



Chest Pain is not the Time to Wait.

Most heart Emergencies turn serious because people wait.

The Golden Hour

The first 60 minutes can save heart.

Early treatment saves lives.



**24/7 CARDIAC
EMERGENCY CARE**

Medway Heart Institute - Every Heart Beat Counts

9, 1st Main Rd, United India Colony,
Kodambakkam, Chennai - 600024

94557 94557

www.medwayhospitals.com

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.

Fine for dumping construction waste



The Chennai Corporation has warned that a fine of up to Rs 5 lakh will be imposed if construction waste is not properly disposed of.

The Chennai Corporation has issued a statement regarding this:

As per the Corporation's guidelines, all construction materials, excavated soil, construction and demolition waste must be stored only within the premises where construction work is taking place.

Dumping on public roads, sidewalks, and roadsides is prohibited. Fines will be imposed on those who violate the rules.

Accordingly, a fine of Rs 25,000 will be imposed for a building area of 500 square meters to 20,000 square meters. For a building area exceeding that, a fine of up to Rs 5 lakh will be imposed.

It states this. At the same time, the Corporation has stated that construction waste is being handled responsibly in constructions of less than 500 square meters.

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, Paramapadmanathan 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.



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.

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.



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

**FOR ADVT
CONTACT**

**044 2484 4114
8939070034**

KODAMBAKKAM TIMES

MAMBALAM & T NAGAR EDITION (Every SUNDAY)

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

E paper : kodambakkamtimes.in

Vol. 17 Issue No. 02

FREE CIRCULATION

8 PAGES

28-12-2025 - 03-01-2026



Recently dewatering works carried out by Greater Chennai Corporation

Water stagnation motorists suffer

Travelling through the Nungambakkam subway on Nelson Manickam Road is still a matter of concern for thousands of motorists who travel this subway. Due to water stagnation and the water logging this subway road is ill-maintained. Motorists using the subway have to navigate potholes filled with stagnant water.

Jeevanandham a daily commuter says that it was good to see the water problem being fixed but the authorities must also maintain the road under the subway properly. "I saw

(contd in page 2)



GRT MAHALAKSHMI VIDYALAYA
MATRIC.HR.SEC.SCHOOL

76, Seventh Avenue, Ashok Nagar, Chennai - 600 083.

Phone : 044-2489 1232 / 63836 68721

2026 - 2027

ADMISSIONS OPEN

- ♦ **Classes PRE KG to VIII & Std XI**
- ♦ **GRT KG Academy Montessori Training – (Exclusive for women)**

Qualified Teachers can submit their resume for two Schools at Ashok Nagar (Matric) and Tiruttani (CBSE) for all subjects.

Candidates can forward their resume to the school e-mail or post it to the school within 10 days.

Email : info@grtschools.com / grtmv@hotmail.com

If sickness won't take a Sunday off, why should your hospital?

We are

OPEN ON SUNDAYS

#ApolloNeverSleeps

Every Sunday
9.00 AM-1.00 PM

For appointments
☎ **044 4040 1066**

Greaves Road
OMR | Vanagaram



Scan the QR code to book an appointment





As new year and pongal approaching vendors are seen selling colour kola powder in Station Road, Mambalam. She is also selling rangoli stencils and other accessories. The colours are available in different shades, and are priced at Rs. 20 for 250 gm.

Share auto drivers clash with AE



There is a sewage treatment plant on Anna Main Road, Ward 137, Kodambakkam Zone. Along this road, Amma Canteen and a center for battery-powered garbage collection vehicles of the Corporation are located. Nearby, some people are occupying the road and using it as a share auto stand and for auto repair. In one area, work is underway to set up a food distribution center for sanitation workers.

In this situation, the day before yesterday, Kodambakkam Zone Assistant Executive Engineer Ranganathan inspected the area. At that time, share auto drivers clashed with the Assistant Executive Engineer's bike and got into an argument.

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).



Celebrates Christmas with 30-Foot Wish Tree

Velammal Vidyalaya, Karambakkam marked Christmas 2025 in a heart-touching and innovative manner by unveiling a magnificent 30-foot wish tree on the school campus. As part of this unique celebration, students enthusiastically penned their heartfelt wishes, which were creatively displayed on Santa hats and lovingly placed on the grand tree.

Each Santa hat symbolized the innocent dreams, hopes, and happiness of the children, spreading joy and festive cheer across the campus. The initiative stood as a beautiful expression of creativity and emotional bonding among students.

The celebration highlighted the school's commitment to nurturing values such as love, sharing, and togetherness, making the Christmas celebration a memorable and inspiring experience for all.



