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Hindustan Celebrated its Sixth Annual Day

Symphonia 2020, A Musical Unison of Dance, Music and Drama

In the words of Oscar Wilde, "A Stage is not merely the meeting place of all arts, but is also the return of Art to Life".

At HISG, heralding the hallmark of the Groups Mission Statement of 'Making Every Child a Success and None a Failure',Symphonia 2020 showcased the talents of each and every student of the school through the adapted musical play of Disney's Little Mermaid performed by the students of Jr Kindergarten to Grade 2 . Each and every child's creative skill, exhibited through dance, song andacting , illuminated the stage in a resplendent manner.

Keeping with the tradition of seeking Almighty's blessings, the school choir rendered a soulful song titled 'Shout to the Lord' followed by the welcome song'Jai Ho' a symphony composed by the Indian Oscar winner, A R Rahman The Chief Guest for the Day , Mr Rajesh Raghavan, Assistant General Manager at the YASKAWA India Pvt. Ltd thoughtfully elucidated in his speech on the systemic blend of modern education with modern robotic technology.

The theatrical performance of the adapted version of Disney's Little Mermaid was the star attraction of the evening. The story highlighted the theme 'Going after your dreams, no matter how impossible they might seem'. TheOpera, also depicted how each one of us has talents, unique to our own selves for which we must be appreciative and grateful forand that our personality is a product of our many experiences and we should seek for more and greater experiences everyday.











Social Activist Lalitha Mohan Presented "Probus Award Of Excellence"



Carnatic Musician and Social Activist Mrs.Lalitha Mohan, disciple of Dr.MLV, Dr.S.Ramanathan who is versatile in Hindustani Classical Music and got trained in Western classical music, was presented "Probus Award Of Excellence-2020" by Probus Club Of Chennai for her service to the general public in the field of Carnatic music and social service in times of need while celebrating International Women's Day at Russian Centre For Science & Culture in the August Presence of its President Mr.S.Gopalakrishnan and Secretary Mr. B.Ranganathan.

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FORTIS MALAR HOSPITAL CELEBRATES INTERNATIONAL WOMEN'S DAY



On the occasion of International Woman's Day, Fortis Malar Hospital organized a health and entertainment event for their nurses and patients along with the doctors at the hospital permises. The event focused on creating awareness on the need for women to listen to their bodies, protect their heart and maintain overall wellness in their daily lives. Dr. Madhu Sankar N Senior Consultant & HOD - Cardiothoracic & Vascular Surgery, Heart & Lung Transplant, Fortis Malar Hospitall, Dr. Anto Sahayaraj R, Senior Consultant Cardiothoracic Surgery, Fortis Malar Hospital and Dr. Nithya Ramamurthy, Senior Consultant, Gynaecology, Fortis Malar Hospital addressed the gathering.

Studies have shown that there has been a steady increase in cardiac related ailments among women in the recent years. In an attempt to address this growing trend, Fortis Malar Hospital hosted an awareness secession as part of their International Women's Day 2020 celebrations. The session educated and encouraged women on various aspects of wellness, especially on cardiac well-being. As women are indispensable to the environments they live and work in, it is important for them to cultivate a habit of self-care, a critical routine that almost every woman puts off as a last priority.

Commenting on the activity, Dr. Madhu Sankar said "We are extremely delighted to have organized this activity in order to celebrate the significance and salute the excellence and spirit of women. When compared to men women seem to pay very less attention to their health. Cardio Vascular Disease has been considered since times immemorial to be a man's domain and there is a notion that women are relatively protected from it but studies have proved that CVD is the major cause of death among women. Hence its important that women also take regular health checkup and maintain a healthy lifestyle."

As a part of the celebrations Fortis Malar Hospital in collaboration with premier beauty salon Green Trends conducted an exclusive makeover activity to make participating women feel special and good. This activity was aimed at providing grooming experience for nurses and other women staff who are working round the clock for the patients and hardly have any time for themselves. The event acknowledged the contributions of women to Fortis Malar Hospital's success and recognized their dedication and relentless hard work in the care of the ailing.

"PRAVACHANA SUDHA VANI" FOR DAMAL S. RAMAKRISHNAN, SMT. PERUNDEVI



On Thursday 2nd April 2020 at 6.00PM at Sri Chandrasekarendra Saraswathi Mahaswami Auditorium Former Chief Election Commissioner Of India and Chancellor, Rashtriya Sanskrit Vidyapith, Tirupathi Sri N.Gopalaswami I.A.S. (Retd.) Confers Birudhu "Pravachana Sudha Vani" (Birudhu & cash award instituted by Dr.Thangam Meganathan, Chairperson, Raja Lakshmi Institutions,in memory of Sri P. A. Ramakrishnan) on Damal Sri S.Ramakrishnan and Smt.Perundevi for and on behalf of Sri Thyaga Brahma Gana Sabha at Vani Mahal.

