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Anna University initiatives to help rural students transition to engineering studies



In the backdrop of difficulties faced by students, particularly from rural Tamil Nadu, in transitioning from school education to engineering studies, Anna University has decided to introduce a series of new academic initiatives, including Civil Services examination coaching, GATE-based internal assessments and project-oriented learning, from this academic year.

Under the new initiative, students interested in appearing for civil services examinations will be identified from the first year itself and provided coaching, training and guidance. The university will also create awareness among engineering students about career opportunities in central and state government

departments, in addition to jobs in the private engineering sector. Speaking to DT Next, Anna University Registrar Dr V Kumaresan said creating an understanding of and interest in engineering from the first year would help students develop into outstanding graduates by the end of their four-year programme. He said the university would also continue to periodically update its curriculum in line with technological developments and take steps to improve the quality of engineering education. As part of the GATE-oriented initiative, students will be asked to refer to question papers from the previous five years, identify questions relevant to

the subjects they are studying and work out the answers with the help of textbooks. The exercise is intended to familiarise students with the pattern and nature of questions asked in the GATE examination. Students, particularly those from rural backgrounds, often find it challenging to cope with college-level Mathematics and other technical subjects. Differences in exposure and learning environments can also affect their academic performance and placement prospects, sometimes resulting in arrears.

To bridge this transition gap, the new teaching and learning practices will be introduced at Anna University, its four campus colleges and 16 constituent colleges. Anna University has 419 engineering colleges under its jurisdiction, The university will also introduce LEAP (Learn Engineering through Projects), under which students will receive practical, project-based training alongside the teaching of individual subjects.

Practice Yoga to protect kidney

Yoga is a worthy lifestyle intervention to pursue and improve blood pressure control to protect our kidneys, says Suresh Shankar, nephrologist and senior vice president, NephroPlus. In our current day lives, inappropriate nutrition, stress, and inadequate physical activity results in unhealthy lifestyle and are salient drivers of kidney disease. "Interventions utilizing lifestyle modifications

could play an important role in improving health of chronic kidney and dialysis patients. Aerobic and resistance exercises have significant positive effects on physical fitness, functional capacity, muscle strength, and blood pressure in patients with Chronic Kidney Disease," he said. He further said that a recent small, randomised study published in the International Journal of

Yoga, showed benefits to patients with chronic kidney diseases. "Patients who underwent a structured Yoga intervention for 6 months had a statistically significant reduction in systolic and diastolic blood pressure and significant improvements in the physical and psychological domain of QOL (quality of life) through Yoga," he added.

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ALAGAPPA SCHOOLS - 80th Independence Day Celebration



The 80th Independence Day was celebrated with great patriotic fervour at our school campus on 15th August 2026. The programme was presided over by our esteemed Trustee, Mr.Naresh Kumar,

who unfurled the National Flag, marking the beginning of the celebrations. In her address, the Principal fondly recalled the historic inauguration of the Government Arts College by our

revered Founder, Dr. R. M. AlagappaChettiar, on 15th August 1947 which has now evolved as Alagappa University. The significant connection between the birth of independent India and the founding of our institution added a special sense of pride and remembrance to the occasion.

The celebration was conducted with enthusiasm and patriotic spirit, making it a memorable occasion for everyone. The programme concluded on a note of pride and gratitude, and was a grand success.

Kilambakkam railway station likely to open around Deepavali

The new Kilambakkam railway station, developed to provide a direct rail link for passengers using the mofussil bus terminus, is likely to be commissioned before or after Deepavali, with most of the railway-side works already completed. "The entire physical work from the Railway side has been completed. The track and platform part is the main component for us. That work, we got a deposit from the State government and we have completed it," said Shailendra Singh, GM, Chennai Railway Division.

He added that the station's platform 1 was completed, while Platforms 2 and 3 were nearing completion. A temporary booking office and toilet block have also been completed on Platform 1. "The remaining major work is the skywalk connecting the bus terminus with the railway station across GST Road," he added. The skywalk is crucial as it would allow passengers from the terminus to reach the railway station without crossing GST Road at the road level. "Around

30% of the work is completed. The portion crossing the railway tracks requires sanction from the Principal Chief Engineer, Southern Railway, for which the State government has submitted a request," Singh stated. Meanwhile, the Railways and the State government are working on a draft MoU to finalise the maintenance arrangements after the station is commissioned. The Chennai Railway Division crossed the Rs 5,000 crore mark in annual earnings for the first time, recording Rs 5,038.30 crore in 2025-26, marking a 9.26% increase over the previous financial year. Passenger traffic also increased during the year, with 432.98 million travelling on its services, up from 425 million in 2024-25. Freight loading stood at 11.33 million tonnes, registering a 6.20% increase. Four major capacity augmentation projects sanctioned by the Railway Board are in different stages of preparation - Chengalpattu-Arakkonam doubling project, Tambaram-Chengalpattu fourth line, Perambur-Ambattur fifth and sixth

