotel Southern Crown (T. Nagar) on Jan. 28.

The event was attended by eminent personalities including Bharatanatyam exponent Padma Subrahmanyam, tennis ace Vijay Amritraj and cricketer K. Srikanth.

The book chronicles the life journey of Dr. Mohan Rajan, highlighting his leadership, professional excellence and commitment to service and social responsibility.

## Cover of storm water drain damaged



As the cover is damaged, a portion of the storm water drain chamber on Krishnan Street (near Govindan Road

junction, West Mambalam) is lying open.

It poses danger of injury to unwary pedestrians, especially senior citizens and children.

Nearby residents request Chennai Corporation to replace the damaged cover.

This photo was taken on Jan. 31.

## Man held for stealing autorickshaw

Premkumar (45) of Otteri was arrested on Jan. 24 in T. Nagar for stealing the autorickshaw owned by Maheswaran (also a resident of Otteri) on Jan. 14.

Based on the complaint filed by Maheswaran, police circulated details of the vehicle to other stations.

When police saw the auto on Jan. 24 during a vehicle check on Usman Road (T. Nagar), they stopped it and questioned the driver.

As he gave devious answers, he was taken to the police station. On further questioning, the driver, identified as Premkumar, confessed to stealing the auto and using it for ferrying passengers to earn money. He was remanded in judicial custody.

## 150 students participate in Hayagriva poojai

*By Our Staff Reporter*

150 students appearing for board exams this year, participated in the special Hayagriva poojai performed at Shirdi Sai Seva Samaj (21, Jaishankar Street, West Mambalam) on Jan. 25.

After the poojai, stationary items were gifted to them.



# 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. **The charges are Rs. 1000 upto 30 words. Display Rs. 320 per col. cm**

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**T. NAGAR, G.N. Chetty Road, near Accord Hotel, 2 bedrooms, pooja, 1200 sq.ft, vacant flat for sale, lift, covered car park. Contact: Chandran, Ph: 97898 64370.**

WEST MAMBALAM, near Govindan Road, 1500 sq.ft, land with old house, price Rs. 1.50 crores. Ph: 90429 10505.

WEST MAMBALAM, BRP 1<sup>st</sup> Street, near Railway Station, 880 sq.ft, UDS 560 sq.ft, 2 bedrooms, hall, kitchen, car park, 2<sup>nd</sup> floor, rate Rs. 10000 per sq.ft, no lift, total 5 flats. Ph: 98409 39368.

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ASHOK NAGAR, 18<sup>th</sup> Avenue, 1710 sq.ft, UDS 1030 sq.ft, 3 bedrooms, hall, kitchen, north facing, wood work, 2 car park, prime area. Ph: 94442 15263.

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98401 36801**

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WEST MAMBALAM, Mahadevan Street, near Ayodhya Mandapam/ Sathya Narayana Temple, 3580 sq.ft, land area 3850 sq.ft, built-up area 2800 sq.ft, 4 bedrooms, big hall, kitchen, pooja room, balcony, car park. Ph: 93810 30933.

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T. NAGAR, Mannar Street, opp. T. Nagar Bus Terminus, 1<sup>st</sup> floor, 1500 sq.ft, 3 bedrooms, hall, kitchen, dining hall, balcony, vegetarians only, rent Rs. 30000. Ph: 97909 83105.

T. NAGAR, Mannar Street, opp. T. Nagar Bus Terminus, ground floor, 1 bedroom, hall, kitchen, bath attached, 2-wheeler parking, vegetarians only, rent Rs. 13000. Ph: 97909 83105.

WEST MAMBALAM, Lake View Road, 830 sq.ft, 2 bedrooms flat, hall, kitchen, ground floor, 2-wheeler parking only, 2 bathrooms, bathrooms only, visiting time: 11 a.m to 1 p.m on Sunday, no brokers. Ph: 95431 83380.