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"கற்றது ஒழுகு" நிகழ்ச்சி



ஸ்ரீகிருஷ்ணா ஸ்வீட்ஸ், ஸ்ரீ ராமகிருஷ்ண மடம் மற்றும் பெரம்பூர் அன்னதான சமாஜம் இணைந்து வழங்கிய ஸ்ரீ ராமகிருஷ்ண விஜயம் தமிழ் மாத இதழ் நூற்றாண்டு கொண்டாட்டமாக "கற்றது ஒழுகு" என்ற தலைப்பில் திரு. நெல்லை ஜெயந்தா சிறப்பாக உரையாற்றினார்.

நிகழ்ச்சியில் தமிழின் பெருமைகள், தமிழின் புராணங்கள், நம்முடைய வாழ்க்கைக்கு தேவையானவைகளை எப்படி கற்க வேண்டும், சுவாமி விவேகானந்தர் பற்றியும் தாயின் பெருமைகளையும், மனதை கட்டுப்படுத்தும் முறை, நட்பின் பெருமைகள், மகாகவி பாரதியார் எழுதிய கவிதைகளையும், மக்களுக்கு திரு நெல்லை ஜெயந்தா அவர்கள் எடுத்துரைத்தார்.

FREE EYE CAMP



Sri Krishna Sweets in association with Sight Care Foundation has organised Endrum Anbudan programme in which free eye camp was held in Chelliamman Temple, Athipattu. 74 people participated in this camp. 26 free spectacles was given to the needy people.

KATHAI KELU KATHI KELU PROGRAMME

Sri Krishna Sweets in association with Bharatiya Vidya Bhavan and Uruvu Surangam has organised Kathai kelu kathai kelu programme in Bharatiya Vidya Bhavan, Mylapore.

Aranganathan Padaipulaga Sirpi Award was given to Prof.Dr.Aranga Mallika, HOD of Tamil in Ethiraj College. Speech was given by Poet Gandhi Subbu Arumugam.

Felicitation to Prof.Dr.Saraswathi Ramanathan for getting Tamil Nadu Kambar Award.

Felicitation to Prof. Dr.Sarada Nambi Arooran for getting Bharathi Maamani Award from Sriram Group.

Book release function of 'Malalai Ennum Pungulali'(மழலை என்னும் பூங்குழலி) written by Poet Vijayakumar was also held in this programme.

This programme was co-ordinated by Prof. Dr.Ulaganayaki Palani, President, Uravu Surangam.

SKS NEXT WEEK PROGRAMMES

Sri Krishna Sweets in association with Sri Ramakrishna Math, Sight Care Foundation, Sri Sathya Sai Seva Organisation, CIT College, Hamsadhvani, Asthika Samajam, Thiru Vi Ka Peachu Payilarangam, Chennai Group of Vishnu Sahasranama Mandalis, VISWAS presents the following programs for the next week.

19.3.2020: Sri Krishna Sweets & Sight Care Foundation has jointly organizing Endrum Anbudan, programme in which Free Eye camp will be held in Puthu Kovil, Annai Sathya Nagar, Chennai at 10.30 am.

19.3.2020: Sri Krishna Sweets with Sri Ramakrishna Math & CIT College presents Sri Ramakrishna Vijayam Centenary Celebrations. Talk by Smt.Bharathi Thirumagan in CIT College at 10.30 am.

20.3.2020: Sri Krishna Sweets with Sri Ramakrishna Math & Hamsadhavani presents Sri Ramakrishna Vijayam Centenary Celebrations. Talk by Smt.T.S.Prema in Youth Hostel, Indiara Nagar at 6.30 pm.

21.03.2020: Sri Krishna Sweets with Sri Sathya Sai Seva Organisation Tamilnadu, Chennai Metro presents Sai Saranam @ 10.00 am, YMIA Hall, Mylapore

21.03.2020: Sri Krishna Sweets with Asthika Samajam presents Namasangeerthanam by Sri Shounak Maharaj and Group @ 6.30 pm, Asthika Samajam, Alwarpet.

Sri Krishna Sweets in association with Thiru Vi Ka Peachu Payilarangam presents 'Nandavanam Thorum Tamil Solai' programs in the various parks in Chennai to propagate Thirukkural. For details contact Sri Damodaran 94449 57417

Sri Krishna Sweets in association with CGVSM & VISWAS organise chanting of Vishnu Sahasranamam at different venues. For details contact Sri. T.J. Sridhar 97909 25804

"சிதையா நெஞ்சு கொள்" நிகழ்ச்சி.