lines, and Attipattu-Gummidipoondi third and fourth lines. The 67.79-km Chengalpattu-Arakkonam doubling project has a sanctioned cost of Rs. 926.52 crore. Once completed, the capacity of the section is expected to increase from 13 trains a day to up to 50 trains a day. The project is also an important link in the proposed 192-km circular suburban rail grid connecting Beach, Tambaram, Chengalpattu, Arakkonam and Avadi. The Tambaram-Chengalpattu fourth line, covering 30.021 km, has a project cost of Rs 713.56 crore. The 6.4-km Perambur-Ambattur fifth and sixth lines have been sanctioned at Rs 177.82 crore, while the 22.52-km Attipattu-Gummidipoondi third and fourth line project has a sanctioned cost of Rs 365.42 crore. Though the projects have received sanction, execution has not begun uniformly across the four corridors. The division said that the works were at different stages, including drawing approvals, tendering and tender finalisation, and execution will follow these processes.

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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.

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The Investiture Ceremony of Alagappa Schools



The Investiture Ceremony of Alagappa Schools was held on 5th August 2026 with great dignity and enthusiasm. Our esteemed Chairman as the Chief Guest and conferred the badges upon the newly appointed student leaders. The ceremony marked an important moment

as the young leaders formally accepted their responsibilities and pledged to uphold the values and traditions of the school. The oath-taking ceremony was administered by the Principal, who encouraged the student leaders to discharge their duties with sincerity, discipline and commitment. The ceremony served as an inspiring occasion, motivating the student leaders to lead by example and contribute meaningfully to the school community.

Har Ghar Tiranga Campaign at Bentinck Girls Hr.Sec. School



Chennai, August 13, 2026* – The NCC cadets of Bentinck Girls Hr.Sec. School organized a Har Ghar Tiranga campaign near the school

gate on Thursday. As part of the drive, cadets distributed National Flags to parents who came to pick up students and urged them to "Hoist the flag at your home" to mark 80th Independence Day. S/O N. Koilrathy addressed the gathering and spoke about the history and importance of the National Flag. She encouraged everyone to respect the Tiranga and follow the Flag Code.

KG students of Velammal Academy Nolambur



Our KG students of Velammal Academy Nolambur learnt inspiring stories through a lively puppet show, making the learning experience fun and engaging. The activity helped them understand important values and lessons in an enjoyable way.

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helps in removing toxins (Detoxification), helps in diseases in digestive system and it has an excellent colon cleansing ability. Aloe vera alkalizes the body;s PH level high prevents diseases. Aloe vera helps in removing pimples, improve your skin texture, Remove dandruff and give shine

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DID YOU KNOW??

Feijoa (Pineapple Guava)

This fruit was another one of the most popular new discoveries at #FruitCrawl. Feijoa is a small elliptical fruit with tart, slightly gritty flesh that you can scoop out with a spoon. It's native to Brazil, Paraguay, and Argentina.

Where to find it: Forage it, it's a common garden tree in California. I suspect some homeowners with pineapple guava trees don't know the fruit is edible! Also, look in well-stocked grocery stores and specialty food stores. Here in the Bay Area, Mollie Stones

Sour Plum

Sour plums are the same variety of summer-ripening plums that we know and love, picked in the spring when they are still sour and



green. They are a common season snack food in the Middle East, where they are enjoyed dipped in salt.

Where to find it: Middle Eastern grocery stores.

Kiwano (Horned Melon)

Kiwano is a beautiful and otherworldly-looking fruit that is native to Sub-Saharan Africa. The fruit has bright orange spiky skin filled with yellow and green seeds. The vibrant flesh tastes like lemony cucumber.

Where to find it: Well-stocked grocery stores and specialty food stores. Here in the Bay Area, Mollie Stones Market sells it.



Durian

Durian is a large, spiky fruit native to Southeast Asia. It's famous for its pungent aroma and savory smell that is sometimes described as fried onions. While foreigners often have a tough time stomaching the smell, it's much loved in many parts of Asia.



Cherimoya

Cherimoya was one of the most popular new discoveries at our FruitCrawl. The fruit, native to South America is filled with a soft, custard-like white flesh that gives it the nickname "custard apple." I think it tastes like a combination of banana, pineapple, and bubblegum.

Where to find it: Latin American markets and well-stocked grocery stores. Here in the Bay Area, Mollie Stones Market sells it.



Market and the Berkeley Bowl stock it.

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Our KG students of Velammal Academy Nolambur

Jaigopal Garodia Mat. Hr. Sec. School -
The 80th Independence Day



The 80th Independence Day was celebrated with great patriotic fervor at Jaigopal Garodia Matriculation Higher Secondary School on 15 August 2026. The celebration began with a prayer song, followed

by the hoisting of the National Flag. The Chief Guest, Lt CdrKartikey Agarwal, M.Tech., Senior Engineer Officer and Diving Officer, Indian Naval Ship Darshak, was formally introduced and welcomed.

The cultural Programme showcased the talents of the students through English and Tamil speeches, patriotic songs and dance. The march past and fancy-dress march by the young students added colour and grandeur to the celebration. A meaningful mime on cell phone awareness conveyed an important message on the responsible use of technology. The celebration was a fitting tribute to the spirit of freedom and inspired the students to cherish patriotism, unity and to be a responsiblecitizen.



