



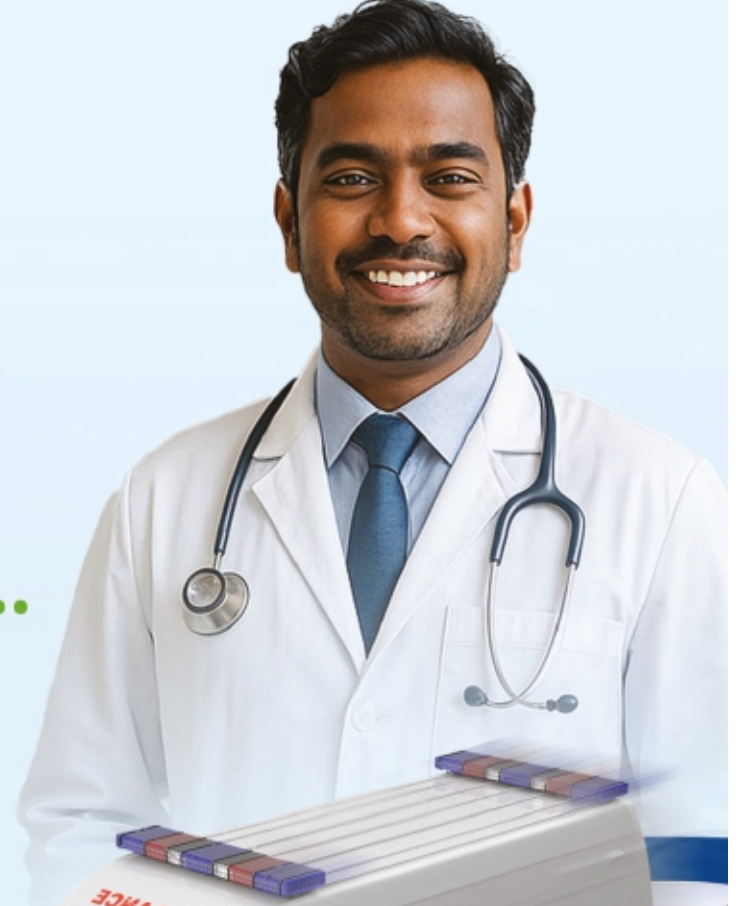
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Voice of GOD



Sri Meganathaswamy Temple, Thirumeeyachur
This is the 173rd Thevara Paadal Petra Shiva Sthalam on the south side of river Kaveri and the 56th temple of Chozha Nadu. Even though this is one of the Paadal Petra Shiva Temples, this temple is popularly known as Lalithambigai Temple.

Thirumeeyachur Ilankovil is a part of the main temple. In Periyapuram Sekkizhar records that Thirugnanasambandar came to this temple after worshipping Lord Shiva of Akkur.

Moolavar : Sri Meganathar, Sri Muyarchinathar.
Consort : Sri Soundaryanayagi, Sri Lalithambigai.
Some of the salient features of this temple are.....

The Temple faces east with a 5-Tier Rajagopuram. Balipeedam, Dwajasthambam, and Rishabam are after the Rajagopuram. A second level 3-tier mini Rajagopuram is in front of the Temple complex. Moolavar is of Swayambhu. In Koshtam Kshetra Bhubaneswar (Gangadhara/Alingna Murti – Lord Shiva pacifies ma Parvati's anger), Vinayagar, Dakshinamurthy with Brahma and Vishnu on both sides, Brahma, Durgai, Chandrasekar, and Rishabaroodar. Dwarapalakas are made of stucco. In praharam, Nagalingam, Sekkizhar, Naalvar, Saptamatrikas, Vinayagar, Pancha Lingas- Agni, Appu, Akasa, Vayu, and Prithvi, Shiva Lingas worshiped by Indran, Kubera, and Yaman, Bhairavar and Suriyan. Ambal Lalithambigai is in a separate Temple with sanctum, antarala and artha mandapam. Ambal is in sitting posture (Suhasana) with a provision to wear anklets. This temple is considered as the 1st Sakthi peedam of Sakthi, hence Ambal Lalithambigai is referred to as an Adi Parasakthi. It is believed that "Lalitha Sahasranamam" originated from this Lalithambigai. The temple is on the right side immediately after the Rajagopuram. A Vesara Vimana is over the sanctum. Deva koshta murtis are around sanctum sanctorum.

