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EVENT DETAILS

3:00PM Namasankeertanam
4:00PM Poorna Kumbham & Inauguration
4:30PM Pradakshina & Pattana Pravesham
with Mangala Vaadyam &
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6:00PM Pushpanjali to Sri Sadguru Swamigal
in the presence of Maharanyam
Sri Muralidhara Swamiji
7:00PM Mangala Aarati

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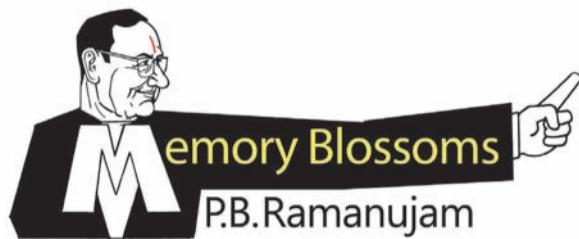
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**Wise and Witty (R.S.V)**

This incident happened in 1969 or 1970.

There was a leading lawyer by name R. S. Venkatachari, popularly known as RSV, who commanded a very good practice on the original side in the High Court.

He was also the Secretary of Madras High Court Advocates Association at that time.

The prominent feature of his physique was a fairly sizeable paunch. He was much elder to me in age but he used to like me a lot though I was still an apprentice lawyer functioning as a junior to N. C. Raghavachary. Whenever we met alone I would touch his paunch, do namaskaaram and perform 'தோப்புக்கரணம்' in front of him, and he used to enjoy my mischief.

One day, a particular Judge of the High Court whose portfolio was Second Appeals, dismissed 12 such appeals within 11.30 am, namely within 30 minutes of commencement of the court, stating that the concerned advocates were not present. Normally, only an appeal which was listed as the first item would be dismissed if the advocate was not present. If the concerned advocate was not present when the second or subsequent listed items came up, it would be 'passed over' for later hearing on the same day because he might not have known when the hearing of the earlier listed items would end. An advocate whose appeal was listed as 5th or later for the day could safely assume that the appeal would not come up before the lunch recess and he needed to come into the courtroom only thereafter.

If an appeal was dismissed due to the absence of the advocate, he would have to file a restoration petition citing valid grounds for his absence.

On that particular morning, the judge was apparently in a foul mood and dismissed all the 12 listed second appeals within the first 30 minutes citing the absence of the concerned advocates, and retired to his chamber.

I was shocked because one of these appeals had been filed by my senior. I rushed to him and reported what had happened. We both went to RSV and requested his intervention as Secretary of the Advocates Association.

He immediately went to the Chief Justice, reported the matter and demanded that all the 12 appeals must be automatically restored without the need for filing of restoration petitions and must be transferred to a different judge, as otherwise that particular court would be boycotted by all advocates. The Chief Justice summoned the Bench Clerk, enquired what had happened, and issued orders restoring all the appeals and transferring them to a different judge.

The deft handling of the situation by RSV averted a showdown between the concerned judge and the advocates and ensured the subsequent smooth functioning of the court.

Had such a situation arisen in recent times, the functioning of the entire High Court might have been paralysed for many days.

The Use of Jaanavaasam

I have attended countless number of marriages in the last 50 years, having made it a practice to respond to invitations whenever possible.

I have always noted with interest the various rituals associated with the marriages, each of them having a practical utility.

Take for example the nearly extinct practice of jaanavaasam in which the bridegroom would be seated in an open motor car and taken in procession from a temple to the kalyana mandapam on the eve of marriage, with petromax lights on both sides and the relatives and friends walking both in front and rear of the car. On a busy thoroughfare like Usman Road, a city bus would have to crawl for many minutes on the right side of the procession enabling the passengers also to have a good view of the bridegroom.

I cannot forget one such jaanavaasam procession during the wedding of a relative of a friend in which I was walking behind the car along with the other guests. A city bus was moving slowly in trying to overtake us when a middle-aged lady got down from the bus, came to me and asked me in an agitated voice, "Where is this procession going?".

I told her the name of the kalyana mandapam and she continued asking me repeatedly how far the mandapam was. I asked her jokingly why she was in a hurry since the wedding was going to be only the next day.

As soon as the procession reached the mandapam and the bridegroom got down from the car, the lady rushed in front of him, had a good look at his face and then removed her chappal and started hitting him with it. Everyone was perplexed and I asked her whether she was mad to indulge in such behaviour during a happy occasion.

We were all taken aback by her reply. She said that the bridegroom was a scoundrel because he was already married two years earlier and his wife was living with their child and her parents in a flat adjacent to hers in Matunga in Bombay. He had told his wife that he was employed in Madras and had been dodging taking her there for the past two years on the excuse that he could not yet rent a suitable accommodation. In fact he had not visited his wife for the past six months.

Even while she was narrating the story, the bridegroom took to his heels and disappeared along with his close relatives.

Fortunately a relative of the bride came forward to marry the girl in the same muhurtham, and the marriage was held the next day as scheduled. The couple had a happy married life and the husband has since retired from a senior position in a private organisation.

Thus it was the ritual of jaanavaasam that saved the bride from an unfortunate and unlawful marriage.

