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Garbages around Electric transformers



House wastes and construction wastes like doors are being disposed near the electricity pole and

transformers in W Block 1st street in Anna Nagar. This not only poses danger for the people disposing the garbage but also the ones involved in removing these garbages. Careless disposal from the public is the root cause behind this. The corporation must also take steps to install dustbins in the vicinity. This might bring the behavioral change among the people.

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Grandmaster Felicitated with a cash award of 10 Lakhs



Deputy Correspondent of Velammal Nexus Mr. Sriram Velmohan felicitated Master Pranav of class 12 with cash prize of Rs 10,00,000 for his outstanding performance in Chess with title of Grand Master.

FACTS ABOUT TIGER

1. Tigers are nocturnal animals, 2. Tiger cubs are born blind and only half of the cubs survive, 3. Tigers love to swim and play in the water, 4. Tigers live for about 25 years, 5. A group of Tigers are called an ambush or streak, 6. Tigers can mate with other big cats, 7. Tigers have antiseptic saliva, 8. Tigers can sprint at over 60 km/hour, 9. Tiger stripes are also found on their skin, 10. Tigers rarely roar and are humble towards their group, 11. Tigers urine smells

like buttered popcorn. 12. Tigers are solitary creatures, 13. Tigers can imitate the call of other animals, 14. Tigers do not normally view humans as a prey, 15. A Tiger's penis does not erect even when aroused

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History of pen



reservoir. The French Government patented this in May 1827. Fountain pen patents and production then increased in the 1850s.

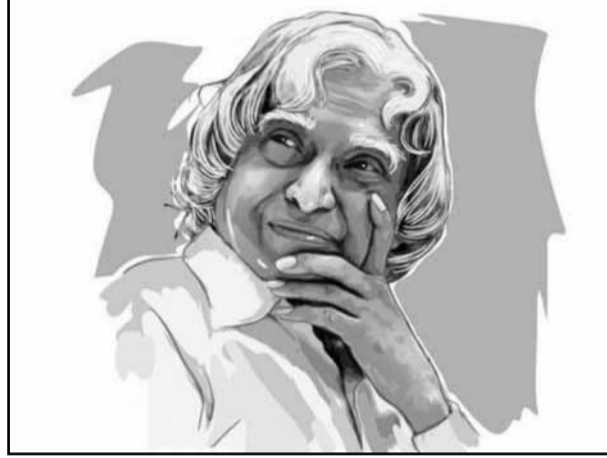
Dip pens were generally used before the development of fountain pens in the later 19th century, and are now mainly used in illustration, calligraphy, and comics. While a fountain pen offers the convenience of less frequent refills, the dip pen has certain advantages over a fountain pen.

In 1809, Bartholomew Folsch received a patent in England for a pen with an ink reservoir. A student in Paris, Romanian Petrasche Poenaru invented a fountain pen that used a quill as an ink

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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 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.

Top Achievers Honored at Velammal's Toppers Felicitation Ceremony



Velammal Main School, Mogappair, recently hosted the Toppers Felicitation Ceremony to recognize the outstanding performance of students in the III Mid-Term

Examination. The event was graced by the esteemed presence of Selvi. Priyadarshini, Deputy Superintendent of Police, Vigilance and Anti-corruption, Chennai Chief Guest.

During the ceremony, top achievers from the examination were acknowledged and celebrated for their exemplary academic accomplishments.

ரேடார் கேமரா சென்னையில் நிலையான இடங்கள் 10



1. அண்ணா சாலை (ஸ்பென்சர் பிளாசா), 2. அண்ணா அறிவாலயம் (Dms), 3. ஆலந்தூர் சந்திப்பு 4. பழைய விமான நிலையம் (எதிர்) 5. ECR (ஈஞ்சம்பாக்கம்), 6. அரசு மருத்துவமனை (பாரிஸ் கார்னர்), 7. டெய்லர்ஸ் சாலை (சந்தி), 8. அமைந்தகரை (புல்லா சந்திப்பு) 9. திருமங்கலம் (எஸ்டேட் ரோடு), 10. மதுரவாயல் (ரேஷன் கடை)

VKIDS WEST Bunnies Camp



VKIDS WEST organised the uniformed service Bunnies Camp at Jaswanth nagar Park Mogappair West to develop a variety of skills, such as teamwork, communication, interactive storytelling, self-expression, problem solving, all while having fun and learning about nature.

LADY MCTM GHSS Purasaiwalkam Celebrated Alumini Meet 2024



LADY MCTM GHSS, purasaiwalkam 24-02-2024 Our School Alumini Meet Started off with a invocation song. The Dias was graced by our beloved Secretary and daughter of sir MCT. Muthaiya, smt Nandini Valli Muthiya our Headmistress Mrs.C. Ponmudi and Mrs.D.Latha AHM Our school HM welcomed the gathering.