ARCHITECTURE

The main sanctum sanctorum consists of sanctum, antarala, and artha mandapam. The sanctum sanctorum (Gajaprishta) is on a padma bandha adhistanam with virudha kumudam. The prastaram consists of valapi, kapotam with nasikudus and vyalavari. A single tier / eka tala Gajaprishta Vimanam is on the sanctum sanctorum with 3 kalasas. In addition to Deva Koshtas, Dakshinamurthy, Maha Vishnu and Brahma are in the giriva koshtam.

HISTORY AND INSCRIPTIONS

Since Thirugnanasambandar has sung in praise of Lord Shiva of this temple, the original temple might have existed before the 7th Century. It is believed that the temple was built by the Ko Chengat Chozha. The original temple was constructed with brick and the same was reconstructed into a stone temple by Sembian Mahadevi, during the Rajaraja period. Further extended during the Pandya period.

There are 7 inscriptions recorded from this temple. The inscriptions belong to Chozhas Parakesari, Rajakesari and Pandyas. There are no medieval-period inscriptions found. Most of the inscriptions record the endowment of burning perpetual lamps for which a gift of lands was made to this temple.

Koparakesarivarman's 3rd reign year inscription records the endowment of burning a perpetual lamps for which 90 Sheep/goats were gifted by Vetkovan Pukazhan MunnoorRruvan of Thirumeeyachur. The same person also donated land for burning a perpetual lamp.

Parantaka Chozha-I's 7th reign inscription records the endowment of burning two perpetual lamps for the same uncultivated land was reformed into a cultivable land and gifted to this temple by Yaazhakan in the name of his sister and mother.

Your Stars This Year

Aries : You don't have to work any harder. Concentrate on what yields the best results with less stress. An efficient worker is aware of how to plan time and energy; any workplace must have some method or tool that can ease tasks. Let go of some of the tasks through delegation. Financially, do not expend.

Taurus: Track your money more than ever this week. It will give you power. Knowing just where each rupee flows through your hand gives you a different perspective on how to act. Have the simplest budget, watch your spending, and keep a close eye on your habits. You may find small leaks that can be easily fixed.

Gemini: Someone may offer advice, a valuable contact, or support to help guide your career direction this week. Be open to assistance, even if it comes from an unlikely source. You could be advised on how to get on a better path during a simple conversation.

Cancer: This will be a wonderful week for personal growth through learning and self-improvement. Your mind will be eager to take in and apply through a short course, workshop, or even by revisiting an old skill. Small steps in learning have the potential to open big doors in your career.

Leo: Your voice is strongly influential—use it with wisdom. In any meeting, discussion, or negotiation, your voice will find ears to listen. Let those ideas fly or stand still for what feels right. Confidence at work will guide a team or push a project forward. The clearest communication regarding your worth will open doors.

Virgo: A slight change in your job or work routine this week may bring about a bit of freedom. This may involve a new role, task, or schedule. Do not resist the change, as it may be working towards a better balance. Flexibility will promote your professional growth. Such a change can also improve your earnings or reduce stress.

Libra: This week, make sure you proclaim and acknowledge your worth. If that little voice inside says that you are being paid less than you deserve or being taken for granted, then speak up! You know better than anyone else how to charm and clearly state your case for fair payment, so there is no reason to shun the limelight.

Scorpio: Hand calls for a deep reflection—is this work in my life aligned with what I stand for? If there appears to be a discrepancy, it may be time to reassess your career. In the workplace, pay attention to instances that feel meaningful, not profitable. Financially, choose to earn in a way that assures your peace of mind.