(To be continued) pbrassociates@yahoo.com

T. NAGAR & MAMBALAM BAZAAR

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**Corporation to deploy closed container trucks to transport garbage**

By Our Staff Reporter

In a move to curb the stench from garbage trucks and prevent waste from spilling on roads, Chennai Corporation will soon deploy 48 closed waste container trucks to ferry waste. A Corporation official said that the closed containers will help arrest stench and spillage during transportation. Each container can hold 15 to 20 tonnes of waste. The containers are expected to be ready by the end of May, with operations set to begin in the first week of June. The facility is the first of its kind in Tamilnadu, following a similar system introduced in Hyderabad, he said.

A spokesperson for Chennai Enviro Solutions Private Limited, which handles solid waste management in the two zones, said that the closed containers will be deployed to transport waste from transfer stations to landfills or processing sites.

The containers are airtight, preventing odour from escaping.

The higher-capacity containers will also improve efficiency by reducing the number of trips needed to transport the waste.

Held for sexually harassing women

By Our Staff Reporter

Mambalam police arrested 34-year-old Thalapathy (resident of T. Nagar) on charge of sexually harassing two women, including a traffic police constable, near Guindy railway station on Feb. 9.

Police said that at around 8.30 p.m, two men including the accused in inebriated condition, approached a 19-year-old college girl when she was standing with her friend outside Guindy railway station.

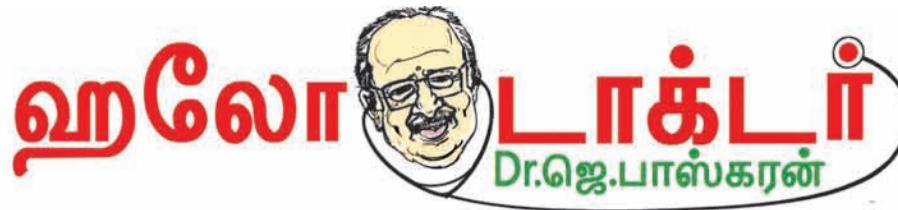
Thalapathy started to misbehave with her and touched her inappropriately.

When she raised an alarm, a woman police constable on traffic duty intervened and reprimanded Thalapathy.

When the accused misbehaved with the constable and attempted to flee, he was caught by passersby and taken to Guindy police station.

A video of the incident went viral over social media.

He has been remanded in judicial custody.



நரையின்றி வாழ....

தெருவில் அறுந்து விழுந்துகிடந்த மின்கம்பியை கவனிக்காமல் சென்று கொண்டிருந்தேன். 'ஏ பெரிசு, பாத்துப் போ. அங்க ஒரு எலெக்ட்ரிக் ஒயரு அறுந்து விழுந்து கெடக்குது' என்ற அபாயக் குரல் கேட்டு கற்றும் முற்றும் பெரிசைத் தேடினேன். 'அட, என்னைத்தான்...' நமக்கு வயதாகிவிட்டதை சில சமயங்களில் பிரிர் சொல்லித்தான் நமக்குத் தெரிகிறது! தலை யில் வழுக்கை, நரை, முகத்தின் சுருக்கங்கள் போன்றவை ஒருவரின் வயதைக் காட்டிவிடக் கூடும்!

'Ageing gracefully' அழகாக, பச்சை இலை நிறம் மாறிப் பழுப்பாவதைப்போல முதுமையை எதிர்கொள்வது ஒரு கலை. நரை, திரை என்பவை ஒருவரின் வாழ்வின் அனுபவத்தையும், முதிர்ச்சியையும் காட்டும் மாற்றங்கள்தானே!

புறநாலாறு, சாலமன் பாப்பையா அவர்களின் புதிய வரிசை வகையைப் புரட்டிக் கொண்டிருந்தேன். கவலையின்மைக்குக் காரணங்கள் சிலவற்றைக் கூறும் பிசிராந்தையார் பாடல் ஒன்று - கோப்பெருஞ்சோழனுடன் பெருகிய நட்பினை ஒரு தவமாகப் போற்றி வாழ்ந்த அதே பிசிராந்தையார்தான் - கண்ணில் பட்டது. பழுத்த புலவர், நன்மெனிற உணர்த்திய சீலர், அன்பே வடிவானவர். அதனால் முதுமையிலும் இளைமை குன்றாமல் நரையின்றி வாழ்ந்தவர் பிசிராந்தையார்! அதற்கென்ன காரணம்? அவரே கூறும் பாடலைப் பார்க்கும் முன் நரை பற்றிக் கொஞ்சம் தெரிந்து கொள்வோம்.

தலைமுடி நரைப்பது; வெள்ளை அல்லது வெள்ளி நிறத்தில் மாறுவது; பொதுவாக வயதானவர்களுக்கு வருவது. முப்பது வயதிற்கு மேல் நரை தோன்றுவது இயற்கையே; வயது ஏற, ஏற வெள்ளை முடிகளும் அதிகமாகும் எல்லா உறுப்புகளையும் போல் முடிக்காலில் உள்ள 'மெலனோசைட்' களும் (முடிக்குக் கறுப்பு நிறமளிக்கும் நிறமிகளைத் தயாரிக்கும் செல்கள்) முதுமையில் தங்கள் செயல்பாடுகளில் குறைந்துவிடுவதால், கறுப்பு நிறம் குறைந்து முடிகள் நரைத்து விடுகின்றன. நரையுடி ஒருவரின் வயதை மட்டுமென்றி அவரின் அனுபவ ஞானத்தையும் காட்டுவதாக அமைகின்றது. இளைமையாகக் காட்டிக் கொள்ளத் தலையில் கருப்புச் சாயம் பூசிக்கொள்வது தேவையில்லாதது மட்டுமல்ல. சில நேரங்களில் அபாய மானதும்கூட.

