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Low hanging EB cable on pavement



A live EB cable connecting two pillar boxes is cutting across the pavement at the low height in front of Kurinji Orchard Flats (near 13th main road junction, 4th Avenue, Shanthi Colony, Anna Nagar). The cable jutting out of the pillar box is tied to a dead tree trunk at one end and to another tree at its other end. As it is sagging under its weight, it is running low and is unsafe for pedestrians and the residents of the apartment complex.

Scientific facts How Younger the moon?

Earth moon actually be one hundred million years younger than what is believed at present, according to American Geochemist Richard Carlson of the Carnegie Institution of

Washington who studied the age of lunar rocks, Collected during the Apollo missions using radio active dating. NASA says the leading theory of the moon's origin is that

a Mars-Sized body collided with Earth approximately 4.5 billion years ago, and the resulting debris from the impact accumulated to form the moon.

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Gujarati Youth Association and RMD Hospitals



Around 100 women participated in free health camp exclusive for women jointly organised by Gujarati Youth Association and RMD Hospitals at RMD Kilpauk as part of International Womens day celebration. The specialised doctors gave awareness talk on women's related health issues

The program was coordinated by Dr. Neela Desai and Rajesh Shah. The program was presided over by Dr. Nandita Dhaker and Sruthi Vishal (Managing Director, Aura Wellness Center). Free consultation for women related health issues at RMD, Kilpauk till March 31st as part of Women's day celebration. The prior appointment will be a must. For more details call, 99413 20455 and 95661 09486.

Good Tips for Good Health

Almonds

Almonds are heart healthy and good for weight watchers and diabetics. Eat four to five almonds a day.

Walnuts

A handful of walnuts contain twice as much antioxidant as an equivalent amount of any commonly consumed nuts.

Oils

Oils, with the exception of coconut and palm oils, are much healthier than fats that come from animals in relation to heart and brain health. Total oil consumed should not exceed four to five teaspoons per day per adult.

Cinamon

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Risky Ride @ Jamalia



In perambur jamalia, two wheeler vehicle in risky condition. The vehicle are fully covered with plastic chairs. This is not a safest ride to the rider and also co riders.

Calming Yoga Pose For Stress Relief



Standing forward bend forward, then bend knees enough to be able to place your palms on the floor, with head pressed against your legs. Be aware of your spine stretching in different directions as you pull your head down and in. For a deeper stretch, try to straighten the legs. Hold this pose for 6-8 breaths, then whilst inhaling, stretch arms outwards and raise them and your torso back to the standing position.

Benefits of this pose: Stretches hamstrings, thighs and hips, Effective for stress relief, fatigue and mild depression.

Rambutan



Rambutans are also full of potassium, a mineral that helps your heart beat, kidneys function, and muscles contract. Rambutans are rich in vitamin C, which is a potent antioxidant.

Consuming antioxidants helps fight off free radicals, which are waste products in your body that can damage your cells. you can eat them every day. However, rambutan is abundant in natural sugars and may raise blood sugar levels. Thus it is safe to consume only 5-6 per day. Rambutan juice is a refreshing drink that assists in cooling down the body and it is also commonly infused into many cocktails to add an exclusive flavour.

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Exim bank donated a retinal camera



Exim bank donated a retinal camera, The 3nethra Neo, to image the eyes of preterm babies to Gurupriya Vision Research Foundation (GVRF), the public charitable trust of Radhatri Nethralaya, T.Nagar on March 13. The camera would be used for Project Vision on Wheels: the rural teleophthalmology project of Radhatri Nethralaya, under the aegis of GVRF, which screens for blinding conditions in preterm babies in villages. Dharmendra Sachan, General Manager and other members of Exim Bank visited Radhatri Nethralaya to donate the camera. Dr. Praveen Krishna, Trustee, GVRF and

