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Vol.16

Issue -34

English & Tamil Weekly

February 17, 2024 - February 23, 2024

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ஆன்மீக சத்சங்கம் - சென்னை

BRAHMA UPADESA MEIGNANA SABAI, TIRUVANNAMALAI.
SPIRITUAL SATSANG, CHENNAI

குரு பெருமான் இறையருள் வாசி சித்தரின் கருணையின் அருளால்
அவரது சீடர்களால் நடத்தப் படும் ஞாயிறு சத்சங்கம்
தேதி, நேரம் - 18-2-23, காலை 11 மணி முதல் மதியம் 12 மணி வரை
இடம் - Dr. நல்லி குப்புசாமி விவேகானந்தா வித்யாலயா, கொரட்டூர்.

அனுமதி இலவசம்! அனைவரும் வருக! குருவருள் பெறுக!!



Satsung Conducted by the disciples of Guru Peruman Shri Iraiyyarul
Vaasi Siddhar every Sunday.

Date and Time: 18-2-23 11am to 12 Noon

Place: Dr. Nalli Kuppuswami Vivekananda Vidyalaya, Korattur.

Entry Free! Come one and all and be Blessed!!

NCC champs in Novice Champ



The NCC Army Girls of Velammal Vidyalaya West of class VIII and IX standard participated in Novice Champ, a part of 14th Cado Fiesta 2024, State level inter-collegiate competition for NCC cadets conducted by the Tamil Nadu Dr. Ambedkar Law University, Perungudi Campus on 11th and 12th February 2024. Cadets participated in different events and won first place in group song, 3rd place in Last Man Standing & Firing.

Thank you All India Radio

Staff Writer - TS Karthik

World Radio Day (February 13), reminds us of All India Radio with its signature tune in Raga Sivaranjani, composed by Walter Kaufmann in 1936, has been serving the nation's masses in the fields of education, information and entertainment, living upto motto 'Bahujan

Hitaya Bahujan Sukhaya' - Welfare & Happiness for all. Also PM Modi's Mann ki Baat through radio has shown India to Indians.

ALL India Radio Chennai conducted quiz on World Radio Day February 13. Quiz educates engages and entertains the common man. In Mann ki Baat too PM urged

citizens to keep quizzing which reminds us Rudyard Kipling's poem "I Keep Six Honest Serving Men" which are - Who, What, When, Where Why and How, (5W&H), which talks about curiosity, and the willingness to continuously learn. Quizzes keeps the nation young!

DYSMENORRHEA

- ADVT

Dysmenorrhea, commonly referred to as painful periods, painful periods, or menstrual cramps, is pain that occurs throughout the menstrual cycle. It typically starts around the time when menstruation starts. Symptoms normally disappear after three days. Usually, the lower abdomen or pelvis are where the discomfort is located.

CAUSES:

- Primary dysmenorrhoea refers to a condition where the cause is frequently unclear.
- The womb (uterus) is healthy in primary dysmenorrhoea.
- The lining of the womb is considered to accumulate prostaglandins, common bodily substances.
- During a period, prostaglandins assist the womb's muscular wall in contracting and expelling the lining.
- It appears that too much prostaglandin is being produced in women who experience period pain, or the womb may be more sensitive to prostag-



landins than usual.

SYMPTOMS:

- Throbbing or cramping pain in your lower abdomen that can be intense
- Pain that starts 1 to 3 days before your period, peaks 24 hours after the onset of your period and subsides in 2 to 3 days
- Dull, continuous ache
- Pain that radiates to your lower back and thighs

Some women also have: Nausea, Loose stools, Headache, Dizziness

HOMOEOPATHIC MANAGEMENT:

In homoeopathy medicines like BELLADONNA, CHAMOMILLA, ACTAEA RACEMOSA, COCCULUS, MAGNESIA PHOSPHORI-

CA, BOVISTA, COLOCYNTHIS, etc are used for the treatment. The proper analysis of the case with the qualified homoeopathic physician will give better results.

By

Dr. Kalaivani Vijayanad B.Sc., B.H.M.S., M.Sc. (Medical Anatomy) Homoeopathic Consultant Faculty, University of Cyberjaya, Malaysia.

