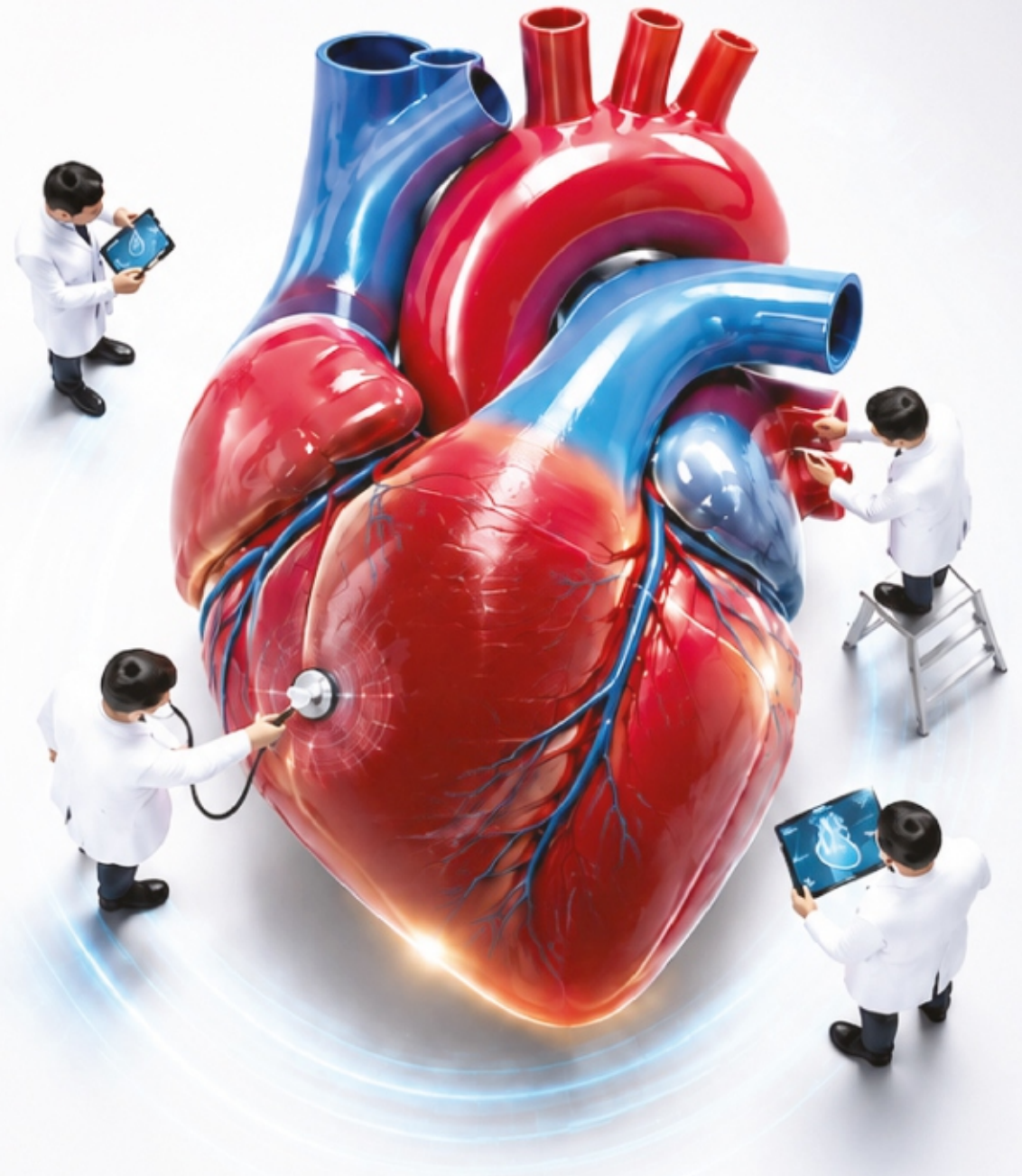




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Voice of GOD



Parijatha Vana Nathar Temple, Tirukalar

This is the 222nd Thevaram Paadal Petra Shiva Sthalam and the 105th Sthalam on the south side of the river Kaveri in Chozha Nadu. This place has maintained the same name, Thirukalar, since the Thirugnanasambandar period.