Our KG students of Velammal Academy Nolambur celebrated Independence Day through a special flag-hoisting activity, learning about the significance of the day and the importance of our National Flag.

Chennai explores water Metro from
Ennore to Mamallapuram



The Chennai Metro Rail Corporation (CMRL) has initiated a feasibility study for a proposed Water Metro service connecting Ennore and Mamallapuram along the Buckingham Canal. The proposed water transport corridor will cover around 53 km and is aimed at providing an alternative public transport option for commuters while improving connectivity between northern Chennai and areas along the city's southern outskirts.

CMRL has floated a tender to prepare a detailed feasibility study report for the project. The study will assess the technical and operational feasibility of running passenger boat services along the proposed corridor. It will examine various aspects, including the alignment of the waterway, requirements for terminals, passenger facilities, infrastructure and other supporting facilities needed to operate the service. The proposed Ennore-

Mamallapuram corridor could connect several important locations along the Buckingham Canal and provide an additional mode of transport for commuters. If found feasible and implemented, the Water Metro could complement the existing Chennai Metro, suburban rail and Metropolitan Transport Corporation (MTC) bus services, providing commuters with more options for travel. The feasibility study is expected to assess the challenges involved in developing the water transport corridor and determine the infrastructure and operational requirements. Officials will take a decision on the implementation of the proposed Chennai Water Metro based on the findings of the detailed feasibility study.

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For mothers, breastfeeding promotes faster postpartum recovery, helps reduce the risk of breast and ovarian cancers, and strengthens the emotional bond with the baby. While breastfeeding is natural, it can take time and practice.

Challenges such as latching difficulties or sore nipples are common, and timely support from healthcare professionals can make the journey easier.

Case Study: Priya, a first-time mother, struggled with breastfeeding during her baby's first week. With guidance from a lactation consultant, she corrected her baby's latch and gained confidence. Within days, breastfeeding became comfortable, and her baby was feeding well and gaining weight.

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Vijay Sethupathi's 'Baththa' set to hit screens on Oct 1



Actor Vijay Sethupathi's upcoming film 'Baththa' is set for a worldwide theatrical release on October 1. Presented by Star Studio18 and filmmaker Atlee, the film is jointly produced by A for Apple Studios and Cine1 Studios Production. It marks the third collaboration between Vijay Sethupathi and director Balaji Tharaneetharan. The actor-director duo had earlier worked

together on the critically acclaimed films 'Naduvula Konjam Pakkatha Kaanom' and 'Seethakathi'. Their reunion for 'Baththa' has generated considerable expectations among Tamil cinema audiences. Vijay Sethupathi and Atlee had previously collaborated on the pan-India blockbuster 'Jawan', in which Sethupathi played a pivotal role. 'Baththa' marks their latest

association, with Atlee presenting the film.

Actor Lijomol Jose, known for her performance in 'Jai Bhim', plays the female lead. Music for the film has been composed by Sai Abhyankkar.

Selvakumar SK is the cinematographer, while R Kalaivanan handles the editing. T Muthuraj is the production designer and Ashwin Murugan is the co-producer.

The film is produced by Murad Khetani, Priya Atlee, Alok Jain and Ajit Andhare.

With the Vijay Sethupathi-Balaji Tharaneetharan combination returning for a third outing and Atlee backing the project, 'Baththa' is among the Tamil releases attracting attention ahead of the festive season.

Dulquer Salmaan-starrer 'I'm Game' gets new release date



Dulquer Salmaan-starrer "I'm Game" has been postponed and will now release worldwide on September 3, the Malayalam actor-producer announced on Thursday.

Salmaan announced the new release date on social media, apologising to audiences for the delay and saying the film would now arrive with a "larger vision". The action thriller film was earlier scheduled to be released in theatres on August 20.

"The game gets bigger. The release gets wider. We understand the anticipation and we

apologize for the delay, but #IMGAME will now release worldwide on 3rd September, moving from its earlier release date of 20th August.

"The new release date comes with a larger vision for the film as #IMGAME gears up for a wider theatrical release across markets," he said in a statement posted on Instagram.

The film will simultaneously release in Malayalam, Tamil, Telugu, Hindi and Kannada, he said.

"This decision has been made to give #IMGAME the scale, reach, and theatrical platform it

truly deserves, allowing audiences across different markets to experience it on the big screen. The wait gets a little longer, but the game gets bigger," Dulquer said.

Directed by Nahas Hidayath, who previously helmed "RDX", "I'm Game" stars Salmaan as Dan John, a carefree gambler who uses an algorithm to place bets and make money. His system eventually begins to unravel, pushing his life into a dangerous spiral. The film also stars Antony Varghese, Mysskin, Kayadu Lohar, Samyuktha Viswanathan, Kathir, Vinay Forrt and Parth Tiwari. Mysskin plays the antagonist.

