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Vol.16 Issue -34 English & Tamil Weekly February 25, 2024 - March 1, 2024 FREE 8 Pages

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01.03.2024 | 07.50 A.M.
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World Mother Language Day Celebrated at S.A. College of Arts & Science

S.A. College of Arts & Science, Department of Tamil, celebrated World Mother Language Day. V. Saiy Satyavathi, and Principal Dr. Malathi Selvakkumar. literary expressions. The celebration of World Mother Language Day



The Director Dr. V. Saiy Satyavathi highlighted the essence of the day, emphasizing the beauty of Tamil language through literary presentations. Mr. Y.S. Rajendran eloquently showcased the significance of preserving one's mother tongue, reflecting on Tamil's cultural richness through Mother Language Day on February 21 in grandeur. The event, held at the college auditorium at 10 a.m., was graced by eminent poet Mr. Y.S. Rajendran. Mr. P. Venkatesh Raja planned for this unique day. The ceremony was presided over by the Director Dr.

ANEMIA

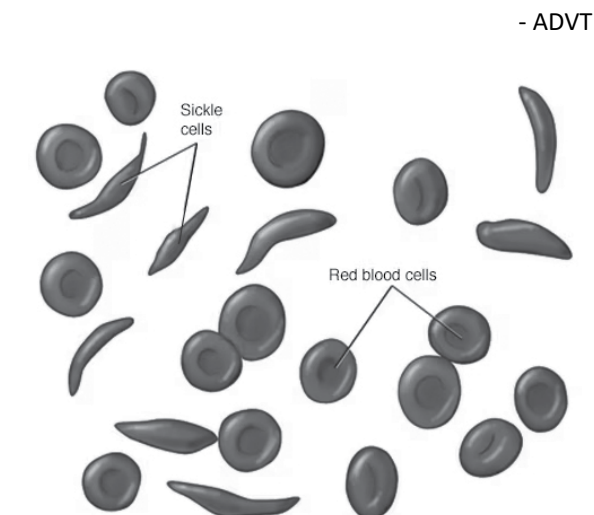
Anaemia is a condition where the amount of red blood cells or the amount of hemoglobin they contain is below normal. There will be a reduced ability of the blood to transfer oxygen to the body's tissues if you have insufficient or atypical red blood cells, insufficient haemoglobin, or both. This causes symptoms including, but not limited to, exhaustion, weakness, lightheadedness, and shortness of breath. Numerous reasons, including vitamin deficits from poor diets or poor nutrient absorption, infections (such as malaria, parasitic infections, TB, and HIV), inflammation, chronic disorders, and gynecological and obstetric conditions, can lead to anemia.

CAUSES:

- There aren't enough red blood cells or hemoglobin produced by the body.
- Hemoglobin and red blood cells are lost during bleeding quicker than they can be replenished.
- Both hemoglobin and red blood cells are destroyed by the body.

SYMPTOMS:

- Tiredness.
- Weakness.
- Respiration difficulty.



- Skin that is pale or yellowish, which may be more noticeable on white people than on Black or brown people.
- Abnormal heartbeat.
- A feeling of faintness or dizziness.
- Ache in the chest.
- Cold feet and hands.
- Headaches.

HOMOEOPATHY MANAGEMENT:

In homoeopathy medicines are ALETRIS FARI-NOSA, CHINA, CINCHONA, FERRUM METALLICUM, NATRUM MURATICUM, NITRIC ACID etc are used 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

For News / Events in Anna Nagar NEWS Contact 42172423

Velammal Vidyalaya Promotes Community Engagement



In a commendable effort to instill the values of service and community engagement, Velammal Vidyalaya MelAyanambakkam organized a Uniform Service Camp for students associated with Cubs, Bulbuls, Junior Red Cross (JRC), and Road Safety Patrol (RSP). The camp, held on 17.02 23 witnessed enthusiastic participation from young minds eager to contribute to societal well-being.

New link roads in Chennai to ease traffic congestion!!

To reduce the traffic congestion caused due to ongoing construction work of the metro rail project, Chennai city would get new link roads. It is now brought out that senior officers belonging to the TN state govt are busy exploring the feasibility of constructing link roads to connect the present bus routes maintained by GCC and the Highways dept in Chennai.