Sagittarius: Financial matters await you, with the possibility of having an impact on your future path. It could be about investing, changing jobs, or simply managing money. Consider your options before making any decisions. Do not hurry because there are gains to be considered in short order as well.

Capricorn: This week, be persistent rather than perfect. Tiny bits of action rarely work well when one aims for instant perfection. Go to work, be your best, and develop patience. The time will prove their worth. Financially, stick to your plan and avoid taking sudden, sweeping actions.

Aquarius : This is the time for you to clear clutter, mentally and practically. Too many distractions may be stalling your progress. Zero in on what counts. At work, drop off whatever takes simple filler time and drain your energy from your important goals. Say no. Eliminate those outdated habits that waste money or no longer yield.

Pisces: The natural ability to guide and inspire is strongly active here this week. Whether you lead a team, a project, or your life, be assured your leadership will be noticed. Do not shy away from responsibility. At work, people will start depending on your direction. Speak, act confidently, and trust your experience. Financially take charge of your planning.

PREDICTION FOR THIS WEEK
27.07.2025 TO 02.08.2025



Greater Chennai Corporation (GCC) has installed ramps at entrances of gig workers' lounges in T Nagar. These lounges for delivery partners are air conditioned and have toilets as well as power outlets to recharge mobile phones between orders. With the addition of the ramps, these resting facilities are now accessible to persons with disabilities.

Choolaimedu roads are a nightmare for motorists



The interior roads in Choolaimedu is a nightmare for motorists even after completion of underground sewage work in Choolaimedu. Even though the work completed before a month back the roads are in bad

(contd in page 1)

KODAMBAKKAM TIMES

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COVERING AREAS : Kodambakkam / Choolaimedu / West Mambalam / T Nagar / Nandanam

E paper : kodambakkamtimes.in

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FREE CIRCULATION

8 PAGES

27-07-2025 - 02-08-2025



There are several reasons for a motorist to share while driving on a milled road. They are much worried about safety during late nights driving along a milled road. They want the milled road to be repaired faster to avoid any mishap.

There are several reasons for choosing the road milling method. One of the most important reasons is recycling. Specific issues that road milling can resolve are unevenness, damage and bleeding. Road damage is often caused by car accidents or fires.

Appeal for a faster resolution

Road construction is a complex process that requires precision at every step to ensure the durability and safety of the finished roadways. One of the critical steps is milling, a technique used to remove the top layer of existing pavement. But it is left unattended for some time leaving motorists to suffer, navigating in the street. By stripping away worn, damaged, or deteriorated bituminous elements, milling provides a smooth, even surface essential for the new tar to adhere properly. This technique not only prepares the roadbed for resurfacing but also helps maintain the original engineering integrity of the roadway. This is evident on Masilamani Street, T Nagar. Milling machines use a large rotating drum to remove and grind the road surface.

Choolaimedu roads are a nightmare ...

(from page J2)

shape even for a small spell of rain. The area has become an accident pronezone. On Friday, a 40- year-old man fell and injured his knees while trying to avoid a poorly covered pit on Thiruvalluvar Nagar Main Road. At least five other motorists also fell on the same day due to uneven roads, says a shopkeeper. The underground sewage project began in April along the 1.5 km stretch of Choolaimedu High Road.

Officials promised that the work would be completed and roads would be relaid by May. The pipe-laying work, however, was delayed until June. Yet, only partial concrete patches have been laid, covering only the spots where the sewage lines were connected.

Interior roads, including Thiruvengadapuram Main Road and Thiruvalluvar Nagar 1st Street, are still not relaid or repaired. Metrowater guidelines say once the work is completed, a no objection certificate (NOC) must be issued to Greater Chennai Corporation (GCC) for relaying roads. Despite several attempts, efforts to reach Metrowater officials for a comment went unanswered. "We have lodged complaints through the

Namma Chennai app and even met the managing director of Metrowater. But we haven't received any response," said a resident, Sekar.

