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Vol.17 Issue - 35 English & Tamil Weekly March 1, 2025 - March 7, 2025 FREE 8 Pages



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Award for Dr Nandakumar

Jothi Madhar Sangam (70/44, Burkit Road, T.Nagar) was felicitated and presented ‘ Best member of International

Sangam). Along with her members. Dr.Nandakumar is member of International

Diabetic, obesity, pain and all women health related problems. He is holds M.B.B.S.,



Integrated Medical Centers Award’ to 75 year-old Prof.Dr.K.Nandakumar (Chief Panel Doctor of Advanced Integrated Medical Centre, Chennai, Pondicherry and Trichy) on Feb.16 in its premises.

The award was presented by Lakshmi Raghukumar (President of Jothi Madhar

Diabetes Federation (Belgium)under this forum he is conducting free diabetes awareness program at various venues to prevent and handle diabetes with simple techniques.

He is providing free consultation for all chronic disease including

Postgraduates in Cardio Vascular Diabetology, Thyroid Disorders and Diabetic Educator.

He is also specialised in Chinese Acupuncture treatment and member. of Global Health Council, Washington D.C).

He can be contacted in phone 99445 47364.

Chennai Metro Phase II: Grade Separator Work Completed in Corridor 4

The Chennai Metro Rail Limited (CMRL) has achieved a significant milestone in the Phase II expansion of the city’s metro network with the completion of grade separator work in Corridor 4 between Mullaithottam and Poonamallee Depot.

CMRL is expanding Chennai’s metro network under Phase II, adding three new corridors covering 118.9 km with 128 metro stations. Corridor 4, spanning 26.1 km, will connect Light House station to Poonamallee Depot.

The latest milestone was marked by the successful transportation of a motor trolley from Poonamallee Depot to Mullaithottam Station, reaching Pier No. 424, the starting point for the grade separator construction. Additionally, the Road cum Rail Vehicle (RRV), crucial for Overhead Equipment (OHE) works, was also moved, signaling steady progress.

CMRL is actively working on the Porur-Poonamallee Depot stretch and aims to open it for public service by late 2025.

Key officials, including T. Archunan (Director, Projects), S.Ashok Kumar (CGM, Track & Elevated), A.R. Rajendran (CGM, Rolling Stock), and Latief Khan Mohammad (Chief Project Manager-GC, Track), along with CMRL staff and contractors, inspected the progress.

Chennai Corporation to Expand from 15 to 20 Zones for Better Development

The Greater Chennai Corporation will be restructured with an increase in the number of zones from 15 to 20, aiming to enhance development and attract more investments across the city. The decision comes as part of an administrative revamp to improve governance and infrastructure planning.

Currently, the corporation is divided into 15 zones, including Tiruvottiyur, Manali, Madhavaram, Tondiarpet, Royapuram, ThiruViKaNagar, Ambattur, Anna Nagar, Teynampet, K o d a m b a k k a m , Valasaravakkam, Alandur, Adyar, Perungudi, and Sholinganallur. The expansion is expected to streamline urban management and accelerate development efforts in newly designated areas.

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.

SACAS Hosts HR Conclave 2.0: A Landmark Event in Career Development

On Feb 22, 2025, The Career Development Cell of S. A. College of

guidance. The discussions were structured into four specialized sessions,

their career prospects. Participants gained firsthand knowledge



Arts & Science (SACAS) successfully organized HR Conclave 2.0 on February 21st and 22nd, 2025. Held on campus, the event brought together over 20 HR professionals and industry leaders from top multinational corporations (MNCs) for an engaging panel discussion.

This conclave marked a significant milestone in SACAS history, providing students with invaluable industry insights and career

catering to various academic disciplines: Session 1: Visual C o m m u n i c a t i o n , English & Management Session 2: Nutrition & Psychology Session 3: Computer Science & Artificial I n t e l l i g e n c e . Session 4: Commerce

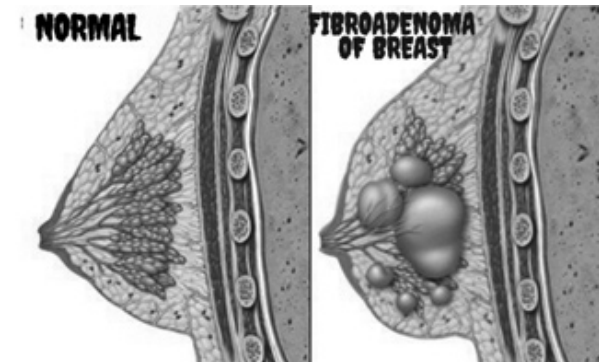
The event served as a platform for students to interact with experts, understand industry expectations, and enhance

of emerging trends in HR, technology, and business, making the conclave an enriching learning experience.