Medical Director, Radhatri Nethralaya, who made a presentation on ROP, said that ROP was the commonest cause of childhood blindness in middle income countries such as India. With only 150 pediatric retina specialists in India, and ROP being a predominantly rural problem, interventions like teleophthalmology and hand-held retinal cameras to screen all babies in villages were needed. Project Vision on Wheels, is our signature free rural teleophthalmology project, through which more than 1 lakh 50,000 babies have been screened in rural Tamilnadu and Andhra Pradesh by our technicians ; and more than 5000 babies prevented from blindness by timely laser, injections and vitrectomy surgeries under general anaesthesia, she added. Legend: 1.) Dr. Vasumathy Vedantham demonstrates the 3nethra Neo camera imaging the eye of a preterm baby to Shri Dharmendra Sachan, General Manager 2.) Shri Dharmendra Sachan, General Manager and other members of Exim Bank, donate the camera to Dr. Vasumathy Vedantham, Managing trustee, and GVRF Dr. Praveen Krishna, Trustee GVRF

Trustee, GVRF and Medical Director, Radhatri Nethralaya said, that the project Vision on Wheels, screened the preterm babies of underprivileged parents for the blinding condition called Retinopathy of Prematurity (ROP) from the villages in rural Tamilnadu and Andhra Pradesh and any baby found to have ROP was immediately transported to Radhatri Nethralaya for free vision preserving treatment. Our technicians, whom we fondly refer to as women warriors travel upto 400 kms from Chennai to screen the babies in villages, he added. Dr. Vasumathy Vedantham, Managing Trustee, GVRF and



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A Classroom Safari in Kilpauk



In Kilpauk's bustling urban landscape, where high-rises often outnumber trees, the children of **Scope Kindergarten** recently embarked on a journey that took them far beyond the city limits—without ever leaving their school gates. To reconnect students with nature, teachers curated **"Animals Day Out,"** repurposing four classrooms into immersive "wild corners." Using handcrafted art, foliage, posters and ambient audio, they recreated

diverse habitats—including an aquatic zone for wild fowl. This wasn't just a display; it was a guided safari. With teachers on hand to explain the nuances of the wilderness, students moved from initial hesitation to wide-eyed awe. Nervous whispers soon turned into curious questions as children conquered their fears and engaged with the exhibits. By the final bell, the students hadn't just learned about the wild; they had lived it, returning from their

indoor expedition with a profound new perspective on the natural world. This commitment to turning lessons into lived experiences is what sets the school apart. At Scope Kindergarten, learning is a vivid invitation to wonder. By turning classrooms into canvases of discovery, the school ensures the world remains a boundless playground where a child's curiosity always finds a home. 9 1 7 6 2 7 2 2 3 4 , 9176319234.

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KG Children Enjoy Summer Camp with Fun Life Skills Activities



The Kindergarten students of Velammal Academy, Nolambur actively participated in the Summer Camp organized at the school. The camp introduced children to basic life skills such as self-care, body fitness, culinary skills and other essential activities.

The Clinics




"The Clinics" is established by SPC Care Foundation, aims to build an ethical, transparent, and inclusive primary healthcare ecosystem. The initiative prioritises people over profit, ensures quality care at every level, and follows the guiding principle of "Ethics in Everything." SPC Care Foundation (CIN : U88900TN202 NPL183057) is a not-for-profit Section 8 organisation founded by Dr T.S. Selvavinayagam, a retired senior public health officer from the Government of Tamil Nadu. Services Currently Available Outpatient Medical Consultation Consultations are provided at "The Clinics"

located at: No.129 (Old No.55), 3rd Floor, Madavakkam Tank Road, Kilpauk, Chennai - 600010, including online medical consultations and teleconsultation services. The organisation is also planning to expand its clinics across the Chennai Metropolitan Area, including exclusive NCD clinics for the management of hypertension and diabetes. Affordable Generic Medicines A Generic Drug Store operates at the same address, providing quality generic medicines at reasonable prices, with home delivery services available. Diagnostic Services

Home collection of blood samples is provided in partnership with NABL-accredited laboratories, with electronic reports delivered within a day. Home Healthcare Services Home-based healthcare support including:

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Proper hydration is not just about comfort—it is also about safety. Severe dehydration in the summer can lead to **exhaustion, dizziness, and even heat stroke** if ignored. By including seasonal fruits, vegetables, and adequate water in your daily routine, you can protect your body and stay energized throughout the summer.