Produced by Salmaan and Jom Varghese under Wayfarer Films, the film has music by Jakes Bejoy, cinematography by Jimshi Khalid and editing by Chaman Chacko.

Ashok Selvan's next titled Anbil Avan

Actor Ashok Selvan, who is returning to the big screen as a lead with Anbil Avan, said he does not believe in signing films merely to maintain a regular presence in theatres. Speaking at the launch of the film on Wednesday, he said he prefers waiting for stories that excite him rather than feeling pressured to work on a project every Friday.

"It has been 2.5 years since Blue Star was released. People, including my parents, kept asking when I would sign my next film. But I did not want to forcibly push myself into doing a film. I don't

believe that I have to mark my attendance every Friday. A good film and a good story take time," Ashok Selvan said. He added that he believes audiences have developed trust in his choice of scripts and expressed confidence that Anbil Avan would live up to their expectations.

Directed by debutant R Kaarthikeyan, Anbil Avan stars Ashok Selvan opposite Preity Mukhundan. The film's title teaser suggests a story about a newly married couple whose relationship is tested by extraordinary circumstances.

Kaarthikeyan has penned the screenplay along with Vignesh Raja and Ashok Selvan, with additional screenplay by Ashameera Aiyappan. Govind Vasantha is composing the music, while Gowtham Rajendran handles cinematography and Selva RK is the editor. Ashok Selvan and Abinaya Selvam are producing the film under Happy High Pictures, in association with Ayngaran International. Apart from Anbil Avan, Ashok Selvan is also awaiting the release of his upcoming untitled film with Nimisha Sajayan.

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கட்டிகளை கரைக்கும் சப்பாத்திக் கள்ளி

நாகதாளி எனப்படும் சப்பாத்தி கள்ளியின் மருத்துவ பயன்பாட்டுக்கு மிக முக்கிய காரணம், இது உள்ள கால்சியம், பொட்டாசியம், பாஸ்பரஸ், மெக்னீசியம் போன்ற சத்துக்களும் உயர்தரமான நார்ச்சத்தும் தான். உடலில் உள்ள அனைத்து கட்டிகளையும் கரைக்க இவை பயன்படுகிறது. வெயிலில் ஏற்படும் நாவரசிக்கும், வெய்யில் ஏற்படுத்தும் உடல் சோர்வை போக்கவும் உஷ்ணத்தை குறைக்கவும் இந்த சப்பாத்திக் கள்ளி பழம் உதவி புரியும். நாகதாளி பழத்தை சாப்பிட்டு வந்தால் குரல்வளை, பித்தப்பை, மலக்குடல் சார்ந்த அனைத்து குறைபாடுகளும் நீங்கும். காச இருமல், இரத்தம் குக்குதலும் தீரும். ஞாபக மறதி எனப்படும் அல்லைமர் நோய்க்கு இது மருந்தாக பயன்படுத்தலாம். இந்த பழத்தை தொடர்ந்து எடுத்துக்கொள்ளவதால் கண் பார்வை கூர்மையாகிறது. சாப்பாத்திக் கள்ளி பழத்தில் உள்ள உயர்தரமான நார்ச்சத்தால் உடலில் இருக்கும் தேவையற்ற கொழுப்புகளை கரைத்து

வெளியேற்றி உடல் பருமனை குறைக்கிறது. சப்பாத்திக் கள்ளியை நன்கு பசையாக்கி சிறிது விளக்கெண்ணெய் விட்டு வதக்கி வீக்கம், வலி கண்ட இடத்தில் மேற்பூச்சாகப் பூசி வைக்க விரைவில் வீக்கம் மற்றும் வலியும் விலகும். சப்பாத்திக் கள்ளியை முட்கள் நீக்கி சுத்திகரித்து பசையாக்கி 20 கிராம் அளவில் திளையும் இருவேளை சாப்பிட்டு வர உஷ்ணமாக மலம் வெளியேறுதல் மற்றும் மாதவிலக்கு நிற்கும் காலத்தில் ஏற்படும் பல்வேறு தொல்லைகள் இல்லாமல் போகும். முட்களுள்ள சப்பாத்திக் கள்ளியின் இலைத்தண்டை பிளந்து, வெளிப்புறமுள்ள முட்களை நீக்கி, உட்புறமாக சிறிது மஞ்சளை தடவி, அளவில் வாட்டி, கட்டிகளின் மேல் இறுக்கமாக கட்டி வைத்து வர ஆரம்ப நிலையிலுள்ள கட்டிகள் விரைவில் உடைந்து புண் எளிதில் ஆறும். புண் ஆற தாமதமானால் மஞ்சளை தேங்காய் எண்ணெயுடன் கலந்த தடவி வர விரைவில் குணமுண்டாகும்.

மத்தி மீனில் இருக்கும் நன்மைகள்...

