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**Vol.17** 

Issue - 36

**English & Tamil Weekly** 

March 8, 2025 - March 14, 2025

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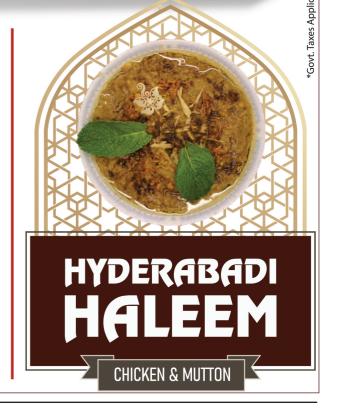
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### **Aavin Women Welfare Association Marks** 23rd Women's Day

Aavin Women Welfare Association celebrated 23rd year women's day celebration by donAting

Rajivkumar (Director General of Police, Vigilance Aavin), S. Amudha (General Manager

Vishranthi Old Age Home, Rs.84.000 worth of 10 month milk card and dresses to Gnanadharhan



aid to needy organisation Pasumon Devar Mandapam, T.Nagar on March 7.

The program was presided overby

A.Annadurai (Managing Director, Aavin), K.Porkudi (Join Managing Director,

Administration, Aavin), Dr.T.S. Prema (Principal, St.Thomas College Arts and Science, Koyambedu), R.Sivakami Sundari President, Aavin Women Welfare Association).

given including Rs.70,000 cheque to

Visually home for challenged, Rs.15,000 cheque to Samarpana Mentally Retartded home, Rs.25,000 worth of new dresses and kitchen appliances given Salvation Trust.

### **Southern Railway Announces Changes in** Suburban Train Services on March 9

The Southern Railway Chennai Division has announced changes in suburban train services on March 9, 2025 (Sunday) due to the commissioning of the 4th railway line between Chennai Beach and Chennai Egmore. A block/signal block will be in effect from 05:10 hrs to 16:10 hrs (11 hours), leading to train cancellations and special arrangements.

Service Changes:

-Chennai Beach Tambaram -Chennai Beach EMU trains will be fully cancelled from 05:10 hrs to 16:10 hrs. Instead, Passenger Specials will run between Tambaram and Kodambakkam every 30 minutes.

-Chennai Beach Chengalpattu/ Kanchipuram/

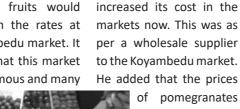
Tirumalpur/Arakkonam Chennai Beach EMU trains will be partially cancelled between Chennai Beach and Tambaram during the same period.

-Normal Sunday train services will resume from 16:10 hrs.

Passengers are advised to plan their travel accordingly. The railway authorities regret any inconvenience caused.

### Arrival of seasonal fruits in Chennai now, prices to reduce soon!!

temperature The slowly and days are becoming hot now. The arrival of seasonal like watermelons arrivals of fruits would bring down the rates at the Koyambedu market. It is known that this market is highly famous and many



of pomegranates would come down due to the increased supply from states like AP, Karnataka and TN

The retail rates of apples are Rs

250 per kg now. respectively.

Similarly, the retail rates of other fruits like oranges, mangoes, water melons, guava and pomegranates are Rs 100 per kg, Rs 200 per kg, Rs 20 per kg, Rs 85 per kg and Rs 300 per kg

### **National Science Day 2025 Celebrated with** Focus on Youth Empowerment at SACAS

The Department of Home Science at S. A. College of Arts & Science celebrated National Science Day on February 28, 2025, commemorate the discovery of the Raman

India's scientific future.

The Department of HS-NFSMD and F3 Nutrition Club organized a series of engaging activities to mark the occasion.

pyramid, and MyPlate provided valuable insights.

