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VKIDS TSK
Congratulates
Prathiksha R for
Winning 1st Prize
in U-5 Silambam
Competition

VKIDS TSK congratulates Prathiksha R of LKG-C for her remarkable display of skill and exhibition of her talent in silambam organised by The faces of South India and won the 1st Prize in Under 5 single stick category. The school take the privilege to wish her for her achievement and continued success in her journey and all the future endeavours.

Indian Bank Donates Phacoemulsification Machine
to Gurupriya Vision Research Foundation

Indian Bank donated a phacoemulsification machine to Gurupriya Vision Research Foundation, the Vedantham in the presence of Indian Bank officials, doctors and trustees of Gurupriya Vision Research their team to do sutureless phaco surgery to the underprivileged.

Legend: Shri Mahesh Kumar



TN Auto Fares to See Major Hike from Feb 1

Starting February 1, autorickshaw fares in Tamil Nadu will rise significantly. The minimum fare for the first 1.8 km will be Rs 50 (up from Rs 25), and the fare for each additional kilometre will be Rs 18 (up from Rs 12). The waiting charge will be Rs 1.50 per minute, and services between 11 PM to 5 AM will include a 50% extra charge. The fare hike is being implemented unilaterally by unions citing increased costs for household expenses, spare parts, insurance, and RTO fees. Zahir Hussain, State Secretary of the Tamil Nadu Urimai Kural Driver Trade Union, stated that despite years of protests and petitions for fare revisions, no official action has been taken, forcing drivers to adjust fares independently.

public charitable trust of Radhatri Nethralaya, which would enable free sutureless cataract surgery to the poorer sections of society. Mahesh Kumar Bajaj, executive director of Indian Bank handed over the machine to Dr. Praveen Krishna and Dr. Vasumathy Foundation. Dr. Praveen Krishna, medical director and chief phaco surgeon of Radhatri Nethralaya, who has done free cataract surgery to more than ten thousand poor patients under project Kannoli of the trust, said that the donation of the machine would now enable Bajaj, executive director of Indian Bank hands over the phacoemulsification machine to Dr. Praveen Krishna and Dr. Vasumathy Vedantham at Radhatri Nethralaya in the presence of Indian Bank officials, doctors and trustees of Gurupriya Vision Research Foundation.

Drawing contest for children

The British School and Lucky Activity Center, located at H 1060, H Block 25th Street, Ponni Colony, Anna Nagar, will host a free drawing competition for children aged 3 to 13 years on Sunday, January 26, at its premises. The competition will feature themes such as the National Flag, Vision of India 2040, and creative portraits of freedom fighters. Due to limited space, registration is capped at 50 participants. The last date for registration is Monday, January 20. For more details, call 72990 77022.

SACAS Hosts Thirumathi Sakunthala Ammal
Memorial Arts and Literary Competitions



The Tamil Department of S.A. College of Arts & Science successfully organized the annual Thirumathi Sakunthala Ammal Memorial Arts and Literary Competitions on January 4, 2025, for school students. The competitions featured two categories: Grades 6–8 and Grades 9–12, and included events such as Tamil speech, painting, and dance. The inaugural event was graced by renowned journalist and Tamil Professor at B.S. Abdur Rahman Crescent Institute, Dr. A. Naseema, as the chief guest. The event was presided over by SACAS Correspondent, Mr. P. Venkatesh Raja, while Director Dr. Sai Satyavathi shared her poetic reflections. Principal Dr. Malathi Selvakkumar delivered the felicitation address. The program saw an active participation of 284 students from 76 schools across Chennai. Tamil Department faculty, led by HOD Mr. M. Vijayakumar, ensured seamless coordination. All participants received certificates of participation. The prize distribution ceremony will be held soon.