தமிழகத்தில் அதிகளவு கிடைக்கும் மீன்களில் ஒன்றான மத்தி மீனில் ஏராளமான நன்மைகள் உள்ளது. தமிழக கடலோர பகுதிகளில் அதிகளவு கிடைக்கும் மத்தி மீன், கோள மாநிலத்திற்கு பெரும் அளவில் ஏற்றுமதி செய்யப்படுகிறது. மனித உடல் வளர்ச்சிக்கும், ஆரோக்கியத்திற்கும் மிகவும் அவசியமாக தேவைப்படும் புரதச்சத்து மீனில் அதிகம் உள்ளது. மத்தி மீன்களில் உடல் ஆரோக்கியத்திற்கு தேவையான கொழுப்பு, வைட்டமின்கள், தாதுச்சத்துக்கள் உள்ளது. 100 கிராம் மத்தி மீனில் புரதச்சத்து 20.9 கிராமும், கொழுப்பு சத்து 10.5 கிராமும், சாம்பல் சத்து 1.9 கிராமும், நீர்ச்சத்து 66.70 கிராமும்

உள்ளது. மத்தி மீன்களில் "ஒமேகா 3" கொழுப்பு அமிலம் அதிகம் உள்ளதால் ட்ரை கிளிசரைடுகள் அளவை குறைத்து இதய நோய் ஏற்படும் வாய்ப்பை குறைக்கிறது. தோல் நோய், மூளை மற்றும் நரம்பு நோய்கள், வயதானவர்களுக்கு ஏற்படும் மன அழுத்தம், ஆஸ்துமா, முடி உதிர்ந்தல் ஆகிய நோய்கள் வரும் வாய்ப்பை குறைக்கும். சர்க்கரை நோய் உள்ளவர்கள், மத்தி மீன் சாப்பிட்டால் நோய் எதிர்ப்பு திறன் அதிகரித்து ரத்தத்தில் சர்க்கரையின் அளவை கட்டுப்படுத்தலாம் மத்தி மீன்களில் கால்சியம் அதிகம் இருப்பதால் எலும்புகளின் வளர்ச்சிக்கு உதவுகிறது. மேலும் பாஸ்பரஸ் சத்தினால் எலும்புகளுக்கு வலிமை தருகிறது.

கொலஸ்ட்ராலால் ஏற்படும் ஆபத்துகள்!

கொலஸ்ட்ரால் என்பது இரத்தத்தில் உள்ள ஒரு விதமான கொழுப்பின் சிறுசிறு துகள்கள் ஆகும். இந்த மெழுகு போன்ற பொருள் ஒரு சங்கிலியால் ஆன பேட்டி ஆஸிட் ஆகும் இதில் 27 கார்பன் அணுக்கள் உள்ளன. கொலஸ்ட்ராலுக்கு உடலில் மிக முக்கியமான வேலை உண்டு. ஏனெனில் அவை செல் சுவர்களின் ஒரு பகுதியாகவும், நரம்புகளைச் சுற்றியுள்ள பொருள்கள், மூளை செல்கள் ஆகியவைகளின் பகுதிகளாகவும் இருக்கின்றன. இந்த மாலிக்சுல் இல்லை என்றால் உயிர் வாழ்வதென்பது நினைத்துப் பார்க்க முடியாத ஒன்றாகும். கொலஸ்ட்ரால் உடலுக்கு

அவ்வளவு முக்கியத் தேவையான ஒன்றாகும். ஆதலால் உடலுக்குத் தேவையான மிகக்குறைந்த அளவு கொலஸ்ட்ராலைக் கல்லீரல் தயாரிக்கும் தகுதி உடையது. ஆனால் இந்த மாலிக்சுல் தேவைக்கு அதிகமாக உடலிலோ அல்லது இரத்தத்திலோ இருந்தால் அதிகப்படியான கொலஸ்ட்ரால் இதய இரத்தக் குழாய்களில் படிந்து அடைப்புகளை ஏற்படுத்துகிறது. இதயம் மட்டுமின்றி அதிகப்படியான கொலஸ்ட்ரால் மூளையில் உள்ள இரத்தக் குழாய்களிலும், தோலின் அடியிலும் கண்ணுக்குக் கீழும் படிந்து பாதிப்பினை ஏற்படுத்துகிறது.

என்னென்ன பழம் சாப்பிட்டால் என்னென்ன பயன் விளையும்?