ஸ்ரீகிருஷ்ணா ஸ்வீட்ஸ், ஸ்ரீ ராமகிருஷ்ண மடம் மற்றும் ஷாஷன் மகளிர் கல்லூரி இணைந்து வழங்கிய ஸ்ரீ ராமகிருஷ்ண விஜயம் தமிழ் மாத இதழ் நூற்றாண்டு விழா கொண்டாட்டமாக "சிதையா நெஞ்சு கொள்" என்ற தலைப்பில் முனைவர் திருமதி.உலகநாயகி பழனி அவர்கள் உரையாற்றினார்.

கலை, பண்பாடு, கலாச்சாரம் போன்ற தமிழ்ப்பண்பாடுகள் பாதுகாக்கப்பட வேண்டும். திருவிழா காலங்களில் நம்முடைய கலாச்சார உடைகளை அணிய வேண்டும். துணிவு, பணிவு, கணிவு போன்ற பண்புகளை கண்ணகி கொண்டு இருந்ததால்தான் இன்றைய காலங்களிலும் அவர்களைப்பற்றி பேசிக்கொண்டிக்கிறோம். பெண்கள் இந்த நாட்டின் கண்கள் என்று பெருமிதமாகவும், அன்னை தெரேசா அவர்கள் இந்திய நாட்டிற்கு வந்து சமூகப்பணியாற்றினார் என்று பெருமையாகவும்,

வாழ்க்கை என்பது ஒருமுறைதான் அவற்றை நல்லமுறையோடு பிறருக்கு உதவுகின்ற வகையில் இருக்க வேண்டும். சிலப்பதிகாரத்தில் கண்ணகி, இளங்கோவடிகள், பாண்டியன், நெடுஞ்செழியன் அரசர்கள்களைப்பற்றியும், திருவாசகம், திருக்குறள் போன்றவைகளை ஆங்கிலத்தில் மொழிபெயர்த்தவர் ஜி.யு.போப் என்றும் தமிழ் மொழியில் எழுதவும், படிக்கவும் செய்தல் வேண்டும் என்று மாணவிகளுக்கு அறிவுறுத்தி சிறப்பாக உரையாற்றினார்.

WORLD SLEEP DAY 2020

Dr. N. Ramakrishnan, AB (Int Med), AB (Crit Care), AB (Sleep Med), AB (ObesityMed), MMM, FACP, FCCP, FCCM, FAASM, FICCM, FISDA

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Sleep is one of the main pillars of health and yet most neglected one. World Sleep Day is held the Friday before Spring Vernal Equinox of each year to celebrate sleep and to proffer a call to actionon essential matters in connection with sleep, including medicine, education, social aspects and driving. This year World Sleep Day will be observed on 13th of March. Every year the World Sleep society originates a slogan as an oath for better global sleep health. World Sleep Day 2020 will incorporate the slogan, 'Better Sleep, Better Life, Better Planet'. It is a known fact that sleep problems are no less an epidemic and it is estimated to affect health and further on the quality of life of an astounding 45% of the world population. Unfortunately, only one third of the affected seek medical attention for the same. So the slogan is meant to emphasize on how improved sleep health can affect an individual at personal level and then further on the world around the person.

What Is Sleep Health?

Sleep health is a multidimensional pattern of sleep-wakefulness, adapted to individual, social, and environmental demands, that promotes physical and mental well-being. Good sleep health has various dimensions:

One can

Good sleep health is characterized by subjective satisfaction, appropriate timing, adequate duration, high efficiency, and sustained alertness during waking hours. If any of these dimensions are not satisfactory the person might be subjected various negative consequences.

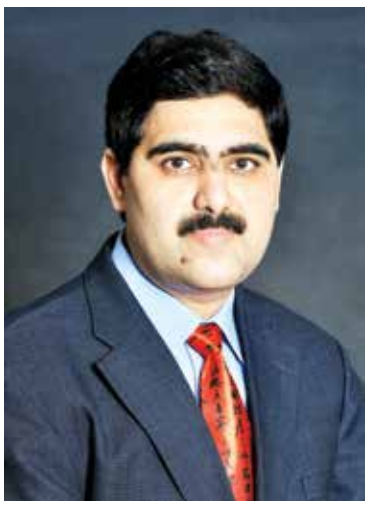
♦ Sleep duration: The total amount of sleep obtained per 24 hours