Water stagnation ...

(from page 1)

many people struggle navigating those potholes because of the gradient of the road. During rainy days, it is very difficult to control the friction of the vehicle but we have no choice but go over the potholes," he said.

For pedestrians, the situation is worse. Footpaths disappear under water, forcing people to walk dangerously close to moving traffic. School and college students crossing the stretch risk slipping into open drains or potholes concealed by stagnant water. One of the GCC officials said that said the older road stretch was built decades ago and it was not designed to handle present-day traffic density or rainfall. Without fixing these technical flaws, temporary desilting will not solve the problem.

KODAMBAKKAM TIMES
K K Nagar & Vadapalani Edition (Saturday)
Mambalam & T Nagar Edition (Sunday)

ADVERTISEMENT TARIFF
Colour
 Front Page - Rs.90 per.Sq.cm
 Back Page - Rs.80 per.Sq.cm
 Inner Page - Rs. 70 per.Sq.cm
 Front Full Page - Rs. 67,500/-
 Front Half Page - Rs. 33,750/-

Black & White
 Inner Page - Rs. 45/- per.Sq.cm
 Inner Page Col - Rs. 50/- per.Sq.cm
 Full page (Inner) - Rs. 39,375/-
 Half Page (Inner) - Rs. 19,687/-

Classifieds Display B/W Rs. 900/-
Classifieds Display Col Rs. 1400/-
 (5 cm Ht x 4 cm Width (1 column))

Contact:
044 - 2484 4114
89390 70034
93826 82128
98404 04036

ASHOK MANSION, 21/6, First Floor,
Mambalam Station Road,
West Mambalam, Chennai - 600 033.

E-mail:
kodambakkamtimes@yahoo.com
presskodam@gmail.com
Web :
kodambakkamtimes.in



**THIRUVALLUVAR TRANSPORT CORPORATION EMPLOYEES'
CO-OPERATIVE CREDIT SOCIETY LIMITED, MSCS/CR/16-91**
(A Multi-State Co-Operative Institution Under The Ministry of Cooperation,
Government of India.)

We accept Deposits @attractive rate of interest!!!

FIXED DEPOSIT

AVAIL MAX INTEREST UPTO

14.40%

RECURRING DEPOSIT

AVAIL MAX INTEREST UPTO

10%

**YOUR SAVINGS
BECOME BIGGER**



CONTACT US  www.ttcecs.com  **TTCECS**

B.O New No.14, Coats Road, T Nagar, Chennai - 600017.

PHNo. 6383402323 ☎ 044 - 42602466

H.O No.1735, 18th Main Road, Anna Nagar West, Chennai - 600040. PHNo 9025947007

B.O No.114,GST Road,Urapakkam, Chengalpattu-603210. PHNo.9940409355

B.O NO.30, 2nd floor, 4th Main Road, Nanganallur, Chennai-600061.

(Ground floor - Canara bank, Near Arthanareeswarar Temple) PHNo.9150070313



Major subways in South Chennai stinks

Persistent sewage stagnation in four major subways of south Chennai has emerged as a serious concern, causing daily inconvenience and safety risks for motorists, especially two-wheeler riders, even in the absence of rainfall.

Subways serve as key connectivity routes in the city, with 22 such facilities currently functioning under the control of the Greater Chennai Corporation. Although advanced surveillance systems with modern cameras have been installed to monitor rainwater accumulation during the monsoon, recurring sewage stagnation during dry periods has now become a routine problem in several locations.

In particular, the Aranganathan, Rangarajapuram, Madley Road and Duraisamy subways in south Chennai.



Karate Championship

Velammal Vidyalaya, Alapakkam celebrates a moment of pride as Vidhunraj P of Class 8C carved his mark on the national stage by winning the Silver Medal in the National Karate Championship 2025-26.

Showcasing strength, speed, and discipline in the Under-14 category, he represented the school with distinction at the SGFI National Tournament held in Indore, Madhya Pradesh. His remarkable achievement reflects unwavering dedication and indomitable spirit, bringing honour and glory to the institution.