In Periyapuram, Sekkizhar records that after visiting Pandya Nadu, temples came to this Pathaleecharam. After worshipping Lord Shiva of Kollamputhur, Nallaru, Thelicheri, Iyyaru, and Kazhumalam (Sirkazhi) went to Nadu Nadu. But, in actuality, he went to Thirukalar after Thandalaineeneri.

Thirugnanasambandar and Vallalar have sung hymns in praise of Lord Shiva of this temple.

Moolavar : Sri Parijathavaneswarar, Sri Kalarmulai Nathar, Consort : Sri Amutha Valli, Sri Ilam Kombanaiyal, Sri Azhakeswari.

Some of the salient features of this temple are... The temple faces east with a 5-tier Rajagopuram. There is also a 3 tier second-level Rajagopuram. Dwajasthambam, balipeedam, and Rishabam are between these two Rajagopuras.

In the praharam Navagrahas, Chandran, Brahma, and Vishwakarma worshiped Shiva Lingas, Nalvar, Moshatruvaeswarar, Somaskandar, Sthala Vinayagar, Natarajar, Valli Devasena Subramaniam, and Gajalakshmi.

In the outer mandapa, Ashta bhuja Durga and Sthala Viruksha. Natarajar, Maha Vishnu sannadhi is on the east of Suriyan. Natarajar is of Brahma Thandava murti. A Vidanga Lingam is in safe custody near Natarajar.

There is a separate temple for Ambal, facing east with dwarapalakis. A gold Kavasa was gifted by a devotee who will adorn Ambal on special occasions. Koviloor Mutt Veeraseshara Gnanadesika Swamikal's Samadhi, Veda Patasala, Pasumadam, Vedanta Mutt, 63var Guru pooja madam, and a mutt are near this temple. Sadhus are also practicing in this mutt. A Pidari Temple, Ayyanar Temple, and Mariamman Temple are also in this Village.

ARCHITECTURE

The main temple consists of the sanctum sanctorum, antarala, and ardha mandapam. A 3-tier vesara vimanam is over the sanctum sanctorum.

HISTORY AND INSCRIPTIONS

Since Thirugnanasambandar has sung hymns in praise of Lord Shiva of this temple, the original temple might have existed before the 7th Century, and the same was reconstructed as a stone temple during the Chozha period. Further extended by Vijayanagara. The inscriptions recorded from this temple belong to Chozhas, Pandyas, and Vijayanagaras. As per the inscriptions, this place was called Rajendra Chozhavalanattu, Purangarambai Nattu Thirukalar. Lord Shiva was called as Thirukalar Udayar, "Kalar Mulaitha Nayanar", and "Adaintharkku Arul Seitha Nayanar". (Thirugnanasambandar also mentions the same in his hymns).

Kochadayabarmar Thiribhuvana Chakravarthy Sri Vallabha Devar's 25th reign Year inscription records the historical event of the Capture of Mudaliar Suriyadevar and puts him in jail for not giving the Kani land and Taxes. It also records that Rajarajan Sundara Pandiyadevar came to this place along with Thulukkar (Muslims). During that time, the village was in trouble due to floods and rebellion.

Body consciousness : The severest bondage

What is the severest bondage? Body consciousness. It is certainly the foundation of all the bondages. If you cross this bondage, consider that you have made the highest jump. Body consciousness is the number one obstacle. You may call it a storm. It may be any vice, where does it come from? It comes from body consciousness. All the vices come when you consider yourself to be a body. How?

Body consciousness is the main cause of anger as well. How? Suppose there is a person who is feeble, very thin, who has no strength in his body and a wrestler comes in front of him and starts fighting, then will he (the feeble person) become angry with him (the wrestler)? He will not at all feel angry because he doesn't have a [strong] body at all. The person who has a strong body, who is a wrestler, shows his physical power on the weak one. If he is a king he will show his strength, he will rule over the poor. A king has a lot of ego. The person who is a Brahmin will show his annoyance towards the Shudras. He will say: "Eh, such a lowly man, and he has touched me!" All this body consciousness comes. Anger increases due to body consciousness. Similar is the case with greed. When does greed come? "I should earn and keep wealth for my own body, for the nourishment of my body, for the children born from my body for many births". So he gathers a good bank balance, he digs and buries it (the money) in the earth. The root of that greed is also body consciousness. Now comes attachment. When does someone develop attachment? A mother

starts fighting with another mother. Why? They start fighting for their children saying: this child is born from my body, that child is born from your body. She has special attachment for the child who is born from her body. So, the cause of that attachment too is body consciousness. And what about ego? The ghost of body consciousness is the toughest ghost. Those who have the ghost of body consciousness speak so loudly! They speak egotistically. The meaning of ego itself is the ego of the body. Someone who has ego gives a lot of sorrow to others. For example, what did the Russians do due to the ego of the body? They prepared the atom bombs. Today, the whole world is trembling due to the fear of the atom bombs. So, a person develops ego only due to body consciousness. It means that the root of all the five vices is body consciousness.

