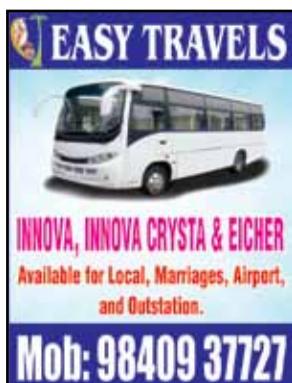


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Dog chasing nearby Vepery signal



Incidents of dogs chasing the vehicles are increasing day by day in the vicinity of Vepery Signal, near Jain College For Women. Frequent episodes of dog chasing the vehicle commuters are found happening in the area. This could lead to accidents endangering both the dog and the people's life, putting at stake. The corporation should take necessary steps in this regard.

Consume less salt and sugar

Filipinos consume twice the recommended amount of sodium, putting them at risk of high blood pressure, which in turn increases the risk of heart disease and stroke. Most people get their sodium through salt. Reduce your salt intake to 5g per day, equivalent to about one teaspoon. It's easier to do this by limiting the amount of salt, soy sauce, fish sauce and other high-

sodium condiments when preparing meals; removing salt, seasonings and condiments from your meal table; avoiding salty snacks; and choosing low-sodium products.

On the other hand, consuming excessive amounts of sugars increases the risk of tooth decay and unhealthy weight gain. In both adults and children, the intake of free sugars should be

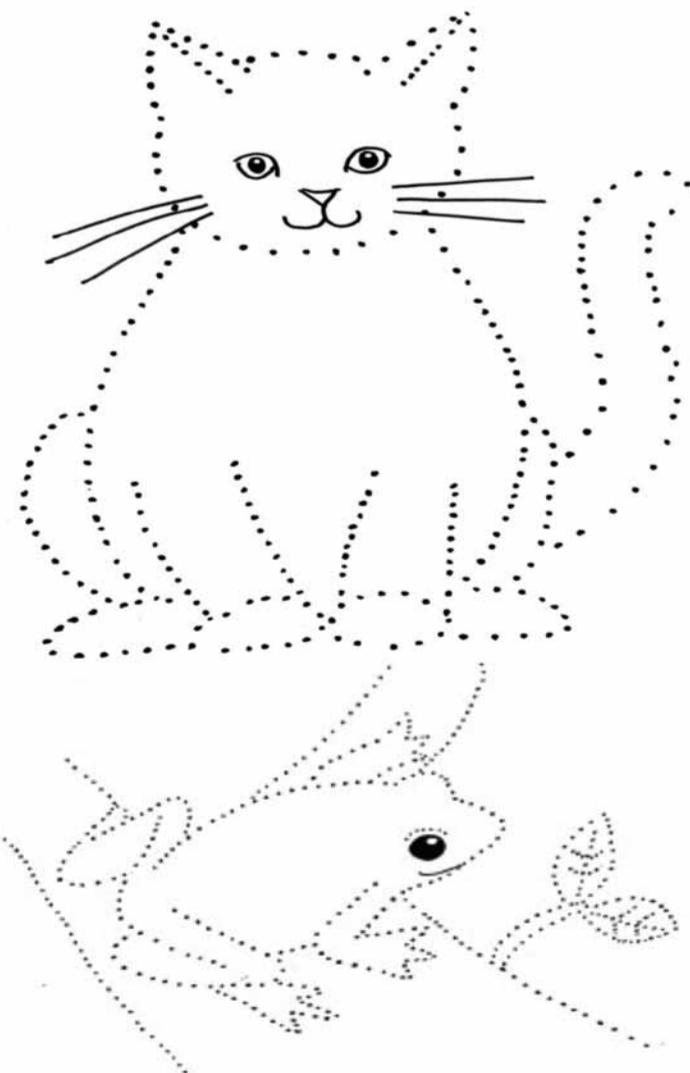
reduced to less than 10% of total energy intake.

This is equivalent to 50g or about 12 teaspoons for an adult. WHO recommends consuming less than 5% of total energy intake for additional health benefits. You can reduce your sugar intake by limiting the consumption of sugary snacks, candies and sugar-sweetened beverages.

Don't smoke

Smoking tobacco causes NCDs such as lung disease, heart disease and stroke. Tobacco kills not only the direct smokers but even non-smokers through second-hand exposure. Currently, there are around 15.9 million Filipino adults who smoke tobacco but 7 in 10 smokers are interested or plan to quit.