♦ Sleep continuity or efficiency: The ease of falling asleep and returning to sleep

♦ Timing: The placement of sleep within the 24-hour day

♦ Alertness/sleepiness: The ability to maintain attentive wakefulness

♦ Satisfaction/Quality: The subjective assessment of "good" or "poor" sleep



Better sleep for better life

Poor sleep has obvious short term complications like reduced attention span, memory recall and learning, fatigue, drowsiness, drowsy driving mood disturbances, etc. Unknown to many, poor sleep can have a multitude of long term consequences likeobesity, diabetes, weakened immune systems, some cancers and even psychological conditions like depression, anxiety and psychosis. So it is obvious that good sleep has a direct relationship with our quality of life. Surprisingly, poor sleep quality also includes excessive sleep. Studies have shown that sleeping less than six hours and more than nine hours can have negative impact on quality of life. Poor sleep and lowered quality of life can form a vicious cycle breaking of which is crucial for better life.

Better sleep for better planet

Various environmental calamities like grounding of the Exxon Valdez oil tanker in Alaska and the chemical plant disaster in Bhopal, India have been attributed to sleepiness at work related to sleep deprivation. Drowsy driving or operation of heavy machinery in sleep deprived state have been well known to be associated with calamities which did not have just human casualties but also negative impact on environment . Liborio Parrino the Chair of the World Sleep Day Committee voiced that increased sleep periods can promote planet health through less consumption of fuel, electricity, food and oxygen. Again if more number of people sleep better and function better the positive impact that they can put on this world is also going to be better in quantity and quality.

How does one get good sleep health?

Sleep health begins with sleep hygiene. Sleep hygiene is nothing but healthy sleeping habits. Sleep hygiene not only prevents but also improves already existing sleep disorders. At societal level, awareness programmes are to be conducted to promote healthy sleep and knowledge about various sleep disorders beyond commonly known sleep deprivation. These programmes should stress on the need to seek medical attention for the same especially among the youth who are worst hit. At national levels, there should be legislation related to sleep health and sleep disorders for e.g. screening procedures for driving license applicants, upper limit for working hours during a shift, etc.

Nithra Institute of Sleep Sciences on World Sleep Day

Nithra Institute of Sleep Sciences aims at spreading the word of sleep healthand how to attain it.On the occasion of World Sleep Day, we at Nithra will be conducting various activities to go in to the public, generate awareness about sleep health and provide whoever approaches us solution to their sleep related queries. To celebrate World Sleep day, let us all take an oath to improve the sleep health of ourselves and our beloved and thereby help build a better planet.

VELAMMAL'S CHILD PRODIGY SETS RECORD IN CHESS



Master Mithun Pranav, Class UKG of Velammal Junior Wing, Mogappair East Campus, bagged an entry in Asia Book of Records, India Book of Records and Champion Book of World Records for playing the most number of Chess Tournaments by a child in the year 2019.

He has played 64 tournaments during the year 2019. He was rated as India's youngest Rapid Chess player instituted by FIDE recently. He has participated in various categories such as Blitz and Rapid chess tournaments and won many laurels.

His recent achievement includes first place in the Under 8 category in District Level Chess Tournament organized by Tirupattur District Chess Association.

CO LIVING CONCEPT BECOMING POPULAR IN CHENNAI CO-LIVING CONVENE HELD



The first edition of 'Co-living Convene 'was held to make all stake holders understand how this unique concept is being embraced by every stakeholder in the housing community. A new ecosystem for living in the future is being propelled aggressively by Zolo. "Co-living is one of the most viable and sustainable ways of living, that we can create for the future says Dr. Nikhil Sikri, Co- founder and CEO of Zolostays. The co-living market size across India's top 30 cities is expected to more than double by 2025 to USD13.92 billion from current USD6.67 billion.

Zolo currently works with 500+ builders and owners to create sustainable and affordable living solutions for students and working professionals across multiple cities in the country. Zolo is present in 10 cities and scale up to 20 cities in next 24 months.

The panel discussion titled 'The present and future of co-living' was very informative and absorbing. Mr. Ajit Kumar Chordia, MD - Olympia Group; Mr. Ranjeeth Rathod , MD - DRA Group; Mr. Jaggannathan, MD –Ramaniyam; Mr. Mehul Doshi , Director - Doshi Housing; Mr. K.Shivashankar, Principle Architect - Eskay Design; Dr. Nikhil Sikri ,Co-founder and CEO – Zolo and Ms. Mridula Shivashankar, Architect - Eskay Design made up the esteemed panel. Mr. Sanjay Chugh, City Head & Senior VP – Anarock moderated the discussion.