'இன்றை' சிலருக்கு இளம் வயதிலேயே, முப்பது வயதுக்கும் முன்னமேயே தோன்றும் நரை பெரும்பாலும் மரபனு சார்ந்து, குடும்பங்களில் வருவது. சில நேரங்களில் உணவில் சத்துக் குறைபாடுகளினால்; வைட்டமின் B12, B6, D, E, A மற்றும் தாதுப் பொருத்தன் (minerals) Zinc, Iron, Magnesium, Seleniun, Copper குறைவதனால் நரை தோன்றக்கூடும். தெராய்டு சுரப்பியின் குறைபாடுகள், ஆட்டோ இழியுன் என்பதும் அழற்சி வகை வியாதி கள் இருந்தால் நரை தோன்றக்கூடும்.

ஸ்ட்ரெஸ் என்பதும் மன அழுத்தம் ஒரு முக்கிய காரணமாக சொல்லப்படுகிறது. 2020ல் சில எலிகளுக்கு ஸ்ட்ரெஸ் கொடுத்து (எப்படி செய்திருப்பார்கள்?) சோதித்தபோது அவற்றின் முடிகள் நரைப்பதைக் கண்டுபிடித்துள்ளனர். இது மனிதர்களுக்கும் ஏற்படுமா என்பதைப் பொறுத்திருந்ததான் பார்க்கவேண்டும். ஆனாலும் ஸ்ட்ரெஸ் முடி நரைப்பதற்கு ஒரு முக்கியமான காரணமாகக் கருதப்படுகிறது. நாட்டின் முக்கிய பதவிகளில் இருப்பவர் களுக்கு அவர்களது மன அழுத்தத்தினால் விரைவில் நரை தோன்றுவதைப் பார்க்கிறோம். ஸ்ட்ரெஸ் இல்லாதவர்களுக்கு ஏற்படும் நரைக்குக் குடும்பப் பாரம்பரியத்தைத் தான் காரணமாக சொல்ல வேண்டியிருக்கிறது. இருபத்தெந்து வயதிலேயே நரைத்து விட்ட தலையைக் காட்டி, 'இது என் அப்பா வழி சொத்து' என்று சொல்லும் என் உறவினர் ஒருவரின் நகைச்சவையில் விஞ்ஞானப்புரவான உண்மை இருப்பதை மறுப்பதற்கில்லை!

புகைபிடித்தல் விரைவாக நரை வருவதற்கு ஒரு காரணமாகக் கருதப்படுகிறது.

உணவுச்சத்து குறைபாடுகளைத் தவிர மற்ற நரை களுக்குத் தீர்வு இல்லை என்பது வருத்தமான செய்தி. தலைக்குக் காயம் பூசுவது வயதானவர்கள் தங்கள் இளைமைக்களில் வருகின்ற காட்சிகளில் கருப்பு 'விக்' வைத்து வரும்போது நகைப்பட்கு இடுமாகிவிடும். நிஜ வாழ்க்கையில் இதைத் தவிர்ப்பது நல்லது! 80% முடி நரைத்துவிட்டால் தலைக்குச் சாயம் பூசுவதை நிறுத்திவிடலாம் என்கிறது ஒரு மருத்துவக் குறிப்பு.

தினசரிகளில் வரும் விளம்பரங்களையும் அதிக செலவில் செய்யப்படும் சிகிச்சை முறைகளையும் தவிர்ப்பது நல்லது. அவற்றால் நரையுடி குறைகிறதோ இல்லையோ முடிகள் வலுவிழுந்து வழுக்கை விழும் வாய்ப்புகள் 'பனிச்' சென்று தெரிகின்றன!

கைவைத்தியம், பாட்டி வைத்தியம் என சிலவற்றைச் செய்து பார்க்கலாம். மன அழுத்தம் அதிகமில்லாத, அமைதியான வாழ்க்கை, நல்ல சத்துள்ள உணவு, புகை பிடித்தலைத் தவிர்த்தல், தலை அலங்காரத்திற் கென பார்சிசிங், முடிகளை நோராக்குதல் (Hair straightening) போன்றவற்றைத் தவிர்த்தல், உணவில் கரும்பு ஜூஸ், நெலவிக்காய், இஞ்சி (முடி கருப்பாகி, முகம் மாறினால் கம்பெனி பெறுப்பல்ல!) போன்றவற்றை சேர்த்துக் கொள்ளுதல் போன்றவை உதவக்கூடும்.

முட்டைகோஸ், சுர்க்காலைவர்கள் கிழங்கு, கருவேப்பவர் (Indian ginseng) போன்றவையும் உதவக்கூடும். இருவில் தலைக்குத் தேங்காய் என்னையும் தேய்துக்குத் தொள்ளும் நரைத்துவிட்டால் தலைக்குச் சாயம் பூசுவதை நிறுத்திவிடலாம் என்கிறது ஒரு மருத்துவக் குறிப்பு.

