

# KODAMBAKKAM TIMES

**K K NAGAR / VADAPALANI EDITION** (Every **SATURDAY**)

**COVERING AREAS :** Ashok Nagar / Ekkattuthangal / Ramapuram / Virugambakkam / Saligramam / Valasaravakkam

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## Motorists suffers to negotiate this stretch in Valasaravakkam



A poorly designed silt catch pit for storm water drains (SWD) located in the middle of Arcot Road, in Valasaravakkam has emerged as a serious safety hazard for motorists, particularly two-wheeler riders.

As one of Chennai's key arterial stretches linking Arcot Road, Valasaravakkam to Porur with heavy traffic throughout the day, Arcot Road is already choked with problems due to its limited width and damage caused by the Metro Rail construction along several sections.

(contd in page 4)



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# Voice of GOD



## Thirukkannapuram

This is the 194th Thevara Paadal Petra Shiva Sthalam and the 77th Sthalam on the south side of the river Kaveri of Chozha Nadu. This place is now called Thirukkannapuram. This place was called Rama Nandheecharam, which was corrupted into Ramanatheecharam. This temple place is part of Thirukkannapuram.

In Periyapuram, Sekkizhar records that Thirugnanasambandar came to this temple after worshipping Lord Shiva of Thiruchengattankudi. In that he didn't mention this temple in particular, instead mentioned other Shiva temples on the way. Moolavar : Sri Ramanatheeswarar, Consort : Sri Soolikambal, Sri Sarivar Kuzhali.

Some of the important features of this temple are..... The temple faces east with a recently built entrance arch. Balipeedam and Rishabam are in front of the Sanctum Sanctorum. There is an arch at the entrance of the sanctum with stucco images of Shiva's family. Moolavar is a little big and tall on a big circumference avudayar. (Jyothi can be seen on the moolavar during harathi). In koshtam Dakshinamurthy, Lingothbavar, Brahma, and Durgai.

In the outer prakaram, Vinayagar, Subramaniam, Gajalakshmi, Kala Bhairava, Suriyan, and Chandran. Chandikeswarar is in the inner prakaram.

The urchavar Somaskandar is kept at Thirupugalur for safety reasons. Nandhi is in the hands of Ambal, and there is a legend associated with this.

The 15th-century Saint Arunagirinathar has sung hymns in praise of Lord Muruga of this temple.

### ARCHITECTURE

The temple complex consists of the sanctum sanctorum, antarala, artha mandapam, and a mukha mandapam. A 3-tier vesara Vimana is over the sanctum.

### 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. The same was reconstructed as a stone temple during the Chozha period and further extended during the Thanjavur Nayaks / Marathas.

As per the inscriptions Lord Shiva was called Rama Nandheecharam mudayar, Ramanatheecharamudayar. Kulothunga Chozha gave a gift to a Village called Sivapadasekara Mangalam for worship at this temple.

Rajarajan-III's 16th-year inscription records that Rajathirajavalanattu Thaniyur PerumpaRRappuliur Temple ( Chidambaram Temple ) officials and this temple officials assembled at Devan Thiru mandapam took some decision regarding ... 50 Veli land was gifted to this temple to celebrate 2 Brahmotsavam in a year, Monthly festival and to meet required expenses for naivedyam, poojas. In addition to that it was felt that the nivandhams / wages to the people working in the temple were very low and arrangements were made to increase the same. To meet this it was decided that all the temple officials depending on the status belonging to Chozha mandalam, Rajaraja Pandiya Mandalam, Naduvil Nadu, and Thondai Mandalam have to give some amount through Madams if not through the Village sabhas.

Kulothunga Chozha-III's 10th reign year inscription records that the temple was reconstructed (maybe as a stone temple) on the same place, ThirumuRRam (inner prahara) and Thirumadaivalakam (the place around the temple) and donation of 1/4 land and 5 Veli land to this temple for worship and pooja.

