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### The construction of canal wall is in progress



Repairs to the canal at the junction of Kilpauk Garden and Aspiran Gardens are underway. As the walls surrounding the canal are collapsing, the concerned department is actively carrying out the work of demolishing

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## Students of Velammal Academy Nolambur have achieved the National-Level Olympiad examinations



Students of Velammal Academy Nolambur have achieved remarkable success in the National-Level Olympiad examinations. The young achievers bagged Gold and Silver medals in the AITSE, NLSO, and NLMO exams, showcasing their academic excellence and competitive spirit.

## The Madras Seva Sadan Higher Secondary School 'International Vallalar Conference Music competition'



R. Dhakshana Sree, a Class 11 student of The Madras Seva Sadan Higher Secondary School, Chetpet, bagged the first prize at the State level Competition, 'International Vallalar Conference Music competition' organised by the Hindu Religious and Charitable Endowments Department, Tamil Nadu. She was felicitated by P.K. Sekar Babu, Honourable Minister for Hindu Religious and Charitable Endowments of Tamil Nadu at a function held in the city.

## ராட்லர் தெரு, புரசைவாக்கத்தில் ஆரம்ப சுகாதார மையம்



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## My Lady's Garden- Periamet



My Lady's Garden is the sole remnant of what was once People's Park – the brainchild of Governor Sir Charles Trevelyan. Its entire management was transferred to the Municipality in 1866. At the geographical centre of the city, some of its portions housed "zoological and ornithological collections, five lakes, a bandstand, reserves for football, tennis

and other games." By 1878, a gymnasium was started inside the Park near the Vepery gate. A band played twice a week at the bandstand, with attendance on –Saturdays being "invariably numerous".. From 1921, its management was vested with the Health Officer. The Park's heydays were –undoubtedly in the 1920s and during Christmas Week, when

numerous events would take place in its commodious grounds. The Music Academy held its annual conferences here between 1930 and 1935. Far more noisy and attracting huge crowds was the Park Town Fair and Carnival organized by the South Indian Athletic Association which occupied the Moore Pavilion and, later, the Victoria Public Hall for several years. Between 1933 and 1973, My Lady's Garden was the venue for the Mayor's civic receptions and tea parties. It was also the place where the annual flower show was held for over a century, at a time when the city had more gardens than buildings. My Lady's Garden survives gloriously. Maintained lovingly, it is a paradise for birds and early morning and late evening –walkers and joggers.

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## Be Humble and Grateful to Others



Dr. A.P.J Abdul Kalam holding prestigious positions, he remained widely recognized for his humility and grounded and interacted with people from gratitude. Despite with people from

all walks of life. His simplicity and down-to-earth nature were remarkable qualities that made him truly great. Students can learn from him the importance of living a simple life and treating everyone with respect. By nurturing humility, individuals can develop extraordinary thinking and self-belief. Dr. A.P.J Abdul Kalam also stressed the significance of developing creativity, as it fosters logical thinking and imagination.



# VELAMMAL NEXUS

## NATIONAL OLYMPIAD ACHIEVEMENTS 2025-26

PROUD MOMENT FOR VELAMMALIANS



OLYMPIAD	GOLD	SILVER	BRONZE
NSO	248	8	3
IMO	247	13	9
IOS	93	72	64
IOM	63	45	29
NLSO	43	20	2
NLMO	70	13	3
AITSE	30	13	0
IEO	205	0	1
NSTSE	32	0	0
<b>TOTAL</b>	<b>1031</b>	<b>184</b>	<b>111</b>

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Chennai's vibrant shopping landscape has a new addition as Pragathi Textiles officially opens its doors in the heart of Purasawakkam. Specializing in a diverse range of women's apparel, the boutique aims to become a one-stop destination for those seeking a blend of traditional craftsmanship and contemporary style. Curated Collections for Every Occasion, Pragathi Textiles prides itself on a comprehensive catalog designed to cater to the modern woman's wardrobe needs. From daily casuals to elaborate evening wear, the store's inventory includes: Traditional Staples: A wide selection

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**Skin Care Tips For Summer**



1.Include cleansing, toning, and moisturizing in your summer skin care regimen, to keep your skin clean and looking fresh. 2. As a part of your summer skin care routine, wash your face with clean water a few times daily to keep it clean and sweat-free. To keep your skin hydrated, you could

also use a hydrating mask or a facial mist. 3. Don't forget to use a sunscreen to protect against the UV-A and UV-B rays of the sun, which can cause sunburn, tan, wrinkles, and age spots. 4. Use non comedogenic makeup products . 5. The skin around the eyes is delicate. Wear sunglasses when going out in the sun and use a moisturizing under-eye gel for extra protection. 6. Use a lip balm that contains SPF, and wear it under your lipstick.