In order to ease the traffic congestion around the Adyar area, the

officials have proposed a construction of a link road connecting DGS Dinakaran Salai and Durgabai Deshmukh Road near the music college in the vicinity of Adyar River.

In places like Santhome and Mylapore, metro rail construction works have been going on. It is now revealed that the officials have started exploring the possibility of alternative routes for diverting traffic along many important roads like Santhome High Road etc

To ease the traffic congestion on the Jawaharlal Salai, some of the Anna Nagar residents (where metro rail works are going on now) have demanded a link road connecting PillayarKoil Street in ward 104 to Padi Kuppam Road in ward 90.

As per the GCC councillor Mr.Semmozhi, the link road running from Padi Kuppam Road to Pillayar Koil Street would facilitate the vehicle movement from places like Maduravoyal, Poonamallee and Vanagaram etc.

Southern Railway Announces EMU Train Service

Cancellations and Maintenance Schedule in Chennai

Southern Railway has announced the cancellation of EMU train services in the Chennai Egmore and Villupuram section between Kodambakkam and Tambaram railway stations on 25th February from 11:00 hrs to 15:15 hrs due to maintenance works for the third consecutive week. A total of 44 trains are affected, including routes such as Chennai Beach to Tambaram, Chennai Beach to Chengalpattu, Chennai Beach to Arakkonam, Tambaram to Chennai Beach, Chengalpattu

to Chennai Beach, Kanchipuram to Chennai Beach, and Tirumalpur to Chennai Beach.

To accommodate the inconvenience caused by the cancellations, passenger specials will be operational between Tambaram and Chengalpattu, as well as Chengalpattu and Tambaram. The decision to conduct maintenance during the months of January to March is attributed to temperature control, with specific temperature requirements for the work, necessitating daytime operations. The

ongoing works, prioritizing passenger safety, will continue until March on every Sunday.

Chennai Division's Divisional Railway Manager, B Viswanath Eerya, highlighted the expansion and compression processes undergone by the rail during this period. Additionally, he emphasized that both CMRL (Chennai Metro Rail Limited) and MTC (Metropolitan Transport Corporation) will provide additional services to meet the heightened demand from passengers on Sundays.

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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 25, 2024 in the Ashram's premises. All are welcome. More details can be had in 2814 3896 and 3514 2014.

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.

7 Day Free Art and Craft class for school students

Munnetram Educational and Charitable Trust will conduct 7-day free art and craft classes for school students from (Stds.1 to 8) on Friday, March 1 to Thursday, March 7 in its

premises.

Trained artist will conduct basics of art and craft from 4 p.m to 5 p.m every day. 20 students will be admitted in the class and registration will be

on first cum first service.

Munnetram Educational and Charitable Trust is at LIG 651, 8th Main Road, Eri Scheme, Mogappair. For registration contact : 79043 12963.

SACAS ED-MART 2K24 Ignites Entrepreneurial Fervor at S.A. College of Arts & Science

Amidst a kaleidoscope of innovation, SACAS ED-MART 2K24 dazzled on a flair. From gastronomic delights to cutting-edge tech ventures, the event and VJ Surendar, lent their support, fostering dialogue and inspiration.



February 17, 2024. Hosted by the Entrepreneur Development Cell and Institute of Innovation Council, the event showcased 100 stalls pulsating with entrepreneurial

captivated a diverse audience. Mr. P. Venkatesh Raja inaugurated proceedings, underscoring the boundless opportunities ahead. Industry luminaries, including Ms. Teju Ashwini

With around 4000 attendees, SACAS ED-MART 2K24 epitomized a convergence of academia and entrepreneurship, signaling a future illuminated by creativity and collaboration.

Chennai Bus App Expands Reach with iOS Launch

State Transport Department Minister SS Sivasankar unveiled the iOS version of the Chennai Bus application on Thursday, expanding accessibility for iPhone users. The original Chennai Bus app was introduced on May 4, 2022, catering to Android users. This app revolutionizes commuting by providing real-time information about bus locations, arrival times, and other pertinent details.

Designed with user convenience in mind, the mobile application proves especially beneficial for newcomers to the city. It allows individuals to easily discover bus stops in their vicinity, along with comprehensive information about buses operating through these stops. Notably, the app facilitates travel planning before the commencement of the journey, ensuring a smoother commuting

experience.