What should we do now? We should finish off body consciousness itself. How will it be finished off? We should consider our self as a soul. If all the human beings understand that they aren't this body, this body is certainly the effigy of five elements, they are definitely souls, then those staying in the soul conscious stage won't hate anyone. They will stabilize in the stage of being brothers in the form of souls amongst each other.

So, body consciousness is the vice that pulls all the other vices. The awareness of the body itself is a bad thing. The author is solely responsible for this article. The publisher or editor are not responsible.

For further details contact : 9445520108, 9891370007.



Childrens park in Nandanam needs attention



A children's park in CIT Nagar, 5th Main Road in Nandanam is in an unhygienic condition due to poor maintenance, in the entrance itself garbage welcomes the visitors and scattered all around the play area and a foul smell emanating from waste bins.

One of the slides in the park is damaged, while plastic bottles, paper, food wrappers and other waste have accumulated around the play equipment.

The condition has raised concerns among parents about children playing in an unhygienic environment. The park is frequented by children and residents of nearby neighbourhoods, particularly during the evenings.

The seating facilities inside the park are also poorly maintained. Residents said that daily cleaning was not being carried out properly due to a lack of adequate maintenance staff. The garbage bins placed outside the park are also overflowing, resulting in a foul smell in the surrounding area.

Health insurance cover increased to 25 lakh from 5 Lakh

Tamil Nadu Chief Minister C Joseph Vijay has announced a major increase in the annual coverage under the Chief Minister's Comprehensive Health Insurance Scheme (CMCHIS).

The CM Health Insurance coverage has been increased

from ₹5 lakh to ₹25 lakh, providing greater financial protection for eligible beneficiaries facing major medical expenses. The announcement was made on August 19, 2026.

The ₹25 lakh Tamil Nadu health insurance coverage is part of a wider set of healthcare measures announced by the state government.



Samskrta saptaaha

On the occasion of Samskrita saptaaha, Samskrita Bharati, Tamilnadu and Central Institute of Classical Tamil, Chennai are organising "Bhaaratteeya Jnaana Pradeepa" to create an awareness on the various aspects of Indian Knowledge Systems (IKS). It will be held on Aug 28, 29 and 30, 2026 (inauguration on Aug 28, 4 pm) at the NEST School, Arcot Road, Kodambakkam, (inside Meenakshi college campus). The event is dedicated to exploring and promoting the rich heritage, scientific contributions, and philosophical wisdom of India's ancient traditions, for preserving the nation's rich cultural legacy and traditional wisdom. This is open to all students, academicians and technical experts. The event will be addressed by prominent scholars, educators and experts from diverse fields. There will also be exhibitions on the various aspects of IKS by prominent institutions like IIT Madras, Central Institute of Classical Tamil, National Institute of Siddha, Krishnamacharya Yoga Mandiram, Sanskrit Promotion Foundation, Sri Sairam Ayurveda College, Sri Chandrasekhara Saraswati Viswa Maha Vidhyalaya, Sri Jayendra Saraswati Ayurveda College and Hospital, Amrita Vidyalayam and Archaeology exhibits by Mr Veeraraghavan and Ms Mangaiyarkarasi. It is open to all.

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Plastic traffic median cones dumped below Kodambakkam bridge is an eyesore. Will the authorities remove it as soon as possible. These cones are blocking the pedestrians pathway.

A truck hits median on Anbazhagan flyover

A lorry loaded with sand was heading towards Nungambakkam through Anbazhagan flyover was hit in the median by the tyre of the truck. Causing traffic jam for over a hour.

The rear tyres came off along with the bearings. The lorry hit the flyover retaining wall and came to a stop. If it had fallen, it would have caused a major accident to the buses, passengers and drivers coming and going to the T. Nagar bus stand.

Similarly, an auto coming behind the lorry also hit the central barrier, causing its tyre to puncture. This caused a traffic jam on the flyover.