Corpn to issue sales certificates for street vendors

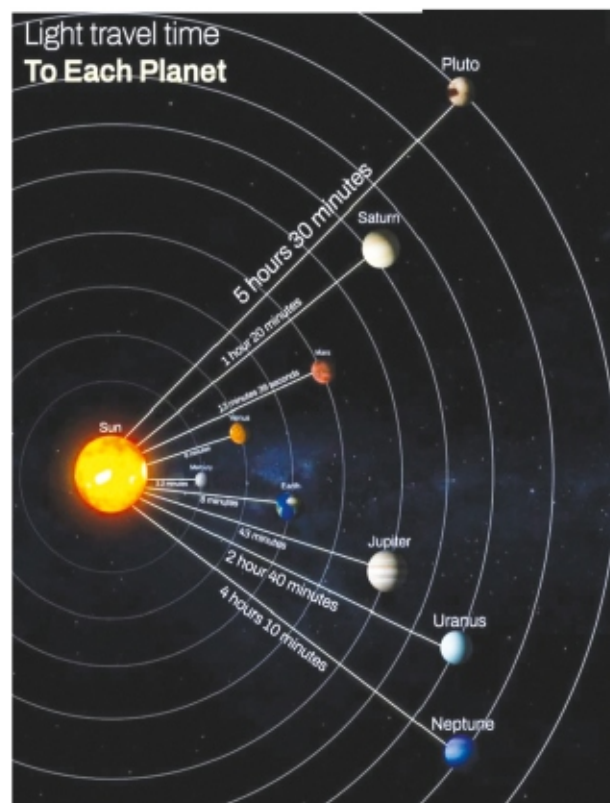
To streamline and regulate footpath vending activities, the Greater Chennai Corporation (GCC) has decided to issue sales certificates to authorised street vendors soon. Along with this, the Corporation has announced a revised annual fee structure, aimed at ensuring transparency and uniformity in vendor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



This is how fast the light of the Sun hit each planet

NOTE: Light is fast! It can reach the universal speed limit — 186,000 miles per second. (If you could travel as fast as light, the universe would look very different.) Because it moves so quickly, light can seem to appear instantaneously.

When we talk about how far light travels in a year, we are defining a "light-year."

Here's the key information:

Definition: A light-year is the distance that light travels through a vacuum in one Earth year.

Distance: This distance is approximately 5.88 trillion miles (or 9.46 trillion kilometers).

Therefore, light travels approximately 5.88 trillion miles in one year.

Experimental traffic change to reduce congestion in Teynampet

The police have implemented some changes to the 'U-turn' facility in Anna Salai and Teynampet to reduce traffic congestion.

Construction work on a 3.2 km flyover is underway on Anna Salai. U-turn facilities have been provided at the construction sites to ensure smooth movement of vehicles.

Vehicles going from Eldhams Road to Parimunai via Anna Salai should turn left, take a U-turn near Teynampet Metro Rail Station, and proceed towards Thyagaraya Road, South Pok Road, Vijaya Raghava Road and turn left towards Anna Salai.

Vehicles turning left from Elthams Road make a U-turn at a short distance, causing congestion as vehicles cannot pass in either direction. As a result, the police have made some changes on an experimental basis.

Accordingly, the U-turn facility near the Teynampet Metro Rail stop has been closed and the U-turn facility has been relocated near the New India Insurance office. Vehicles heading towards K.P. Dasan Road from Nandanam can take the U-turn provided near the New India Insurance office.

In this regard, a Traffic SI said: We have implemented the traffic diversion on a trial basis. Vehicles are moving without congestion and without stopping. Because the barriers erected on both sides to build the flyover have been removed.

Since the poles have been erected, the road will be constructed at night. If the authorities order, the current traffic diversion will continue. He said.



MASTERSTROKE



WALL MURALS



STONE CARVING



STAINED GLASS



STEEL & BRASS LETTERS



☎99624 46060 | 98400 68009



ALL MODEL NAME PLATES

#57A, (8A) Sapthaswara Apts, 1st Avenue, 100 ft Road, Ashok Nagar, Chennai - 83. | Email : masterstroke94@gmail.com | www.masterstrokes.co.in

CLASSIFIEDS

- ASTROLOGY
- BUSSINESS
- CATERING
- COACHING CLASS
- CONSTRUCTIONS
- COMMERCIAL
- INSURANCE
- RENT
- REAL ESTATE
- SALE
- SERVICES
- TUITION
- TOURS & TRAVELS
- WANTED
- WATER PROOF

89390 70034 / 93826 82128
98404 04036 / 044 2484 4114
kodambakkamtimes@yahoo.com
presskodam@gmail.com
Web E paper : kodambakkamtimes.in

ASTROLOGY

**SREE MANGALAGURU
JOTHIDA NILAYAM**
'VAAZHIL VELICHAM'
SURESH MADHAVAN
93609 45818 (With Appointment WhatsApp Only)

ASTROLOGY

**ASTROLOGY
VASTU CONSULTANT**
PERFECT VASTU FOR
HOME FACTORY OFFICE.
MANY CLIENTS
BENEFITTED WITH VASTU
PREDICTIONS WITH US.
ONLY WITH APPOINTMENT
94441 64859