A noteworthy feature of the application is its SOS button, offering a safety net for users. In case of emergencies, this function enables individuals to send alerts to family and friends swiftly. The Chennai Bus app, now available on both Android and iOS platforms, marks a significant stride in enhancing public transportation experiences and ensuring the safety and ease of travel for all users.

Velammal vidyalaya west marches towards success



In the remarkable display of skill and determination the Kabaddi team from Velammal Vidyalaya West has left an indelible mark at West Chennai Sahodaya Cluster Kabaddi Tournament held at Dayasadan Agarwal Vidyalaya, Chennai. The team's outstanding performance received an overall Runner up trophy exposing the Sportsman Spirit.

Pulse polio immunisation campaign on March 3

The Health department in Tamil Nadu is gearing up for the Pulse Polio Immunisation campaign scheduled for March 3. A significant target of 57.83 lakh children is set for immunisation across the state.

As part of the extensive campaign, the Directorate

of Public Health and Preventive Medicine has announced the establishment of 43,051 booths. A dedicated workforce of two lakh staff members will be actively engaged in the immunisation efforts. To meet the demands of the campaign, a substantial

supply of 89.24 lakh vaccine doses has been made available.

This initiative underscores the state's commitment to ensuring the health and well-being of its young population, emphasizing the importance of comprehensive polio immunisation.

Students, teachers can now access Manarkeni app from all gadgets

The State Minister for School Education of the State Government of Tamil Nadu, Anbil Magesh, inaugurated the launch of the Manarkeni website on (Thursday, 22nd February) for the Chennai Metro City School students.

In this website, the lessons in various subjects according to the syllabus from the First Standard to the 12th Standard are explained as video presentations compiled by the Tamil Nadu Council for Education, Research and Training.

In the first phase, the lessons for the subjects of Science, Mathematics,

English, Physics, Chemistry, Botany, and Zoology for the students from the 6th Standard to the 12th Standard (+2) have been presented.

There is a facility to check the learning skill of the students through a quiz programme at the end of each video clip. With this, the teachers can verify and confirm whether the lessons taught have been clearly understood by the students.

The progression of questions from the first to the last has been designed with increasing difficulty levels to answer.

There are full answers as well for these questions.

If the students have any difficulty or doubts in the lesson, there are helpful tips all along as the video is played.

The videos have been prepared with the 2-D and 3-D animations. So, these lessons are easy to understand quickly and also remember whatever was learnt. Note that all these videos can be downloaded without any need for passwords!

THE WEBSITE: <https://manarkeni.tnschools.gov.in>.

The Mobile App for this can be had by accessing Google Play Store and typing 'TNSED Manarkeni'

Free health check-up for senior citizens

Anna Nagar Senior Citizens' Welfare Association and Dr. V.S. Natarajan Senior Citizens' Welfare Trust have jointly organised free health check-up for senior citizens from 10 a.m to 1 p.m on Sunday, Feb. 25, 2024. The check-up will include BP and blood sugar test and assessment of body balance. Dr. Natarajan (Geriatrician) will speak on welfare of senior citizens. The venue is at the office of G.V. Nagavalli Prabhakaran, Ward 88 Councillor, 2nd Avenue, B Sector, Anna Nagar Western Extension. All senior citizens are welcome.



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Kindergarten Convocation

Kindergarten degrees on the tiny tots, an hour long cultural convocation was held Senior Principal Mr. G. program starting with in our campus. Smt T. Vijayakumar welcomed the invocation dance,



Vijayalakshmi Principal of the gathering and pattimandram, mime, Smt Chandabai Pagariya Introduced the Chief individual performances Jain Mat Hr Sec. School, guest. Principal Ms. M. and dances of the Perambur was the chief Uma presented the report of activities and proposed The program came to a Convocation address the vote of thanks. close with the National and conferred the The tiny tots put up Anthem.

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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 Anthonysamy, 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.

Walkthone Promotes Understanding Peace



The Rotaract Club of (Friday) from 8 a.m. to 9 S.A. College of Arts & Science, in collaboration a.m. The event, held at the S.A. College Campus, with the Inner Wheel Club of Chennai Coral, orchestrated a one-day various departments. Walkthone on "Walk with Understanding for Peace" The walk commenced from the college's main gate, traversing to onlookers.