Vijay Homoeo Clinic, Dharma Towers, New No 88 Nelson Manickam Road, Choolaimedu, Chennai - 600 094. Agma Aspire, No 47 Sapthagiri Nagar, Valasaravakkam, Chennai - 600116. Mob and whats app : 94445 32266 Website: www.vijayhomoeoclinic.com

S. A. College of Arts & Science Showcases Vibrancy



On February 13, 2024, the Department of Corporate Secretaryship of S. A. College of Arts & Science hosted a series of enriching events. Beginning with the Post Budget Analysis session by the Corporate Governance Professionals' Association, discussions

delved into the implications of Union Budget 2024-2025. This was followed by Faculty Knowledge Transformation Study Circle #4, providing insights into key concepts. Meanwhile, Student's Knowledge Transformation Study Circle #8 led discussions

on Climate Finance and Paytm Payment Bank analysis. Transitioning to creativity, Talent Hunt 3.0 showcased student talents, promoting self-expression and confidence. These events exemplified the college's commitment to holistic development and knowledge exchange.

Chennai Metro Introduces Pink Force for Enhanced Safety of Women Commuters

To enhance the safety of women commuters, the Metro Rail has introduced the 'Pink Force,' a dedicated security squad. The induction ceremony for Pink Force Security Service took place at the Chennai Metro Rail office in Nandanam, Chennai, in the presence of Managing Director Siddique. The initiative aims to curb eve-teasing and other crimes against women during their metro travels.

Managing Director Siddique highlighted that the Metro Rail

Corporation already ensures comprehensive CCTV camera surveillance in trains and stations. In addition to this, the deployment of the 'Pink Squad' further reinforces vigilance, raises awareness, and offers additional security services for women passengers. The Pink Force members, comprising 23 trained women in the first phase, possess expertise in martial arts, self-defense techniques, customer service, and communication skills.

These trained members are strategically stationed at high-traffic metro stations such as Central Metro, Alandur Metro, and Airport Metro. The Chennai Metro Rail Corporation, with the participation of Director (Plans) Archunan, Chief Security Officer Jayalakshmi, and other senior officials, emphasizes its commitment to providing a secure environment, especially for women and individuals with special needs.

Govt Mandates Aadhaar Linkage for Birth and Death Certificates

In a bid to bolster transparency and improve welfare delivery, Public Health Director Selva Vinayak issues a directive mandating the linkage of Aadhaar numbers to birth and death certificates. Effective immediately, individuals must provide their Aadhaar numbers during registration, emphasizing comprehensive record-keeping from birth to death.

Under the Centralized Registration System (CRS), Aadhaar serves as a vital identifier, ensuring seamless integration of vital statistics with government databases. This move aims to streamline welfare distribution, minimize fraudulent claims, and enhance accountability.

District collectors are instructed to enforce compliance, especially in districts with low Aadhaar

linkage rates like Chennai. Timely registration within 14 days of the event is emphasized, with penalties for non-compliance.

Tamil Nadu's districts, municipalities, panchayats, and hospitals are notified of the directive. District collectors are tasked with implementation, aiming to uphold governance integrity and facilitate citizens' access to essential benefits.

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Velammal vidyalaya west echoes with pride in athletics

Athletes of Velammal 14th February 2024. in the U-14 category is Vidyalaya West are Students champed 4 gold earned by Shanshica.



on the way to roaring success who extols at the West Chennai Sahodaya Cluster- Inter School Athletic Meet organized by D.A.V senior Secondary school, Mogappair on medals in U-12 category & 4 Gold medals in U-14 category, 1 silver medal in U-14 category, 4 Bronze medals in U-14 relay. The overall individual championship The staff & student community appreciated the sincere efforts of the students and the trainer Mr. Prashanth for their remarkable achievement.

Anna Adarsh College for Women conducted Adarsh Angadi

The Institution's Innovation Council (IIC) and Entrepreneurial Development Cell of Punjab Association's Anna Adarsh College for Women by the correspondent Mr. Sunil Hasija. The Principal Dr. R. Shanthy delivered the welcome address. Dr. Anita Raman, Vice-Principal, played songs on demand, a disco stage for dancing and some fun-filled games were all conducted for the entertainment of the



Adarsh College for Women Dean (Academic) and IIC President introduced the Chief Guest to the gathering. The Chief Guest delivered the Presidential address and declared the event open by cutting the satin ribbon.

The event was inaugurated by the Chief Guest Mr. Prasad Raj, CEO and owner of Ignite 101 and a recipient of the ICRS Award 2024 for his contribution in the field of sports entrepreneurship. The day started with lighting of the lamp by the Chief guest, Correspondent, Vice-President and Chairman (Non-Academic), Principal, Vice-Principals and Convener of IIC, followed by the prayer song. The Chief Guest was felicitated

100 stalls were put up by the budding entrepreneurs of the college to exhibit their latent skill and business acumen. The students marketed self-made handicrafts, jewellery and other accessories, all designed by themselves. Art galleries exhibiting handicrafts and ethnic products, nature based organic products drew a large number of visitors. A Lucky Draw was organized for all in the campus. A JukeBox students and the visitors. Around 6000 students of the college, 300 women students from other city colleges and 500 public members visited the mega event. The Chief Guest judged the stalls and declared the Best Maintained Stall Award and the Best Entrepreneur Award at the end of the event. The event was a huge success with every stall witnessing huge footfall and earning profit for the budding entrepreneurs. It provided the students with experience about materializing their business ideas into reality and the efficiency to put that into practice.