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17th annual All India Vedic Talent Vista held

Om Charitable Trust, celebrated it's 17th year of "National Vedic Talent Vista 2025" recently at Krishna Swamy Kalyana mandapam, T Nagar.

This is the 17th year event to honor the successful Vedic students and Vedic scholars of pan- India Vedic examinations organised by the trust. More than 100 Students qualified and they all came to the function with their Guru's and Examiners.

The Inauguration of the programs of the "Vaidika Vijnana Vikasini Sabha" which is an examination unit of the trust was presided by Hon'ble Justice G.R.Swaminathan of Madras High Court, Madurai Bench.

The notable and much awaited days program was a Noble act of doing Paadha Pooja

for Vedic Guru's / Scholars and Examiners by the Trustees and Volunteers of Om Charitable Trust, on behalf of Vedic students. Eminent Vedic Scholar Brahmashri Srikrishna Ganapaati delivered an informative and instructive lecture on the application of Vedic mantras in the evening.

The next day, 20th July, the program started with Vedic Delight, a unique jugalbandi in reciting of Vedic mantra in 4 different Veda/Shaka being Rigvedam, Krishna yajur Vedam, Shukla yajur Vedam (Kanva Shakha), shukla yajur Vedam (Madhyandina Shaka). Samvedam recital followed.

The North Indian vedic scholars who participated in this program were astonished by the fact that such a unique rendition had never been attempted at their places. This was followed by a speech on Vedha Mahatmiyam, and ambrosial feast by Dr. N. Venkatesh. His speech was such a delightful one wherein he could render his speech in between the clappings of the excited viewers.

The function concluded with a valedictory presided over by mahamahopadhyaya Brahmashri Dr R Krishnamurthy Shastrigal Former Principal, Madras Sanskrit College.

Benedictory address was given by Brahmashri V. sriram Ghanapatigal and special address by P.E. Krishnan, Advocate, Honorable Supreme Court of India.

The divine event is organized to honour the Successful Vedic Scholars of Pan India Vedic Examinations organized by the Om Charitable Trust.

Apart from the prizes, the traveling expenses of the students and teachers who participated in the examination, their food and accommodation was also borne by Om Charitable Trust.

Om Charitable Trust conducts annual Vedic and Sastra Examinations and provides monthly scholarships to students studying in schools.

Om Charitable Trust was started in 2008, and this foundation has been conducting these divine examinations every year.

The office of the Om Charitable Trust is situated at No.49, Five Furlong Road, Guindy.

For further details contact 9176691111



Young Karate Girls from Auxilium Academy

Sai Akshara from Grade 2, Taneesha from Grade 3, Briana from Grade 4 studying in Auxilium Academy, Kodambakkam participated in 11th National Level Open Karate championship 2025 held @ Montford school, St. Thomas mount, on 20th August and won 2nd place, 3rd place in Individual Kata category under the guidance of their Masters Moo.Srinivasan & Mrs.Srilatha Srinivasan. Young Champs are been Appreciated and Applauded by Auxilium Academy Principal Sister Kalai, Sr Sister Crysall and their Class Teachers. For further details contact Coach Moo.Srinivasan & Mrs.Srilatha Srinivasan - 9841115248

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Special darshan for spl children to TTD

R Sivakumar (Managing Director of Sri Vishnu Associates and resident of Thambaiah Road, West Mambalam) specially made arrangements to have darshan of Lord Venkateswara and Sri Padmavathi Thaayar (TTD Temple, Venkatanarayana Road, T.Nagar) for 100 special children along with their parents on July 20.

Sivakumar said special children from various parts of city where had darshan of Lord Venkateswara and Sri Padmavathi Thaayar.

He said that Devasthanam gave 2 laddus and lunch to all the participants and had special darshan organised at 12.30 p.m

Many children had their visit to TTD and parents are very happy for the special arrangements made by him.



Phase 2 CMRL project successfully completed

CMRL crossed a major engineering milestone on Wednesday with the successful retrieval of tunnel boring machine "Peacock" at the Kodambakkam ramp near Meenakshi College, completing the longest underground work of its Phase 2 drive without public disruption.