## Your Stars This Year

**Aries :** Feels happy when you spend time together. You don't need big plans. Just being together is enough. You can sit, talk a little, or stay quiet and enjoy the time. If you are in a relationship, small signs of affection can mean a lot this week. If you are single, be genuine when you connect, not only when it's convenient.

**Taurus:** This week, keeping an open mind helps you understand love better. Be honest about your feelings and show care openly. If you are with someone, don't hold back. Be there to help others when they need you. If you don't have a special someone, one kind and honest moment can make you feel close to someone.

**Gemini:** Just let things happen. Make sure you are not hurrying to find answers related to love. Just take it slow and let things happen the way they want to. Just go with the flow. Do not pressure yourself to find a partner. Instead, enjoy getting to know someone as they are.

**Cancer:** Speak from your heart, but keep it gentle. Loving conversations can bring you closer this week. You may need more time together or small acts of care. Whatever it is, say it clearly. If you are in a relationship, share how you like to receive love. If you are single, be open about your needs early.

**Leo:** Love is about trying, not being perfect. A kind message or a warm smile might matter more than some big gestures. If you are in a relationship, show love in a real and honest way. If you are single, let your warmth speak for you. Love feels strongest when it is genuine, not flawless. When love comes from the heart, it naturally.

**Virgo:** A small change can make love feel nicer this week. It could be how you talk, listen, or reply to others. If you are with someone, changing your tone or timing a little can help. If you are single, a small change in how you show yourself may get someone's attention. Even small adjustments can invite new forms of love.

**Libra:** Love may feel exciting this week, but remember that passion is different from pressure. Take a moment to notice the difference. If you are in a relationship, pushing for answers or next steps too quickly may feel uncomfortable, so let things breathe. If you are dating, trust the spark without trying to control it.

**Scorpio:** You might notice that your relationship moves a little slower, but it will feel more honest. There's no need to rush what is real. Whether you are at a dating stage or already committed, take time to truly understand each other. If you are single, someone may open up slowly. Don't let that discourage you.

**Sagittarius:** Your heart wants to feel close to someone. A person may look good, but their feelings inside matter more. If you are with them, talking about dreams and feelings can help you feel closer. If you are single, you may like someone for who they are, not just how they look. Look past the outside feelings.

**Capricorn:** Let go of who someone used to be and see who they are now. This week offers a chance to build stronger bonds, whether old or new. If you are in a relationship, stop comparing the present to the past. If you are single, stay open to being surprised by someone's growth.

**Aquarius :** Love always grows when you indulge in little kind things. You don't need to do anything big this week. A nice message, a small smile, or remembering something important can make someone happy. If you are with someone, giving them simple attention is enough. If you are single, your kindness sets you apart.

**Pisces:** Turn some of your kindness toward yourself. Emotional needs and take them seriously. If you are in a relationship, give yourself time and care, too. If you are single, don't give from an empty cup. You treat yourself shows others how to treat you. Real love never asks you to make yourself smaller or quieter to fit in. Value yourself, love shows up with the same care.

**PREDICTION FOR THIS WEEK**  
27.12.2025 TO 02.01.2026

# Awakening the Spirit

**B**harat, whose spirituality has been looked up to by the entire world, they look up to it even today. People from the country and abroad make a round trip to Bharat even today. They have been believing this till today that Bharat is much ahead in spirituality and that they have become materialistic. The real happiness that they should have received, they didn't receive it from materialistic luxuries.

Spiritualism means to become introvert. Those who are full of spirituality will certainly be sweet. Spirituality brings sweetness and body consciousness brings bitterness. You will have spirituality only when you stay detached. The limited beauty concerns the beauty of the face and the skin and the unlimited beauty is spirituality. Spirituality is said to be the storehouse of purity. The belonging of our soul is spirituality. That too is received from the spiritual God. However, worldliness keeps increasing and spiritualism keeps decreasing even in the Bharat now.