Free yoga classes on Sundays

Dhyan Foundation conducts free yoga classes on Sundays from 6.45 a.m to 8 a.m in Nethrodaya. The classes cover asanas, spine and back strengthening exercises, body sculpting, chakra cleaning and balancing. All are welcome. Nethrodaya is at No. 47, 1, Bharathi Salai, Nolambur Phase II, Mogappair West. For more details, contact : 91763 21977.

Discourse on Bhagavad Gita

Under the auspices of Sri Ramakrishna Mission Ashrama (3, Maharajapuram Santhanam Salai, T. Nagar), Swami Satyaprabhananda will deliver a discourse in Tamil on Bhagavad Gita at 5.30 p.m on Sunday, February 18, 2024 in the Ashram's premises. All are welcome. More details can be had in 2814 3896 and 3514 2014.

TANGEDCO Introduces Mobile App for Complaints on Power Outages and Repairs in TN

Tamil Nadu Generation and Distribution Corporation (TANGEDCO) has launched a convenient solution for residents to report power outages, request repairs, and address additional electricity charges through a user-friendly mobile app. In a recent notification, the power department announced that complaints can also be registered by calling 9498794987, the consumer service center number known as Vinnakam. To access this service, residents can download the official app by visiting: https://play.google.com/store/apps/details?id=com.tneb.tangedco&pcampaignid=web_share. This initiative aims to streamline and expedite the complaint resolution process, ensuring a more responsive and efficient service for consumers across Tamil Nadu.

Govt Encourages TN Students to Utilize Available Educational Loans!

In a bid to support students in pursuing higher education, the government of Tamil Nadu has urged eligible individuals to take advantage of the educational loan schemes currently accessible. To facilitate the application process, prospective applicants are required to furnish specific documents for verification purposes. The documentation requirements encompass the following:

- Voter IDs
- PAN Cards
- Community Certificates
- Income Certificates
- Passport-sized Photos
- Educational Certificates
- College Fee Details
- Bank Passbook First Page
- College Admission Letter

Ensuring that all necessary paperwork is in order streamlines the loan application process, expediting approval and disbursal. Students are encouraged to meticulously prepare and submit the required documents to avail themselves of this beneficial opportunity for educational advancement. By leveraging available educational loans, students can pursue their academic aspirations without being burdened by immediate financial constraints, thereby fostering a brighter future for themselves and contributing to the overall development of Tamil Nadu.

Unlocking Inner Peace: SACAS Workshop Delivers Insights on Mastering Thoughts



The Central Library of S. A. College of Arts & Science hosted a transformative workshop titled "Mastering Your Thoughts" on February 9th, 2024, at SACAS Auditorium. Renowned Writer, Civil Engineer, and Entrepreneur, Mr. A T Rajkumar, graced the event as Chief Guest. He captivated the audience with practical insights on maintaining mental composure amidst life's challenges. Attended by 145 first-year students from diverse disciplines and faculty members, the session delved into coping mechanisms for stress and overthinking. Participants actively engaged in discussions revolving around themes of purpose, acceptance, and living in the present. Dr. G. Muruganandham, Librarian, coordinated the event.



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98.62	98.62	98.55	98.54	98.54	98.48	98.48	98.47	98.44	98.38	98.38	98.35	98.35	98.34
98.29	98.19	98.15	98.14	98.12	98.10	98.07	98.04	97.99	97.95	97.94	97.94	97.94	97.92
97.87	97.87	97.86	97.85	97.83	97.82	97.80	97.78	97.70	97.70	97.64	97.63	97.57	97.56
97.56	97.52	97.52	97.51	97.49	97.45	97.36	97.34	97.34	97.27	97.26	97.23	97.20	97.20
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96.77	96.75	96.75	96.74	96.69	96.60	96.59	96.52	96.47	96.47	96.45	96.43	96.43	96.33
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Winners of Inter School Competition

Students of VKIDS TSK participated in the Inter School Competition conducted by Valliammal School on 10th February 2024 held in Chennai. Bhargav Krishna S, Kanishkaa V, Gokulakrishnan P, Jiya Shri J & Srinika S bagged first, second and third position in various competitions.