கைவைத்தியமாகப் பல மூலிகைகள், பூக்கள், இலைகள் எல்லாம் சேர்த்துத் தயாரிக்கப்படும் என்னையகளினால் முடி கறுப்பாகிறதோ இல்லையோ அவற்றின் வாசம் பலரை பத்தடி வரைத் தள்ளி நிறுத்தி வைக்கும்!

இப்போது பிசிராந்தையார் சொல்லும் பாடலைப் பார்க்கலாம்.

'யான்டு பல ஆக நரை இல ஆகுதல் யாங்கு ஆகியர்? என வினவதிர் ஆயின், மாண்ட என் மனைவியோடு, மக்களும் நிரம்பினர்; யான் கண்டனையர் என் இளையரும்; வேந்தனும் அல்லவை செய்யான், காக்கும்; அதன்தலை ஆன்று அவிந்து அடங்கிய கொள்கைச் சான்றோர் பலர், யான் வாழும் ஊரே.

வயதான போதிலும் முடி நரைக்காலைக்குக் காரணங்களாகப் பிசிராந்தையார் சொல்வது: மணவியும், மக்களும் மேனங்களை குன்னக்கால் உடையவர்கள் விட்டிடல் பணி செய்வோர் (இளையர்) நாம் நினைப்பதையே அவர்களும் விழும்பிச் செய்கிறார்கள். மணன் னும் தவறானவற்றைச் செய்யாமல் மக்களைக் காக்கின்றான். ஊரில் நல்ல குணங்களால் நிறைந்து, பணியை வேண்டிய மேன் மக்களிடம் பணிந்து ஜூம்புலன்களும் தீய வழி செல்லாமல் அடங்கிய சான்றோர் பலர் வாழ்கின்றார்கள். இவையெல்லாம் எனக்கு இருப்பதால் எனக்கு வயதானாலும் நரை இல்லை என்கிறார் புலவர். 'கவலையின்மைதான் காரணம்' என்று தெளிவாகச் சொல்கிறார்.

எல்லாம் சரி, நம் ஊரில் இப்போது நிறைய பேருக்கு நரை முடியிருக்கிறதே (சாயப்பூச்சைத் தவிர்த்து!) என்பவர்கள் பிசிராந்தையார் கூறியுள்ள காரணங்களில் எவ்வையெல்லாம் இன்று நம்மிடையே இல்லை என்று ஆராயலாம். முடிவில் முடியைப் பியித்துக்கொண்டு வழுக்கையானால் என்னையோ, பிசிராந்தையாரையோ கடிந்து கொள்ளாதீர்கள்! வழுக்கையாக விட்டால் நரை பற்றிய கவலை இல்லைதானே!

MAMBALAM TIMES

Road works cause traffic congestion on Giriappa Road

By Our Staff Reporter

Traffic congestion has intensified in T. Nagar following the diversion of vehicles from Anna Salai to Giriappa Road due to the ongoing 3.2 kms elevated corridor construction on Anna Salai



between Teynampet and Saidapet. has become routine, usable road width has shrunk, particularly during morning and evening peak hours.

Parallelly, stormwater drain works on the same stretch have further constricted road space and slowed vehicular movement, causing long delays for commuters.

With buses, cars and two-wheelers now using the stretch throughout the day, congestion work also in progress,

Free meditation sessions in Brahma Kumaris today

By Our Staff Reporter

Street. For more details, call 94980 90626.

A senior member told *Mambalam Times* that Brahma Kumaris has organised special meditation sessions in two batches from 7 a.m to 12 noon and from 4 p.m to 8 p.m in its centers on Sunday, Feb. 15 and Monday, Feb. 16.

Following are the details:

West Mambalam

Brahma Kumaris Meditation Center: Narangi Flats, Ground Floor, Flat No. 4, New No. 17, Old No. 9, Veerasamy Street, Opposite SRM Nightingale School. For more details, call 95502 01177 or 98844 46567.

T. Nagar

Brahma Kumaris Meditation Center: Majestic Apartments, Flat No. 3, First Floor, 13, Soundararajan

Offers all brand helmets and bike accessories

Orson Helmets (6, Rajabather Street, near Rathna Fan House, T. Nagar) sells all leading brands of helmets, wallets, belts and other bike accessories.

Abandoned car blocks carriageway



By Our Staff Reporter

A car in dilapidated condition, bearing registration number TN01/R9245, is abandoned on the road margin on 7th Avenue (Ashok Nagar, near Police Assistance Booth).

According to a nearby resident, the vehicle has been lying at the spot for over 6 months.

As it blocks the usable width of the carriageway, he appeals to traffic police to remove the car from the spot.

This photo was taken on Feb. 10

Damaged push cart removed after report



By Our Staff Reporter

Following the report 'Damaged pushcart dumped on road margin' published in *Mambalam Times* (February 8-14 issue), a pushcart in damaged condition dumped on the road margin near two garbage bins on Bagavandham Street (T. Nagar) was removed by workers of Chennai Corporation on Feb. 11.

Thakkar Bapa Vidyalaya offers vocational courses

Thakkar Bapa Vidyalaya (58, Venkatnarayana Road, T. Nagar) offers the following vocational courses.