BUYING

BUYING
• OLD FURNITURE
• ELECTRONIC • A/C
• COMPUTER SYSTEM
• WASHING MACHINE
• FRIDGE • BEAURO
• SINGLE & DOUBLE COT
• TWO WHEELERS BUYING
• ALUMINIUM PARTITION
(ANY CONDITION)
SM FURNITURE
90809 33178
97104 58869

RENT

FLAT FOR RENT
@ KODAMBAKKAM
RAMANA FLATS, NEW #108,
RANGARAJAPURAM MAIN ROAD,
BEHIND RAKSHA COMPLEX
**1 BHK,
2ND FLOOR**
97907 41356
96117 10232

SALE

NEW FLAT FOR SALE
@ MADURAVOYAL NEXT
TO VELAMMAL SCHOOL
2 BHK APARTMENTS,
RS 79 LAKHS,
817 SQ.FT, ONWARDS
HANDOVER SOON
90424 24090

SALE

FLAT FOR SALE
@ CHOO LAIMEDU,
Rajaveedhi Street
3 BHK, 1390 &
1473 sqft,
East Facing,
CCP, Lift, VDP,
Power Backup,
Ready for Occupation,
No GST
98412 10852
90806 50425

**CCTV
INSTALLATION**

**CAMERA
INSTALLATION**
CCTV
**CAMERA &
SMART HOME
INSTALLATION**
8610542337

CONSULTANCY

**SUNSHINE TAX
CONSULTANCY**
GST, TDS, ROC, ESI, PF,
FOOD LICENSE, INCOME
TAX, NITI AAYOG, PRINT
OUT, SCANNING, PANCARD,
TAN NUMBER, PARTNERSHIP
FIRM REGISTRATION,
DIGITAL SIGNATURE (DSC),
MSME (UDYOG AADHAAR)
RENTAL & LEASE AGREEMENT
9611436062 / 6381823571

SALE

**COMMERCIAL
BUILDING FOR SALE**
**SUITABLE FOR
HOSPITAL**
@ **ASHOK NAGAR**

URGENTLY REQUIRED FOR
RENTAL PURPOSE
(FOR PLAY SCHOOL)

@ ASHOK NAGAR, K K NAGAR,
VADAPALANI, MAMBALAM & KODAMBAKKAM

AM REAL ESTATE
63815 17973

**1/2
GROUND
SALE**
@ **K K NAGAR**
AM REAL ESTATE
63815 17973

**2100 SQFT
LAND FOR SALE**
@ **KODAMBAKKAM**
63815 17973

CONSULTANCY

GST NEW REGISTRATION
• For GST monthly,
• Annual return Filing,
• ITR Filing - Individual,
• Business

**DEDICATED SERVICE
PROVIDERS**

63829 35108

**THIS
SPACE
COST
RS. 900**

Readers are recommended
to make appropriate
enquiries before entering
into dealings with advertisers
who advertise in this
publication. The Editor
and Publisher do not
vouch any claims made
by advertisers and hence
shall not be held liable
for any adverse
consequences.

தனி வீடு விற்பனைக்கு

மேற்கு கே கே நகர்
வருமானம் வரக்கூடிய
தனி வீடு. பட்டா
நிலம் 1050 சதுர அடி,
பில்டப் ஏரியா
3000 சதுர அடி,
2 வீலர் பார்க்கிங்
மட்டும். 1.80 cr

NANBA REAL ESTATE
91767 62128

FLAT FOR SALE
@ **VADAPALANI**
FF, 1310 SQFT,
UDS - 490 SQ FT
PARKING 130 SQFT
17 YEARS OLD
A M REAL ESTATE
63815 17973

FLAT FOR SALE
@ **T NAGAR**
560 SQFT,
UDS 230 SQFT,
GROUND FLOOR,
OCP, 50 LAKH
A.M. REAL ESTATE
63815 17973

**HOME
FOOD**

OM SARAVANA BHAVA HOME FOODS
Lunch Menu Variety Rice
• Sambar Rice • Tomato Rice
• Lemon Rice • Coconut Rice
• Puliyothari Rice
Dinner Menu items
Adai Aviyal, Chapathi Dosai,
Idly Poori, Pongal Upma Sevai
Lunch and Dinner Door step
Delivery Available Price Rs.80
To order Lunch before 10 am
& Dinner before 3 pm
82488 65652