Workshop on Intellectual Property Rights Held at S. A. College of Arts & Science



The PG Department of Commerce (General) of S. A. College of Arts & Science, in collaboration with the Citizen Consumer Club and Consumer Right Organization, hosted a one-day workshop on "Intellectual Property Rights" on February 16th, 2024, from 01:00 p.m. to 2:00 p.m. at SACAS Auditorium. Akshaya P Sachin, Partner at KRIA Law, served as the resource person. With expertise in Intellectual Property Strategy and trademark prosecution, Sachin shared insights on infringement analysis and enforcement strategies. Attendees gained valuable knowledge on safeguarding their creative assets, thanks to Sachin's extensive experience in resolving IP disputes for prominent clients.

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Velammal vidyalaya west marches towards success



In the remarkable display of skill and determination the Kho-Kho team from Velammal Vidyalaya West has left an indelible mark at the recent event held at Avichi School. The team outstanding performance gave an overall Runner up trophy exposing the Sports man Spirit. Among the stand out performance Master. Keethivasan of class VII emerged victorious, clinching the “Best Chaser Award”. The Management congratulated the achievers and the trainer Mr. Manikandan for their hard work.

“Empowering Girls: ‘Unleashing Inner Power’ Self-Defense Workshop Hosted by S.A. College”

On February 13, 2024, Mukesh Babu, Abinaya mastery in self-protection, the SACAS Auditorium B, and Jeeva Raman. highlightingthesignificance



hosted the “Unleashing Inner Power” self-defense workshop by the Department of Commerce Computer Application at S.A. College of Arts & Science. Aimed at empowering girls, the event led by students B showcased practical self-defense techniques and strategies. Beginning with an introduction on self-defense importance, the workshop provided hands-on demonstrations and guidance. Participants gained confidence and of such initiatives in equipping individuals, especially young girls, with vital life skills. The event emphasized creating a safer environment through knowledge and empowerment.

A tribute to the martyrs of the Pulwama attack



Students of Jaigopal Garodia Vivekananda Vidyalaya, Anna Nagar, Chennai-40, paid tributes to the soldiers killed in the Pulwama attack on 14.2.2019. Students spoke about the dastardly act. Senior Principal, Principal, Staff members and students offered floral tributes to the Martyrs. The NCC troop of the school paid their tributes too.

Don't say life is unfair

Staff Writer - TS Karthik

Life, a beautiful journey filled with ups and downs, can sometimes provoke feelings of despair and frustration. It is not uncommon to hear people repeatedly complain about the unfairness of their lives. However, dwelling on negativity only further entangles us in a never-ending cycle of discontent. It is essential to shift our perspective and reevaluate our approach to life's challenges.

Count Your Blessings:

In moments of despondency, take a step back and reflect on the blessings that surround you. Gratitude is a powerful tool that can change our perception. Focus on the positive aspects of your life, such as good health, a loving family, or supportive friends. Cultivating gratitude will uplift your spirits and help you find peace amidst chaos.

Self-Reflection and Personal Growth:

Instead of fixating on external circumstances, turn your attention inward. Embrace introspection as a means for personal growth. Ask yourself what actions or attitudes contribute to your perception of life's unfairness. Identify areas where you can make positive changes and work towards personal development. We have the power to shape our destiny by fostering a growth mindset.

Establish a Support System:

Connect with like-minded individuals who radiate positivity and encourage personal development. Surround yourself with people who inspire, uplift, and motivate you to overcome challenges. Strictly avoid energy sappers, who with their negative talk drag you down along

with them. Constructive conversations and sharing experiences can help shift your perspective and offer new insights into managing life's complexities.

Seek Solutions, Not Blame:

Rather than merely complaining about life's perceived unfairness, channel your energy into finding solutions to your challenges. Instead of blaming external factors, focus on what you can control. Analyze the situation objectively and identify steps that will lead to a positive change. Proactivity and problem-solving skills are paramount in combating the feeling of victimhood.

Practice Resilience:

Resilience is an essential trait that allows us to bounce back from setbacks. Understand that setbacks are opportunities for growth, resilience, and even redirection. Embrace challenges as stepping stones to success and cultivate the strength to persevere. By developing resilience, you can transform the seemingly unfair moments of life into valuable learning experiences.

Life can indeed pose numerous challenges, but our perception and reaction to these challenges determine our overall well-being. By consciously choosing to embrace positivity and self-growth, we can break free from the grip of victimhood and create a life filled with meaning and purpose. Remember, life may not always seem fair, but our ability to navigate its complexities lies within us. So, let's pledge to shift our perspective, and together, we can build a path abundant with gratitude and resilience, ultimately forging a brighter, more fulfilling future.

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