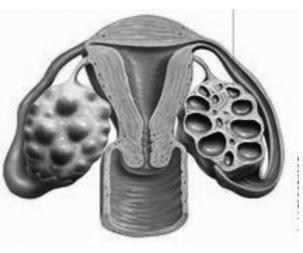
A live food analysis session adulteration conducted by students, offering hands-on



Effect by physicist C.V. Raman. This year's theme, "Empowering Indian Youth for Global Leadership in Science and Innovation Viksit Bharat," highlighted the role of young minds in shaping Various charts and posters showcasing key aspects of nutrition science were exhibited. Chemistryrelated games encouraged student participation, while models on human physiology, the

experience in detecting food impurities. The event promoted successfully scientific curiosity and innovation, inspiring students to contribute to India's progress in science and technology.

#### POLYCYSTIC OVARY SYNDROME



PCOS is an endocrine sysdisorder which affects most of the women during their reproductive age. Nowadays 8-20% of the women are affected from this and also 70% of the fertility issues are due to PCOS.

**CAUSES** 

While the precise cause for PCOS remains unclear and unknown, specific research has indicated few causes like potential genetic connection (that certain genes might be linked to PCOS), excess insulin, low grade inflammation. PCOS is characterized by two or more of the following: Hyperandrogenism, Polycystic ovaries, Chronic anovulation (cycle length more than 35 days), acanthosis nigricans (darkening of skin), Thinning of

hair and skin tags.

Androgen excess accelerates the initial activation of primordial follicles for growth while triggering premature luteinization, leading to impaired dominant follicle selection. These processes contribute to characteristic histopathological and gross anatomical changes seen in PCOS. Likewise, all the above-mentioned causes play a major role in this condition.

SYMPTONS:

Individuals with PCOS may also encounter Irregular menstrual cycle like abnormal, irregular, or scanty (oligomenorrhea), absent menses (amenorrhea), elevated androgen concentrations, unwanted hair growth, skin breakouts (acne), and Obesity.

**ASSOCIATED** HEALTH RISKS:

- ADVT

Women with PCOS have increased risk of developing Endometrial cancer, infertility, Type 2 diabetes mellitus (DM) and also might develop IGT, lowgrade inflammation Preeclampsia, Obesity, NAFLD and NASH, Depression.

In Homoeopathy medicines like Pulsatilla, Sepia, Thuja, Calc.carb, Kali.carb. The proper analysis of the case with the qualified homoeopathic physician will give the better results.

World PCOS Awareness month is celebrated on SEPTEMBER month.

Dr. Kalaivani Vijayanad B.Sc., B.H.M.S., M.Sc, (Medical Anatomy) Homoeopathic Consultant Faculty, University Cyberjeya, 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

and mangoes etc at the markets in the Chennai city has brought huge delight on the faces of many residents now. Fruit traders were of the view that the prices of fruits would go down soon by the March end,

The increase in the

go to this market regularly. It must be noted that the fruit prices have increased in March when compared to February.

For fruits like apples and oranges, the season almost completed. low production pomegranates has

### Anna Nagar Tower Park to Get Rs 30 Crore Makeover

The Greater Chennai Corporation (GCC) is set to revamp Anna Nagar Tower Park with a Rs 30 crore budget to enhance

- Fountains behind the
- Pond restoration with algae removal & care for 2,000+ fish

- Upgraded toilets & a ladies` gym

improve greenery

Reconstructed footpaths (2,196m-long)

> Free Wi-Fi at 11 locations

With 10,000+ weekend visitors, GCC is also considering an entry fee for the tower to manage The visitor flow. landmark will soon offer a fresh look and

modern amenities for Chennai residents.



visitor experience. Key Upgrades Planned:

- New children's play equipment
- 1,000 Miyawaki trees to

# CM Stalin Launches QR Code-Based **Emergency System for Passenger Safety**

Chief Minister M K Stalin launched a QR code-based emergency response system in Chennai to

generated 88,859 unique QR codes for autos and share autos, which will be placed behind the driver's



enhance passenger safety, especially for women and children, in autorick shaws, cabs, and car rentals. The Greater Chennai Police has

seat for easy scanning.

By scanning the QR code and pressing the SOS button, passengers can instantly alert the

police control room with real-time location. driver details, and vehicle information. The system police response. especially during night travel or solo rides. The police have also integrated Rapido, Ola, and Uber's emergency alerts with their control for immediate room action.