ALLERGIC RHINITIS

- ADVT



Allergic rhinitis is the medical term for inflammation of the nasal mucosa caused by an allergic trigger. Many people refer to it as hay fever. It can significantly affect quality of life, work and school performance and attendance and is a risk factor for developing asthma. CAUSES: These individuals frequently have a personal or family history of asthma or allergic rhinitis. Patients who suffer from intermittent rhinitis may list triggers such as pollens, pet dander, carpeting or upholstery, Mold, humidity, fragrances, or cigarette smoke. SYMPTOMS: Sneezing, nasal congestion, clear rhinorrhoea, and nasal pruritis are symptoms of allergic rhinitis, an atopic condition. The nose is the entrance to the beginning of the respiratory tract, and some things that are inhaled can cause allergic symptoms. If symptoms are uncontrolled, they can affect the sinuses, throat, voice box and lower respiratory tract, as well as the eyes and middle ear. We can see that many patients had other co-morbidities, the most common of which were sinusitis and asthma. FOOD TO AVOID: Patients with allergic rhinitis must limit cold or easily allergenic foods such as shrimps, crabs, snails, squids, sea cucumbers, because they can worsen allergic symptoms.

- Hot and spicy spices, such as chili, pepper, can cause nasal itching and constant sneezing in people with allergic rhinitis.
- People with allergic rhinitis should also limit eating pears, watermelons or nuts, as they can cause itching in the throat or around the mouth and trigger allergic rhinitis.

HOMOEOPATHIC MANAGEMENT: In homoeopathy medicines like Allium Cepa, Sabadilla, Kali Bichromicum, Natrum Muriaticum, Mercurius Solubilis, Eupharasia Officinalis, etc are used for the treatment. The proper analysis of the case with the qualified homoeopathic physician will give better results.

By
Dr. Kalaivani Vijayanad B.Sc., B.H.M.S., M.Sc, (Medical Anatomy) Homoeopathic Consultant Faculty, University of Cyberjaya, Malaysia.
Vijay Homoeo Clinic, Dharma Towers, New No 88 Nelson Manickam Road, Choolaimedu, Chennai – 600 094. Agma Aspire, No 47 Sapthagiri Nagar, Valasaravakkam, Chennai - 600116. Mob and whats app : 94445 32266 Website: www.vijayhomoeo-clinic.com

Velammal Vidyalaya West – Pongal Celebration - Cultural Fest



Velammal Vidyalaya West celebrated Pongal celebration in a grand manner, honoring Chief Guest Ms. Sulochana from the World Tamil Research Centre. The event featured a special song, a lively pattimandram (debate), and traditional dance performances, and the event included Mayil Aatam, oyil attam and Karakattam. Colorful decorations, including a temple structure, added to the vibrant atmosphere, making the celebration a memorable success for students and faculty.

Special Pongal Market Opens at Koyambedu Wholesale Market

A vibrant special market for Pongal has opened at the Koyambedu Wholesale Market, offering all essentials for the harvest festival under one roof. Items like sugarcane, turmeric, and clay pots, sourced from Villupuram, Cuddalore, Puducherry, and Salem, are available for purchase. Arrangements have also been made for traders from other regions to sell their goods at the market, which will operate until January 16. To manage the anticipated heavy crowds, market authorities and traffic police have implemented measures to reduce congestion.

CM Stalin Launches Pongal Gift Hampers for Ration Cardholders



Tamil Nadu Chief Minister M.K. Stalin inaugurated the distribution of Pongal gift hampers at a ration shop in Saidapet today. The festive gift pack includes essential items for Pongal celebrations, such as a kilogram of raw rice, sugar, tamarind, a whole sugarcane, and additional items. A complimentary dhoti and saree are also part of the package. The distribution, which began today, will continue until January 13, 2025, ensuring over 2.2 crore ration cardholders across

Chennai Police Suggest Alternate Routes for Festive Travelers

Chennai residents traveling in their own vehicles for the Pongal festival have been urged to use bypass roads to avoid city congestion. With lakhs of people leaving the city by bus, train, and car, additional government and city link buses are operating from terminals such as Kilampakkam, Koyambedu, and Madhavaram. To ease traffic flow, Chennai Police advises travelers to avoid the GST Road via Tambaram and Perungalathur. Instead, motorists are encouraged to take alternate routes such as the OMR (Thiruporur-Chengalpattu) or the Vandalur Outer Ring Road. This recommendation comes amid heavy traffic jams near Perungalathur due to ongoing railway bridge work. Travelers are also advised to avoid exiting the city via the Maduravoyal Bypass.

Free Bala Vikas classes

Sri Sathya Sai Seva Samithi conducts free Bala Vikas classes for children of 5 to 15 years on Sundays from 11.30 a.m to 12.45 p.m. Students will be taught slokas, Vedas, bhajans and moral stories from epics like Ramayana and Mahabharata. Other activities include prayer, meditation, singing and silent sitting. Sri Sathya Sai Seva Samithi is at Sai Charanam W 13, 5th Main Road, junction of 3rd and 4th Main Road, Anna Nagar. For registration, contact : 98844 17168.