The 2.047-km bored tunnel is part of Corridor 4, a 26.8 km stretch that will eventually link Light House and Poonamallee Bypass. It was launched in May 2024 from Panagal Park. Despite the engineering complexity and urban sensitivities, CMRL officials confirmed that no damage or disturbance was reported during the entire excavation. The breakthrough marks the completion of the single longest tunnel in Phase 2, T Nagar to Kodambakkam.



Dramatist S. Sruuthi's Play Enters India's World Records

"Kalai Ilamani" S. Sruuthi's latest stage play titled "Agnipravesamm" that has already won two Awards during the recent KFA Kodai Nataka Vizha has now entered India's World Records. S. Sruuthi is the very first dramatist to have designed & Presented already

established 108 Karanas Of Natya Sastra as a Stage Scene Backdrop in the Theatre field wherein she dances to the tunes of Lord Shiva's Song. This IWR Certificate was presented to her by Film Actors Cum Directors K. Bhagyaraj, Pandiarajan & Senior Journalist B. Vijayalakshmi just before the start of this very same play "Agnipravesamm" that has entered IWR at The Mylapore Fine Arts Club during their recent 21st Year Drama Festival.

LETTERS TO THE EDITOR



Traffic congestion near Good Shepherd school zone, Nungambakkam

It has been reported that a one-way traffic arrangements to ease traffic congestion has been proposed and discussions are on regarding the traffic snarls near school and college zones in and around Nungambakkam and Egmore. I wish to state that the first step to decongest areas near educational institutions is to stagger the timings of the schools. It is not Metro rail work that causes congestion in Sterling road and College road at 7.50 am. This stretch in particular has already been made one way. The real problem is because two schools in the same campus begin at the same time thereby blocking the entryway to other colleges and schools beyond Subbarao Avenue, Nungambakkam. Colleges can start at 8.00 am for young adults but why schools? I feel sad for the kids who are mostly half-awake and sullen as they are driven to schools early in the morning inhaling the vehicle emissions and enduring noise that fill their school zone. Along with the parents, GCC & traffic police should also invite environmentalists to hold talks with school authorities who insist on rules and ignore responsibilities.

C. Anupama

Readers can send your grievancies social problems, civic issues to kodambakkamtimes@yahoo.com

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HOME VISITS UNDERTAKEN



Multi-standup comedy

Rail Priya, a devoted group of railway staff, established a drama troupe 30 years ago when traditional drama faced significant hurdles due to the emergence of television and increasing travel costs.

Their unwavering passion for bringing new stories to life has inspired them to keep going, even when things became tough.

In their quest to reach audiences, they embraced innovative ideas that were once considered too ambitious for the theatre community.

1. They staged an extraordinary 24-hour marathon drama, beginning at 3 PM and continuing until the next day, sharing many plays in succession, including captivating performances even at midnight.
2. They presented unique plays that celebrated the triple acting of a hero right on stage, showcasing their creative talents.
3. They executed simultaneous performances at two different locations, seamlessly swapping the entire cast after intermission, without missing a beat.
4. They introduced an audience choice system, granting the crowd the power to vote for which play from their repertoire they wanted to see performed, a true testament to their commitment to engagement.

And so on so on..... Now, after three decades in the world of drama, they are actively seeking new ways to connect with the younger generation, who often gravitate towards the charm of short, stand-up comedy. In a recent heartwarming event at IDAM, a quaint auditorium in Kodambakkam with a cosy capacity of 50 to 70 people, Rail Priya joyfully launched their series "Sweet Kaaram Comedy" with the delightful skit "Thummal Ninnu Pochu."

This charming performance filled the room with laughter and left the audience feeling genuinely satisfied and uplifted. Described as a multi-stand-up comedy experience interwoven with a light narrative, it managed to resonate deeply with everyone present.