Upon receiving information, the T. Nagar traffic police, who arrived at the scene, rescued the lorry that was stuck on the road and cleared the traffic.

On the T. Nagar flyover, a road median barrier has been constructed with cement stones. It is painted black and white. To those coming in vehicles, this barrier looks like a road, causing accidents. Therefore, motorists have been insisting that the median barrier be painted yellow and black.



Women of wonder awards

My Screen Media (Bharathi Street, West Mambalam) presented Wow - Women of Wonder Awards to more than 40 women entrepreneurs from various field. The function commenced at Presidency Club, Egmore on Aug.20.

The chief guest was Thamizhachi Thangapandian (MP South Chennai Constituency) presented awards to all the entrepreneurs and gave motivation speech.

The program organised by Sneha Sakthivel (Founder of My Screen Media) Parivu S.Sakthivel (Visionary for the concept) said that Awardees were from all over of Tamilnadu.

Corpn identifies 77 caste-linked street names for review

The Greater Chennai Corporation (GCC) has begun enumerating street names within its limits to identify and remove caste references. The initiative follows a directive from the Tamil Nadu Social Justice Department to remove or rename caste-linked names associated with residential areas, streets, roads, water bodies and revenue villages across all local bodies in the state.

To implement the initiative, the State Government issued GO 313 through the Municipal Administration and Water Supply Department on October 6. The order provides guidelines for removing or changing public names that contain caste references or promote social discrimination.

The Social Justice Department has instructed the Greater Chennai Corporation to inspect public infrastructure and take appropriate corrective action. A

State-Level Vigilance and Monitoring Committee meeting, chaired by Chief Minister Joseph Vijay, is also scheduled to review the progress of the initiative.

77 Chennai Street Names Identified

A GCC official said that officials have been instructed to audit street names and submit zone-wise reports. So far, around 77 street names containing caste references have been identified in the Kodambakkam, Valasaravakkam zones. Reports from the remaining zones are awaited.

Under the guidelines, the action to be taken will depend on how the caste reference appears in the street name. If a caste title is used only as a suffix, the suffix will be removed while retaining the rest of the name. However, if the entire street name is based on a caste identity, the name will be completely changed.

Street names currently under review include Gengu Reddy Road, Brahmin Street, Vanniyar Street, Reddy Street and Dr Nair Road in the Kodambakkam zone. Some Chennai street names already changed Several street names in Chennai have already been modified under the initiative.

For instance, GN Chetty Road was renamed Gopathy Narayanan Road. Similarly, Srinivasa Iyer Street and Balakrishna Naicken Street in West Mambalam were shortened to Srinivasa (I) Street and Balakrishna (N) Street, respectively.

The Greater Chennai Corporation's ongoing enumeration is expected to identify more caste-linked street names across the city.

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K K Nagar & Vadapalani Edition (Saturday)
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Sports day

Velammal Vidyalaya, Karambakkam, celebrated ALTIS 2026-2027 Sports Day and Independence Day with great enthusiasm and patriotic fervour.

The celebrations featured a vibrant Victory March, showcasing the students' discipline, unity, team spirit and patriotism. The winners of various sporting events were felicitated with medals and certificates in recognition of their outstanding achievements and sporting excellence.

The event concluded on a proud and memorable note, celebrating the true spirit of sportsmanship, excellence and patriotism.



Countries where the sun rises at midnight

In some countries, the sun continues to shine in the sky even at midnight. This may come as a surprise. However, there are countries and cities in the world where the sun does not set for several days or weeks during the summer. This natural phenomenon is called the midnight sun. It is mainly observed in areas near the Arctic Circle.

1. Tromsø, Norway:

The city of Tromsø in Norway is one of the most important and famous places in the world to see the midnight sun. We can see the sun here for almost 24 hours from May to July.

The snow-capped mountains, the blue sea and the landscape drenched in constant light make it an even more awe-inspiring place.

2. Svalbard, Norway:

Located in the Arctic Ocean, Svalbard is one of the northernmost inhabited places in the world.

The sun never sets here from late April to August. It is also famous for its glaciers, ice fields, and polar bears.

3. Reykjavik, Iceland:

The nights are very short in Reykjavik, the capital of Iceland. It is very bright even in the middle of the night in June. Waterfalls and natural hot springs make it an even more popular and attractive place for tourists.