If you are currently a smoker, it's not too late to quit. Once you do, you will experience immediate and long-term health benefits. If you are not a smoker, that's great! Do not start smoking and fight for your right to breathe tobacco-smoke-free air.



Wastage dumped at Kilpauk



Kilpauk near mummy daddy, name board back side look unhygienic with heavy stink. As the place is misused by public. Let the concerned officials clean the area and spray disinfectant and put a warning board that the name board should not be misused and the violators would be punished for such misuse of public place.

Chennai Organic Market changes venue

The Organic Market will be held on January 4, 2026, Sunday, from 10 AM to 5 PM at Corporation Middle Schoo, Manjakollai, 1st Main Rd W, Gajalakshmi Colony, Kathiravan Colony, Shenoy Nagar, Chennai, Tamil Nadu 600030, India.

The market will continue to function on the first Sunday of every month in the same venue.

The market will be a zero-one-time-use plastic, low-waste event with customer bringing bags and own containers for cold pressed oil and other products and stall holders packing their products in paper covers/ cloth bags. Stalls have reusable stainless-steel tumblers to enjoy

beverages, customers looking for personalized tumblers and papers are encouraged to bring their own tumblers and tiffen boxes to enjoy the delicious food available at the market.

Key Features

1. Authentic organic vegetables and other products: traditional rice, millets, cold pressed oils, pulses, spices and sweeteners, value added products, organic and hand-made clothing, eco-friendly home utility products, breakfast, lunch, and beverages. Moreover, we have a process to ensure that all food products sold in the santhai are 100% organic.

2. Fair price to all: We

ensure fair price to both farmers and consumers.

3. Relationship building between farmers and consumers: Consumers get the opportunity to directly talk to the farmers and understand how their food is produced. Knowing where and how their food is produced, would give consumers greater awareness, choice, and control over what they consume.

4. Building a community: We organize talks, traditional games, competitions, and other interactions that will foster a healthy relationship among the Chennai residents.

Contact: 9962043710 / 9962225225

Prefer wholegrains



Choose wholegrain varieties of bread, breakfast cereals, pasta, and rice instead of their refined counterparts. Wholegrain products retain a good part of the nutrients, in particular fibre, unlike refined cereals. Thus, despite having a higher caloric content, wholegrains help balance blood sugar levels, increase calorie burn and help maintain a healthy weight.

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Check your blood pressure regularly

Hypertension, or high blood pressure, is called a "silent killer". This is because many people who have hypertension may not be aware of the problem as it may not have any symptoms. If left uncontrolled, hypertension can lead to heart, brain, kidney and other diseases. Have your blood pressure checked regularly by a health worker so you know your numbers. If your blood pressure is high, get the advice of a health worker. This is vital in the prevention and control of hypertension.

NAME BOARD SPOILED



The name board at 12th Street 'G' Block in Anna Nagar has been spoiled and the name of the is invisible. It is therefore better to provide a new name board which could be easily visible for residents, visitors and riders.

Idle public toilet booth



The public toilet booth in Vepery near Iyyappa ground is not used three months. The condition of the booth is very poor with no maintenance. High instances of urinating around the zone in public makes the toilet booth a futile installation.

Corporation needs to allocate a dedicated maintenance personnel to ensure proper sanitation and good environment.

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As we welcome 2026, the New Year gives us a rare pause to reflect and restart. I believe that taking a resolution towards fitness is not a seasonal practice or a business gimmick. When taken seriously, it becomes a powerful tool that brings positivity, discipline, and good health throughout the year.

For youngsters, fitness is an investment in the future. Regular exercise, joining a gym, practicing yoga, or even committing to a daily step count through mobile apps builds energy, confidence, and focus. These habits create discipline that naturally reflects in studies, work, and personal life.

For people in their middle age, health often takes a back seat due to work pressure and family responsibilities.

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A simple fitness resolution helps manage weight, control blood pressure and sugar levels, and reduce stress. Along with physical activity, it also brings awareness about food intake and helps avoid junk and unhealthy eating habits.

For senior citizens, staying active is the key to independence and happiness. Gentle exercises, yoga, or daily walks improve mobility, balance, and heart health while keeping the mind positive and engaged.

Fitness resolutions also nurture mental strength, better sleep, and emotional balance. Instead of doubting or criticizing them, we must respect the effort behind every small step taken towards health.

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Squeeze a micro workout



Squeezing micro workouts into their workday is helping people stay active while increasing their strength levels, compared to longer gym workouts.

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in two 5 minute sessions daily can benefit your health.