SACAS remains committed to bridging the gap between academia and industry, ensuring students are well-equipped for the dynamic corporate world. HR Conclave 2.0 was yet another testament to the institution’s dedication to excellence in education and career development.

Fibroadenoma of Breast

- ADVT



A benign tumor that can appear in the breast is called a fibroadenoma. The reason why some people get them and others don’t is unknown to doctors. They are prevalent in girls, uncommon in males, though conceivable. Size-variable fibroadenomas are made up of connective and glandular tissue. Others are simple to find during a self-examination, while some are so little that a person cannot feel them.

A fibroadenoma may feel like a round or oval marble inside the breast if it is large enough to be felt. A person will typically be able to move the lump under the skin and it will feel solid or rubbery. A lobule is the source of fibroadenomas. It is covered with ducts and glandular tissue, which hardens into a lump.

Even though causes are unsure of the precise etiology of fibroadenomas, they believe that estrogen sensitivity may be a factor.

Typically, a fibroadenoma does not hurt or feel tender to the touch. additional than the bump, most patients have no additional symptoms. Fibroadenomas might feel sensitive before a person’s menstruation and additionally, they might enlarge while receiving hormone replacement medication, breast- or chest-feeding, or while pregnant. The size of fibroadenomas will typically return to what it was before hormone changes.

If a fibroadenoma is large enough, doctors can find it during a preliminary physical examination and eventually by performing imaging test, such as

a mammography, an ultrasound, or both, will be used to confirm the presence of a fibroadenoma if the clinician has a suspicion.

One fibroadenoma or numerous may exist in a person. Over time, fibroadenomas can either stay the same size or change in size.

Homoeopathic medicines for fibroadenoma of Breast are Calc.flour, Conium, Phytolacca, Graphites, Scrophularia nodosa. The proper analysis of the case with the qualified homoeopathic physician will give the 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.vijayhomoeoclinic.com

KG Convocation day at JGVV School

Jaigopal Garodia lighting the Kuthuvillaku. Vivekananda Vidyalya Academic Director Shri. celebrated the G. Vijayakumar graced Kindergarten Convocation the occasion. Principal M cultural performances, showcasing their talents and confidence. A special dance by Pre Kg mom &



in great grandeur. Smt. Uma Venkat–Monterssori Educationist, Program Coordinator in National Boys and Girls Education Society, Lady Sivaswamy School, Mylapore, was the Chief Guest. The program started with Uma introduced the Chief Guest. The young graduates participated proudly, marking their transition to the next stage of their academic journey. The event featured vibrant babies added cheer to the event. The LKG dance was a sight to hold. The Chief Guest conferred the degrees to our tiny tots. The program came to an end with the National Anthem.

Ezhuchi Silambam Academy Shines at Chennai District Silambam Tournament



Once again, our Silambam tournament! Kudiyruppu kids have soared high with The Chennai District outstanding performances Silambattam Association, at the district-level affiliated with the Tamil

Chennai to Launch Common Ticketing System for Public Transport

Chennai is set to introduce a unified ticketing system by April to simplify travel across the city’s public transport networks. The new system will integrate bus, metro, and suburban train services, allowing commuters to book tickets seamlessly through a single app. While metro and suburban train services already have online ticketing options, the bus system is nearing completion. Once finalized, the common ticketing system will enhance convenience and efficiency for daily commuters.

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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, March 2,2025 in the Ashram’s premises. All are welcome. More details can be had in 2814 3896 and 3514 2014.

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.

Free counselling for board examinations students

Aura Wellness Center (13, Raghaviah Road, T.Nagar) is providing free counselling to students appearing for board examinations to overcome stress, anxiety and examinations fears. The counselling will be provided by experts by prior appointments More details can be had in phones 91767 99333 and 91509 93031.

MAHER-FHS Hosts Inspiring Lecture on “Chandrayaan and Beyond” with ISRO Scientist B. Muthulakshmi



The Faculty of Humanities and Science at Meenakshi Academy of Higher Education and Research (MAHER- FHS) successfully hosted an enlightening guest lecture on “Chandrayaan and Beyond: Innovators, AI, and the Future of Space Exploration” at the MAHER Auditorium. The session featured distinguished guest speaker Mrs. B. Muthulakshmi, Scientist and Deputy Project Director of Chandrayaan-3, ISRO, and Scientist/Engineer ‘SF’ at the UR Rao Satellite Centre, Bangalore.