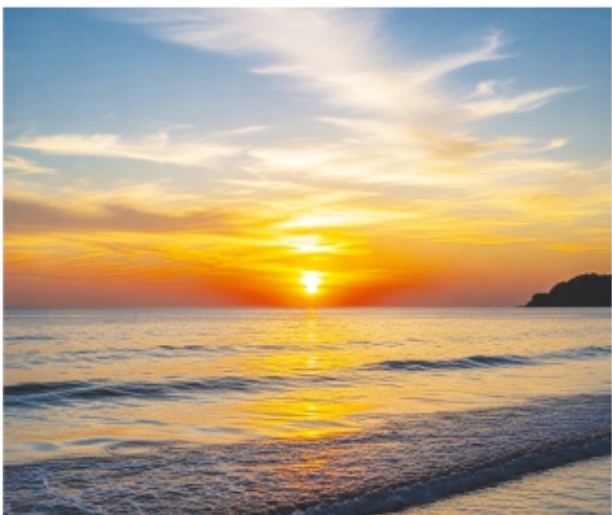
4. Nunavut, Canada:

The Nunavut region of Canada is located within the Arctic Circle. The sun shines continuously for a long time here. The breath taking nature attracts many tourists.

5. Fairbanks, Alaska (USA):

The city of Fairbanks in Alaska, USA, is also famous for its midnight sun. Here, during the months of June and July, the night time is almost completely daylight. Here, we can enjoy tourist activities like mountain climbing and fishing even at night and have a good time.

Why it never gets dark: The Earth is tilted about 23.5 degrees on its axis. This means that in areas near the poles, the sun does not set below the horizon for several days. This is why in these places, the sun does not set for long periods of time.



Navaratri return gifts

At Arvind Foundation, a charitable organisation for students with special needs. Through meaningful vocational activities, students are encouraged to learn, create, contribute, and move towards an independent and dignified life.

This Navaratri, students have proudly designed and created their own return gifts—from choosing the colours and materials to putting together every little detail.

Their special creation includes a beautiful blouse-bit fabric bag, silk-thread bangles, kumkum & manjal, and a lovely fridge magnet. What makes these gifts truly precious is the love, effort, and confidence of the hands that made them.

Every gift tells a story of ability, determination, and



hope. And every purchase does something even more meaningful—it supports our students' livelihood and vocational journey, giving them the confidence that their skills have value.

For further more details contact : Arvind Foundation, a charitable organisation for students with special needs in K K Nagar & Poonamallee. Orders & Admission Enquiries: 9884270697 / 9841034234



Man snatches gold chain from woman, escapes with her bike

R Mahalakshmi, a resident of Radhakrishnan Road, Valasaravakkam. According to the complainant she had gone to a nearby shop to buy groceries and was returning home on her two-wheeler.

When she stopped at the apartment complex to open the gate, a man snatched her gold chain of 8 sovereign from behind and pushed her down and also took her two-wheeler and sped away.

Based on her complaint, Valasaravakkam police registered a case and launched an investigation based on CCTV footage to identified the culprit.

Youth stabbed painter at Vijayaraghavapuram

Samuel, 23, a painter from Third Street, Vijayaraghavapuram, K K Nagar, was standing there on the night of the 17th Monday. Saranraj, 19, from the same area who was riding rashly on a bike, on the time Samuel asked Saranraj to go slow on the lane the two got into an argument.

After few hours Charanraj returned with his friends intoxicated and got into an argument with Samuel, suddenly he took a small knife and slashed him on his left hand and rib and fled the scene. Samuel was injured and was treated at the hospital. Police arrested Saranraj and his friends.

Maanja threat cuts bike taxi driver

A 33-year-old bike taxi rider J Rajkumar from Triplicane injured on Sunday night in Nandanam after a maanja thread slashed his neck while he was riding when he had picked up a woman from Alandur metro station and was moving along CIT Nagar 1st Main Road in Nandanam when a loose maanja thread entangled around his neck, he fell down from his bike while attempting to remove the thread, from his neck he suffered cuts on his fingers as well. Few passerby rushed and helped the injured and he was taken to GH.

The Saidapet police have registered a case and are investigating.

Motorists robbed chain of woman

Usha, 48, a resident of Madley 1st Street, T. Nagar. While she was returning from a nearby shop. When she was nearing her house. Two men in a motorbike asking for some address. Suddenly they pushed her down Usha who was shocked held her chain tightly and fought with the thieves while shouting.