We were glad to see a huge gathering of students starting from 1971 to till date. Nearly 400 to 500 old students graced the occasion. Our secretary madam gave presidential speech and also thanked old students of 1972 and 1974 batch for their liberal contribution to the upliftment of our school. Representative from various batches

came on stage and shared their memories of our school which not only imparted quality education but also stressed on discipline and character building. It was indeed a proud moment for us to see that many of our students have carved a name for themselves in different walks of life. The vote of thanks was proposed by our AHM

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EXCEPTIONAL ACHIEVEMENT OF NCC CADET



Velammal Vidyalaya West congratulates Cadet Tvisha Padmanaban of 1(TN) Girls Bn. NCC for receiving a prestigious appreciation certificate for 2024 from Commodore Atul

Kumar Rastogi, Deputy director General Tamil Nadu, Puducherry and Andaman Nicobar, Directorate and Colonel A Majumdar, Group Commander Chennai 'A' Indian higher secondary

school, Santhome on 29.02.2024. This award was given for her enthusiastic and excellent participation in multiple NCC events, training & social service communities during her RDC Training camps.

VELAMMALIAN CROWNED THE CHAMPIONSHIP



Master. S.Siddarth of Class IX, Velammal Main School, Mugappair East, has won Silver medal in 200m BackStroke-Swimming and Bronze medal in 200m Individual Medley-Swimming in BDG/RDG Games Organised by Government of Tamilnadu.

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Rajinikanth heads to Hyderabad for 'Vettaiyan' shooting



Megastar Rajinikanth is all set to come up with the upcoming film 'Vettaiyan'. On Saturday, he headed to Hyderabad for shooting of the movie. In the videos captured by paps, Rajinikanth was seen making his way towards the airport entrance. During media interaction, he talked about 'Vettaiyan' and said, "75 per cent of the shoot is over. As of now,

the next movie is not finalised." 'Vettaiyan', directed by TJ Gnanavel. The film also features legendary actor Amitabh Bachchan, actors Fahadh Faasil, Rana Daggubati, Dushara Vijayan, and Ritika Singh. The film will be released in the latter part of 2024. Rajinikanth has joined hands with ace producer Sajid Nadiadwala. Recently,

the social media handle of Nadiadwala Grandson dropped a picture of Rajinikanth with Sajid Nadiadwala. "It's a true honour to collaborate with the legendary Rajinikanth Sir! Anticipation mounts as we prepare to embark on this unforgettable journey together," Nadiawala said in a post on X. More details regarding the duo's collaboration are awaited. Rajinikanth was last seen in his daughter Aishwarya's film 'Lal Salaam'. The Tamil-language sports drama tackles themes of caste oppression and religious discrimination and opened to mixed reviews. Lal Salaam stars Vishnu Vishal and Vikranth in the lead roles, while Rajinikanth is seen in an extended cameo as Moideen Bhai.

அண்ணாநகர் திரு. பரமசிவம் அவர்களின் பிறந்தநாள் விழா



திராவிட முன்னேற்றக் கழகத்தின் அண்ணாநகர் வடக்குப் பகுதி செயலாளர், மாநில பொதுச்செயலாளர் ஆவின் தொழிலாளர் முன்னேற்ற சம்மேளனம், உறுப்பினர், பச்சையப்பன் அறக்கட்டளை, மற்றும் பொதுச் செயலாளர் இரயில்வே தொழிலாளர்கள் கூட்டுறவு வங்கி தொழிற்சங்கம் திரு.ச.பரமசிவம் M.A., LLB., அவர்களின் பிறந்த நாள் விழா 05-03-2024 அன்று கீழ்ப்பாக்கத்தில் அவரது இல்லத்தில் கொண்டாடப்பட்டது. அவ்வமயம் சட்ட மன்ற உறுப்பினர்கள், நாடாளுமன்ற உறுப்பினர்கள் அனைவரும் நேரில் வாழ்த்து தெரிவித்தனர். மேலும் கழகத் தலைவர்கள், 100 வது (அ) வார்டு வட்ட கழக செயலாளர் திரு. கு.பாபு மற்றும் தொண்டர்கள் பலரும் கலந்து கொண்டு அவருக்கு வாழ்த்துத் தெரிவித்தனர். ஏழை மக்களுக்கு அன்னதானமும், புடவையும் அன்று வழங்கப்பட்டன.

General Stringer Lawrence



Major-General Stringer Lawrence is known as the Father of Indian Army. Stringer Lawrence, (born March 6, 1697, Hereford, Herefordshire, Eng. — died Jan. 10, 1775, London), British army captain whose transformation of irregular troops into an effective fighting force earned him credit as the real founder of the Indian army under British rule.