Audience members, who were able to purchase their tickets online, enjoyed a delightful assortment of sweet and spicy snacks as they immersed themselves in the humour of the skit.

One physiotherapist in attendance remarked that he might start recommending tickets to such shows as a therapeutic remedy for his stressed clients, highlighting the remarkable healing power of laughter and creativity.

His heartfelt comment underscores the success of Rail Priya's latest innovative endeavour and shines a light on the many exciting projects they have planned for the future.

Rail Priya troupe can be contacted through 9941403742 / 9444127708.



Woman arrested for selling liquor

Vasanthi, 53, a woman residing in Fifth Street, Kamarajar Colony was arrested on Thursday while standing suspiciously after questioning her police found out that she was selling illegal liquor at home. Police seized nearly 30 liquor bottles from her residence. She already has 11 pending cases against her at the Kodambakkam police station for selling liquor bottles.

Gym trainer arrested for threatening woman

A 36-year-old woman living with her mother and child in the Kodambakkam police station limits was dating Vijay, 25, whom she met through a face book. The woman left him due to his inappropriate behaviour.

But Vijay has been threatening the woman, saying that he will publish the photos and pornographic videos in the internet. On April 6, Vijay went to the woman's house and threatened to kill her.

The Kodambakkam police, investigating the woman's complaint, arrested Vijay on Thursday. His phone was also seized for further investigation.

Man arrested for defrauding

Kannan, 53, is a resident of 48th Avenue, Ashok Nagar. As he owns a land near Achirupakam, Chengalpattu district.

In 2017, Kannan met another person named Rajesh Kannan from Kanchipuram district as he given idea to start a dairy farm in his land and Rajesh Kannan extracted money Rs.16 lakh to obtain license and permission in the government agencies as he did not fulfill his promises and not returned the money back. Kannan approached Ashok Nagar Police Station and filed a cheating complaint against Rajesh Kannan. Police arrested Rajesh Kannan and filed a case.

Woman falls from terrace while on phone

A woman from Choolaimedu was speaking on her mobile phone while standing on the fourth floor terrace of a building. She slipped and fell to her death on Sunday night. Police said Sharmila, 45, was a housekeeping staffer at a hotel.

Sharmila went to the terrace of her apartment building around midnight after her son called her.

While speaking to him over the phone, it was said that she was standing near the edge of the terrace, where the retaining wall was only about two feet high. During the call, she lost her balance and plummeted to the ground. Local residents, who heard her cries, rushed out and found her severely injured. She was immediately taken to a nearby private hospital, where doctors declared her dead upon arrival.

Sharmila lived in the apartment with her son and daughter after the death of her husband, Raja, a few years ago.

A case was registered by the Choolaimedu police.

Youth gets thrashed for advising not to smoke

A 16-year-old boy from Washerman's Colony, Saidapet was smoking cigarette. Diwakar, 22, from the same area advised him, "not to smoke cigarettes?" and gave him advice. The boy refused and abused him, and left the place.

After some time, the boy and with other three friends came to Diwakar and argued, suddenly the gang pulled out beer bottle and hit and stabbed with knife and flood the scene.

In this incident two persons were injured and were admitted to the Royapettah Government Hospital. Saidapet police arrested a 16-year-old boy and his friends Gautham, 21, Sunday. They are searching for two absconding men.

Man arrested for placing human skull in Vadapalani

A family in Vadapalani, ran out screaming in panic after finding a skull and bones lying at their doorstep. Karunakaran, 51, is a resident of 4th Street, Somasundara Bharathiyar Nagar, Vadapalani. He works as a seller of veterinary medicines.

When I woke up in the morning and find out, there was a human skull and five bones at our doorsteps.

Shocked, Karunakaran and his family ran away screaming. The incident spread like wildfire, and the local people gathered there. A crematorium is located a short distance from the house where Karunakaran lives.

It was said that some evil spirits had brought the bones from there and placed them there to threaten them, or it could have been the work of witches.