In order to kindle the light of spirituality, God Himself becomes the Sadguru and is opening the university and this university which is called 'Vishva Vidyalaya' is for the entire world. Those universities run by human beings don't bring the welfare of the entire world. And this is such a school, the University of God, which will bring welfare to every human soul in the entire world. And when the human beings who study God's teachings work in the world collectively, their vibrations influence the entire world. All the souls, whether they are human beings, insects, beasts, birds, moths, animals and so on, all start to become peaceful. The vibrations of peace are created in the world. And this restless world is destroyed.

Spirituality is not something to be taught by humans. Spiritual God the Father Himself teaches this knowledge. Now, who inaugurates it? God Himself inaugurates the Adhyātmik Ishwariya Vishwa

Vidyālaya. Can't anyone from among the 5-7 billion humans inaugurate it? No. It is because only the One who has the power to enter the soul can inaugurate the Adhyātmik Ishwariya Vishwa Vidyālaya; the One who has the power to enter every kind of soul to its bottom. No one gives the knowledge to become soul conscious. Although people say: we will teach spiritual knowledge, they don't know what spirituality means. Adhi means within the soul... It is then it is said 'adhyātmik'. You should know what kind of roles your soul plays for many births. The spiritual knowledge teaches this. And nowadays, the majority have started to understand that spirituality is necessary in education. The atmosphere has changed now. Earlier, everyone used to say, 'following spirituality etc. isn't everyone's job. It is the job of the elderly people. We will become spiritual when we grow old.' But now they understand that if there isn't spirituality in education, any transformation can't take place. Now, there is pitch darkness in the world. The darkness of ignorance has spread so much that the more people are running towards happiness, towards the devices of happiness, the more they become sorrowful.

Their mind is troubled. The Father comes and gives guidance to such troubled souls to stay in dignity. Which dignity? The dignity of soul consciousness, the dignity of spirituality. [Saying]: you aren't this body. You are a soul. No one else taught this study until now. This is the spiritual study. The Father of the souls comes and teaches spirituality, the spiritual love. He makes you such non-violent students that you become the masters of the entire world on the basis of the power of the soul. The soul gains so much power of spirituality that it wins the heart of the whole world. The author is solely responsible for this article. The publisher or editor are not responsible.

For further details contact : 9445520108, 9891370007.





### Gold jewellery missing from locker

Selvi, 52, from Kodambakkam, has kept two chains in locker with a value of 11.5 sovereigns in 2024 at a private locker company in K.K. Nagar. A complaint has been filed in K K Nagar police station regarding the disappearance of 11.5 sovereigns of gold jewellery.

### Youth arrested for possession of drugs

A suspicious youth was roaming in Saidapet railway station on Sunday, it was found that he was carrying cannabis and pills. He was identified as Karan, 25, from Pillai Thoppu area, T. Nagar.

The police who arrested him seized 1.5 kg of cannabis and 2,240 narcotic pills that were being sold.

### Man arrested for threatening female YouTuber

25-year-old woman a youtuber from Saligramam. She was living together with a person named Sirajul Islam, 25. Has relationship sored the two got breakup a few months back.

In this situation, Sirajul Islam threatened the woman that he would publish obscene photos on social media. The Virugambakkam women's police arrested Sirajul Islam, who was absconding. Further investigation on.

### Police raid hotel in Valasaravakkam

Police raided at a hotel in Valasaravakkam and arrested a gang of 17 people involved in gambling. They seized Rs 10,500, 26 mobile phones, and 'playing coins' worth Rs 3.68 lakh from them.

The arrested persons were handed over to the Valasaravakkam L&O. Further investigation on.

### Police personal transferred for not taking action on sexual harassment

Four inspectors, including the Women's Police Inspector, who failed to take appropriate action in the sexual harassment were transferred to the waiting list on Tuesday. It was said that a 7th class student who was traveling in a government bus in Valasaravakkam was allegedly sexually assaulted by a passerby on 19th of this month. There were allegations that the Valasaravakkam Women's Police did not properly investigate the case and arrested the culprit.

As a result, several members of the All India Democratic Women's Association along with the student's parents, staged a road blockade in front of the Valasaravakkam police station, demanding the arrest of the culprit.