Fitter and Electrician – Minimum 10th passed students can apply

Refrigeration and AC Mechanic – Minimum 8th passed students can apply

Wireman – Minimum 8th passed students can apply

Carpentry – No basic qualification is necessary

6 months Tailoring and 45-day Beautician courses for women only

The courses are sponsored by Blue Star Ltd.

The courses are free for SC, ST, orphan, single parent, widow, achievers in sports or in any other field and to differently abled persons.

The students will be provided free breakfast.

They will be given free training in computers and Spoken English as well. Placement support is provided on successful completion of the courses.

For admissions and more details, call the Vidyalaya in Ph: 2434 3302, 2436 2103, 91766 24283.

P. Maruthi (Secretary) said that a total of 84 students successfully finished their courses in the last batch, and the convocation ceremony will be held on Monday, Feb. 9.

Children's play area to be developed under flyovers



By Our Staff Reporter

Chennai Corporation is developing children's play area under Bazullah Road and Usman Road flyovers in T. Nagar.

Photo taken in Feb. 11 shows the surface has been levelled with concrete and a foundation has been laid on both the sides to erect a fence to prevent encroachment and parking of vehicles under Bazullah Road flyover.

A senior Corporation official said that a children's play area and a garden will be developed in the space along with landscaping, CCTV surveillance and solar-powered lighting. Earlier, the space was used for parking vehicles.

Civic work causes traffic congestion on Lake View Road



By Our Staff Reporter

As Chennai Corporation has started widening the storm water drain on Lake View Road (West Mambalam), a long stretch of the road at its junctions with Subbha Street and Ramakrishnapuram 3rd Street have been cordoned off with barricades.

It is leading to severe traffic congestion during peak hours.

Nearby residents appeal to Chennai Corporation to finish the work early. This photo was taken at 7 p.m on Feb. 12.

Fountains under Usman Road flyover playing



By Our Staff Reporter

The fountains installed three months back under Usman Road flyover (T. Nagar) are functioning well.

They are operated in the evenings.

This photo was taken on Feb. 12.

Upanyasam in Vani Mahal from Feb. 15 to 17

By Our Staff Reporter

Music concerts and devotional programs are being held daily in the evenings in Sri Thyaga Brahma Gana Sabha (G. N. Chetty Road, T. Nagar) since Feb. 12.

It will conclude on Tuesday, Feb. 17.

On the inaugural day, the Nadha Vibhushan birudhu was conferred on renowned ghatam vidwan Vikku Vinayakaram.

The following are the details of the program from Feb. 15:

Sunday, Feb. 15: 10 a.m: Rendering of Pancharatna Kritis by vidwans and vidhu-shis; 6.30 p.m: Upanyasam by Krithika Bharadwaj

Monday, Feb. 16 and Tuesday, Feb. 17: 6.30 p.m: Upanyasam by Krithika Bharadwaj

All are welcome. For more details, call 044-28152166.

Free health check-up on Friday

By Our Staff Reporter

T. Nagar Central Mandal of Tamilnadu BJP has organised free health check-up from 9 a.m to 1 p.m on Friday, Feb. 20 in Tarapore Apartments (SBI Quarters, Station Road, West Mambalam).

A team of doctors from Apollo Hospitals will examine the patients.

It will include general health and diabetes check-up and dental screening.

Persons suffering from orthopaedic problems can avail free consultancy.

Uma Anandhan (Councilor, Ward 134) will be present. For more details, contact Sumathi Rangarajan in 77085 11853 or 94445 43373.

Hayagreeva poojai in Sankara Mutt on Feb. 22

By Our Staff Reporter

V. Lakshminarasimhan (President, Sri Ayyappa Seva Sangam) has organised Lakshmi Hayagreeva poojai and homam for students appearing for board exams from 9 a.m to 12 noon on Sunday, Feb. 22 in Sankara Mutt (Easwaran Koil Street, West Mambalam).

Sacred threads and pens kept in the poojai will be gifted to the students participating in the homam.

All are welcome.

For more details, call 97909 20744

Free online Sundara Kandam classes

By Our Staff Reporter

Gurukul conducts free online classes on Sundara Kandam for school students.

For more details and registration, call 93825 13825.

Defunct hand pump removed after report



By Our Staff Reporter

Following the report 'Hand pump left Low and Dry' published in *Mambalam Times* (February 8 – 14 issue), a defunct hand pump that was half buried on the road margin due to increase in road level over the years on 55th Street (Ashok Nagar, near Government Girls Higher Secondary School), was removed by the workers of Chennai Corporation on Feb. 11.

The pump had gone dry many years back and served no purpose.

Three held for robbery

Three persons, including Lakshmi refused to provide two from K.K. Nagar, were arrested in connection with robbery at a spa centre in Velachery, where gold chains and mobile phones were looted. According to the police, the complainant, M. Dhanalakshmi, 24, of Kannagi Nagar, runs a spa centre on the first floor of an apartment complex on 100 Feet Road, Velachery.

On the evening of February 7, while she was at work with her employees Shalini and Priyanka, two men visited the spa and enquired about the services.

Growing suspicious of their behaviour, Dhana-

The accused then robbed over five sovereigns of gold jewellery and six mobile phones from them.