Free yoga classes on Sundays

Dhyan Foundation conducts free yoga classes on Sundays from 6.45 a.m to 8 a.m in Nethrodaya. The classes cover asanas, spine and back strengthening exercises, body sculpting, chakra cleaning and balancing. All are welcome. Nethrodaya is at No. 47, 1, Bharathi Salai, Nolambur Phase II, Mogappair West. For more details, contact : 91763 21977.

Discourse on Bhagavad Gita

Under the auspices of Sri Ramakrishna Mission Ashrama (3, Maharajapuram Santhanam Salai, T. Nagar), Swami Satyaprabhananda will deliver a discourse in Tamil on Bhagavad Gita at 5.30 p.m on Sunday, January 12, 2025 in the Ashram's premises. All are welcome. More details can be had in 2814 3896 and 3514 2014.

Mass Exodus from Chennai Ahead of Pongal Festival: Special Bus Services Arranged

With Pongal turning into a 9-day celebration due to extended weekends and a government holiday on January 12, Chennai witnessed a mass exodus. On January 10 alone, 1.87 lakh passengers traveled on special buses. To handle the surge, 14,104 buses (2,092 regular and 5,736 special services) are operating daily from January 10 to 13, with an additional 7,800 services from other towns, totaling 21,904 buses in four days. Post-festival, from January 15 to 19, 22,676 services are planned, including 10,460 daily services and 6,926 town-based services. Key terminals like CMBT (Koyambedu), Madhavaram, and KCBT (Kilambakkam) cater to major routes such as Puducherry, Madurai, and Salem. Authorities have advised alternate routes to ease traffic and deployed additional police at toll plazas. For assistance, a 24-hour helpline (94450 14436) is available. Complaints about overcharging in omni buses can be reported via toll-free number 1800 425 6151.

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Student Nutri Contest '25 at SACAS

The Department of Home Science students, certificates, recognizing their exceptional efforts. A total of 43 students participated in various competitions, including Rangoli, Carving, Collage Making, and Connections. These activities combined the principles of nutrition with artistic expression, fostering both awareness and creativity. Winners were honored with shields and insights into the significance of nutrition and the future prospects of Home Science as a field of study. The contest was a resounding success, leaving participants enriched with knowledge and inspired to embrace healthier lifestyles.



S. A. College of Arts & Science organized the Student Nutri Contest '25 on January 4, 2025. Held at Lady Sivaswamy Ayyar Girls' Higher Secondary School, the event aimed to promote creativity, awareness, and enthusiasm for healthy eating habits among competitions, including Rangoli, Carving, Collage Making, and Connections. These activities combined the principles of nutrition with artistic expression, fostering both awareness and creativity. Winners were honored with shields and insights into the significance of nutrition and the future prospects of Home Science as a field of study. The contest was a resounding success, leaving participants enriched with knowledge and inspired to embrace healthier lifestyles.

S. A. College’s Free Cancer Screening Camp Empowers Women in Kannampalayam

Kannampalayam village witnessed a significant health initiative on January 9, 2025, as the camp, held from 10:00 AM to 2:00 PM, saw the participation of 30 local women. Specialists educating participants on maintaining a balanced diet to lower cancer risks. Women were also



Department of Home Science - Nutrition, Food Service Management, and Dietetics, in collaboration with the F3 Nutrition Club, Adyar Cancer Institute, NSS, and UBA, organized a free cancer screening camp at the Primary Health Centre. Targeting women aged 30 from the Adyar Cancer Institute conducted screenings for cervical and breast cancer, emphasizing the importance of early detection. The event featured interactive sessions on nutrition and preventive care, guided on regular health check-ups for effective cancer prevention. This collaborative effort was lauded for raising public health awareness and providing essential medical services, empowering women to lead healthier lives.

Pongal celebrations unfold at velammal

Velammal Matriculation Higher Secondary School, Mogappair East, celebrated the vibrant harvest festival of Pongal on 10th January and renowned Tamil poet and novelist, Dr. Yo. Sa. Rajendran, M.Com, B.Ed., whose presence elevated the celebration. (Folk Arts) Due to Cinema,” which drew widespread appreciation for its relevance and thought-provoking insights.