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Could Vitamin D intake reduce Asthma

Vitamin "D" intake could reduce Asthma by half, according to the study made. The nutrient from Vitamin 'D' – in foods such as oily fish viz., Solomon sardines, b\herring, mackerel,

Scientists said. The Vitamin 'D' also reduced the number of asthmatics needing steroids after suffering breathing difficulties by nearly third. Vitamin 'D' can be gained from sunlight also.

Massive playground @Shenoy Nagar



Usually around 35-40 teams will play every Sunday one of the biggest cricket ground in central

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Threat imposing wall in Anna Nagar East



The park wall in C block, 10th street in Anna Nagar East is found in a damaged condition posing a threat to the people walking and commuting by the side. The condition is such that it could fall anytime. Proper support has to be kept to avoid the broken wall falling in the road abruptly. Entire

Pre-Primary Students Showcase Creativity Through Origami Photo Frame Activity



As part of the Pre-Primary Club Activities, students of Velammal Academy, Nolambur participated in an Origami Photo Frame making session. The activity provided an engaging platform to nurture imagination & creativity, fine motor skills, hand-eye coordination and concentration among young learners.

If any interesting News & Views in your area Please Contact : 97104 52204

Drink methi seeds water

Regulates blood sugar levels: Fenugreek seeds may help regulate blood sugar levels by improving insulin sensitivity. Drinking fenugreek seed water regularly can be beneficial for individuals with diabetes. Improves skin health: Fenugreek seeds are rich in

antioxidants and have anti-inflammatory properties that may help improve skin health and reduce acne or blemishes. Boosts immunity: The seeds contain vitamins, minerals, and antioxidants that can strengthen the immune system and help the

body fight off infections. Supports hair growth: Fenugreek seeds are a good source of protein and nicotinic acid, which are beneficial for hair health. Drinking fenugreek seed water may promote hair growth and reduce hair fall.


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Draupathi 2 creates buzz with Chirag Jani as key villain



The much-awaited historical action drama 'Draupathi 2' has intensified excitement as Chirag Jani takes on a major antagonist role. Set in 14th-century South India, the multilingual period film, directed by Mohan G, has completed post-production and received its U/A certification from the CBFC.

Chirag Jani plays Mohammad Bin Tughlaq, a ruler described as an "intelligent fool," combining menace, intellect, and emotional depth. Director Mohan G praised Chirag for fully immersing himself in the role, bringing both

physical presence and layered performance to the character. The film also stars Richard Rishi, Rakshana Indusudan, and Natti Natraj, supported by a strong ensemble cast.

Produced by Chola Shakkaravarthi (Netaji Productions) in association with G.M. Film Corporation, the movie features cinematography by Philip R. Sundar, music by Ghibran Vaibodha, and action choreography by Action Santosh. With censor formalities complete, the trailer and audio launch will be unveiled soon, followed by the worldwide theatrical release announcement.

Salliyargal – Review

Salliyargal delves into one of the most humane and rarely explored aspects of the Sri Lankan civil war—the medical wing of the LTTE and the doctors who risked their own lives to save others. Instead of glorifying war or violence, the film focuses on compassion, sacrifice, and the moral courage of those who chose to heal amid destruction.

The story is set in a bunker hospital where injured fighters are brought in from the battlefield. Dr. Satyadevi leads the team, working relentlessly without sleep or proper food, driven entirely by duty and empathy. She is later joined by Dr. Sembian (Mahendran), whose arrival strengthens the medical unit. While they fight relentlessly to keep their patients alive, the Sinhala army targets this humanitarian base, heightening the film's emotional intensity.

What makes Salliyargal

stand out is its portrayal of doctors as true symbols of humanity. The film highlights their unwavering resolve to save lives—be it friend or foe. Their fearless commitment to their calling forms the emotional backbone of the narrative.

Satyadevi delivers a powerful performance with restrained dialogue and dignified presence. Her calm determination feels authentic and deeply moving. Mahendran as Dr. Sembian is equally convincing, bringing sincerity and emotional depth. Sethu Karunas, as the heroine's father, leaves an impact with dialogues that reflect the pain, resilience, and spirit of the Tamil Eelam people. The supporting cast, including Thirumurugan, Santhosh, Mohan, Nagaraj, and Priyalaya, add strength to the storytelling.

Technically, the film is

impressive. Music by Ken and Easwar, with lyrics by Vairamuthu and T. Kittu, is emotionally stirring, while the background score intensifies the drama. Cibi Sadashivam's cinematography captures the war-ravaged landscape with realism, and C.M. Elangovan's editing ensures a gripping pace. Art direction, makeup, and costumes lend authenticity to the visuals.