In this situation, the initial investigation by the Vadapalani police revealed that Arif Ali Khan, 35, a friend of Karunakaran's son, was involved in this act. The police have arrested him and are interrogating him.

Fast-track civic work before monsoon

Chief Minister M K Stalin has directed civic officials to speed up key civic infrastructure work across 25 municipal corporations and 144 municipalities in view of the approaching northeast monsoon.

At a review meeting on Thursday, Stalin stressed the urgent need to complete stormwater drain desilting, road relaying, underground sewerage, and drinking water projects before the rains begin. He instructed departments including Tangedco, TWAD Board, state highways and local bodies to work in coordination and treat ongoing work in flood-prone areas as a priority. Projects in their final stages must be completed on a war footing, he said.

Officials informed the chief minister that 3,199 new project were taken up in corporations and 4,972 in municipalities.

Stalin also asked for the timely execution of all work announced in the assembly.

Over the last four years, the govt spent more than 8,000 crore on improving more than 15,000 km of roads. Metro rail, water supply, and stormwater projects were also launched, he said.

Stalin emphasised that solid waste management, street light maintenance, and sanitation services in urban local bodies must be made more efficient. Lowlying and flood prone areas should be addressed first and desilting of drains must be completed to ensure water flows out without obstruction, he said.

ANPR cameras to be installed soon in major junctions

The Chennai Traffic Police have launched a major initiative to enhance traffic monitoring and enforcement by installing Automatic Number Plate Recognition (ANPR) cameras across key locations in the city.

According to official sources, the department plans to complete the installation of these advanced surveillance cameras within the next two months. A total of 205 ANPR cameras will be set up across nine major roads, including important junctions and busy stretches such as

Ashok Pillar.



The move aims to tighten enforcement of traffic rules and reduce violations

significantly. ANPR cameras are capable of capturing high-resolution images of vehicle number plates, helping authorities to identify and penalize offenders effectively.

"Cameras will be installed to such an extent that traffic violators will have no way to escape in Chennai," stated the Traffic Police Department.

This step is expected to streamline traffic regulation, improve road safety, and assist in identifying stolen or suspicious vehicles with greater efficiency.

Pension Adalat

The Senior Superintendent of Post Offices of the Chennai City Central division would be conducting a Pension Adalat at the divisional level on July 28 for pensioners having pension accounts in the 24 post offices located in the city. Pensioners having complaints and suggestions could forward it by post, email or Whatsapp. The pensioners could send their complaints at dochennaicitycentral@indiapost.gov.in or WhatsApp at 8939646404.

Devotional competitions

Celebrate the divine appearance day of Lord Krishna by participating in devotional competitions organized by ISKCON T Nagar - an Outpost of ISKCON Chennai! Exciting prizes, spiritual fun, and an opportunity to engage your family in Krishna consciousness during Janmashtami!

Venue: Sri Balaji Kalyana Mandapam, No. 3, Sundaram Street, behind Natesan Park, T Nagar.

1. Drawing/Colouring Competition

Theme: Any Scene/Character from Krishna Lila, Ramayana or Mahabharata

Date: 2-Aug-2025 – Saturday; Group A- 1st to 3rd std; 3pm-6pm - (only colouring - Sketches will be provided)

Date: 9-Aug-2025 – Saturday; Group B - 4th to 6th std; Group C - 7th to 9th Std 3pm-6pm

2. Fancy Dress Competition - Theme: Characters from Mahabharata/Ramayana

Date: 2nd Aug - Saturday - 3pm to 6pm; Group A- 1st to 3rd std

Date: 9th Aug - Saturday - 3pm to 6pm; Group B - 4th & 5th std

Registration Fees : Rs.50/- competition

Contact (only thru WhatsApp) for more details: 8220017695 / 9840634145.

Free yoga classes

The classes at KK Nagar will start on 27-Jul-25 (Sunday). Venue: Sri Ayyappan and Sri Goshala Krishnan Temple, Sri Sastha Sangam, 89, Ponnambalam Salai, K.K.Nagar.