The launch event at the Secretariat was attended by Ministers K Ponmudy Sekarbabu, Secretary Muruganandam, Chennai Commissioner A Arun.

### Ace Cricketer Ravichandran Ashwin presented with 'Life Time Achievement Award'

India's legendary cricketer and top bowler Mr.Ravichandran Ashwin

2025 in recognition of his significant achievements in cricket and shining as

AVM Balasubramaniam in the presence of Rotary District Governor



was presented with 'Life Time Achievement Award' by Rotary International District 3234 at its annual district conference 'Sanghamitra' held in Chennai on March 2nd

pride of nation.

Lifetime Achievement presented Ravichandran Ashwin for his achievements in cricket by Industrialist and renowned film producer

N.S.Saravananand District Conference Chairman Ravi Sundaresan at the International District 3234 in Chennai recently.

### **Exciting makeover of Chetpet Eco Park is on** the cards!!

The **CMDA** Chennai Metropolitan Development Authority has proposed renovation works at the Eco Park in Chetpet for around Rs 10 cr. This is one of the go-to recreation spots in Chennai for many.

Information gathered is that CMDA would create water sports facilities, musical fountains, birdview decks plus renovated fishing spots, climbing space, aquarium, an amphitheatre etc. The toilets and walkways here would also be upgraded by the CMDA.

objectives Major CMDA:

must be taken into account that the objectives of CMDA would be to refurbish urban green spaces in Chennai mitigate pollution effects. In addition, urban heat island effect would be lowered. It is known that urban heat island is a phenomenon associated with heat trapped in builtup areas. The document from CMDA has mentioned that the urban heat island in towns and cities has been due to the effect of human activities.

It must be recalled that in 2017 the Fisheries department of rejuvenated Chetpet Lake and developed an eco-park on 16 acres of land. It is noteworthy that Chetpet has been in a neglected state due to sewage pollution and overgrown vegetation etc. The Chetpet eco-park is also a boating destination within the Chennai limits.

Every month, this ecopark attracts about 20000 visitors and around 500 walkers use the walkways around the lake for their morning walks.

### **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 9,2025 in the Ashram's premises. All are welcome. More details can be had in 2814 3896 and 3514 2014.

#### 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.

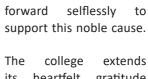
### **SACAS Organizes Mega Blood Donation Camp** 'Kurudhikodai 2025'

Chennai, March 4, 2025 The National Service Scheme (NSS), Unnat Bharat Abhiyan, and the Rotary Club of S.A. College of Arts & Science

blood were donated, marking a significant contribution towards saving lives. The event enthusiastic saw volunteers stepping

for their guidance and encouragement. A special thanks to all department heads, faculty members, and non-teaching staff their unwavering



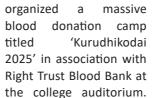


heartfelt gratitude to Thiru. P. Venkatesh Correspondent, Raja Dr. V. Sayi Satyavathi, Director, and Dr. Malathi Selvakkumar, Principal,

to

support in making this event a grand success.

The blood donation camp truly embodied the spirit of service, reinforcing SACAS's commitment to social responsibility.



With overwhelming participation from students, 102 units of

### S.A. College of Arts & Science Launches "SAMBAWI" - Women in Business Forum

importance of SMART Chennai, February 5, success. 2025 – The School of goals for Management at S.A.

encouraged women to value themselves and never feel discouraged





College of Arts & Science,

"SAMBAWI" - Women

in Business Forum to

empoweraspiringwomen

leaders. The event was

inaugurated by Mrs.

Archana Rajamanickam,

HR Leader, Bonfiglioli

emphasized the power

women and the

inaugurated

Space,

who

Chennai,

Technology

Chennai,



Mediator-Arbitrator, on the Legal Status of Women. Through an engaging story, she educated students on the rightsandlegalprotection

of the girl child. She

by societal judgments.

The interactive session left students motivated and inspired, reinforcing the significance of selfappreciation and legal awareness. The event marked a significant step in empowering young women in business and leadership.