WANTED

**WANTED
FEMALE INCHARGE**
For ACUPUNCTURE CLINIC
@ T NAGAR
SALARY AROUND 12,000/-
TIMINGS : 9.30 AM TO 6PM.
CLINIC WORKING ON ALL
DAYS EXCEPT FRIDAYS.
CANDIDATE SHOULD HAVE
BASIC COMPUTER KNOWLEDGE.
98401 21766

KODAMBAKKAM TIMES

(K K NAGAR & VADAPALANI EDITION) **Saturday**

(MAMBALAM & T NAGAR EDITION) **Sunday**

FREE CIRCULATION

To Place your
Classified Ads

Call :

89390 70034

93826 82128

98404 04036

044 2484 4114

Astrology ♦ Rent
Business ♦ Sale
Catering ♦ Wanted
Construction ♦ Water proof
Commercial ♦ Tuition

**ASHOK MANSION, 21/6, First Floor,
Mambalam Station Road,
West Mambalam, Chennai - 600 033.**

kodambakkamtimes@yahoo.com

presskodam@gmail.com

Web : e-paper : kodambakkamtimes.in

**GLORIOUS
16
YEARS
Each
50,000
COPIES**

**FOR ADVT
CONTACT**

044 2484 4114

8939070034

Construction debris dumping must stop

Construction debris along a stretch on the roadside of Tilak Street, Sadasivan Street Junction, T Nagar is an eyesore. Its location has become convenient to dump construction waste. The construction debris can be used by the civic body for filling potholes at least. Even though the dumping of gravel and construction debris is not the solution these fillings will at least last more than a few months, residents opine.

They complain that road debris is a form of a road hazard. They suggest that the construction waste must be compacted as shortcut tactics lead to bumps across the street. Huge waste generation has become a major challenge as they under go tremendous expansion. Construction boom comes



with growing pains from escalating construction and demolition waste generation. Enormous construction waste causing much worry to the residents. Failure to adequately manage waste will lead to safety risks, residents opine.



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 Vajpayee 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.



GREETINGS
KODAMBAKKAM
TIMES wishes
its readers,
advertisers and
well-wishers a
Happy
New Year 2026.

LAND FOR SALE
@ WEST MAMBALAM
1000 SQFT,
ONLY GENUINE
BUYERS CALL,
NO BROKERS
A M REAL ESTATE
63815 17973

PANLIN ORTHOPAEDIC
DIABETIC FOOTWEAR
New 46/ Old 21, Postal Colony, 3rd Street, 1st Floor,
West Mambalam, Chennai - 600 033. (Opp. Canara Bank)
044 - 43592661 / 9840092661
www.panlinfootwear.in

MCP / MCR Chappals / Shoes / Gel Insoles
Customized Footwear Manufactured As Per Measurements
Diabetic Footwear | Flat Foot Arch | Club Foot | Calcaneal Spur
| Plantar Fasciitis | Corn & Bunions | Metatarsal Pain | Heel Pain
| Ankle Pain | Knee Pain | Lower Back Pain | Achilles Tendonitis
| Swollen Feet | Uneven Feet & All Forefoot Disorders
VISA **MasterCard** All Credit Cards Accepted
Online Partners: **Flipkart** **amazon**
TIMING :
10.00 am to 8.00 pm
SUNDAY FULL DAY OPEN
HOME VISITS UNDERTAKEN

வேலம்மாள் மற்றும் **மாற்று**
மேல்நிலைப் பள்ளி **அம்க** **உடக மையம்**
044 - 26561166 / 26560063
இணைந்து வழங்கும்
13ஆம் ஆண்டு
விருது விழா
5000+ கலைஞர்கள்
100+ பாரம்பரிய கலைகள்
50+ நாடகங்கள்
நாள் 3-4 ஜனவரி 2026
இடம்:
வேலம்மாள் மேல்நிலைப் பள்ளி,
டி.எஸ். கிருஷ்ணா நகர், முகப்பேர் கிழக்கு, சென்னை

VELAMMAL MATRIC. HR. SEC. SCHOOL | **VELAMMAL** VIDYALAYA
IIT / NEET SCHOLARSHIP
EXAM 2026-27
EXAM DATE: 04.01.2026 **EXAM TIME: 10 AM TO 12 NOON**
IIT TOPPER 2025 **NEET TOPPER 2025**
GAUTAM KANNAPIRAN **PRAHADEESH C**
394 **NEET SELECTIONS 2025** **161** **IIT / NIT / IIIT SELECTIONS 2025**
STUDY CENTRES MOGAPPAIR EAST | MOGAPPAIR WEST | MEL AYANAMBAKKAM | PARUTHIPATTU | ALAPAKKAM
FOR FURTHER DETAILS
73583 90410 **www.velammalnexus.com**