WEST MAMBALAM, Baroda Street, 1 bedroom, hall, kitchen, 3<sup>rd</sup> floor, no lift, Indian washroom, car park, rent Rs. 15000, vegetarians preferable, 1 lakh advance (negotiable). Ph: 99624 58308.

T. NAGAR, near Nandanam Metro, 1 bedroom, hall, kitchen, covered car park, 2-wheeler parking, for small family, IT professionals only, no brokers. Ph: 94445 83740.

T.NAGAR, KSP Enclave, Old No.88, New No.10/1, South West Boag Road, near CIT Nagar, 1100 sq.ft, ground floor flat, 3 bedrooms, hall, kitchen, pooja, semi-furnished, covered car park, rent Rs. 30000, maintenance Rs. 1000, vegetarians only, no brokers. Contact before visit on Saturday/Sunday, 11 a.m to 1 p.m and 3.30 p.m to 4.30 p.m only. Ph: 98848 17296, 98415 77312.

WEST MAMBALAM, Jaishankar Street, 2 bedrooms, hall, kitchen, semi-furnished flat, 1<sup>st</sup> floor, road facing, 24 hours water supply, lift, open car parking, Brahmins only. Rent Rs. 32000, available for immediate occupation, rent Rs. 32000. Ph: 98842 44051, 94861 25925.

T.NAGAR, Sarathy Street, independent 1<sup>st</sup> floor, 1000 sq.ft, 3 bedrooms, hall, kitchen, Brahmins only, no pets, open car park. Ph: 98409 22009.

K.K.NAGAR, TNHB, Patro Towers, 2 bedrooms, hall, kitchen, 2<sup>nd</sup> floor, lift, car park, rent Rs. 32000, Brahmins Bank Staff preferred, no brokers. Ph: 99440 25895.

WEST MAMBALAM, near 5 Lights, prime location, 2 bedrooms, hall, kitchen ground floor, dining, rent Rs. 27000, immediate occupation, pure vegetarians only, no car park. Ph: 89396 80060.

SALIGRAMAM, near AVM Studio, 1500 sq.ft, ground floor, well maintained with frontage and parking, ideal for office, training centre or back office, rent Rs. 65000, six months advance. Ph: 76395 92115.

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WEST MAMBALAM, Lake View Road, near Railway Station, 2 bedrooms, hall, kitchen, 1<sup>st</sup> floor apartment, bath attached, balcony, rent Rs. 18000 advance, 6 months advance. Ph: 90425 52842, 98411 93685.

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T.NAGAR, Gopala Krishna Road, 1100 sq.ft, 2 bedrooms flat, hall, kitchen, 2 bathrooms, lift, covered car park, 3<sup>rd</sup> floor, north facing, rent Rs. 40000, plus maintenance Rs. 2000. Contact: Agent Ph: 99621 07304.

K.K.NAGAR, near PSBB School, Thiruvalluvar 2<sup>nd</sup> Street, KC Ram Apartment, 300 metre Bus Stop & Hospital, newly painted, 1000 sq.ft, 1 big hall, 2 master bedrooms, wood work, camera, parking, water, family rent Rs.18000, lease Rs. 13 lakhs, bachelor Rs. 21000, office Rs. 24000. Ph: 99419 99191, 98419 27338.

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

WEST MAMBALAM, Subba Reddy Street, 2 bedrooms flat, hall, kitchen, 2 bathrooms, 1<sup>st</sup> floor, 2 wheeler parking, rent Rs. 18000, plus maintenance, vegetarians only. Ph: 98410 47702, 98410 42498.

## Five including two juveniles held for robbery

*By Our Staff Reporter*

The Mambalam police arrested five persons including two juveniles on Jan. 27 on charge of assaulting and robbing N. Hariharan (28) (resident of Saidapet) the previous day.

Police said that Hariharan had become friends with a person named Saravanan whom he had met through the Grindr app.

On Jan. 26, Hariharan agreed to meet Saravanan in Kannammappet (T. Nagar).