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Bunnies Camp was organized by the VKIDS TSK on 4th March 2025,a vibrant uniform service program designed to foster holistic development in young learners. Various activities had been conducted for the Bunnies. Students had fun filled and thrilled experience in the musical chair and bunnies race, also learnt the habits of personal cleanliness and good manners.

### National Workshop on 'Capacity Building in Indian Knowledge Systems': Documentation, Validation, & Communication

CSIR-National Institute of Science Communication and Policy Research (CSIR-NIScPR), in collaboration Dwarka with Doss Goverdhan Doss Vaishnav College, successfully organized a one-day National Workshop on 'Capacity Building in Indian Knowledge Systems (IKS): Documentation, Validation,

andemphasised on the integration of Indian traditional knowledge with modern science. Dr. S. Santhosh Baboo, Principal of DDGD Vaishnav College, highlighted the various initiatives of the college's to promote IKS and its importance in education.

Padma Shri Prof M D Srinivas. a renowned expert on the Traditional Siddha Medicine. She highlighted various aspects of the Siddha system of medicine and ways to integrate this traditional medicine system with modern sciences. Dr Charu Lata gave insights on the ongoing activities of the national initiative SVASTIK. She talked about the process, challenges and



and Communication' at DDGD Vaishnav College, Chennaiasa part of the CSIR-NIScPR's national initiative **SVASTIK** (Scientifically Validated Societal Traditional Knowledge) to communicate scientifically validated Indian traditional knowledge to the society. The workshop aimed to give an insight to the participants including faculty members, teachers, scientists, and science communicators, on various aspects of IKS and its documentation, validation, and dissemination.

workshop inaugurated by Padma Shri Prof M D Srinivas, Chairman, Centre for Policy Research, Chennai and Chief Guest of the session, Dr K Vijayalakshmi, Research Director, Centre for Indian Knowledge System, Dr. S. Santhosh Baboo, Principal of DDGD Vaishnav College, and the Coordinators from CSIR-NIScPR and DDGD Vaishnav College.

Dr. Uthra Dorairajan, Associate Professor, DDGD Vaishnav College, Chennai welcomed the speakers and participants

theoretical physics delivered the keynote address. Hehighlighted India's rich intellectual traditions, the relevance of IKS in modern science, andemphasised collaborative efforts and initiatives aimed at bridging the gap between ancient knowledge and present-day advancements.

First technical session on India's Science & Technology Heritage chaired by Prof M S Sriram, President, Prof K V SarmaResearchFoundation, Chennai featuredplenary talks by Dr K Vijayalakshmi, Research Director, Centre for Indian Knowledge Systems, Chennai and Dr V Aarthi, Research officer (Siddha), Central Council for Research in Siddha, Chennai, and Dr Charu Lata, Principal Scientist and Coordinator SVASTIK, CSIR-NIScPR, New Delhi. Dr K Vijayalakshmi emphasised about the indigenous knowledge in agriculture for sustainable development. She mentioned about various traditional rice landraces and the need to conserve them. Dr V Aarthi delivered an engaging talk

way forward in the area of disseminating IKS to the masses. The second session on Hands-on Training on IKS Communication was led by Dr Paramananda Barman. Senior Scientist, CSIR-NIScPR, New Delhi and Team SVASTIK, who provided interactive learning experiences on effective science communication strategies. They introduced attendees to various science communication tools and the ways to use them for designing infographics and short videos. The workshop concluded with a feedback session from the participants where many of them shared their learning experiences from workshop. An exhibition of SVASTIK stories and publications was also put up by the team for the participants and dignitaries attending the workshop.

Dr.Renganayaki expressed gratitude to all participants and emphasized the significance of initiatives in preserving and promoting India's rich scientific heritage. By PIB, Govt. of India.