Based on Dhanalakshmi's complaint, the Velachery police registered a case and launched an investigation.

A special team examined CCTV footages and arrested Veeramaruthu (35) of Kannagi Nagar, and Anandkumar (42) and Ravikumar (48) of K.K. Nagar.

Police recovered 5 sovereigns of gold jewellery and five mobile phones from them. Two knives and one two-wheeler used in the crime were seized.

Police are searching for the other accused in the case.

Offers free counseling for Std. 10 and 12 students

By Our Staff Reporter

Aura Holistic Wellness Centre (13, Raghaviah Road, T. Nagar) offers free counseling to Std. 10 and 12 students from Monday, Feb. 16 in its premises.

According to the centre in-charge, the counseling will help the students to manage the board exam stress, anxiety, and improve concentration.

For prior registration, call 97914 81677.

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

Tamil Seva Awards presented

By Our Staff Reporter

Two institutions and three personalities who contributed to the social and cultural development of Tamilnadu and Pudu-cherry received the Tamil Seva Awards 2026 on Feb. 8, constituted by The Rajasthani Association (T. Nagar). The recipients of the awards include Sudha Seshayyan (Academic leader, physician and cultural polymath), B. Sargurunathan (Chief Othuvar and custodian of saivite musical heritage), Payir Trust (Pioneer in Holistic Rural Transformation), K. R. Raja (Advocate, Reformer, and Social Architect) and Public Health Centre (Charitable Hospital, West Mambalam).

Justice R. Mahadevan of the Supreme Court and N. Ravi (Director of Kasturi and Sons Ltd.) jointly presented the awards.

This year, the jury panel screened over 200 nominations to select five awardees which included individuals and institutions, who embody integrity, commitment, and sustained social impact.

Each recipient of the award was honoured with a citation, a medal, and a cash prize of Rs. 2 lakhs each. The Rajasthani Association was established in 1967.



Nightlong darshan of Shiva Lingams from 6 p.m today

By Our Staff Reporter

Devotees can have darshan of various forms of Shiva Lingam from 6 p.m on Sunday, Feb. 15 to 6 a.m on Monday, Feb. 16 in Kasi Viswanathar Temple (Easwaran Koil Street, West Mambalam) for Maha Shivaratri.

They include Vibuthi Lingam, Manjal Lingam, Kunguma Lingam, Pushpa Lingam, Fruit Lingam, Swarna Lingam, Ice Lingam, Spatika Lingam, Navagraha Lingam and Abisheka Lingam.

Devotees who possess unique forms of Shiva Lingam have been invited by the organizers to bring them for exhibition.

All are welcome.

More details can be had in 98414 75566 and 9444 46661.

Maha Shivaratri poojai in temple tonight

By Our Staff Reporter

Maha Shivaratri will be celebrated with special poojas in Navasakthi Vinayagar Temple (9th Avenue, Ashok Nagar) from 5.30 p.m on Sunday, Feb. 15.

The following are the program details:

Sunday, Feb. 15:

5.30 p.m: Devotional songs by students of Nrithyapriya Academy of Arts (West Mambalam)

7 p.m: 1st kaala poojai

10 p.m: 2nd kaala poojai

11 p.m: Discourse by Anugraha Aadhibhagawan

1 a.m: 3rd kaala pooja.

4 a.m: 4th kaala pooja.

All are welcome.

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Debris dumped in vacant land near hospital



An OSR (Open Space Reservation) land in front of Lakshmi Hospital (Govindan Road, West Mambalam) is misused for dumping construction waste.

Photo taken on Feb. 11 shows mounds of debris dumped in the land.

Nearby residents request Chennai Corporation to remove the debris and develop a park in the OSR land.

He ensures surplus food reaches the needy



By Our Staff Reporter

60-year-old Suryanarayanan (resident of West Mambalam), a lawyer by profession, has been doing yeoman service to the needy.

He collects surplus food from local restaurants and caterers for distribution to the needy. This ensures that the surplus food is not wasted and the needy do not go hungry, and get a sumptuous meal.

He has formed a WhatsApp group in which several NGOs and other homes providing shelter to the homeless are registered, and as per the requirement, he sends the collected food to them.

In addition to this, Suryanarayanan also collects used clothes, books and other household items for gifting to the needy within a 5km radius of West Mambalam.

He seeks volunteers to assist him in his social endeavours. Those willing to volunteer or those willing to donate food and other essentials, can contact Suryanarayanan in 98403 83000.

Free 4-week yoga course from Feb. 22

By Our Staff Reporter

Sannyasi Krishnayogam (Founder of Satyananda Yoga Centre) will conduct a 4-week free yoga course as per the tradition of Bihar School of Yoga for men and women in Sri Ayyappan and Sri Goshala Krishnan Temple (Sri Sastha Sangam, 89, Ponnambalam Salai, K.K. Nagar).

The classes will begin on Sunday, Feb. 22 and will be conducted daily on weekdays (Monday to Saturday) from 5.30 a.m to 7 a.m.

The classes, aimed at physical, mental and spiritual wellbeing, will include asanas, pranayama, pratyahara (senses withdrawal techniques), concentration, meditation, mantra, value education, food habits, shat kriyas and cleansing of internal pathways for managing diseases.

