

# KODAMBAKKAM TIMES

J1

MAMBALAM & T NAGAR EDITION (Every **SUNDAY**)

Vol. 17 Issue No. 02

FREE CIRCULATION

8 PAGES

28-12-2025 - 03-01-2026



## Chest Pain is not the Time to Wait.

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## 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.

## 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.



## 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.



## 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

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# KODAMBAKKAM TIMES

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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)



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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-Feet Wish Tree

Velammal Vidyalaya, Karambakkam marked Christmas 2025 in a heart-touching and innovative manner by unveiling a magnificent 30-feet 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.

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## 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

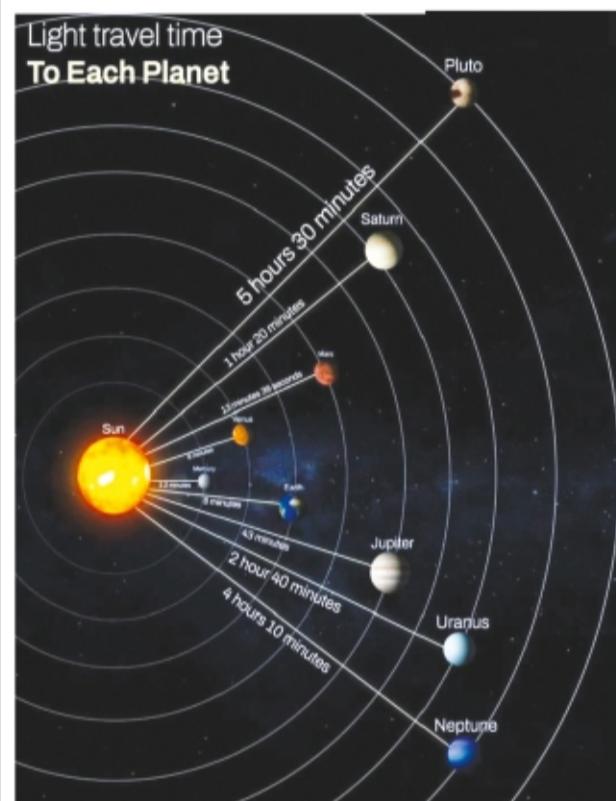
To streamline and regulate footpath vending activities, the Greater Chennai Corporation (GCC) has decided to issue sales certificates to authorised street vendors soon. Along with this, the Corporation has announced a revised annual fee structure, aimed at ensuring transparency and uniformity in vendor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



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