The regular classes are from 5.30 AM. to 7.00 A.M. (Monday to Saturday). The classes are absolutely Free and aimed at physical, mental and spiritual health. The classes are conducted in a spiritual atmosphere in strict adherence to Bihar School of Yoga (Deemed University) curriculum - asana, pranayama, pratyahara (senses withdrawal techniques), dharana (concentration, meditation, mantra, value education, food habits, shat kriyas (internal pathways cleansing for managing diseases) etc are covered.

On successful completion, students can join Advanced Pranayama course leading to Kundalini Yoga, Prana Vidya and Kriya Yoga Course. Hence even old students who have discontinued their practice can also join and reap the benefits. Corporate classes for Stress Management are also being conducted by the Center.

For further details contact : 63830-08358 or 94450-51015

Applications are invited for recruitment to the postal service

Applications are invited from companies licensed to carry out courier services, including the sale of express mail, registered mail, money order (money order) registration, and various other small-scale services. Individuals and companies that have established suitable locations for operating their businesses may apply for this.

Interested candidates may submit their completed application forms along with the required documents to the designated officer of the Department. Instructions, details of the procedures, and information forms regarding this can be obtained from the nearest Internal Revenue Service offices.

The application can also be downloaded from the official website of the Department of Utilities <https://utilities.cept.gov.in/DOP/ViewUploads.aspx?uid=10>. The applications should be submitted by the 31st of this month.

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Mambalam Canal under renovation

The Mambalam Canal is being renovated at a cost of Rs. 6.5 crore. In the Teynampet zone, as a precautionary measure for the rainy season, new stormwater drainage channels are being constructed in areas affected by rain in the past, and work is being carried out to repair the canals in the area.

In particular, work is underway to construct retaining walls in the 3 km long Mambalam Canal, construct a ramp to unload vehicles and clean the canal, and repair the culvert.

A corporation official said, "We are carrying out work to improve the Mambalam canal from the Vidyodaya Main Road junction to the Venkat Narayana Road junction. We plan to complete these works by the end of this month."

QR and barcode ID cards mandatory for food vendors on trains

The Railway Board has ordered that QR and barcode identity cards will now be mandatory for food delivery workers on trains and at railway stations.

Drinking water, food, and soft drinks are being sold to passengers at railway stations and on trains. Passengers have complained that these are being sold at an extra price and that they are of poor quality.

Following this, the Railway Board has sent a circular to all Railway Zonal General Managers:

The relevant contractors will now be required to mandatorily issue QR code identification cards to those selling goods to passengers at railway-owned places and on trains.

It should contain basic details including employee name, Aadhaar number, and contractor name. Similarly, there should be a signature of the station manager or IRCTC officials. It states that action should be taken against those who sell goods without an identity card.

CMRL to fully transition to national common mobility from August

Chennai Metro Rail Limited (CMRL) has announced a complete migration from the existing CMRL Travel Card (Contactless Smart Card) to the National Common Mobility Card (NCMC), branded as the Singara Chennai Card, effective August 1, 2025.

Despite the discontinuation of top-ups, passengers can continue to use the remaining balance on their CMRL Travel Cards until the value is fully utilized. Once the residual balance falls below Rs. 50, commuters are advised to surrender their old CMRL Travel Card at metro ticket counters. In exchange, they will receive a Singara Chennai Card at no additional cost, with their remaining balance and deposit amount transferred seamlessly to the new NCMC card.

Update mobile numbers on Vahan and Sarathi Portals Online

The Ministry of Road Transport and Highways (MoRTH) is urging all driving license holders and registered vehicle owners to update their mobile numbers on the Vahan and Sarathi portals. This initiative ensures that personal details remain accurate, complete, and up to date, crucial for receiving timely alerts and services. To facilitate this, an online update facility is now available, eliminating the need to visit Regional Transport Offices (RTOs). Scan this QR code to update the numbers through the Vahan Portal. This move reinforces digital governance and streamlines communications between citizens and transport authorities.

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