On successful completion, students can join Advanced Pranayama course leading to Kundalini Yoga, Prana Vidya and Kriya Yoga Course.

Even old students who have discontinued their practice can join and reap the benefits.

Corporate classes for Stress Management are also being conducted by the Center.

To register, call 63830 08358 or 94450 51015 or send email to syc@satyamyogatrust.net.

For more details, visit <https://www.satyamyoga-trust.com>.

Free dialysis center in Saidapet Peripheral Hospital

By Our Staff Reporter

Wockhardt Foundation has inaugurated a free, state-of-the-art dialysis center at the Government Peripheral Hospital (Jenis Street, Saidapet).

This center aims to provide essential support to patients with kidney diseases, offering free dialysis, counseling, and nutritional guidance.

Staffed by experienced medical professionals, the center ensures top-quality care for its patients.

For more information, contact Dr. Sriram in 89394 04040.

Corporation to enforce cattle licensing, microchipping



By Our Staff Reporter

Ten days after Chennai Corporation mandated licensing and microchipping for all cattle, officials reported a tepid response from livestock owners.

With few coming forward voluntarily, the civic body now plans to visit cattle sheds directly to implant microchips and issue licenses. An official said that after the launch of the initiative on Jan. 31, very few cattle owners have applied.

So, to enforce licensing, we will now go to the sheds and microchip the cattle ourselves, he said. Currently, Corporation operates five cattle sheds in Tiruvottiyur, Manali, Madhavaram, Anna Nagar, and Teynampet, with plans to add 17 more within city limits.

Tunnelling breakthrough achieved in Phase-2 on Corridor-4



By Our Staff Reporter

Chennai Metro Rail Limited (CMRL) has crossed a key construction milestone on Corridor-4 of its Phase-2 network, with the first tunnel boring machine (TBM) completing a breakthrough on the underground stretch linking Light House and Poonamallee Bypass.

The upline TBM, named Eagle, broke through at the Thirumayilai shaft on Feb. 9, marking the first completed tunnel under the UG-01 contract.

Corridor-4 spans 26.1 km and forms part of the 118.9-km Phase-2 project that will add 128 stations across the city.

The 1.98-km tunnel between Light House and Thirumayilai, executed by Cemindia Projects, runs beneath some of Chennai's most sensitive zones, including the Lighthouse, All India Radio, the Russian Embassy and several heritage schools and churches.

The drive passed below 151 buildings, navigating shallow overburden and complex geology, including rocky strata and gas pockets.

CMRL has deployed four TBMs on this underground section, split between two packages, UG-01 and UG-02, to construct nearly 16 km of twin tunnels.

In parallel, tunnelling activity has begun on the Panagal Park-Boat Club stretch under UG-02, with TBM Pelican launched for its final drive. The section poses added engineering challenges, including tunnelling beneath operational Phase-1 Metro lines near Nandanam.

Completion of this drive is targeted for December 2026, an official said.

Couple arrested in chit fund scam

By Our Staff Reporter

The Pondy Bazaar police arrested a couple who had been on the run in connection with a Deepavali chit fund scam.

According to the police, Sangeethavani (32) (resident of T. Nagar), had been paying into a Deepavali chit scheme run by Dineshkumar and his wife Bhuvaneshwari, who were residing in the same area since 2021.

Based on trust developed over time, Sangeethavani enrolled around 250 persons during 2023-2024 through her acquaintances and collected Rs. 1,000 per month from each member for 11 months, amounting to Rs. 27.50 lakhs.

The total amount collected was handed over to Dineshkumar and his wife.

Even after the chit matured, the couple failed to return the money and continued to cheat the subscribers. Based on a complaint lodged by Sangeethavani, police conducted investigation and arrested the couple.

Ramakrishna jayanthi celebrations on Thursday

By Our Staff Reporter

The 191st birth anniversary of Sri Ramakrishna Paramahansa will be celebrated in Sri Ramakrishna Ashram (3, Mahrajapuram Santhanam Salai, T. Nagar) on Thursday, Feb. 19.

The following are the program details:

5.30 a.m: Mangala Arati, Suprabhatam and Veda chanting.

7 a.m: Special poojai and bhajan.

9.30 a.m: Homam.

11 a.m: Talk on Bhagavan Sri Ramakrishna.

11.40 a.m: Aarti.

12 noon: Prasadam distribution.

6.30 p.m: Aarti and bha jans. All are welcome.

Free spoken Sanskrit classes from tomorrow

By Our Staff Reporter

Sanskrita Bharati will conduct free 10-day spoken Sanskrit classes from 6 p.m to 8 p.m daily, from Monday, Feb. 16 to Wednesday, Feb. 25 in Ramakrishna Mission School (Bazullah Road, T. Nagar).

There is no age restriction and no prior knowledge of Sanskrit is necessary.

Interested persons can register at the venue or call 98401 14069 or 99529 62934.

Mahotsavam in Veda Samithi concludes on Tuesday

By Our Staff Reporter

Under the auspices of Veda Samithi (G4, Srividya Apartments, 14, Balakrishna Mudali Street, West Mambalam), special homams and paaraayanam are being held in Ayodhya Mandapam (Arya Gowda Road, West Mambalam) since Feb. 8.