In response to this, Valasaravakkam Women's Police Inst., Anandi, has been transferred to the waiting list as per the orders of Commissioner Arun.

### Synthetic drugs seized

College students, were arrested for possession of synthetic drugs in K K Nagar on Tuesday. Police seized about 7.5 grams from them.

Police received a tip-off that drugs were being sold near a tea shop on Munusamy Road in West K K Nagar. Acting on the information, anti narcotic bureau, along with K K Nagar police, intercepted five youths loitering suspiciously. As they gave contradictory replies, police searched and seized methamphetamine and other related drugs.

The arrested persons were identified as P Aravindan, 20, P Christopher, 18, R Manoj, 19, V Mugilan, 21 and U Gunachandran 21. It was found out that these teenagers procured the drug from Bangalore based person as Habib. The arrested students are from various private college students.

A case has been registered. The arrested five suspects were produced before a magistrate court in the city and remanded in judicial custody. Further investigation is on.

### Couple lost Rs 75,000 in digital arrest

The police are probing a complaint from a couple in Vadapalani who lost Rs 75,000 to cyber fraudsters impersonating officials of the High Commission in London who claimed that their daughter, who is studying in London, was under 'digital arrest'.

Digital arrest involves scammers calling potential targets posing as law enforcement officers, typically from the Central Bureau of Investigation (CBI), Research and Analysis Wing (RAW), Mumbai Police, among others and fabricating a scenario to instil fear and create panic in the minds of the person at the other end of the line.

On Sunday evening, the complainant, Banumathi (49) of Vadapalani, had received a call in which the callers mentioned her daughter's education credentials and claimed that she was caught up in a multi-million dollar fraud case and demanded that she make an initial payment of Rs 75,000. When the caller demanded more money, the woman informed her husband, who made inquiries and found that they were a victim of cyber fraud and approached the city police.

A senior police officer with Tamil Nadu Police's Cyber Crime wing said that, in 2025, as many as 1,203 complaints from Tamil Nadu were registered in the National Cyber Crime Reporting (NCRP) portal regarding 'Digital Arrest'.

### Student Aadhaar number linked to Pondicherry, father files complaint

Krishnamoorthy, 35, is a daily wage labourer from West Namachivayam Street, Choolaimedu. His daughter Madhumita, 14, studying at the GHSS in the same area. The student from Tamil Nadu is struggling to link her Aadhaar number at school because her Aadhaar number is linked to Pondicherry.

This school had difficulty linking the student's Aadhaar number to the Unified District Information System for Education (UDISE) platform. Similarly, there was a problem in linking the Aadhaar number with the family cardholder card.

When the student's father Krishnamurthy inquired at the nearest e-service center regarding this, it was revealed that the student's Aadhaar number was linked to Pondicherry.

That is, Madhumita's name and date of birth were found to be along with someone else's parent's name and photo.

Following this, Krishnamurthy has repeatedly complained to the Aadhaar center officer in Koyambedu for the past four months to change his Aadhaar number, but no action has been taken so far.

As a result, Krishnamoorthy, who came to the Chennai Collector's office, submitted a petition to Deputy Collector Vetrikumaran requesting that his daughter's Aadhaar number be changed.



### Voter list special camp

A special camp will be conducted on Saturday and Sunday in the Chennai district to add names to the voter list.

Chennai Corporation statement: The draft voters' list was published on the 19th. The acceptance and rejection of the list will continue till the 18th of January. To facilitate eligible citizens to apply, special camps will be held at 4,079 polling stations on Saturdays and Sundays, January 27th and 28th, and January 3rd and 4th.

In this, eligible persons who have completed 18 years of age can submit Form - 6. Also, those whose names

are in the electoral roll of an assembly constituency can submit Form - 7 to raise objection to the admission.

Those who wish to change their identity card or to be marked as differently-abled voters may fill out and submit Form - 8. It states thus.