One part of the 6 sovereign chain was robbed by the gang. Mambalam police are investigating.

House burgled at Kodamakkam

Raghuvaran, 40, a resident of Akbarabad 1st Street, Kodambakkam; a private company employee. He went to Vandavasi hometown with his family. When he and his family returned back on the night of August 16 they shocked to see the house burgled by breaking the lock of his house. The stolen properties were 6 sovereigns of gold, 250 grams of silver items and 30 thousand in cash. Following a complaint, the Kodambakkam police are investigating the case.

Few time CMRL attendants turn away vehicles citing lack of space

Commuters of Metro Rail have raised concerns over difficulties in accessing parking facilities at Metro stations, alleging that vehicles are sometimes denied entry even when parking spaces appear to be available.

Several users said that parking attendants turn away vehicles citing a lack of space, while vacant slots could reportedly be seen inside the parking premises.

They alleged that some of these spaces were kept aside for frequent or regular users, making it difficult for occasional passengers to park their vehicles. The issue has caused inconvenience particularly for passengers who depend on Metro station parking to complete the first leg of their daily commute.

Those denied entry are often forced to search for alternative parking nearby, potentially delaying their journeys and adding to congestion around stations.

eKyc deadline extension for cooking gas cylinders

The deadline has been extended until the 23rd. It has been made mandatory for consumers using domestic cooking gas cylinders to undergo eKyc.

The deadline for this has been extended to the 23rd, while the deadline was given till 17th Monday.

This can be done from home, through the mobile app, or by visiting a gas agency in person.

It is reported that these works are being carried out to detect fake gas connections and ensure that subsidies are provided to eligible persons.

Additional information is that if this is not done by August 23rd, there may be problems in getting cylinders.



Apollo Hospitals launches 'Always Open, Always Here'



Apollo Hospitals announced the launch of 'Always Open, Always Here', a first-of-its-kind initiative that makes routine and planned healthcare services available across all seven days of the week, including Sundays.

Apollo's emergency, critical care and inpatient services have always been available 24x7. The new initiative extends Sunday access to outpatient consultations, diagnostics, preventive health checks, follow-up consultations and scheduled procedures, helping patients and families seek timely care without waiting for a weekday.

'Always Open, Always Here.' addresses this gap by giving patients one more day to act on their health

before delay becomes risk.

Dr. Prathap C. Reddy, Founder & Chairman, Apollo Hospitals Group, said, "For more than four decades, Apollo has believed that healthcare is not only about treating illness, but about protecting health and preventing disease. 'Always Open, Always Here.' is a continuation of that promise. We have always been available for emergencies and critical care. We are now extending the same commitment to routine and preventive care across all seven days of the week. This is our seal of service to every Indian."

Dr. Preetha Reddy, Executive Vice Chairperson, Apollo Hospitals, said, "People should be able to seek medical care at a time that fits more easily into their lives. For working professionals, caregivers and families balancing multiple responsibilities, having the option to consult a doctor, complete a health check or continue with follow-up care, particularly on Sundays, can make a meaningful difference. 'Always Open, Always Here.' reflects our commitment to ensuring that the trusted care people expect from Apollo is available every day of the week, whenever they need it."

For further information, please contact:
centralcommunication@apollohospitals.com

Maintenance must



It's important, public are made aware of any broken manholes so that they can be fixed or replaced as soon as possible, as the safety of commuters is of utmost importance. A plastic barricade is placed on the top of a damaged manhole as a temporary cover to alert motorists on CIT Nagar roundana two places in a same stretch. Damaged manhole covers allow water to accumulate at underground sewer points. This is a pestering perennial problem that needs attention.

It protects the public from potential hazards and unauthorized access to underground utilities. At the same time, it gives easy access to maintenance workers. So that they can carry on with their maintenance works and inspections. Taking preventive measures and undergoing regular inspections you can prevent vehicular and pedestrian accidents. Failing to maintain the condition of manhole covers can eventually lead to corrosion and underground infrastructure damage.

GCC to provide cloth bags to households to contain plastics

The Corporation is set to launch a project to provide cloth bags to 50,000 households in the first phase to collect dry waste, including plastic from today.

Corporation collects 6,000 tonnes of garbage every day. There are various challenges in segregating and collecting this garbage.