**Idle public toilet booth**



The public toilet booth in Vepery near iyyappa ground is not used three months. The condition of the booth is very poor with no maintainance. High instances of urinating around the zone in public makes the toilet booth a futile installation.

Corporation needs to allocate a dedicated maintainance personnel to ensure proper sanitation and good environment.

## RJ Balaji releases trailer of Nivedhithaa Sathish-starrer Oh Butterfly



Director RJ Balaji has now released a gripping trailer of director Vijay Ranganathan's upcoming romantic crime thriller 'Oh Butterfly', featuring actress Nivedhithaa Sathish in the lead. Taking to his X timeline, RJ Balaji wrote, "The past doesn't die; it just waits for the lights to fade out. Happy to launch the trailer of #OhButterfly. Wishing the team the very best. #OhButterfly FromMar6." The film, which has been produced by Vennky, Anand S Shah, Vijay Ranganathan and Nisha Patial, also features a host of actors including Ciby, Nasser, Lakshmi Priya Chandramouli, Geetha Kailasam and Attul in pivotal roles. The released trailer begins with a couple arriving at a hill station for their honeymoon.

It is evident that the honeymoon is happening after quite a while and that the husband is glad that it finally happened. However, the wife who is called Gouri (played by Nivedhithaa Sathish) doesn't appear too happy with either the honeymoon or the wedding. She refuses to get physically intimate with her husband. As a result, he gets frustrated. We also learn that he has now lost his job and that he is in a restless state ever since. It is under these circumstances that Gouri's husband introduces his college friend Suri to her. The trailer gives the impression that Suri is Gouri's ex-boyfriend and that he tries to get close to her. But then, a series of intense developments occur. The trailer ends with Gouri saying, "To the police, to my parents and to everyone

else, this might seem like an accident. But it was I who killed him." The trailer shows Nasser as a Lepidopterist (someone who collects butterflies and moths). He considers them to be God's angels as they can fly. The director looks to emphasise the point of enjoying the present without worrying about the future through his character. When Nasser's character is asked why he chose to have butterflies as his pets as their life span is only 15 days, he replies, "What is important is how happy we are in those 15 days." On the technical front, the film has music by the talented music director Vaisakh Somanath and cinematography by Vedaraman Sankaran. Editing for the film is by Bhuvanesh Manivannan. The film has songs penned by three lyricists namely Karthik Netha, Vijay Ranganathan and Vignesh Srikanth. Costumes in the film have been designed by Tina Rosario. The story of the film has been written by director Vijay Ranganathan himself with additional screenplay having been penned by Harish Rajagopal.

## Deeply Heartbroken: Wife Sangeeta Files for Divorce from Vijay



In a development that has shocked fans, Sangeeta, the wife of actor-turned-politician Vijay, has filed a divorce petition in the Chengalpattu Family Court. The first hearing in the case is scheduled for April 20, 2026, and the court has reportedly directed Vijay to appear in person. Allegations and Background Sangeeta claims that the long-standing marriage can no longer continue

due to irreconcilable differences and lack of mutual understanding. She has accused Vijay of being involved in an extramarital relationship, which is cited as a reason for seeking separation. The couple has reportedly been living separately for some time, with Sangeeta residing away from Vijay, who is focused on his political work after launching his new party, Tamil Nadu Vetri Kazhagam (TVK).

Personal Life Vijay and Sangeeta were married on August 25, 1999, and have two children: a son and a daughter. Over the years, they maintained a relatively private family life despite Vijay's high-profile career in films and politics. Public Reaction and Next Steps The news has quickly become a topic of public discussion given Vijay's dual identity as a celebrated film personality and political leader. There has been no official statement yet from either Vijay or Sangeeta regarding the allegations. The legal proceedings will continue as the court examines the case in the next scheduled hearing, and observers note that this development could impact both his personal life and public image.

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## Vijay Deverakonda, Rashmika tie the knot in Udaipur



Actors Vijay Deverakonda and Rashmika Mandanna reportedly tied the knot in a private ceremony

held on Thursday morning (February 26) at a luxury wedding resort in Udaipur. According to media reports, the wedding was conducted as per Telugu Hindu traditions and attended only by close family members and a select group of friends, keeping the celebrations intimate. Another ceremony is said to be planned in

line with Rashmika's Kodava heritage. The duo had earlier shared screen space in Geetha Govindam and Dear Comrade, where their on-screen chemistry won widespread appreciation. Though they have often been linked off screen, both actors have largely maintained privacy about their relationship.