### Spl grievance camp

India Post has announced a special grievance redressal camp for retired pensioners who served in sub-post offices functioning under the Parangimalai Head Post Office.

The camp is scheduled to be held on January 9 at 11:00 AM at the Office of the Senior Superintendent of Post Offices, located on North Usman Road.

Grievance Submission Details

Retired pensioners can submit their grievances in advance through the following modes:

By post, or By email:

dochennaicitysouth.tn@indiapost.gov.in

All complaints and representations must be sent on or before January 5 to ensure they are taken up during the camp.

Purpose of the Camp

- The special camp aims to:

- Address long-pending pension-related issues

- Provide direct interaction with postal officials

- Ensure timely resolution of grievances faced by retired postal employees

This initiative reflects India Post's continued efforts to improve pensioner welfare and grievance redressal mechanisms in Chennai.

### Poonamalli - Vadapalani Metro Rail: Chief Minister's order

The Chief Minister has ordered the officials to complete the Poonamally-Vadapalani metro rail project and make it available for public use by February. In Tamil Nadu, 288 important projects worth Rs 3.17 lakh crore are planned to be implemented in 24 sectors.

These have been declared as government flagship projects and their activities are being monitored. Out of these, 85 projects have been completed so far and the remaining work is ongoing.

In this context, a review meeting regarding the government's stamp schemes was held at the Chennai Secretariat, under the chairmanship of Chief Minister Stalin.

These include Deputy Chief Minister Udhayanidhi, Chief Secretary Muruganandam, Public Works Department Secretary Mangat Ram Sharma, Special Projects Implementation Department Secretary Pradeep Yadav, and Special Initiatives Department Secretary Gopal secretaries from many departments participated, including.

In this meeting, work is underway from Poonamallee to Vadapalani under the Chennai Metro Rail Phase II project.

The Chief Minister has ordered the officials to complete this work by February and make it available for public use.

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**NO MORE CROSS OVER :** As everyone knows that Arcot Road, Viugambakkam is chocked with heavy traffic at all time. There is a gap between the barricades seen in the picture. Motorists and pedestrians cross regularly on the both sides where vehicles pass regularly without stopping. Because of the illegal crossing accidents may occur. Even though there is a gap after a 10 meters to cross the roads. People use this junction. Will the concern authorities close the gap immediately before any untoward incident happens.



The article was published last week in Kodambakkam Times concern authorities closed the gap and stopped cross over.



## Vajpayee 100th birthday celebration

Former Prime Minister of India, Bharathi Ratna Atal Bihari Vajpayee 100th birthday celebration organised and celebrated by the members of Rani Mangamagal Welfare Association at Corporation 135ward, Venkatesapuram Vadapalani on Dec.25th.

Sweets and food distributed to public by Lion. Miss. D.Sabithadevi (Founder President of the association, Member of State General Council Tamilnadu BJP and social worker) told that in the year of 2003 at the period Vajpayee in Govt of India as P.M, he contributed funds for Kidney transplant surgery for a poorman in Association admitted in Kalliappa hospital Chennai through late Balayoki speaker of the parliament. His help is everlasting in the mind Rani Mangammal womens welfare Association.

He already donated one of his kidney to a Muslim youth in his early political Life. Sabithadevi contributed her sincere thanks to Vajpaee on behalf of her Association at his glorious 100th birthday.

The food packets were distributed to public on the busy roads of Vadapalani, West Mambalam, Ashok Nagar and K.K. Nagar. Sabitha Devi is providing free legal guidance to women for the past 30 years and she can be contacted in phone 84285 14990.

## Grievance meeting for ex-servicemen

A grievance redressal meeting for ex-servicemen and their dependents will be held in Chennai on December 30. According to an official release issued by Rashmi Siddharth Jagade, the meeting will take place at 11:00 AM at the Chennai District Collector Office.

Ex-servicemen, serving personnel, and their family members from Chennai district can attend the meeting and submit their grievances directly to the District Collector. Applicants are advised to carry a copy of their identity card and submit their complaints in writing.

