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Health Benefits of water melon

Here are the health benefits of eating watermelon



Dry Plants need to be cleared



Lot of dry plants in the Anna nagar in the center of road. Near K4 police station. Past 3 to 4 months the plants are more dry. But still no one can cleared the waste. Concerned department need to remove the dry plant.

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. Watermelon seeds have amazing health benefits too. These are loaded with nutrients like magnesium, folate, and fatty acids. They are rich in fibres, have low sugar content, and also contain citrulline. Lycopene is found abundantly in watermelon. It has antioxidant and anti-inflammatory potential. Some studies indicate it might also be helpful to improve mental processes and thinking. The correct way to choose a ripe watermelon is to look for a pale yellow or cream-coloured spot. This is where the melon rests on the ground and it is light green or white in colour initially. This bald spot changes its colour after ripening of the fruit.

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'Velammal Pillaithamizh - Moolamum Uraiyum' Unveiled by Hon'ble Minister M.P. Saminathan



The highly anticipated book, 'Velammal Pillaithamizh - Moolamum Uraiyum', authored by Pulavar Anthony Samy, was officially released by the Hon'ble Minister Minister for Tamil Development, Information & Publicity, Thiru. M.P. Saminathan at his chamber. The ceremony, graced by esteemed dignitaries, witnessed the unveiling of this literary masterpiece, symbolizing a significant contribution to Tamil literature and cultural heritage. The first copy of the book was presented to Mr. Sriram Velmohan, Deputy Correspondent of Velammal Nexus, in recognition of Velammal's steadfast commitment to promoting Tamil language and literature.

Girl With a Pearl Earring

Artist: Johannes Vermeer, Estimated date: 1665, Where to see it: Mauritshuis (The Hague, Netherlands) This intriguing favorite often gets compared with the "Mona Lisa." Besides the stylistic differences, technically "Girl With a Pearl Earring" isn't even a

portrait, but a "tronie" - a Dutch word for a painting of an imaginary figure with exaggerated features. The oil on canvas masterpiece is brilliant in its simplicity. The girl - wearing a blue and gold turban and an oversized pearl earring - is the entire focus with

only a dark backdrop behind her. While the Mauritshuis underwent a renovation from 2012 to 2014, "Girl With a Pearl Earring" went on tour in the United States, Italy and Japan. It drew huge crowds, further bolstering its status as one of the world's most famous works of art

Hubert Cecil Booth

Hubert Cecil Booth (1871 - 1955) was an English engineer, best known for having invented one of the first powered vacuum cleaners. He also designed suspension bridges and Later he became Managing Director of Vacuum Cleaner and Engineering Co. is known for one of the first vacuum cleaners. Booth introduced his version of the vacuum machines blew or of sucking it up. later, in 1901 he an American machine Music Hall in London.



(4 July 1871 - 14 January 1955) was an English engineer, best known for having invented one of the first powered vacuum cleaners. He also designed suspension bridges and Later he became Managing Director of Vacuum Cleaner and Engineering Co. is known for one of the first vacuum cleaners. Booth introduced his version of the vacuum machines blew or of sucking it up. later, in 1901 he an American machine Music Hall in London.

Donate Blood & Eyes

Poly cystic ovaries syndrome

It is a hormonal disorder commonly seen in age group between 12years & 40years. Three common factors associated are increased androgen levels, cystic ovaries in ultrasound, Irregular menstrual cycles and anovulation, insulin resistance, low grade inflammation and infertility are common.

Aim is to improve their physical health by weight reduction, Dietary modification, Exercise, increasing insulin sensitivity, ovulation induction and achieve pregnancy and reducing androgen levels and supplements for further details & treatment. Dr. Anaam yousuff M.B.B.S, D.G.O,FRM Gynaecologist

Fertility Specialist Padma jeyaram clinic - Gangadeeshwarar koil street, Purasaiwalkam, Next to BATA Showroom and ICICC Bank. Timing: 10am - 5pm Unity Fertility Clinic - Thiruvalluvar puram, 1st street, Choolaimedu. Timing : 6-9pm Contact: 8248196494 / 8807017125

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NEED PROPER SIGNAL IN CHINTHAMANI



In Chinthamani road signal not working. 2 wheeler and 4 wheeler riders are suffered to ride the vehicle, That place need more attention. People are stag in that junction. Past one weeks ago some random minor accidents are occur. So, Concerned department need to care that junction.