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YWCA Sahodari & Pasi project celebrated International Women's Day



In celebration of International Women's Day, Sahodari & Pasi project which is a part of YWCA Madras organized an enlightening debate addressing the question: "Is digitalization a threat or progress to women's security?" Esteemed Chief Guest, Dr. Justice S. Vimala, Former Judge, Madras High Court, and Former Member, Tamil

Nadu Law Commission, was felicitated by YWCA President, Ms. Usha Christudas, for her invaluable contributions to justice and women's rights.

The event showcased the Sahodari & Pasi Project's counselling and guidance, skills training and provision of short stays for women.

Winners were awarded cash prizes, highlighting Sahodari & Pasi project's commitment to empowering women through education and dialogue.

For contact : No. 1086, Poonamalle High Road, Vepery, Chennai - 600 084. Call : 94446 85651, 044-2532 1737

Cold soup recipes to beat the heat!

WATERMELON SOUP

Ingredients: Watermelon chunks (de-seeded) Mint leaves Ginger and garlic paste Chilli flakes Method: Blend 1 cup de-seeded watermelon chunks, 3-5 mint leaves, 1 tsp ginger and garlic paste, salt and pepper to taste, 1 tsp chilli flakes. Refrigerate and serve cold, with a topping of mint leaves.

BETROOT SOUP

Ingredients: Boiled beetroot Yogurt Cumin seeds Coriander leaves Salt Pepper Mint leaves Method: Blend 1 cup boiled beetroot, 1/2 cup



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yogurt, 1 tsp roasted cumin seeds, 1 tbsp coriander leaves, salt and pepper to taste and a few mint leaves. Adjust the consistency with cold water and serve fresh.

AVOCADO SPINACH SOUP

Ingredients: Spinach leaves Avocado Garlic Basil leaves Yogurt Lemon juice Paprika powder Salt Pepper Method: Blend parboiled 1 cup spinach leaves, 1 ripe avocado, 1 garlic, 2 tsp basil leaves, 1 cup yogurt, 2 tbsp lemon juice, 1 tsp paprika powder, salt and pepper to taste. Blend all ingredients and adjust the consistency with cold water. Serve fresh.

Wear Mask & Keep Maintain Distance



AMRIT MEDICAL CENTRE
Multi Speciality Hospital
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Green Colored Vomiting (Bilious Vomiting)

A green coloured vomitus also known as 'bilious vomiting' may be an indicator of serious problem in the intestine. It often indicates blockage in intestine. Timely intervention is of utmost essence to avoid dire consequences in such cases. This blockage in intestine can result from a plethora of conditions. Highlighting the



importance of early recognition of this condition and prompt treatment; two children, one child aged 12 years and other child aged 24 days presented with green colored vomiting. Both were evaluated in Amrit Medical Centre and were found to have Malrotation with Volvulus as the underlying condition for this green colored vomitus. This condition can be life threatening if not operated at the appropriate time. Both children underwent laproscopic surgery for malrotation (minimally

invasive surgery). Following the surgery the children's recovered well and were discharged.

The surgical team was led by Pediatric surgeon - Dr.Raghul along with Dr.Karthikeyan (Pediatric anesthetist).

For more information contact : **Amrit Medical Centre**, No. 73/28, Dr. Alagappa road, Purasawalkam, Chennai - 600 084. **Phone : 044 2642 7711, 26427722, 26427733.**

SKATING CHAMPION



Master. Nithwik Ishaan N of VKIDS TSK won the gold medals in Relay race and 200mt Race in the roller skating state championship match conducted by Tamil Nadu skaters coach association on 10th February 2024.

Area-level parking mgmt for Anna Nagar planned

With an exclusive parking policy for the Chennai Metropolitan Area (CMA) on the anvil, Chennai Unified Metropolitan Transport Authority (CUMTA) has taken steps to prepare an area-level parking management plan for Anna Nagar. I Jeyakumar, special officer for CUMTA said that the parking policy has been submitted to the government for approval. "As part of the policy, a parking strategy and action plan have been prepared. Anna Nagar will be taken as a pilot project," he added. Around 43 kilometers of interior and arterial roads in the locality will be taken up for the project. Even as the transport authority prepared a preliminary report on implementing area-level parking management, a team of officials visited Anna