S.A. College of Arts & Science Hosts Finclave 2025 on AI in Finance

On 25th February Beyond Spreadsheets: participated. The 2025, The School of How AI is Redefining event concluded with Management at S.A. Financial Decision- a valedictory session, College of Arts & Science Making by CA Deepak where certificates



successfully hosted Kumar Gulecha, were distributed. Finclave 2025 on “AI in the World of Finance” at the SACAS Theatre. The event commenced with an inaugural address by Mr. Hari Haran, Business Development Manager at Guvi Geek Network. Alongside MBA students of SACAS, 62 students from seven colleges

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Velammal Honours Chess Grandmaster Gukesh D with ₹1 Crore & Grand Celebration

Chennai, 28.02.2025 M.V.M. Velmohan and Deputy Correspondent Mr. Shriram Velmohan rewarded Gukesh with a cash prize of ₹1 crore. performance by students. A grand fireworks display with 200 firecrackers marking the end of the celebration.



youngest chess champion Grandmaster, Gukesh D. The event witnessed an electrifying atmosphere as 4,000 students warmly welcomed Gukesh with a grand entry, celebrating his historic achievement. To recognize his outstanding contribution to Indian chess, Velammal Nexus Correspondent Shri Special Highlights of the Event: A spectacular 300-drone formation show dedicated to Gukesh's victorious moment. A thrilling special performance by Korean K-POP singer and dancer, Aora. A mesmerizing laser show with a tribute dance The event was a proud moment for Velammal, recognizing the extraordinary talent and dedication of Gukesh. Velammal Matric Higher Secondary School continues to inspire and nurture young champions to shine on the global stage.

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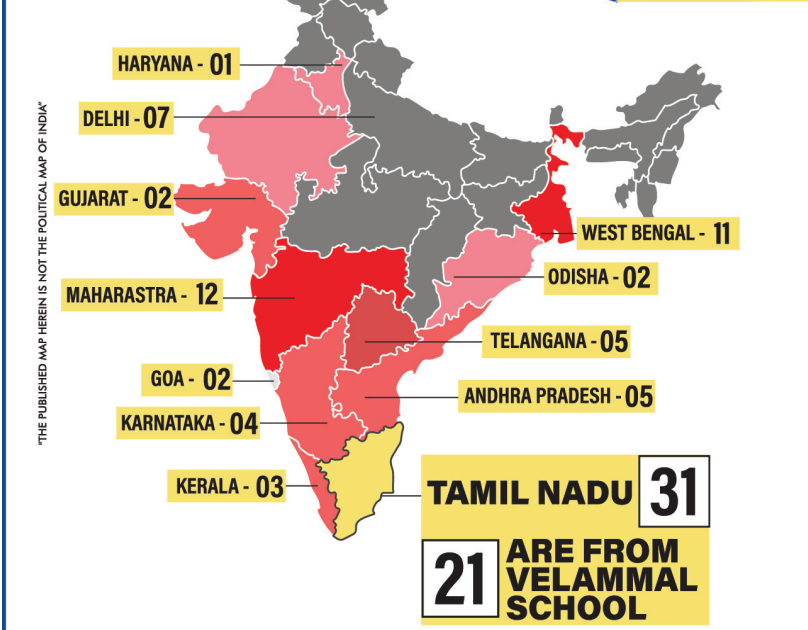
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to **D. GUKESH** for becoming the **WORLD CHESS CHAMPION**







FELICITATION CEREMONY FOR D. GUKESH



Of India's **85** Grandmasters, **31** are from Tamil Nadu, with an impressive **21** hailing from Velammal school, renowned as **"India's Chess Factory"** for producing highest number of Grandmasters.



OUR WORLD CHESS CHAMPIONS



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R PRAGGNANANDHAA



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Guest Lecture on “IoT and Its Applications” Enlightens Students

On February 27, 2025, the Department of Computer Science at Mr. Azhar introduced students to the significance of



S.A. College of Arts & Science organized a guest lecture on “IoT and Its Applications” at the SACAS Auditorium. The session was led by Mr. B. Abdul Azhar, an AI/ML Engineer from TechKnots Academy LLP. He elaborated on the differences between controllers and processors, and the significance of sensors, and various microcontrollers used in IoT projects. The session concluded with an interactive discussion, inspiring students to explore innovative IoT-based solutions for real-world challenges.