2025 with enthusiasm and cultural grandeur, embracing the traditions that signify prosperity and togetherness. The event commenced with students enthusiastically preparing sweet Pongal, immersing themselves in the festive spirit. The occasion was graced by the esteemed Chief Guest, T.V. personality The festivities featured a series of engaging activities, including a spirited cultural performance by students, with a special song and traditional dance captivating the audience. A highlight of the event was an engaging debate by young tiny tots on the theme, “The Decline or Rise of Gramiya Kalaigal The school grounds came alive with colorful Rangoli, artistically decorated Pongal pots, and sugarcane, creating a festive ambience that reflected the essence of Pongal. The celebration reaffirmed the importance of preserving traditional values and promoted a festive spirit among students.

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Screening of Tamil Suspense Thriller LARA Enthralls Students at SACAS

The Department of Visual Communication at S.A. College of Arts & Science (SACAS) hosted The program began with a Welcome Address by Dr. R. Srinivasan, Head of the Department, emphasizing Balakrishnan and Varshini Venkat, exploring themes of resilience and betrayal. Following the screening,



a screening of the Tamil suspense thriller LARA on January 8, 2025, in the SACAS Preview Theatre. Spearheaded by Mr. R.D. Balaji, Course Director, the event aimed to expose students to contemporary Tamil filmmaking. the importance of practical learning. Mr. Balaji introduced the film and highlighted its gripping screenplay and compelling performances. Directed by Mani Moorthi, LARA, released on January 3, stars Ashok Kumar students engaged in an interactive session with the film crew, gaining insights into storytelling, production challenges, and Tamil cinema's evolution. The event inspired students, enriching their cinematic aspirations.



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MTC launches common travel card

The Metropolitan Transport Corporation (MTC) launched the Singara Chennai Travel Card on January 6, enabling seamless and cashless ticket purchases for public transport. The card can be used for travel on buses and metro trains across the city. In the initial phase, 50,000 cards will be issued free of charge by the State Bank of India. These cards will be available at major bus terminals, including Koyambedu, Mogappair, and Anna Nagar Bus Depot. Users can recharge the card online, through mobile apps, or at MTC ticket counters.

Flower show in Semmozhi Poonga till Jan. 19

The Kalaingar Centenary Flower Show is ongoing at Semmozhi Poonga on Cathedral Road and will continue until Sunday, January 19. The exhibition features 50 varieties of flowers displayed in 13 lakh flower pots, along with a wide array of ornamental leafy plants. The show is open daily from 10 a.m. to 6 p.m. Entry fees are ₹200 for adults and ₹100 for children under 12. Visitors interested in purchasing plants can book their selections during the show and collect them after it concludes.



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Saradha Vidyalaya Alumnus Meet
Sri Ramakrishna Mission Sarada Vidyalaya Girls Higher Secondary School is Celebrating its ‘Alumni Day’ on Sunday the 26th January at 10.30 a.m. in the School premises (in Usman Road). All the old Students of the school are cordially invited.

This year is ‘Golden Jubilee Alumni Year’ for 1975 batch students. So come with your batchmates and enjoy the pleasant memories of your school days, 50 years back. For registration, SMS to 9841389310 or 9444051648.

Chennai Metro Phase II: 70% Station Work Completed Between Poonamallee and Porur
Chennai Metro Rail’s Phase II project has achieved a significant milestone, with nearly 70% of station construction work completed on the 9-km stretch between Poonamallee and Porur (corridor 4). Scheduled to open in December, this section marks the first phase of the 118.9-km network designed to improve city mobility.
The ₹63,246-crore project commenced in November 2020 and is being built across three corridors: Madhavaram-SIPCOT, Light House-Poonamallee, and Madhavaram-Sholingallur. Officials report that over 90% of viaduct work is complete, and system installations, including lifts and escalators, are underway. Notable changes in Phase II include smaller stations to minimize land acquisition and faster construction using precast structures. Despite delays at Karayanchavadi and Kumananchavadi, the remaining work is expected to conclude in 4-5 months.