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## காபி மருத்துவம்

கருப்பட்டிகாபி: தேவையான கருப்பட்டி - 1/4 கப், காபித் தூள் - 2 டீஸ்பூன், செய்முறை: முதலில் கருப்பட்டியைக் கரைத்து, அதை வடிகட்டவும், ஒரு பாத்திரத்தில் கொதிக்கும் நீரில் காபித் தூளைப் போட்டு, டீஸ்பூன் இறக்கவும். அதை வடிகட்டி, கரைத்த கருப்பட்டியைச் சேர்த்து அருந்தவும். பலங்கள் சோடியம், பொட்டாசியம், துத்தநாகம், கால்சியம், இரும்புச்சத்து ஆகியவை நிறைந்துள்ளன. இவை, நோய் எதிர்ப்பு சக்தியை மேம்படுத்தும். உடலுக்கு சக்தியளிக்கும். எலும்புகள், பற்களுக்கு உறுதியைத் தரும்.

தாமரைப்பூ காபி தேவையானவை - வெண்தாமரை அல்லது செந்தாமரை - 1 மிளகு - 5, கிராம்பு - 3, ஏலக்காய் - 2, பால் - 1/4 டம்ளர், பனங்கற்கண்டு - 1 டீஸ்பூன். செய்முறை: இரண்டு டம்ளர் நீரில் காம்பு நீக்கிய தாமரைப்பூவைப் போட்டுக் கொதிக்கவிடவும். நன்கு கொதிவரும்போது கிராம்புப் பொடி, மிளகு, ஏலக்காய் சேர்க்கவும். முக்கால் டம்ளர் அளவுக்கு வந்ததும் அதை வடிகட்டவும் அதில் பால், பனங்கற்கண்டு சேர்த்து

## உடலின் கழிவுகளை அகற்ற

12 தவறான பொருட்களை உணவாக உண்டதால் ஒரு மனிதனுக்கு செரிமானக் குறைவு ஏற்படுகிறது. அவைகள்:- உப்பு, புளி, வெள்ளை சர்க்கரை, வெங்காயம், பூண்டு, ஆங்கில மருந்து, கெமிக்கல் உணவு, உருளைக்கிழங்கு, அசைவ கொழுப்பு, பால் பதார்த்தங்கள், பச்சை, வர மிளகாய், ரீபைண்டு ஆயில், மைதா, முட்டை. இவைகள் தான் வெகு நாட்கள் கழிவுகளாக உடலிலேயே தேங்குவதால் நோய் மனிதனுக்கு ஒன்று ஆரம்பமாகிறது. சரி அந்த கழிவுகளை உடலிருந்து வெளியேற்ற முடியாதா? என்றால் நிச்சயம் முடியும். என்றால் அந்த மகத்துவம் உண்டு. எந்த கழிவை எந்த காய்கறியின் மூலம் நீக்க முடியும் என்ற பட்டியல் கீழே கொடுக்கப்பட்டுள்ளது.

## உணவே மருந்து

மிளகு உண்ணும் உணவு சுவையாக இருக்க ஒரே ஒரு மிளகு போதும். இரண்டு மிளகெடுத்து இரண்டொரு ஆடாதோடா இலை சேர்த்தால் இருமல், சளி காணாமல் போகும் மூன்று மிளகெடுத்து வெங்காயம் சேர்த்து தலைக்கு தேய்த்தால் கேசம் கூட முக முகவென்று வளரும். நான்கு மிளகும், சுக்கும் சிறிது கலந்தால் நெஞ்சு கவலி சொல்லாமல் போகும். ஐந்து மிளகும் சுக்கும் திப்பிலியும் இணைந்தால் கோழை ஓடியே போகும். அறு மிளகெடுத்து பெருஞ்சீரகம் (சோம்பு) இடித்து உண்ண,

## தாமரைத் தண்டின் சத்துக்கள்

நிறைய தாமரைத் தண்டு தின்றால் நீண்டகாலம் வாழலாம். பச்சையாகவோ சமைத்தோ சாப்பிடலாம். 66 வகை பழங்கள் மற்றும் காய்களை ஆராய்ந்த மருத்துவ நிபுணர்கள் முதுமை அடைவதைத் தடுக்கும் ஆற்றல் தாமரைத் தண்டில் அதிகம் என்று மதிப்பிட்டுள்ளனர். தாமரைத் தண்டை உரித்தால் வெள்ளையாக இருக்கும். இது சத்து மிகுந்தது. மாவுச் சத்து புரதம், கனிமம் ஆகியவற்றோடு சில வேதிப் பொருட்களும் உள்ளன. நீருக்கடியில் வளர்வதால் இது குளிர்ச்சியானது. தாமரைத் தண்டை உண்டதும் வயிற்றிலும் ரத்தத்திலும் உள்ள வெப்பம் குறைவதாக சீன மூலிகை மருத்துவம் கூறுகின்றது. மேலும் தாகமும் தணிகிறது. மது குடித்த பின் வாயில்