When Hariharan reached the spot, two persons took him to a house and confined him. Three more arrived and assaulted the victim and robbed him off his 3 grams gold ring, a silver chain, a bracelet, and a mobile phone.

They also forced him to transfer Rs. 5,000 via UPI, and then he was taken on a 2-wheeler to an ATM kiosk to

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WANTED female candidate for Accountant role at Rohit Data Solution. Skills: Proficiency in Tally and Accounting. Office timing: 10:00 am to 6:00 pm. Location: West Mambalam. Interested candidates Contact: 97105 45015.

WANTED female in-charge for acupuncture clinic in T.Nagar, salary around 12000, timings: 9.30 a.m. to 6 p.m, clinic working on all days except Fridays. Candidate should have basic computer knowledge. 98401 21766.

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withdraw more money.

Enroute, Haricharan jumped off the motorcycle and escaped.

Based on his complaint, Mambalam Police arrested all the five persons.

They were identified as Saravanan (28), Saranraj (21), Sudhakar (19), and two juveniles. Police recovered the jewellery and Rs. 1,500 cash from them.

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## New building for Govt. Girls School, Ashok Nagar

By Our Staff Reporter

Udhayanidhi Stalin (Deputy Chief Minister of Tamil Nadu) inaugurated the new building for Government Girls Higher Secondary School (9th Avenue, Ashok Nagar) on Jan.30.

The 2-storey building was constructed at a cost of Rs.11.50 crores.

Anbil Mahesh



Poyyamozhi (Minister for School Education) launched the 'Vizhuthugal App' on the occasion.

The app developed by Tamilnadu School Education Department provides a platform for alumni students to network and contribute to the growth of the school community.

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## Lions Club gifts sarees to underprivileged women

By Our Staff Reporter

In connection with Republic Day on Jan. 26, Lions Club of Chennai Wisdom (West Mambalam) gifted sarees and bedspreads to 200 underprivileged women and sewing machines to five differently abled persons.



J. Karunanidhi (MLA, T. Nagar) gifted Rs. 200 cash for the Welfare of Differently Abled and M. Murugan N. Panchapakesan K. Gopinath (State General Secretary of Tamil Nadu Chennai Wisdom) were Matrimonials, Ashok Udavikkaram Association present.

## Special abhishekam in temple today forenoon

By Our Staff Reporter

Special abhishekam and alangaaram will be performed to Lord Muruga at 9.30 a.m on Sunday, Feb. 1 in Siva Vishnu Temple (Usman Road, T. Nagar).

All are welcome.

For more details, call 92834 12358

## Free Sundara Kandan classes for elders

By Our Staff Reporter

Gurukul (West Mambalam) conducts free online classes on Sundara Kandan for senior citizens from 6.30 am to 7 a.m on Tuesdays, Thursdays and Saturdays.

It also conducts free sloka classes for children.

For more details and registration, call 93825 13825.

## Elders felicitated on Republic Day



By Our Staff Reporter

Residents of Postal Colony 1st Street and Kamatchipuram 1st Street (West Mambalam) jointly celebrated Republic Day on Jan. 26.

65-year-old Sivaranjani who has been living since birth in Postal Colony 1st Street (West Mambalam) and other senior residents were felicitated. The program was organised by K. Ramanathan. Uma Anandhan (Councillor, Ward 134) and S.R. Ramanan (Former Director, Regional Meteorological Department) were present.

## Conservancy workers felicitated on Republic Day

By Our Staff Reporter

Republic Day was celebrated in Thakkar Bapa Vidyalaya (T. Nagar) on Jan. 26.

C. Nagaraj, G. Bakiyaraj, and A. Dhanam (Conservancy workers) were honoured as Chief Guests.

The celebrations commenced with garlanding the statue of Thakkar Bapa, followed by the hoisting of the National Flag.

Students presented a marchpast.

Sweets were distributed to all at the end of the celebrations.



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