ஆப்பிள்: ஒரு நாளைக்கு ஒரு ஆப்பிள் என எடுத்துக் கொண்டால், நோயின்றி வாழலாம். ஆப்பிளில் விட்டமின் சி சத்து குறைவாக இருப்பினும், அதில் உள்ள antioxidants, flavonoids போன்றவை இந்த விட்டமின் சி சத்துக்களை மேம்படுத்துவதால், பெருங்குடல் புற்று நோய், மாரடைப்பு, பக்கவாதம் போன்ற ஆபத்துக்களை ஆப்பிள் குறைக்கிறது. ஆரஞ்சு: இனிப்பானது ஒரு நாளைக்கு 2-4 ஆரஞ்சு எடுப்பது ஜலதோஷத்தை விலக்கும். கொழுப்பைக் குறைக்க உதவும். மேலும் சிறுநீரகக் கற்களைக் கரைப்பதோடு, கற்கள் வராமலும் தடுக்கும். அதனுடன் பெருங்குடல் புற்றுநோயின் ஆபத்தினைக் குறைக்கிறது. தர்பூசணி: மிகவும் குளிர்ச்சியான ஒரு தாகம் தீர்ப்பான். 92% தண்ணீர்ச் சத்துக்களையுடையது. மேலும் இந்தப் பழத்தில் மாபெரும் அளவில் Glutathione இருப்பதால், அது நம் உடம்பின் நோய் எதிர்ப்பு சக்தியை அதிகரிக்க உதவுகிறது. மேலும் இது lycopene. என்னும் புற்று நோயை எதிர்த்துப் போராடும் ஒரு oxidant இன் முக்கிய ஆதாரமாகவும் உள்ளது. தர்பூசணியில் உள்ள மற்ற சத்துக்கள் விட்டமின் சி, பொட்டாசியம் ஆகியவை. கொய்யா & பப்பாளி: இவை இரண்டுமே விட்டமின் சி நிறைந்தது உயர் விட்டமின் சி கொண்ட பழங்களை உண்டால் சந்தேகத்துக்கிடமின்றி உடல் நலம் பெறும். கொய்யாபழம்

நார்ச்சத்து அபரிமிதமாக உள்ளதால், மலச்சிக்கலைத் தடுக்க உதவுகிறது. பப்பாளிப்பழம் கரோட்டீன் சத்துக்கள் நிறைந்ததுள்ளதால் கண்களுக்கு மிகவும் நல்லது. கிவி பழம்: இது ஒரு சிறிய ஆனால் வலிமை மிகுந்த பழம். இப்பழம் பொட்டாசியம், மக்னீஷியம், விட்டமின் ஈ மற்றும் நார்ச்சத்துக்கள் நிறைந்த ஓர் நல்ல பழம். ஆரஞ்சுப் பழத்தை விட விட்டமின் சி சத்து கிவி பழத்தில் இரண்டு மடங்கு அதிகம் உள்ளது. ஸ்ட்ராபெர்ரி: பாதுகாப்பு தரும் பழம். இந்தப் பழத்தில் மற்ற எல்லாப் பழங்களையும் விட, மொத்த Antioxidant சக்தி இருப்பதால், இது நம் உடலில் சுதந்திரமாய் கட்டுப்பாற்று பல்கிப் பெருகும் அடிப்படைக் கூறுகளால் (free radicals) இரத்த நாளங்களில் அடைப்பு, புற்று நோய்க் காரணிகள் பெருகுதல் முதலியவை ஏற்படாமல் நம்மைப் பாதுகாக்கிறது. உணவிற்குப் பிறகு சாதாரண நல்ல குடிநீர் அருந்தலாம். ஆனால் குளிர்ந்த தண்ணீர் அல்லது குளிர்ந்த பானங்கள் அருந்துவது புற்று நோயை உண்டாக்கும். ஆகவே உணவு உண்டபின் மிதமான சுடுநீர் அருந்துவது நல்ல ஜீரணத்தை உண்டு பண்ணும். கொழுப்பையும் குறைக்கும். அசைவ உணவு உண்ட பின் கண்டிப்பாக குளிர்ந்த பாணங்கள் அருந்துவதைத் தவிர்க்கவும். அசைவ உணவு உண்பதற்கு ஒரு மணி நேரத்திற்கு முன்பு ஏதாவது பழச்சாறு அருந்திவிட்டு அசைவ உணவு உண்டால், வாயுத் தொல்லை ஏற்படாது.

பழங்களில் சிறந்தது கொய்யாப் பழம்

கொய்யா பழமானது உண்மையில் ஊட்டச்சத்துக்களின் இருப்பிடம். கொய்யா பழம் வைட்டமின் சி, லைக்கோபீனே மற்றும் தோலிற்கு நன்மை பயக்கும் உயிர் வளியேற்ற எதிர்ப்பொருள் (ஆண்டிஆக்ஸிடண்ட்) அதிக அளவில் கொண்டுள்ளது. கொய்யாப் பழங்களை நாள்தோறும் உண்ணலாம். ஆரஞ்சுப் பழத்தில் இருக்கும் வைட்டமின் 'சி' அளவினைவிட நான்கு மடங்கு அதிக அளவு வைட்டமின் 'சி'யினை கொய்யாப் பழம் கொண்டுள்ளது. வைட்டமின் 'சி' நோய் எதிர்ப்புத் திறனை அதிகரிப்பதுடன் சாதாரணமான நோய்கள் மற்றும் நோய்க்கிருமிகளின் தொற்றலிருந்து

பாதுகாக்கிறது. கொய்யாப் பழம் சாப்பிடுவதனால் புரோஸ்டேட் புற்றுநோய் அபாயம் குறைவதாகக் கண்டுபிடிக்கப்பட்டுள்ளது. மேலும் இவற்றில் லைக்கோபீனே நிறைந்துள்ளதால் மார்க்புப் புற்றுநோய் செல்கள் அழிக்கப்படுகின்றன. கொய்யாவில் நிறைந்துள்ள நார்ச்சத்தின் மூலமாகவும் மற்றும் குறைந்த கிளைசிமிக் குறியீட்டின் காரணமாகவும் சர்க்கரையின் அளவு திடீரென உயர்வது தடுக்கப்படுகிறது. மேலும் அதிக அளவில் நார்ச்சத்தினை உள்ளடக்கி உள்ளதால் சர்க்கரையின் அளவு நன்கு ஒழுங்குபடுத்தப்படுகிறது. ஆகவே நாள்தோறும் ஒரு கொய்யாப் பழம் சாப்பிடலாமே!