Nagar a few days ago to assess the ground situation. J e y a k u m a r explained that if parking is allowed in one stretch and banned in other streets, all vehicles will crowd the permitted street. The parking policy will address such issues. "Moreover, various stakeholders including shop owners, Councillors and others will be consulted before implementing parking management." In a social media post, the authority said the initiative aims to transform Anna Nagar into a model neighborhood, characterized by well-designed streets, efficient parking management, and safe school zones. "The scope of the parking plan is extensive, encompassing a thorough analysis of

traffic patterns, parking demand and supply dynamics, existing Non-Motorized Transport (NMT) infrastructure, school access streets, and the implementation of a strategic pricing strategy," the authority added. Recently, CUMTA has conducted an exercise to understand the parking pattern in T Nagar so that it can manage the parking at a local level. It is learnt that the Greater Chennai Corporation (GCC) had already prepared a parking policy for 426 sqkm of Corporation limit and submitted it to the government a year ago. However, the government declined consent to the policy and directed the CUMTA to include aspects of the GCC's policy to prepare a comprehensive police force for CMA

Prabhas to play Bhairava in Kalki 2898 AD



The makers of Kalki 2898 AD unveiled the character name of Prabhas as Bhairava on Friday. Sharing it with a poster on X, Vyjayanthi Movies wrote, "From the future streets of Kasi, Introducing 'BHAIRAVA' from #Kalki2898AD. # P r a b h a s #Kalki2898ADonMay9 (sic)."

Billed as an epic science fiction, the film is helmed by Nag Ashwin. The star cast includes Amitabh Bachchan, Kamal Haasan, Disha Patani, and Deepika Padukone among others in pivotal roles. Kotagiri Venkateshwara Rao does editing, while Djordje Stojiljkovic handles cinematography.

Santhosh Narayanan composes the music for the film. Recently, when the director spoke about the film, he said, "Our film starts in Mahabharat and it ends in 2898. It spans 6,000 years of distance and time. So trying to create worlds that are there here, imagining what it could be like, still keeping it Indian and not make it look like a Blade Runner." " Kalki 2898 AD will be out in six languages, including Telugu, Hindi, Malayalam, Kannada, Tamil, and English, and it is slated for release on May 9. Meanwhile, Prabhas is currently shooting for The Raja Saab, directed by Maruthi, and Kamal Haasan is busy working on Mani Ratnam's Thug Life.

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Dhanush's film with Sekhar Kammula titled 'Kubera'



Actor Dhanush's upcoming film with popular Telugu director Sekhar Kammula has been titled 'Kubera'. The film's first look has been revealed by the makers today. Ironic to the title, Dhanush's look suggests he would play a mendicant in a Temple in the film. Kubera also stars Nagarjuna and Rashmika Mandanna in major roles. The film will be produced by Sunil Narang and Puskur Ram Mohan Rao under their production house Sree Venkateswara Cinemas LLP (A Unit Of Asian Group), in association with Amigos Creations Pvt Ltd. Sonali Narang presents the film. The technical crew comprises music director Devi Sri Prasad, cinematographer Niketh Bommi and Chaithanya Pingali is the co-writer of the film. Kubera is being made in Tamil, Telugu, Hindi, Malayalam and Kannada. Meanwhile, Dhanush's 50th film

'Raayan' and his directorial 'Nilavukku Enmel Ennadi Kobam' are in different stages of production.

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-Editor

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No.119, Bricklin Road, Grama Street Way, (Near Ratna Store) 1st floor, Purasawakam, Chennai-600 007. Email : kingston200671@gmail.com

Careless wastes disposal in Mookathal Steet, Purasaiwakkam



Tree wastes like broken branches and leaves and heaps of sand and small rocks are found in opposite to Ankur Garments at Mookathal street. These wastes are found making their way into the road. The pedestrians are finding it difficult to walk through the zone. The dustbin in the vicinity is found lying idle. Frequent inspection from the corporation is needed to avoid problems for the commuters who walk through the side walks on routine basis.

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.

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Uprooted signboard in Shenoy Nagar



A signboard in the Crescent road in Shenoy Nagar is uprooted and is found lying in the support of a park wall next to it. The content in the name board is found debilitated. Commuters, especially delivery wallets might find it difficult to navigate without a guiding banner like a name board. The corporation must take necessary steps in reinstating the signboard in its original form.



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EB Box Broken condition in Kilpauk Rajarathinam street



An Electric transformer in Rajarathinam street in kilpauk was broken condition . The extent that even adults cannot escape from getting electrocuted when they touch the transformer, let alone children. Frequent movement of pedestrians and commuters , makes it necessary to immediately peruse. Corporation should take sufficient steps in this regard.

Eat a healthy diet



Eat a combination of different foods, including fruit, vegetables, legumes, nuts and whole grains. Adults should eat at least five portions (400g) of fruit and vegetables per day. You can improve your intake of fruits and vegetables by always including veggies in your meal; eating fresh fruit and vegetables as snacks; eating a variety of fruits and vegetables; and eating them in season. By eating healthy, you will reduce your risk of malnutrition and noncommunicable diseases (NCDs) such as diabetes, heart disease, stroke and cancer.

If any interesting News & Views in your area Please Contact : 98409 37719