Ambulance donated to RMD hospital

Giesecke Devrient MS India Pvt Ltd (functioning at Industrial Estate, Perungudi) donated ambulance with ICU (Founder, RMD Pain and Palliative Trust) received the ambulance key from the top officials of ‘Giesecke+Devrient’. RMD trust is providing health care support to persons who are bedridden, advanced cancer, chronic diseases



support under their CSR project to RMD Pain and Palliative Care Trust (T.Nagar) in its premises on Feb.17. She said that a new ambulance will be used for community health care projects and for emergency patients care services. and disabled for the past several years. More details can be had on the phone 93810 16588.

72 New Mini-Bus Routes Introduced in Chennai

Under the new Comprehensive Mini-Bus Scheme 2024, 72 new routes have been identified to improve first and last-mile connectivity in Chennai. Nearly half of these routes connect metro stations, railway stations, or bus terminals. Private operators can run mini-buses in eight city zones, including Tiruvottiyur, Ambattur, and Sholinganallur. The scheme requires 65% of the route to cover unserved areas, with a maximum length of 25 km. Operators can apply for permits until March 10. The Chennai Comprehensive Mini-Bus Scheme 2024 has introduced 72 new routes, with 33 in North Chennai and 39 in South Chennai. These routes aim to improve first and last-mile connectivity, especially near metro stations, railway stations, and bus terminals. Chennai North RTO Ambattur 24. Women’s Industrial Estate – Avadi Bus Stand 25. Ambattur Telephone Exchange – Murugappa Polytechnic College 26. Ambattur Municipality Office – Ambattur Railway Station (via Oragadam) 27. Sir Ivan Stedford Hospital – Murukampedu Pillayar Temple Water

Rotary Club of Madras T. Nagar & v-shesh organized Mega Job Fair to Empower Persons with Disabilities

The Rotary Club of Madras T. Nagar (RCMT), in association with v-shesh and the Special Needs Equal Opportunity Cell of DG Vaishnav College, successfully hosted a Mega Job Fair for Persons with Disabilities (PWDs)

Accenture, DTCC, Michelin, CEAT, Tata TP Solar Power, Hapag Lloyd, Sutherland, and more participated. Distinguished Guests: Shri R. Sekar IPS, Chief Guest, praised RCMT’s efforts in providing job opportunities for PWDs.



on 22nd February 2025 at DG Vaishnav College, Chennai. With over 400 job seekers and 33 corporate employers, it was one of the city’s largest inclusive hiring events.

Event Highlights: Around 400+ job seekers engaged with 33 corporate employers. 200 volunteers ensured seamless coordination.

On-the-spot job interviews across diverse industries also organised. Career guidance and resume-building workshops.

Accessibility support: Sign language interpreters, wheelchairs, buggy facility, accessible toilets, lunch, and travel allowance. Inspiring sessions by industry leaders and disability advocates.

Renowned companies such as TCS, JP Morgan, Kauvery Hospital, SBI Life, Mahindra & Mahindra, Renault, Omron,

Shri Ashok J. Mundhra, Secretary, DG Vaishnav College, and Rtn. DG Mahaveer Bothra (District 3233) attended as Guests of Honour. A Step Towards Inclusion: The event showcased the power of collaboration in fostering an inclusive society. Many candidates secured immediate job offers, while others advanced in the hiring process.

Narendra Srisimal, President of Rotary Club of Madras T.Nagar (RCMT), expressed gratitude to corporate partners, volunteers, and participants, reaffirming Rotary Club of Madras T. Nagar’s commitment to empowering Persons with Disabilities. For further details, please contact 9841058101

Team Rtn. Narendra Srisimal, President, Rotary Club of Madras T. Nagar

Stand – Pammathukulam (via SVT Nagar Park) RTO Redhills 33. Andarkuppam Bus Stand – Wimco Nagar Railway Station 34. Ennore Bus Stand – Pattamandiri

These new routes are expected to improve public transport access, particularly in unserved areas, ensuring smoother connectivity across Chennai. 28. Arikkambedu – Near Avadi Bus Stand 29. Murugappa Polytechnic College – Ambattur OT Bus Stand (via Koil Pathagai, Poombuhar Nagar) 30. Kattur Bus Stand – Murugappa Polytechnic College 31. Thirumangalam CollectorNagar–Ambattur Railway Station 32. Ambattur Dunlop Bus



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