It will conclude on Tuesday, Feb. 17.

Yajur Veda Gana Paaraayanam, Kamya homam, Sadha Chandi homam and discourses are being held in the mornings and evenings.

All are welcome.

Free classes on running

By Our Staff Reporter

Chennai Runners conducts free classes on running titled Couch to 5K.

All are free to join.

The classes are held at 5.30 a.m on Tuesdays, Thursdays and Fridays outside Star bucks (G.N. Chetty Road, T. Nagar). For details contact, Vijayavani in 98849 37007 or M. Ramsubramanian in 73580 96014.

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Ashok Avenue, 750 sq.ft, 1 BHK, 2nd floor, CCP, rent Rs. 20000 (nego.)

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WEST MAMBALAM, Manjunath Apartment, Moorthy Street Extension, 475 sq.ft, rent Rs. 13000, maintenance Rs. 700, 2nd floor, no lift, site visit: from 2 p.m. to 6 p.m. on 15.02.2026. Ph: +91 9952063594.

WEST MAMBALAM, Lake View Road, 1st floor, 2 bedrooms, hall, kitchen, semi-furnished, lift, car park, rent Rs. 25000, vegetarians only, small family, no brokers. Ph: 98400 36545, 9444742999.

WEST MAMBALAM, Sri Krishna Bhavanam, 10/23, Krishnamurthy Street, 755 sq.ft, double bedrooms, lift, 2-wheeler parking only, rent Rs. 23000, advance 5 months, Rs. 1,15000, deciding authority can Call & come only on Sunday between 11 a.m and 1 p.m only, Brahmins only. Ph: 9884907609.

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WEST MAMBALAM, Navin's Yaduvanam Apartments, 31 Brindavan Street, 2 bedrooms, hall, kitchen, 2nd floor, car park, lift, ample water, wide corridors, vegetarian & small family only, IT/Govt/Bank employees preferred, rent Rs. 25000, advance Rs. 1 lakh, no brokers, eligible persons may contact: Mrs. Krishna, Ph: 80562 31251.

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ASHOK NAGAR, Vasudeva Nagar, near Kasi theatre, 2 bedrooms, hall, kitchen, ground floor, 850 sq.ft, semi furnished, 24 hours water, rent Rs. 16000, 5 months advance, family/bachelors/office. Ph: 73053 44555.

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WEST MAMBALAM, close to Kali Bari Temple, 1st floor, 800 sq.ft, 2 bedrooms, hall, kitchen, 2 wheeler parking, vegetarians only. Ph: 94440 13117.

ASHOK NAGAR, Balaji Street, near Samiyar Madam/Kali Bari Temple, 955 sq.ft, 1st floor, 2 bedrooms, hall, dining, kitchen, 2 bath & toilets, semi-furnished, covered car park, rent Rs. 23,000, Brahmins only. Phone: 9283140700.

Poonamallee-Vadapalani metro safety check begins**By Our Staff Reporter**

Commissioner of Metro Rail Safety (CMRS) has begun statutory inspections on a priority stretch of Chennai Metro Rail's Phase II project.

The inspection is a key regulatory step towards opening services on Corridor 4.

The inspections commenced on Feb. 11 on the elevated section between Poonamallee Bypass and Vadapalani, covering 11 stations over a 14.64-km stretch.

On the first day, the CMRS inspected a 6.13-km section between Poonamallee Bypass and Iyyapanthangal stations. The stretch includes stations at Poonamallee, Mullaithottam, Karayanchavadi, Kumananchavadi, Kattupakkam and Iyyapanthangal, part of one of Phase II's busiest west-bound corridors.

The inspection focused on critical systems, including civil structures, track alignment and electrical installations, officials said.

Chennai Metro officials including T. Archunan (Director, Projects) and Manoj Goyal (Director, Systems and Operations), accompanied the inspection team.

Corridor 4 connects Light House with Poonamallee on the western periphery and is seen as a crucial link to ease congestion along key arterial routes.

Once CMRS approval is secured, the Railway Board is expected to issue formal authorisation to commence passenger services, after which both the Central and Tamilnadu Government will be notified and the opening date finalised.

Ramayanam and Naaraayaneeyam classes for women**By Our Staff Reporter**

Jayabai Srinivasan of

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Tamil Seva Award presented to Public Health Center



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Public Health Centre (PHC) (New No.174, Old No.114, Lake View Road, Ramakrishnapuram, West Mambalam) was presented the Tamil Seva Award by The Rajasthani Association (T. Nagar) in a function held on Feb. 8.

An eminent jury chaired by S. Gurumurthy selected PHC as one of the awardees from 200 nominations. Eisenhower Swaminathan (President, PHC) received the award from R. Mahadevan (Chief Justice, Supreme Court) in the presence of N. Ravi (Director of Kasturi and Sons Ltd.) and other dignitaries.

Established in 1953, PHC is a non-profit organisation rendering yeoman service to the community by offering quality health service at affordable rates. PHC is largely a legacy of

collective efforts by a team of dedicated doctors, philanthropic donors, selfless volunteers and devoted staff.

It also runs the BVSN Murthy Centre for Special Children in Tham-biah Road (West Mambalam) to provide care and education to differently abled children.

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