## மூலிகை மருந்து

வாதநாராயணன் வாதநாராயணன் இலைகள், கைப்புச் சுவையும், வெப்பத் தன்மையும் கொண்டவை. இவை, வாத நோய்களைக் குணமாக்கும். பித்த நீரை அதிகரிக்கும் நாடி நடைபயப் பலப்படுத்தும்: உடல் வெப்பத்தை அதிகரிக்கும்; மேலும், வீக்கத்தைக் கரைக்கும். அதிகமாக உட்கொண்டால் கழிச்சலுண்டாக்கும். இது வெளிர் மஞ்சள் நிறமான கட்டைகளைக் கொண்ட மென்மையாக மரம். இலையுதிர்க்கும் வகையைச் சார்ந்தது. 12 மீ. வரை உயரமானவை, இரு சிறகாகப் பிரிந்த சிற்றிலைகளைக் கொண்ட கூட்டிலைகளையும், உச்சியில், பெரிய பகட்டான, வெள்ளை மற்றும் மஞ்சளான பூக்களையும், தட்டையான, 1/2 அடி வரை நீண்ட காய்களையும் கொண்டது. ஒரு காயில் 10 விதைகள் வரை காணப்படும். ஆதிநாராயணன், வாதரசு, வாதமடக்கி போன்ற மாற்றுப் பெயர்களாலும் இது குறிப்பிடப்படுகின்றது. தமிழகமெங்கும், கிராமங்களில், வேலிகளில், சாலையோரங்களில் வளர்க்கப்படுகின்றது. புகை வண்டிப் பாதையோரங்களிலும் இவை பரவலாகக் காணப்படும். இலை, பட்டை ஆகியவை மருந்துவாய் பயன் மிகுந்தவை. வாத வலி, வீக்கம், கட்டிகள் குணமாக வாதநாராயணன் இலையை பயன்படுத்தலாம். வாரம் இரண்டு முறைகள் பயன்படுத்தலாம். மேலும்,



என்னை அனுப்பினவர் சத்தியமுள்ளவர் உங்களைக் குறித்துப் பேசும் நியாயநீதிக்கவும் எனக்கு அநேக காரியங்களுண்டு. என்னை அனுப்பினவர் சத்தியமுள்ளவர்; நான் அவரிடத்தில் கேட்டவைகளையே உலகத்துக்குச் சொல்கிறேன் என்றார். நீங்கள் மனுஷகுமாரனை உயர்த்தின பின்பு, நானே அவரென்றும், நான் என் சுயமாய் ஒன்றும் செய்யாமல், என் பிதா எனக்குப் போதித்தபடியே இவைகளைச் சொன்னேன் என்றும் அறிவீர்கள். என்னை அனுப்பினவர், என்னுடனே கூட இருக்கிறார். பிதாவுக்குப் பிரியமானவைகளை நான் எப்பொழுதும் செய்கிறபடியால் அவர் என்னைத் தனியேயிருக்க விடவில்லை என்றார். பைபிள் - யோவான் 8:26-28,29



அவர்களுக்குமிடையே அல்லாஹ் அன்றாடம் கூடும். அல்லாஹ் ஆற்றலுடையவன்; அல்லாஹ் மன்னிப்பவன்; நிகரற்ற அன்புடையோன். திருக்குர்ஆன் - அல் மும்்தஹினா



என்று பெயர் பெறுகிறது. நீரானது ஆவியாகும் போது கட்டிலாவதில்லை. அங்ஙனம் பிரம்மாவின் சிருஷ்டி மறையும்போது புலன்களுக்குத் தென்படுவதில்லை. அவ்வித்தையில் மறைந்து கிடக்கின்றது. மற்றொரு அவ்யக்தம் இதற்கு அன்னியமாக, பரமாக, ஸநாதனமாக இருக்கிறது. அது இந்தியரியங்களுக்கு எப்பொழுதுமே எட்டுவதில்லை. வந்துள்ள உயிர்களுக்குப் போக்கு இருக்கிறது. அத்தீத அவ்யக்தமோ போக்கும் வரவும் இல்லாதது. என்றென்றைக்கும் அது தன்மயமாயிருக்கிறது.