வழிகளினின்று திரும்புங்கள்,"



அவர்களுக்கு ஏமாற்றத்தையே வாக்களிக்கிறான். அவர்கள் தங்குமிடம் நரகம். அதிலிருந்து தப்பிக்கும் வழியை அவர்கள் காணமாட்டார்கள்.



தாம் இருக்கும் வரையில் கர்மமும் உண்டு. மூச்சு விடுவதே கர்மம். சுவாசிக்காது யார் வாழ முடியும்? உண்பது கர்மம்: உறங்குவது கர்மம். ஆக உடல் எடுத்தவனுக்குக் கர்மத்தை விடுதல் என்பது வெறும் பேச்சு. கர்மத்தை விட முயல்பவன் தன்னைத் தானே ஏமாற்றிக்கொள்கிறான். மற்று, கர்மத்தை பற்றற்றுச் செய்ய வேண்டும். விவேகி ஒருவனது விவேகத்துக்கு ஏற்றவாறு பற்றற்றுக் கர்மம் செய்கிறான். அவரவர் கர்மத்தை பற்றற்றுச் செய்ய வேண்டும். கர்மத்தை மனிதன் நீத்துவிட முடியாது. கர்மத்துக்குத் தான் கர்த்தா எண்ணும் எண்ணத்தை நீத்து விட வேண்டும். அப்படிச் செய்கிறவனே தியாகியாகின்றான். பற்றற்றவனுக்கு வினைப்பயன் இல்லை.

மருதாணியின் மருத்துவ குணங்கள்...!

மருதாணியின் மருத்துவ பயன் உடையவையாகும். இவற்றின் இலைகள், பட்டை, மலர், கனிகள் போன்றவை மருத்துவ பயன்களை கொண்டது. மருதாணி இலையை கைகளில் வைப்பதால் பல்வேறு பயன்கள் கிடைக்கின்றன. மருதாணி இலைகள் தசை இறுக்கும் தன்மை கொண்டது. அதிக இரத்தப்போக்கினை தடுக்கும். மாதவிடாய் சுலபமாய் இருக்க உதவும். பெண்களின் வெள்ளைப்படுதல் மற்றும் மாதவிடாயில் அதிகப்படியான இரத்தப்போக்கு ஆகியவற்றை தீர்க்கும். கால் எரிச்சலைத் தடுக்க இலைகளை அரைத்து பசையாக வைப்பதின் மூலம் அவற்றை சரிசெய்யலாம். தொண்டை கரகரப்புக்கு கொப்பளிப்பு நீராகும். இலைகளின் வடிசாறு, அல்லது கசாயம் வயிற்றுப்போக்கு மற்றும் சீதபேதியினை கட்டுப்படுத்தும். உள்ளங்காலில் ஆணி ஏற்பட்டிருந்தால் மருதாணி இலையுடன் சிறிது வசம்பு, மஞ்சள் கற்பூரம் சேர்த்து அதைத்து, ஆணி உள்ள இடத்தில் தொடர்ந்து கட்டி வர ஒரு வாரத்தில் குணமாகும்.

தீயோர் சாகவேண்டுமென்பது என் விருப்பம் அன்று! தலைவராகிய ஆண்டவர் கூறுவது இதுவே: என்மேல் ஆணை! தீயோர் சாக வேண்டுமென்பது என் விருப்பம் அன்று: ஆனால், அத்தீயோர் தம் வழிகளினின்று திரும்பி வாழ வேண்டும் என்பதே என் விருப்பம். ஆகவே உங்கள் தீய பையின் எசேக்கியல் 33:11

ஷைத்தான் ஏமாற்றத்தையே வாக்களிக்கிறான்!

அல்லாஹ்வையன்றி ஷைத்தானைப் பொறுப்பாளனாக்கிக் கொள்பவன் வெளிப்படையான இழப்பை அடைந்துவிட்டான். அவர்களுக்கு அவன் வாக்களிக்கிறான். ஆசை வார்த்தை கூறுகிறான், ஷைத்தான் அவர்களுக்கு ஏமாற்றத்தையே வாக்களிக்கிறான். அவர்கள் தங்குமிடம் நரகம். அதிலிருந்து தப்பிக்கும் வழியை அவர்கள் காணமாட்டார்கள். திருக்குர் ஆன் அன்னிஸா 19-120-121

உடலெடுத்தவனுக்குக் கர்மங்களை அறவே விடுவது இயலாது!