The initiative aims to address pending issues efficiently and ensure timely support for ex-servicemen and their families.



## Motorists suffers to negotiate this stretch ...

(from page 1)

Recent spells of rain has worsened road conditions. In response, the Greater Chennai Corporation (GCC) relaid a crucial stretch between the Alwarthirunagar and Valasaravakkam. However, the relaid surface sits over the silt catch pit of the SWD, creating what commuters describe as an artificial pothole.

As the structure is positioned in the middle of the carriageway, two-wheeler riders are frequently destabilised while crossing the stretch, increasing the risk of skidding and accidents. Parthasarathy a resident of Chowdry Nagar says that, "The location of the pit is a design flaw; it's right in the middle of the road, which destabilises two-wheelers and makes riding extremely uncomfortable, leading to accidents."

Shop owners along the stretch have also raised concerns over repeated relaying of the road. Somu, who runs a shop nearby, said the road level has been rising steadily over the years. "Even though milling was done before relaying, it has not been effective. Now the road is almost at the same level as my shop entrance. If this continues, my shop will be submerged during even for a small rains," he said.

Residents and commuters have urged the Corporation to take immediate corrective measures, including redesigning the SWD structure and ensuring safer road levels, to prevent accidents and further inconvenience on the busy stretch.

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**BEFORE****AFTER**

*Last week Kodambakkam Times published sewage water stagnation on Vanniyar Street, West K K Nagar Via Virugambakkam. It was cleared after the publication.*

## Virugambakkam canal bridge to be pulled down, rebuilt by CMRL to prevent flooding

A bridge across the Virugambakkam canal on Kalamman Koil Street may soon be demolished and rebuilt to prevent flooding along the Chennai Metro Rail Phase - 2 corridor under construction. CMRL, which is building an elevated metro line along the 3.5 km busy stretch of Kalamman Koil Street, has floated a tender for the demolition and reconstruction of the bridge.

The Phase-2 metro line along Kalamman Koil Street, which will connect Koyambedu and Alwarthirunagar as part of the 44.6 km Corridor-5, is expected to be completed by June 2026.

The Virugambakkam canal runs for 6.36 km through Virugambakkam, Arumbakkam and Aminjikarai before joining the Cooum river. It has 28 bridges facilitating vehicular movement.



File Photo

The civic body has also identified 12 bridges that obstruct water flow during the monsoon for demolition and reconstruction as arch bridges.

## AYUDH – UNiTE campaign to end digital violence

More than 300 volunteers of AYUDH, the international youth wing of Mata Amritanandamayi Math at the two Amrita Vidyalayams in Chennai joined the United Nations UNiTE campaign, 16 days of activism to End Violence against Women. It was launched on 25 November, the International Day for the Elimination of Violence Against Women and concluded on the International Human Rights Day (10 December).

Under the 2025 UN theme - "End digital violence against all women and girls", AYUDH volunteers organised varied activities like poster making, slogan writing, speeches, rallies, street plays, and presented quotes from founder Amma, Sri Mata Amritanandamayi Devi, a strong advocate of gender equality and a symbol of women empowerment.

The concluding day event on 10 December at Amrita Vidyalayam, KK Nagar, was graced by Smt. A. Kayalvizhi, IPS, Inspector General of Police, Crime Against Women and Children, Tamil Nadu as Chief Guest, and Advocate (Smt) Sanghamithirai, Chairperson, Child Welfare Committee (Central) and Senior Advocate, Madras High Court as Guest of Honour.

The programme commenced with the lighting of the lamp, followed by a soulful prayer for peace and unity. In her speech Smt. A. Kayalvizhi, IPS explained the significance of reporting harassment through proper channels and introduced the NCW Helpline – 144990, encouraging students and citizens to use this service to seek help or lodge complaints. She stressed that proper evidence and timely reporting play a crucial role in ensuring justice. She presented an awareness video that highlighted different situations where women face harassment in social and public life. The video helped students recognise the importance of supporting victims and promoting safety for all.