## வாய்வுத் தொல்லை ஏற்பட முக்கிய காரணங்களும் தீர்வுகளும்

செரிமானத்தில் மேன்றால் உடனே நல்ல பலன் கிடைக்கும். உண்டாகும்போது அல்லது அமிலங்கள் அதிக அளவு சுரக்கும்போது அளவு காரணமாக உடலில் உருவாகி தொல்லையை தருகிறது. வேலைப் பளு, மன அழுத்தம், நோய் தவறி சாப்பிடுவது போன்றவை தான் வாய்வுத் தொல்லைக்கு மிக முக்கிய காரணமாகும். வாய்வு தொல்லை சில நேரங்களில் தரம் சங்கடமான சூழலை உருவாக்கிவிடும். வெளியேறும் வாய்விட நாற்றம் இல்லாதவரை நமது உடலில் எந்த பிரச்சனையும் இல்லை என்று எடுத்துக்கொள்ளலாம். ஆனால் நாற்றம் இருந்தால், அதனை சரி செய்யவேண்டியது அவசியம். வாய்வு உருவாகும் சமயங்களில் பப்பாளி ஒரு துண்டை எடுத்து வாயில் போட்டு கொள்ளுங்கள். இது வாயுவை சமன் செய்கிறது. ஜீரண அமிலங்களை முறையாக தூண்டுவதால் வாய்வு தடுக்கப்படுகிறது. மசாலா பொருட்களான சீரகம், ஏலக்காய், சோம்பு போன்றவை மிகச் சிறந்த நிவாரணிகளாகும். வாயுத் தொல்லை ஏற்பட்டவுடன் இதனை வெறும் வாயில்

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## KG student of Velammal Academy, Nolambur



KG student of Velammal Academy, Nolambur proudly won a trophy at the Tamil Nadu Districts Yoga Championship. The little champion performed the backward yoga pose with great flexibility and confidence. This achievement shows dedication, practice and courage at a young age. We congratulate our young champion and wish many more successes ahead!

## Road repair work under processing at Venkattammal Samathi Street



Road repair work is going on at the gate of Corporation Middle School located on Venkattammal Samathi Street. As a result, there is a high chance of students entering

the school stepping on the mud slope and stumbling, so it is requested on behalf of the school and the public to fix it as soon as possible. Apart from this, an EB junction box

is lying collapsed behind the tree at the entrance of the school. People are requesting that the concerned department investigate whether this is necessary or unnecessary.

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## Never ending stories of garbage dumping



Wet and dry tree wastes are found along the platforms and sides of the road of D block,

8th street in kilpauk. Dumpings are so haywire that the dustbins that are around are neglected and the garbages are hastily thrown around the road. Regular clearing of wastes by the corporation coupled with behavioral change among the people to drop the garbage in the dustbin is the need of the hour.

## Abandoned vehicles @ Bishop Lane



Many vehicles are parked at the same spot in the Purasaiwakkam area for a long time. This causes inconvenience to the people living there as they have no place to park their vehicles. A few days ago the bishop lane was completely clean. But now all the abandoned vehicles are parked in that area. The concerned departments are asking the people of the area to investigate who these vehicles belong to and fix this problem.

## Threat imposing wall in Anna Nagar East



The park wall in C block, 10th street in Anna Nagar East is found in a damaged condition posing a threat to the people walking and commuting by the side. The condition is such that it could fall anytime. Proper support has to be kept to avoid the broken wall falling in the road abruptly. Entire

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## Health Benefits of Water Melon



Here are the top 9 health benefits of eating watermelon:

- Helps you hydrate,
- Contains Nutrients and Beneficial Plant Compounds,
- Contains Compounds that may

- help Prevent Cancer, May improve Heart Health, May Lower inflammation and Oxidative Stress, May Help Prevent Macular Degeneration, May Help Relieve Muscle Soreness. One

cup (154 grams) of watermelon has many other nutrients as well, including the following vitamins and minerals :  
Vitamin C: 21% of the Reference Daily intake (RDI), Vitamin A: 18% of the RDI, Potassium: 5% of the RDI, Magnesium: 4% of the RDI and Vitamins B1, B5 and B6: 3% of the RDI.

Watermelon is also high in carotenoids, including beta-carotene and lycopene, Plus, it has citrulline, an important amino acid. Water melon is now sold at Rs. 20/perkg at Perambur Barracks Road, Pattalam.