Mushrooms for weight loss



Mushrooms They have even started making appearance as an ingredient in non-vegetarians, alike.

their nutritional value. Mushrooms have been known to promote weight loss and fat burn by regulating the levels of glucose in the blood are delicious and loved by vegetarians and non-vegetarians, alike. They have even started making appearance as an ingredient in coffees to increase their nutritional value. Mushrooms have been known to promote weight loss and fat burn by regulating the levels of glucose in the blood.

IRON POSTER IN DANGEROUS CONDITION



Iron poster in dangerous condition at central street, Kilpauk garden. The poster is slanting on the tree. It is not a safe to the pedestrians who walk on the pathway. So, concerned authority take action against that.

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Bus shelter need attention



Bus shelter in Mandapam road need attention. Bus commuters suffer a lot. Road side vendors occupy the bus shelter with table and some things. Let the concerned authorities to remove all the unwanted things in the shelter and place the sitting stone. Senior citizen's re very much suffered a lot.

Eb junction box damaged



The electrical junction box at landon's road Kilpauk has been damaged heavily, residents cover the junction box using some board resulting in risking lives of many people walking and riding the vehicle at the site. It is requested that the concern EB officials visit the spot area and take necessary action by raising the platform of the EB junction box so that there could not be any risk of electrocution. "Better prevention than cure".

KOLA SARASWATHI VAISHNAVE SENIOR SECONDARY SCHOOL, KILPAUK, CHENNAI



Harmonious Horizons: Students Vocal Performance at Kola SaraswathiVaishnav Senior Secondary School ShriVallabh Cultural Academy proudly presents Carnatic Vocal Concert 2024 on showcasing various artistic Expressions and cultural traditions among the students.

The academy provides a platform for emerging talents to shine, giving voice to the next generation of cultural ambassadors. Kola SaraswathiVaishnav Senior Secondary School is hosted the concert in the School Auditorium on 23rd February 2024 at 5.30 pm. The auditorium was graced by the

enchanting performance by P.Prashni&Disha B Vaid of class IX that left the audience spell bound. With a voice that resonated with passion and precision showcased their remarkable talent and musical Prowers in an evening that will be remembered for years to come.

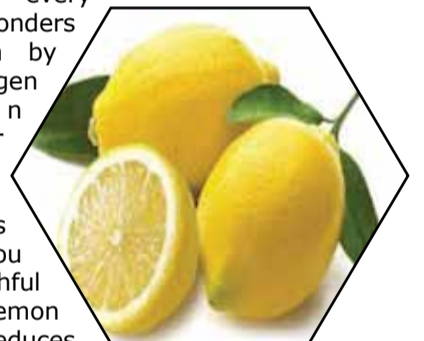
The event was graced by Mrs.Meena Mehta, Principal, Kola SaraswathiVaishnav Senior Secondary School, Mrs. SeemaMadan, Vice Principal, KSVSSS, Parents, Students and well-wishers.

The vocal concert by the students was not simply a display of musical talent but a testament to the power of music to inspire, uplift and unite.

LEMON PROMOTES SKIN ELASTICITY

When life gives you lemons (read wrinkles), run to the kitchen and make lemon water out of it! The fountain of youth may not exist but a slice of lemon in water can definitely help your skin keep tabs on the marks of time. A rich source of vitamin C, lemons are a powerhouse of antioxidants that work as an excellent anti-ageing. A few sips of

lemon water every day works wonders for your skin by bolstering collagen production responsible for maintaining skin elasticity. Besides rewarding you with a youthful firmness, lemon water also reduces signs of oxidative damage on the skin caused by free radicals.



Park wall damaged



Halls Road Park wall was damaged. During night time Some illegal activities are done inside the premises. Children's are not safe to play in that area. Lot of bottle piece and garbage are covered in the park wall side. Concerned department need to action against that.

HIGH-FLYING GLORY OF VELAMMAL



M i s s M.SANTHANALAKSHMI of Class X, Velammal Main School, Mogappair East, has won a GOLD medal in the Tamilnadu District Level Chess Organised by Tiruvallur District Chess Association held at Chennai.

VELAMMAL SETS NEW STANDARDS



Master U.TARUN of Class IX, Velammal Main School, Mogappair East, has won Bronze medal in 50m Breast Stroke-Swimming in BDG/RDG Games Organised by Government of Tamilnadu.

Low level of sewage



The sewage Chamber at Poonamalle high road and ritherdon road junction turning towards Dhina thanthi is at low level than the road surface due to which riders stumble down. Let the concerned authorities level the chamber to the surface level so that riders could ride their vehicle without stumbling down.