Developmental Works Begin at Amma Unavagams in Chennai
The Greater Chennai Corporation (GCC) has initiated developmental works at 291 Amma Unavagams across the city, allocating a budget of ₹18.61 crore. This follows the replacement of damaged cooking utensils, some of which had been in use for over a decade.
Amma Unavagams, launched during the AIADMK regime, are known for providing affordable and quality food. Initially starting with 407 canteens, the number has reduced to 388 due to safety concerns with older buildings.

In 2024, during an inspection at an Alwarpet Amma Unavagam, CM Stalin instructed authorities to renovate dilapidated canteens. As a result, the GCC is now focusing on upgrading infrastructure.
The project includes:
- Renovating 109 canteens in north Chennai (Zones 1–5) at ₹6.22 crore.
- Developing 101 canteens in central Chennai (Zones 6–10) at ₹7.12 crore.
- Repairing 81 canteens in south Chennai (remaining zones) for ₹5.27 crore.

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Road Safety Awareness Program & FREE Distribution of Helmet for Chennai Corporation School Students
As part of its Corporate Social Responsibility (CSR) initiative, Kotak Mahindra Prime, in collaboration with Gramium Trust, Indian Head Injury Foundation (IHIF), Greater road safety habits and influence their families to do the same.
Dr. P. Narayanan: “Making helmets accessible and promoting awareness can embed road safety

Committee(CWC),Chennai South, Mrs. S. Vedhavalli, Assistant Educational Officer, Greater Chennai Corporation, Mr. Rishi Vasanth Kumar, RVM Motors Pvt Ltd, Mr. Suresh



Chennai Corporation, and Indian Community Welfare Organisation (ICWO), conducted a Road Safety Awareness Program and Free Helmet Distribution for students of Chennai Corporation Schools. The initiative focused on promoting road safety awareness and encouraging helmet use among students and their families.
Key dignitaries, including Dr. P. Narayanan (Director, Gramium Trust), Dr. Chitra (Chief of Operations, Indian Head Injury Foundation - IHIF), and Inspector Mr.S. Sudalai Mani (Pulianthope Traffic Division), addressed the audience. They highlighted the importance of safety education and the role of students as change-makers.
Mr. A.J. Hariharan, Secretary, ICWO: “Life is precious, and our youth are the future. This campaign transforms helmets into a fashionable, life-saving habit.” During the event, 1000 ISI-marked helmets were distributed to students from grades 5 to 8, emphasizing the importance of helmets as life-saving tools. Students were encouraged to adopt as a lifelong habit.” With India recording over 1.7 lakh road fatalities in 2023 and Tamil Nadu leading the statistics with 18,074 deaths in road accidents, the need for safety measures is critical. Helmets, proven to reduce head injuries by 69% and fatalities by 42%, are often underutilized, especially in underserved communities.
Dr. Chitra: “Every part of the body can be transplanted except the head. Helmets are a non-negotiable safety tool.”
Inspector Mr.S. Sudalai Mani: “Head safety is life safety. Students must encourage their families to wear helmets consistently.”
The event was graced by the presence of several distinguished dignitaries, including: Dr. P. Narayanan, Director, Gramium Trust, Mr. Gopala Krishnan, Mr. Srikanth, Mr. Annadurai, Mr. Dhanapal Raj – Gramium Team, Dr. Chitra, Chief of Operations, IHIF, Mr. S. Sudalai Mani, Inspector of Traffic, Pulianthope Sub-Division, Mr. Munnivel, Sub Inspector of Traffic, Mr. Rajkumar Muthukrishnan, Chairperson, Child Welfare

Babu, Senior Area Sales Manager, Two-Wheeler Loans, Kotak Mahindra Prime, Mr.S.Rethna Kumar, Vice President – Two Wheeler Loans, Kotak Mahindra Prime.
The event witnessed enthusiastic participation from 600 students and 300 parents, with ICWO Volunteers Internship Placement students from different colleges were participated MSSW - Madras School of Social Work, M.O.P. Vaishnav College for Women, SATRA School of Law, D.G. Vaishnav College, Dr.Ambedkar College of Arts & Science, SDNB Vaishnav College & XIME - Xavier Institute of Management and Entrepreneurship.
Special thanks were extended to Mrs. S. Selvakumari and Mrs. Padmavathi, Headmistresses of CGHSS and CHS, for their efforts in bringing together students, parents, and staff to make the event a success.
This initiative exemplifies the power of collaboration, aiming to instill road safety habits in young minds and communities.

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