Advocate (Smt) Sanghamithirai introduced the students to several important legal sections related to offences and punishments, helping them understand how the law protects individuals, especially women and children, from harassment and exploitation. Her session strongly focused on discipline, responsible behaviour, and respect for the law. She urged students to be mindful of their actions, both online and

offline, and to follow safety guidelines to protect themselves and others.

The programme was presided over by Swami Vinayamritananda Puri, Administrative Director, Amrita Vishwa Vidyapeetham, Chennai Campus, and In-charge, Mata Amritanandamayi Math, Chennai. Swami emphasized Amma's message of compassion, awareness, and responsible use of technology.

Demonstrating solidarity with the cause, teachers, staff & parents dressed in the colour orange symbolizing hope & a future free from violence. A video showcased the activities carried out by AYUDH volunteers within & outside the school. A powerful Mime performance by AYUDH volunteers portrayed the realities of digital abuse and emphasized empathy, vigilance, and responsible digital citizenship. The performance was well received and left a strong impact on the audience.

The programme concluded with the vote of thanks, peace prayers, and the national anthem. Overall, the AYUDH awareness programme successfully conveyed the need to create a safe and respectful digital environment for all women and girls. The students participated with enthusiasm and gained valuable insights on digital responsibility and social awareness.

## Athma organises Vaikuntha Ekadashi tour

Athma organises a trip for Vaikuntha Ekadashi on Tuesday, 30 December 2025 at 6 am by AC Coach. Temples covered include : Thiruparkadal, Prasanna Venkatesa Perumal, Athi Ranganatha Perumal, Abaya Varadharaja Perumal Temple, Paramapadhanathan Temple, Sri Sundara Raja Perumal, Sirukarumbur. The fare is including coffee with breakfast in the morning session and lunch. For further more details contact : 8939656479.



# Alumni Meet

Springfield Matriculation Higher Secondary School, K K Nagar, organised its First Alumni Meet 2025 on December 21 at the school auditorium on the occasion of the School's Golden Jubilee celebrations. The programme was graced by the Chief Guest Ms. Gomathi Shanmugasundaram, Founder of AhaGuru and a proud alumna. The event was attended by the Correspondent Mrs. S. Sumathi, Senior Principal Mr. V. Sankarlal, Principal Mrs. S. Sudha, faculty members, retired teachers, and alumni.

The Springfield Alumni Association, led by Mr. Aravind (President), Ms. Ganga Preethi (Vice President), Ms. Yasmeen (Secretary), Mr. Vijay Anand and Mr. Mohith (Joint Secretaries), and Ms. Jayanthi (Treasurer), was formally acknowledged. The programme included a guided campus tour, an alumni sharing session, and lively cultural performances presented by both current and former students, celebrating the institution's rich legacy and continued alumni engagement. The meet concluded with group photographs, networking, and dinner, marking a memorable milestone in the school's alumni journey.



## Corporation to take up road improvement works at 8.7 cr.

The Greater Chennai Corporation (GCC) has planned speed breaker repairs, thermoplastic road-marking works, installation of caution boards, and traffic improvement works across Zones 2 to 15 in the city.

The civic body has floated tenders for the works estimated to cost 8.73 crore. Ramamurthy a long time resident of 10th Sector says that several speed breakers in the city were in a poor condition, and some of the most dangerous structures were located near schools, including on P.T. Rajan Road and near a private school in K.K. Nagar. The Chennai Corporation has floated tenders covering Kodambakkam (85 lakh), Valasaravakkam (51 lakh) zones.

When asked about a survey to audit faulty speed breakers, civic officials said several projects have been delayed due to the Special Intensive Revision exercise related to the Assembly election in 2026, and that the audit was under way and being addressed.

## Corpn to issue sales certificates for street vendors

To streamline and regulate footpath vending activities, the Greater Chennai Corporation (GCC) has decided to issue sales certificates to authorised street vendors soon. Along with this, the Corporation has announced a revised annual fee structure, aimed at ensuring transparency and uniformity in vendor charges.