Lack of awareness among the people and dumping of biodegradable and non-biodegradable garbage in the same bin is harming the environment.



In this situation, Corporation has taken an initiative in collaboration with 'Urbaser Summet' to separate and purchase plastic garbage including bottles. In the first phase, the project of collecting dry waste by giving cloth bags in five zones of the southern region – one among the area is Valasaravakkam is set to start today.

Corporation and 'Urbaser Summet' officials said: Garbage is being collected from five lakh households in the southern region. In this, cloth bags will be given to each household to collect dry waste including plastic, bottles, biscuits, milk packets, cloth, cans and paper. Dry waste should be put in this bag and given to the cleaning staff who comes from house to house. He will put the waste in the bin and give the bag back. This happens every day. Biodegradable waste, including food waste, should not be put in that bag.

In five zones, a target has been set for 50,000 houses that have not been properly segregated, and 5,000 houses will be provided with the bags today. In the coming days, other houses will also be provided. Through this scheme, the environmental damage caused by dry waste will be prevented. They said this.

Trains shifted to Tambaram, Beach & Mambalam

The ongoing Chennai Egmore railway station redevelopment work will temporarily affect several express train services. As part of the redevelopment, some trains will originate from or terminate at Tambaram, Chennai Beach and Mambalam railway stations instead of Chennai Egmore.

Southern Railway has announced revised train schedules for the affected periods. Passengers are advised to check their train details, boarding station and terminating station before travelling.

Mannargudi–Egmore Express to Terminate at Tambaram : The Mannargudi - Egmore Express will operate with revised arrangements from September 4 to October 13.

The train will depart from Mannargudi at 10.50 pm and terminate at Tambaram instead of Chennai Egmore.

The return Egmore - Mannargudi Express will depart from Tambaram at 11.25 pm from September 5 to October 14.

Tiruchy–Egmore Malai Kottai Express to Terminate at Mambalam

The Tiruchy Egmore Malai Kottai Express will terminate at Mambalam instead of Egmore from September 9 to 15 and again from September 21 to

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The train will depart from Tiruchy at 10.35 pm. Passengers travelling to central Chennai should take note of the temporary change and make alternative arrangements to reach their destinations from Mambalam.

Mumbai CSMT–Egmore Express to Terminate at Chennai Beach

The Mumbai CSMT–Egmore Superfast Express will terminate at Chennai Beach instead of Egmore from September 12 to 15.

The train will depart from Mumbai at 10.52 pm during this period.

Salem–Egmore Express Services Revised

The Salem–Egmore Superfast Express will terminate at Mambalam instead of Egmore from September 12 to 15. The train will depart from Salem at 9.30 pm.

Meanwhile, the Egmore–Salem Superfast Express will originate from Chennai Beach at 11.30 pm from September 13 to 16.

Uzhavan Express to Run Late

The Thanjavur–Egmore Uzhavan Express will also be affected by the Chennai Egmore redevelopment work. From September 16 to 19, the train will run 20 minutes late in the Mambalam–Kodambakkam section.

From September 22 to October 15, the train will run 30 minutes late in the same section.

Chennai Egmore Redevelopment: What Passengers Should Know

The temporary train changes are being introduced to facilitate the ongoing Chennai Egmore railway station redevelopment project.

Passengers travelling on the affected services should check the latest Southern Railway updates before leaving for the station. Those who normally board at Chennai Egmore should pay particular attention to temporary changes involving Tambaram, Chennai Beach and Mambalam.

Travellers should also allow additional time for reaching the revised boarding or terminating stations, particularly during peak hours.

Chennai train service changes at a glance

The changes are temporary and linked to the ongoing redevelopment of Chennai Egmore railway station. Passengers are advised to verify the latest train schedule and revised station information before starting their journey.



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Left out branches - a garbage godown?

One of the trees in Lakeview Road, West Mambalam seems to have been trimmed due to various reasons and the removed small branches and leaves made a heap near the garbage.

This has not been removed for a couple of days. And someone has started dumping their garbage here without throwing properly in the corporation dust bins.

If the trimmed remains are not cleared early, this will become a tent for the insects to reside and a godown for garbage. Sometime later, this will be the place for the thrown out garbages and people will forget how it began and start dumping here.

Before people start making a habit of throwing the garbages here, necessary action to be taken to clear the unwanted trimmed leaves and branches, immediately.



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