உடலெடுத்தவனுக்குக் கர்மங்களை அறவே விடுவது இயலாது. ஆனால் வினைப் பயனைத் துறந்தவன் எவனோ அவன் தியாகி எனப்படுகிறான். ஸூரத் பகவத் கீதை அத் 18:11

I-Day: CM Unfurls National Flag, Calls Fight Against Corruption 'True Freedom'



Chief Minister C. Joseph Vijay on Saturday unfurled the national flag at Fort St George to mark the 80th Independence Day celebrations and said that freeing Tamil Nadu from bribery and corruption was equal to achieving freedom. Addressing the gathering after unfurling the Tricolour, Vijay began his speech by extending Independence Day greetings to the people of Tamil Nadu and students. He paid homage to the freedom fighters who sacrificed their lives for the country's independence. "Saving Tamil Nadu from bribery and corruption is equal to achieving freedom. That

is what this government is working towards," he said. Vijay said true freedom could be achieved only when people came together by breaking barriers of caste, religion, language and race. The Chief Minister said his government was committed to women's safety, social justice and transparent, honest governance. "There should be no compromise in public life. People's welfare is paramount, and the government is functioning on that basis," he said. On the Centre-State relationship, Vijay said the Tamil Nadu government would maintain administrative

cooperation with the Union government, but would oppose decisions against the rights of states and policy decisions that were detrimental to Tamil Nadu.

Referring to welfare schemes introduced by previous governments, Vijay said his government would continue implementing programmes that benefited the people. He specifically mentioned the Amma Unavagam scheme and the breakfast scheme, saying the latter had also been expanded.

Vijay said his government had completed three months in office and highlighted measures taken for farmers. He said Rs.5,932.23 crore in crop loans had been waived and funds had been provided for the Kuruvai cultivation programme.

The Chief Minister said his government would build on existing welfare initiatives while focusing on clean governance, social justice and people's welfare.

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Polytechnic internship revised from 6 months to 1 year



The number of students securing jobs from government polytechnic colleges in Tamil Nadu has increased over the past three years. To further improve employment opportunities, a new system has been introduced from this academic year under which, final year students can opt to undergo a full one-year internship instead of a 6-month stint, or forgo the option of internship entirely.

Tamil Nadu has 55 government polytechnic colleges (21,758

seats). Students who have completed Class 10 can pursue three-year diploma courses, while those who have completed Class 12 can pursue two-year diploma courses.

The number of students opting for polytechnic courses has declined due to the increase in the number of engineering colleges and the preference for engineering and arts and science courses. Contrary to the trend, however, all seats in these colleges have been filled in recent years.

Job placements too have increased significantly. In the 2023-24 academic year, 6,630 students secured jobs. It increased to 9,640 in 2024-25 and moved up to 9,695 in the current 2025-26 academic year.

To encourage youngsters to complete their diplomas, third-year students now have the option to undergo a one-year internship, instead of 6 months, in the industry of their choice for a monthly stipend ranging from Rs 11,500-21,500. The companies will also conduct the assessments for students during the internship. Through this new method, students are expected to receive confirmed job offers from the same company immediately after completing their third year.

However, undertaking a full one-year internship in the final year is not mandatory.

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Major Mukund Varadarajan Road signboard uprooted at Tambaram's Camp Road

A signboard bearing the name of Major Mukund Varadarajan Road, dedicated to the Army officer who was posthumously awarded the Ashok Chakra, has been uprooted and damaged at the Camp Road junction in Tambaram, raising concerns among local residents.

Road named after Major Mukund Varadarajan; signboards installed at many places Major Mukund Varadarajan died in action during an encounter with terrorists in Jammu & Kashmir in 2014. In recognition of his bravery and sacrifice, the Central government conferred the Ashok Chakra, the country's highest peacetime gallantry award, on his family.

In June this year, the Tamil Nadu government named the road connecting East Tambaram railway station to Velachery as Major Mukund Varadarajan Road. The road falls under the Tambaram Corporation limits and has significance as Major Mukund Varadarajan once lived in East Tambaram. Following the government's decision, signboards carrying the new name were installed at several locations along the road maintained by the Tambaram Corporation, including at East Tambaram, IAF Junction, Solaiyur and Camp Road, among other locations. The naming of the road was welcomed as a mark of respect to the Army officer and

his contribution to the nation. The signboard at Camp Road was reportedly installed next to the police assistance booth at the junction. It was later found uprooted and discarded on the roadside.

Major Mukund Varadarajan Road signboard uprooted: Residents seek action Local residents have urged the Tambaram Corporation administration to intervene and identify those responsible for removing the signboard. Residents said there was a shop near the location where the board had been installed and suspected that the signboard could have been removed because it allegedly obstructed vehicles entering or leaving the shop.

Chennai steps up Cooum river restoration efforts



The Chennai Cooum River restoration project aims to tackle sewage pollution, improve water quality and revive the city's historic waterway. The initiative focuses on treating sewage,

preventing untreated wastewater from entering the river and improving the surrounding environment. Under the Singara Chennai 2.0

initiative, along with other government programmes, efforts are being undertaken to restore Chennai's waterways and improve the city's overall environmental quality.