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Made in Korea – Review



Made in Korea is a refreshing and feel-good film that blends Tamil storytelling with the charm and aesthetics of Korean culture. Headlined by Priyanka Arul Mohan, the movie presents a simple yet emotionally engaging story that focuses on dreams, self-discovery, and the excitement of stepping into an unfamiliar world. With its light-hearted tone and K-drama-inspired storytelling style, the film delivers a warm cinematic experience that feels both relatable and uplifting. The story follows Shenba, a young woman from Tamil Nadu who has always dreamed of visiting South Korea. When she unexpectedly finds herself in Seoul, her journey becomes one of adaptation,

discovery, and emotional growth as she navigates cultural differences and forms new connections. The narrative gently explores themes of belonging and identity while celebrating the similarities between cultures rather than their differences. Seoul becomes more than just a backdrop—it plays a vibrant role in shaping Shenba’s journey and the film’s visual charm. Priyanka Arul Mohan delivers a sincere and appealing performance that anchors the film. Her portrayal of Shenba captures both vulnerability and determination, making the character easy to root for. The film’s storytelling style is deliberately simple, allowing the emotions and cultural experiences to shine through without heavy drama. The presence of Korean actors such as Park Hye-jin adds authenticity and enriches the cross-cultural narrative. Director Ra. Karthik crafts the film with a breezy narrative flow that resembles the comforting tone of a K-drama. Instead of

relying on intense twists or loud spectacle, the film focuses on everyday moments, relationships, and personal growth. This gentle storytelling style makes the film accessible and emotionally resonant for viewers who enjoy slice-of-life dramas. Visually, the film benefits from its international setting. The lively streets, colourful markets, and scenic views of Seoul add freshness to the film’s atmosphere. Combined with a crisp runtime and smooth pacing, the film maintains an easy rhythm that keeps viewers engaged throughout its journey. Overall, Made in Korea succeeds as a charming and heartwarming watch. With its blend of cultural exploration, simple storytelling, and a strong central performance, the film offers a delightful experience that feels both comforting and inspiring. It is the kind of movie that leaves audiences smiling—proof that sometimes the most memorable stories are the ones told with sincerity and warmth.

Vengeance – Review



Vengeance emerges as an ambitious and engaging political drama that explores the complex relationship between power, ambition, and the intoxicating lure of fame. At the center of the narrative is Veni, played by Abarnathi, a determined district collector who carefully builds a powerful public image while navigating the intricate world of politics. The film introduces the intriguing idea of “pugazh bodhai,” portraying fame as an addictive force that influences both personal choices and political decisions. The story unfolds through Veni’s calculated rise in the political landscape, marked by strategic alliances, unexpected betrayals, and carefully planned moves. Several

narrative twists reveal that key individuals have secretly been working for her, highlighting her intelligence and long-term vision. These moments add a layer of suspense to the screenplay and demonstrate how power often operates behind the scenes through influence, manipulation, and loyalty. The screenplay skillfully moves through various political scenarios—from tense negotiations and confrontations to surprising partnerships. These situations give the audience a glimpse into the dynamics of political ambition and the relentless pursuit of influence. As Veni faces opposition from rival politicians and deals with complex relationships, the story continues to build momentum while showcasing the scale of her aspirations. One of the film’s greatest strengths lies in its performances. Abarnathi delivers a poised and commanding portrayal of Veni, bringing calm intensity to the character. Her composed expressions

and confident body language add depth to the role, making Veni both fascinating and formidable. Even in the most dramatic situations, she maintains a powerful presence that keeps the audience invested in her journey. The supporting cast also contributes effectively to the film’s political atmosphere. Actors such as John Vijay and Ilavarasu bring energy and authenticity to their roles, representing the diverse personalities that exist within the world of politics. Overall, Vengeance stands out for its bold concept and engaging storytelling. By combining political intrigue with a psychological exploration of fame and ambition, the film offers a refreshing and thought-provoking cinematic experience. With a compelling central character and strong performances, Vengeance succeeds in delivering an entertaining and memorable political drama.