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Birla Planetarium Chennai



The planetarium was established in 1983 and fondly associated with B M Birla, who was a great Indian industrialist and visionary. Although established in 1983, the planetarium was inaugurated on 11 May 1988 by R Venkataraman, the then President of India. Today, the Government of Tamil Nadu backs up the functioning of the planetarium. The popular exhibits at the Birla Planetarium are Solar System, Cycle of Stars, Sky and Seasons, Comets, Man on the Moon, etc. Other exhibits include DRDO Pavilion which was set on the planetarium campus by

DRDO in collaboration with TNSTC (Tamil Nadu Science and Technology Center). The pavilion is aimed to exhibit the accomplishments of DRDO in its 50 labs across the nation in the fields of aeronautics, electronics, instrumentation etc. The exhibit includes models of guns naval systems, historical developments of guns, scale down model of Brahmos 1.3, a supersonic cruise missile, specialized clothing designed by DRDO used by Indian soldiers deployed at Siachen Glacier to survive the freezing temperatures, and many more.

WORKSHOP

- | | |
|---|--|
| 1. Thai Clay Workshop (Miniature Magnets) | Date - 03.03.24 (Sunday) |
| Date - 02.03.24 (Saturday) | Time - 10am - 12:30pm (Women Only) |
| Time - 10am - 12:30pm | Workshop Venue :- |
| 2.Dot Mandala Workshop | OlogyWomen Studio, 158 c, 4th floor, 995, 2nd Ave, Anna Nagar, Anna Nagar West, Anna Nagar, Chennai, Tamil Nadu 600040 |
| Date - 02.03.24 (Saturday) | |
| Time - 3pm - 5:30pm | |
| 3. Pottery Workshop | |

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- ◆ Fees concession for Economically weak students.
- ◆ Mid-day meal scheme sponsored by the church for the economically backward students.



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.

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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Hand Mudras for glowing skin

Varun Mudra



A hand gesture that represents the water god, varun mudra is termed as the water or seal gesture. This mudra can be practiced by the person of any age or gender to achieve a clear and glowing skin. This mudra helps in communicating clearly along with balancing

In order to reap the maximum benefits out of this hand gesture one must follow the given steps.

Sit with your back straight in the lotus posture by crossing your legs. Bring your hand onto the thigh and keep your hand such that your palm is facing upwards. Now fold and bring your little fingers towards the thumb while keeping all other fingers straight and intact. Touch the tip of your little finger with the tip of the thumb and stay in this position for a whole and relax

the water content in your body. It helps in activating the fluid circulation inside the body and helps to keep it nourished and moisturized. Not just providing moisture and glow to the skin but varun mudra is also effective in healing various skin conditions naturally.

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Chennai Super Kings host Royal Challengers Bangalore in IPL 2024 opener

Defending champions Chennai Super Kings will host Royal Challengers Bangalore in the IPL 2024 opener at the MA Chidambaram stadium in Chennai on March 22. The other finalist of the 2023 season - Gujarat Titans - will make a blockbuster start to their campaign against their former captain Hardik Pandya's Mumbai Indians in Ahmedabad on March 24.

The BCCI released a partial schedule for the 2024 season - for the first 17 days (March 22 to April 7) during which 21 matches will be played across 10 cities. In this period, there will be four double-headers. Punjab Kings and Delhi

Capitals will play the first afternoon fixture of the season on March 23 in Mohali, while Kolkata Knight Riders' season begins at home against Sunrisers Hyderabad later on the same day. Rajasthan Royals also get their season underway at home, against Lucknow Super Giants on the first Sunday of the season. This first phase of the season will not have any matches in Delhi with the Delhi Capitals playing their two home games in Vizag. BCCI is expected to announce the remainder of the schedule after the Election Commission of India announces the General Election dates.

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Cow roaming streets and roads



most people, the cases of road accidents are more likely to increase the suffering of mother cows. Furthermore, when accidents happen, people hardly stop and support the injured cows. Amidst the busy working schedule and life moving fast at a bullet speed, people have become more self-centered. They are less concerned about the innocent animals and everything else that hardly matters to them.

There are several abandoned, homeless stray cows roaming on the streets. Due to the frequent passing of vehicles and lack of conscious driving in

Cut Tree branches piled at pedestrian path



Lot of cut tree branches, broken bottle pieces are piled at Anna Nagar west First main road, which pedestrians. Let the concerned authorities clear the tree branches and broken glass pieces so that pedestrians could walk smoothly without any obstacle.



EASY TRAVELS



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Minimum 5 Hours



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