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# LEADERSHIP

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- **Shri. Siva V. Meyyanathan,** Minister for Backward Classes Welfare, Government of Tamil Nadu
- TDr. Chandra Mohan, IAS, Principal Secretary to the Government of Tamil Nadu
- TMs. Mary Kom, Professional boxer
- **Ms. Saina Nehwal**, Indian Badminton player & Olympic Gold Medallist
- T Shri. Anil Kapoor, Bollywood Actor



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### S.A. College of Arts & Science Organizes Successful **Account Opening and PAN Card Campaign**

Chennai, March 8, 2025 and accessibility among documentation. The S.A. College of Arts students and staff. A organizers



Science's (SACAS) Department of Commerce (Bank Management) and Indian Bank (SAEC Branch), successfully conducted the "Account Opening Campaign" and "PAN Card Campaign" at the SACAS campus from March 6 to 7, 2025.

The initiative aimed to enhance financial literacy total of 54 participants obtained their new PAN cards, while 30 students successfully opened savings bank accounts at Indian Branch). Bank (SAEC

The event provided an excellent opportunity for students to understand significance financial planning and

satisfaction with the enthusiastic participation and the impact of the initiative.

With this successful drive, SACAS continues commitment empowering students with essential financial tools for a secure future.

### Free GDA course



Tamilnadu Skill Development Corporation and RMD Pain and Palliative Care Trust (13, Raghaviah Road, T.Nagar) jointly conducted two month free General duty doctors course under the 'Naan Mudhalvan' scheme recently Dr Republica Sridhar (Founder, RMD trust) said that the students from various part of districts including Salem and Kallakurichi underwent theory and practical classes in RMD Group of Hospitals.

They received course completion certificates and job placement orders. Those who are interested to join in the nursing courses and other skill development course may contact 93810 16588.

### Tamil Nadu Govt Releases Guidelines for Issuing Patta on Govt-Owned Lands

government has released detailed guidelines for issuing patta (land ownership documents) to residents of government-owned lands across the state. However, patta will not be issued for residents on water bodies, pasture lands, temple lands, or lands where ownership is unclear.

Key guidelines include: Residents in the Chennai more than 10 years to be

Residents in other areas must have lived on the land for more than 5 years to qualify.

Families with an annual income of less than ₹3 lakh will receive patta free of cost.

The government aims to issue patta to approximately 86,000

Nadu metropolitan area must people across the state have lived on the land for within the next six months as part of this initiative.

> For **NEWS / EVENTS** Contact 4217 2423 88383 36572

### Mega Women Empowerment event to be conducted by Rotary district 3234 and Inner Wheel District 323

In a grand celebration of International Women's Day, Rotary District 3234 Women Empowerment Team and Inner Wheel District 323 are set to host a unique and inspiring event at YMCA, Nandanam. The event, scheduled for Sunday, March 9, 2025, from 5:30 AM to 7:30 AM, will feature a one-of-a-kind saree walkathon aimed at promoting awareness on nutrition and fitness among women.

Bringing together around 1000 women participants, the event will highlight the importance of a healthy lifestyle while embracing traditional attire. The attendees will engage in a saree Zumba session, an insightful talk by a renowned nutritionist, an energetic live band performance, a vibrant flash mob, and the main highlight—the walkathon.

Beyond fitness, event will focus empowerment women and supporting underprivileged female athletes. In a remarkable gesture, visually challenged women from the cricket team will be provided with essential sports gear, and financially challenged state-level

girl athletes will receive financial aid to pursue their sports careers.

A special recognition will be given to Suganthi B, a dedicated housewifeturned-marathoner, who has completed over 100 marathons and secured numerous accolades. She will be honored with the prestigious "Sports Achiever" Award for her incredible journey in athletics.

The event will be graced by distinguished guests, including Rotary District 3234 Governor Saravanan and his spouse Bharathi Saravanan, District Rotary 3234 Women Empowerment Chairperson Kamala Selvam, Inner Wheel District 323 office bearers Anandhi Sabesan and Sukanya Sriram, along with several eminent personalities from the Rotary and Inner Wheel fraternity.

This inspiring initiative underscores commitment of Rotary and Inner Wheel Districts towards women's empowerment, health, and fitness, making a significant impact on the community while celebrating the strength and resilience of women.

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