Vishal’s Purushan team in Kolkata for next schedule

The success meet of the film Thaa! Kizhavi saw emotional and inspiring moments from its team, including actress Radhika Sarathkumar and producer-actor Sivakartheeyan. Speaking at the event, Radhika recalled advice she received from veteran actor Kamal Haasan. She said he once told her that if the film did not succeed, people would only praise her performance, but if it became a hit, the success would belong to the entire team including the director, technicians

and supporting cast. Radhika also praised director Sivakumar Murugesan, noting that while he speaks little, his ideas and vision for cinema are deeply thoughtful. **M e a n w h i l e**, Sivakartheeyan, who produced the film, shared a light-hearted personal anecdote during his speech. He said he still does not know the details of his bank account and relies on his wife Aarthi to manage all his finances. “Whenever I need money, I ask her,” he said, crediting her

support for helping him become a producer. The film, headlined by Radikaa Sarathkumar, has received a positive response from audiences and the team gathered to celebrate its success. Debutant director Sivakumar said that the film was made all thanks to the trust shown by its producer Sivakartheeyan. **M e a n w h i l e**, Sivakartheeyan has announced that his production banner SK Productions will launch director Ammamuthu Surya in its 10th production venture.



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காபி மருத்துவம்

கருப்பட்டிகாபி: தேவையான கருப்பட்டி - 1/4 கப், காபித்தூள் - 2 டீஸ்பூன், செய்முறை: முதலில் கருப்பட்டியைக் கரைத்து, அதை வடிகட்டவும், ஒரு பாத்திரத்தில் கொதிக்கும் நீரில் காபித்தூளைப் போட்டு, டீக்காவின் 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. காய்கறிக்கு 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 கேசம்சூட முக முகவென்று வளரும். நான்கு மிளகும், சுக்கும் சிறிது கலந்தால் நெஞ் சுவலி 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 முதலமை அடைவதைத் தடுக்கும் ஆற்றல் தாமரை 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 நடைமையப் 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, சாலையே ராங்களில் வளர்க்கப்படுகின்றது. புதைகவண்டிப் பாதையோரங்களிலும் இவை பரவலாகக் காணப்படும். இலை, பட்டை ஆகியவை மருந்துவாய்ப்பு மிகுந்தவை. வாத வலி, வீக்கம், கட்டிகள் குணமாக வாதநாராயணன் இலையை பயன்படுத்தலாம். வாரம் இரண்டு முறைகள் பயன்படுத்தலாம். மேலும்,



என்னை அனுப்பினவர் சத்தியமுள்ளவர்

உங்களைக் குறித்துப் பேசவும் 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 அறிவிக்கிறார். என்னை அனுப்பினவர், என்னுடனே கூட இருக்கிறார். பிதாவுக்குப் பிரியமானவைகளை நான் எப்பொழுதும் செப்கிறப்படியால் அவர் என்னைத் தனியேயிருக்க விடவில்லை என்றார்.



பைபிள் - யோவான் 8:26-28,29

எங்கள் இறைவா நீயே மிகைத்தவன்!

எங்கள் இறைவா! (உன்னை) மறுப்போருக்குச் சோதனையாக எங்களை ஆக்கிவிடாதே! எங்களை மன்னிப்பாயாக! எங்கள் இறைவா நீயே மிகைத்தவன்; ஞானமிக்கவன்" உங்களுக்கும், நீங்கள் யாரைப் பகைத்தீர்களோ அல்லாஹ் அன்பை ஏற்படுத்திக் கூடும். அல்லாஹ் ஆற்றலுடையவன்; அல்லாஹ் மன்னிப்பவன்; நிகரற்ற அன்புடையான். திருக்குர்ஆன் - அல் மும்்தஹினா



அவ்யக்தம்

ஆனால் அந்த அவ்யக்தத்தைக் காட்டிலும் மேலான, நிலைத்துள்ள அவ்யக்தமென்று உள்ளது. உயிர்களெல்லாம் அழியும் போதும் அது அழிகிறதில்லை. ஸ்ரீமத் பகவத்கீதை அத் 8:20 பிரம்மா உட்பட தோன்றியுள்ள அனைத்தும் தோன்றா, நிலைக்குப் போகும் போது 'அவ்யக்தம்' என்று பெயர் பெறுகிறது. நீரானது ஆவியாகும் போது கட்டிலானவதில்லை. அங்ஙனம் பிரம்மாவின் சிருஷ்டி மறையும்போது புலன்களுக்குத் தென்படுவதில்லை. அவ்வித்தையில் மறைந்து கிடக்கின்றது. மற்றொரு அவ்யக்தம் இதற்கு அன்னியமாக, பரமாக, ஸநாதனமாக இருக்கிறது. அது இந்தியரியங்களுக்கு எப்பொழுதுமே எட்டுவதில்லை. வந்துள்ள உயிர்களுக்குப் போர்க்கு இருக்கிறது. அத்த அவ்யக்தமோ போர்க்கும் வரவும் இல்லாதது. என்றென்றைக்கும் அது தன்மயமாயிருக்கிறது.