Under the new system, annual fees will vary based on space occupied and type of vending activity. Vendors using more than 25 sq. ft. will pay 3,000 per year, while mobile vendors without a fixed location will pay 1,500 annually. Full-time permanent vendors will be charged 1% to 3% of the government guideline value, with minimum fees ranging from 750 to 3,000. Part-time vendors will pay lower rates, starting from 375, while head-load vendors will pay a nominal 250 per year.

The GCC said the revised fee model will help formalise street vending, provide official recognition to vendors, and ensure better urban management across Chennai.



## Can eating too little salt cause problems? Heres what you need to know



We often hear that eating too much salt is harmful. But surprisingly, eating too little salt can also affect your health. Salt is an essential mineral that helps maintain fluid balance, supports nerve function, and keeps your muscles working properly. Your body needs the right amount - not too much, not too little.

Doctors warn that consuming less than one teaspoon of salt a day can lead to unexpected health issues. It may affect your blood pressure, metabolism, and overall energy levels.

### 5 Major Risks of Taking Too Little Salt

#### 1 – Low Blood Pressure

When your body doesn't get enough salt, blood volume can drop, leading to dizziness, fainting, or unusual tiredness.

#### 2 – Electrolyte Imbalance

Low salt intake can disturb sodium-potassium balance, causing muscle cramps, weakness, spasms, or rapid heartbeat.

#### 3 – Metabolism Issues

Very low sodium levels can slow metabolism and affect insulin sensitivity, leading to fatigue and sluggishness.

#### 4 – Hormone Disruption

Extremely low salt intake triggers hormonal changes, increasing stress, tiredness, and fluctuations in adrenal-related hormones.

#### 5 – Risk of Hyponatremia

Severely low sodium can cause hyponatremia, with symptoms like headache, nausea, confusion, seizures, or swelling of the brain.

### How Much Salt Should You Consume?

Most adults need around 1,500–2,300 mg of sodium per day (two-thirds to one teaspoon of salt). Requirements may vary based on activity level, climate, and health conditions.

Disclaimer: This article is for information purposes only and not medical advice. Consult a healthcare professional for personalised guidance.



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# Innovative experiment



A resident of 53rd Street, Ashok Nagar adopting a new method to deter stray dogs from entering their compounds. A house owner have come up with a unique idea of tying bottles with a blue liquid that allegedly repels strays.

While there is no scientific evidence to prove the efficacy of this measure, the residents believe that the approach has helped repel strays and has kept them away from soiling the premises. As the novel approach does not bother anyone and is confined only to the apartment's private space, the residents said they are able to experiment with it.

## Focus on amenities too, say rail passengers after fare increase

The Indian Railways on Sunday announced the decision to increase the train fare from December 26 to earn Rs 600 crore revenue. Passengers and rail activists in Chennai say the increase was nominal and that Railways should focus on proper maintenance and better amenities in the trains.

With the revision in pricing, passengers will pay 1 paisa/km for ordinary class more than 215 km, for mail/express non-AC/AC, the revised price is 2 paisa/km. For instance, a 500-km journey in non-AC coaches, passengers will have to pay Rs 10 extra. There is no increase in suburban and monthly season ticket fares. And no increase up to 215 km in ordinary class.

"The increase in price is very nominal; so it wouldn't adversely impact passengers. However, when price is increased, Railways must ensure proper maintenance of facilities in trains like toilet and drinking water, and also disinfect the trains," opined Dayanand Krishnan, a transportation activist.

Concurring with him was Naveen Chander, a rail enthusiast, who pointed out: "The increase is reasonable to manage the rising operating costs, salaries and pension along with the need to fund the essential infrastructure projects without relying on centre's assistance."

The need to improve basic amenities like platforms, public announcement system, lighting, and seaters for passengers could not be emphasised enough. "For instance, in the Chennai division, suburban stations have not implemented proper housekeeping," said K Baskar, former member of Divisional Railway Users Consultative Committee (DRUCC).



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