Written and directed by T. Kittu, Salliyargal is not just a war film—it is a heartfelt tribute to the doctors who chose humanity over hatred. With its emotionally rich writing and poetic dialogues, the film leaves a deep impression. More than entertainment, "Salliyargal" feels like a preserved chapter of history, reminding audiences of courage, sacrifice, and hope in the darkest times.

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Mark – Review



Mark, starring Kichcha Sudeep, is a fast-paced Kannada action thriller that delivers solid entertainment, driven by the lead actor's powerful screen presence and a capable ensemble supporting cast. Directed by Vijay Kartikeyaa, the film combines crime, drama, and emotional stakes in a way that keeps audiences engaged from start to finish.

Sudeep plays Ajay Markandeya (Mark), a no-nonsense police officer who takes on a sprawling web of crime and corruption after a series of child abductions shakes the state. His portrayal is confident and impactful, anchoring the film's

tension and momentum throughout.

Alongside Sudeep, Mark features an impressive supporting cast including Naveen Chandra, Shine Tom Chacko, Vikranth, Guru Somasundaram, Roshni Prakash, Yogi Babu, Deepshika, Dragon Manju, Gopalkrishna Deshpande and Nishvika Naidu in a special role. Each actor contributes to the film's varied textures, whether in intense dramatic moments or action sequences, adding depth to the narrative world.

The story blends gritty crime investigation with punchy action and emotional beats.

As Mark navigates

corrupt forces, political gamesmanship and powerful criminal networks, the stakes remain high and the pacing consistently brisk. Although the plot sometimes treads familiar territory, the execution and performances help maintain audience interest.

Technically, Mark benefits from stylish cinematography and a pulsating background score that enhance its thriller elements. The action choreography is engaging and crafted with clear attention to detail, making many key set-pieces memorable on the big screen. Overall, Mark is a strong mass thriller anchored by Kichcha Sudeep's commanding performance and supported by a capable, well-rounded cast. Audiences looking for a high-octane cinematic experience this holiday season will find plenty to enjoy in this film – a blend of action, intensity, and crowd-pleasing moments.

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Kiwi for digestion

Green Kiwi helps in better digestion because it contains the enzyme called actinidin which helps enhance protein digestion. This fruit is also known for its laxative effect, which is attributed to its high fibre content. According to certain studies, two kiwis provide almost 20% of the daily recommended amount of fibre to the body, which aids digestion and facilitates colon health. Fruits are an essential part of our daily diet. Taken raw, fruits come loaded with fibre, vitamins, and minerals and are very healthy for our body. It is best to incorporate at least one fruit in your daily diet either in its raw form or as a part of your breakfast shakes, salads, or oats. However, if you want to reap the best benefits out of fruits for digestion, they should be taken raw.

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For Startups and Existing
Less Than 10 Lakhs

Venue : SBI Purasaiwakkam Branch
Date : 05-01-2026 & 06-01-2026
Time 10.30 am to 4 pm

MAIN CHARACTERISTICS

- ♦ Low Interest Rate
- ♦ No Collateral Required
- ♦ Easy Application Process

DOCUMENTS REQUIRED

1. Udhayam / MSME Certificate
2. PAN, Aadhar
3. 2 Photo
4. Other Docs.

தேவையான ஆவணங்கள்

1. உதயம் / எம்.எஸ்.எம்.கீ சான்றிதழ்
2. பான், ஆதார்
3. 2 புகைப்படம்
4. பிர ஆவணங்கள்

Ct : 94444 12424 / 75981 49220 / 86674 88521
STATE BANK OF INDIA
No.129/51, HIS Grace Tower, Tana Street, Purasaiwakkam, Chennai - 600 007.

Never ending stories of garbage dumping



Wet and dry tree wastes are found along the platforms and sides of the road of D block,

Parking menace



A number of vehicles are part at vepery near St Paul's higher secondary school. The ambulance could not enter the street due to the haphazard parking of vehicles and their food the family members of the senior citizen physically lifted him to the ambulance ban which was part for away from the area. And the school students are very much suffered. Let the concerned department need to take action immediately.

EASY TRAVELS

Not Call Taxi
Minimum 5 Hours

INNOVA, INNOVA CRYSTA, URBANIA & MINI BUS (35 Seater)

Available for Local, Marriages, Airport, Outstation etc.

URBANIA - A/c

Local Minimum 5 hours 50 Kms
Outstation 250 Kms Coverage Per Day

Contact : 98409 37727