வாய்வுத் தொல்லை ஏற்பட முக்கிய காரணங்களும் தீர்வுகளும்

செரிமானத்தில் மென்றால் உடனே நல்ல பலன் கிடைக்கும். உண்டாகும்போது அல்லது அமிலங்கள் அதிக அளவு சுரக்கும்போது காரண அதிகமாக உடலில் உருவாகி தொல்லையை தருகிறது. வேலைப் பளு, மன அழுத்தம், நேரம் தவறி சாப்பிடுவது போன்றவை தான் வாய்வுத் தொல்லைக்கு மிக முக்கிய காரணமாகும். வாய்வு தொல்லை சில நேரங்களில் தரம் சங்கடமான குழுவை உருவாக்கிவிடும். வெளியேறும் வாய்வுல் 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 முறையாக தூண்டுதலால் வாய்வு தடுக்கப்படுகிறது. மசாலா பொருட்களான சீரகம், ஏலக்காய், சோம்பு போன்றவை மிகச் சிறந்த நிவாரணிகளாகும். வாயுத் தொல்லை ஏற்பட்டவுடன் இதனை வெறும் வாயில்

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The Kindergarten students of Velammal Academy, Nolambur



The Kindergarten students of Velammal Academy, Nolambur actively participated in various activities conducted during the Summer Camp. They were trained in basic life skills through practical and hands-on sessions that encouraged confidence and independence. The enthusiastic participation of the children made the camp lively and meaningful. They were awarded certificates for the successful completion of the camp, which filled them with pride and happiness.

Chocolate Facts



Switzerland is the biggest consumer of

chocolate in the world, Chocolate's name has ancient origins, Chocolate was initially consumed as a bitter drink, Cacao was literal money growing on trees, The Spanish brought cocoa to

Europe, Milk chocolate originated in Jamaica, The first chocolate bar was molded in 1847, Chocolate can provide an energy boost, improve your brain function, and boost your immune and cardiovascular health.

Broken EB box @ P.H Road



Electric Junction box is broken .EB junction box in dangerous condition at poonamalle high road. opp to G3 Police station. Those who go walk around the path it is unsafe condition. Concerned EB department take action against that.

Katranai Thoorum Arivu



Tamil Nadu CM M.K. Stalin unveiled the "Katranai Thoorum Arivu" (Knowledge that Scatters) statue at Chennai's Marina Beach on March 10, 2026. Installed for Rs 1.43 crore by the School Education Department, this allegorical statue highlights the significance of education and continuous learning, featuring children and a

teacher. Key Details About the Statue:
• Location : Marina Beach, Chennai, near the Anna Memorial.
• Name : "Katranai Thoorum Arivu", inspired by a Thirukkural couplet.
• Significance: Symbolizes the Dravidian model's commitment to education, celebrating

students and knowledge.
• Design : Represents the "light of education" and its impact on the state.
• Context: The installation is part of initiatives to promote education and improve school infrastructure. The statue adds to the prominent statues already present on the Marina Beach front.



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Dangerous level crossing in Purasaiwalkam



In Purasaiwalkam near csc computer coaching center, people are not crossing the road in a proper manner. It is a dangerous situation to the people.

Chewing Gum: Good or Bad?

The ingredients in chewing gum are safe for people to consume, and the act of chewing may even have mental and physical health benefits. However, some people get jaw pain or headaches from chewing. Chewing gum is a candy that's designed to be chewed

but not swallowed. It's made by mixing a gum base with sweeteners and flavorings. Chewing gum could help improve your memory. It has also been linked to reduced feelings of stress. Chewing gum could help you cut calories and lose weight. It may also help reduce

feelings of hunger and help you eat less, although the results are inconclusive. Chewing too much gum could cause problems such as jaw pain, headaches, diarrhea, and tooth decay. Chewing sugar-free gum can cause digestive symptoms in people with IBS.

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Un authorised parking @ Vepery



Vepery, in front of st.Paul's hr.sec. school. 4 wheeler's are parked in unauthorised area. It is a school area. Student's and people are messy to crowd . so the vehicle need to park right place.