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Velammal students demonstrate governance



Students of grade V at Velammal Academy Nollambur donned the attire of President, Vice President, Defence Minister, and Education Minister for a social science activity. Through a quiz session, they demonstrated their understanding of governance and leadership, emphasizing the school's commitment to practical education.

Navigating the Future in AI at S. A. College of

Arts & Science

In a stimulating session titled "Navigating the Future: Trends and Cyber Security Expert and Writer, urged participants to move beyond consumerism and actively engage in AI innovation. Addressing students from various programs, including B.Sc. in Computer Science with AI, B.C.A., and B.Com. C.A., the event emphasized the conscious use of time and



showcased successful AI implementations across domains. The interactive session concluded with gratitude extended to the guest speaker and organizers for their insightful contributions.

GCC Greenlights 252-Acre Kodungaiyur Dump

Reclamation Through Biomining

The Greater Chennai Corporation Council has greenlit a significant initiative to reclaim 252 acres of the Kodungaiyur dumping ground through a bio-mining project. The ambitious plan aims to process a substantial 66.52 lakh tonnes of legacy solid waste at an estimated cost of ₹640.83 crore. Funding for this project will be sourced from the Swachh Bharat Mission-Urban 2.0 and Germany's KfW Bank, with a payment model of ₹963.29 per tonne agreed upon after expert

deliberations. The decision aligns with Solid Waste Management Rules and National Green Tribunal directives, emphasizing the welfare of north Chennai residents.

The project's meticulous planning involves a comprehensive timeline, including feasibility reports, transaction advisory services, and drone surveys conducted in March 2022. Administrative approval was granted by the State government in January 2023. Three packages have been awarded to

Zigma Global Environ Solutions, two to Ramky Infrastructure, and one to Ascent e-Digit Solutions, marking a significant stride towards sustainable waste management practices in the region.

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Farmer

by our Staff Reporter - TS Karthik

Farmers do what other people don't have time for. A Nation prospers if it's farmers prosper. And Only a healthy nation can be a wealthy nation. Peace progress and prosperity is showered if we take care of kissan. If you are able to eat a square meal thank a farmer.

Sports washing Ball can break walls

by our Staff Reporter - TS Karthik

A ball can do what a wall cannot do.

Sports often serve as a diplomatic tool, enabling nations to engage in dialogue and cooperation. Sport is instrumental in breaking barriers. A ball can do what a wall cannot do. A small ball can break walls, whitewash black deeds and unite people.

Don't be obsessed with body problems or let body problems not rule over you

by our Staff Reporter - TS Karthik

In our circle of friends or colleagues there is always one person who is totally obsessed about health, discusses health/ body ailments issues whenever you meet or talks about health and fitness all the time.

Like we travel in a vehicle to reach our destination, our soul uses the vehicle called body in this janma.

In today's society, there seems to be an overwhelming obsession with health, fitness, and body image. Everywhere we turn, there are advertisements for the latest weight loss trends, fitness programs, and miracle diets. It's no wonder that so many people have developed a fear of not being healthy or fit enough. The pressure to conform to society's standards of beauty and health can be overwhelming, leading to a negative impact on our mental and emotional well-being.

It's important to remember that health and fitness look different on everyone. Our bodies are all unique, and what works for one person may not work for another. It's time to shift our focus from trying to achieve a certain look to prioritizing our overall well-being. This means nourishing our bodies with healthy foods, getting regular exercise, and practicing self-care. It also means accepting and loving our bodies just the way they are.

The fear and obsession with health, fitness, and body image not only take a toll on our mental health but can also lead to unhealthy behaviors. Extreme dieting, over-exercising, and disordered eating are all too common in today's society. It's time to break free from these harmful patterns and cultivate a positive relationship with our bodies.

Instead of striving for perfection, let's embrace balance and moderation. Let's focus on nourishing our bodies with whole foods, finding joy in movement, and prioritizing our mental and emotional well-being. Let's celebrate our bodies for all the amazing things they can do, rather than how they look. Let's support and uplift one another on our journeys to health and wellness.

It's time to let go of the fear and obsession with health, fitness, and body image. Let's shift our focus to true well-being and self-love. As we do so, we can inspire others to do the same and create a healthier, more positive society.

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