All the builders unanimously endorsed this paradigm shift and said that business has not been affected badly, in fact grown positively because we took the right decision at the right time thanking Zolo for their cooperation and support.

According to industry estimates, thousands of housing units are unsold and lie vacant across several cities in India. This could be attributed to three big reasons which include a societal shift among the consumers who no longer have ownership as priority, mistrust that owners have of tenants and lack of innovation on the part of builders'. This deadlock can be resolved by reinventing the business model and going for the Co-Living option.

Noble gesture by ADF



Appayya Dikshitha Foundation (ADF) Kottivakkam. as part of its objectives to eradicate preventable unnecessary blindness, organised an event for providing free eye surgery, at the premises of MN Eye Hospital, Adyar.

During the last several free eye camps conducted by the Foundation in association with MN Eye Hospital 152 under privileged women were found to be affected by curable blindness.

To commemorate women's day, Srinivasan, Founder of ADF presented a cheque to MN Eye hospital for providing free eye surgery to the under privileged women eye patients. Dr.Pratheeba Devi Nivean. Orbit and Occuloplasty Surgeon and Medical Director of the Hospital received the cheque.

The Foundation can be contacted at 97910 19450 and 95000 43938.

OLYMPIAD ACHIEVERS FELICITATED AT VELAMMAL



Velammal Main school, Mogappair Campus, felicitated its achievers during the Annual Prize Distribution ceremony held on 10th February,2020.

The occasion was attended and graced by Smt. Jayanthi Rajagopalan (Sr. Principal) and Shri Uma Maheshwara Rao (Senior Principal).

The best projects of STEM EXPO 2019 were awarded.

Master Rohit Kumar P, Class 9,Master Prassanna, class 9 Master Sooriya C.P, Class 7 and Master Dakshin. L, Class 8 cracked NLSO and AITSE with 1st and 2nd positions at the National Level and were felicitated with laptops and tabs.

Students who excelled at various Olympiad Exams like NLSO, NLMO, AITSE, IMO, IOS, IOM were awarded with certificates, gold medals, wrist watches etc. for their remarkable achievement.

The grand event concluded with a vote of thanks by Mr. Isaac Prabhakar Kumar, Coordinator, IIT Foundation.

VELAMMAL'S UNIFORMED SERVICES SET TO RECEIVE RAJYAPURASKAR AWARDS



Velammal Main school, Mogappair campus extols the 16 Scouts and Guides who have been qualified to receive the Rajyapuraskar award (Governor award) for the academic year 2019-20 held between 25th July and 28th July 2019, organised by The Bharat Scouts and Guides, Tamil Nadu.

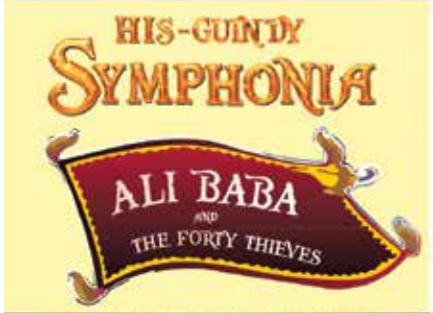
Results of the Rajyapuraskar awards was declared recently.

16 Students from our school became eligible for the Rajyapuraskar award.

The Bharat Scouts and Guides (BSG) helps in capacity building and have positive impacts in the society. It also imparts first aid trainings , volunteer for social service & blood donation camps.

Protective measures against Coronavirus
Wash your hands with soap and water frequently or use alcohol based hand rub, Avoid Touching your eyes, nose & mouth

HINDUSTAN CELEBRATED ITS SIXTH ANNUAL DAY



Hindustan International School, Guindy celebrated its Sixth Annual Day – Symphonia 2020, A Musical Unison of Dance, Music and Drama on the 7th of March,2020.
In the words of Oscar Wilde, " A Stage is not merely the meeting place of all arts, but is also the return of Art to Life".
At HISG, heralding the hallmark of the Groups' Mission Statement of 'Making Every Child a Success and None a Failure', Symphonia 2020 showcased the talents of each and every student of the school through the adapted musical play of the Arabian Folklore ' Alibaba and the Forty Thieves' performed by the students of Grade 3 to Grade 9 . Each and every child's creative skill, exhibited through dance, song and acting, illuminated the stage in a resplendent manner.
Keeping with the tradition of seeking Almighty's blessings, the school choir rendered a soulful song titled 'Shout to the Lord' followed by the welcome song'Jai Ho' a symphony composed by the Indian Oscar winner, A R Rahman .
The Chief Guest for the Day, the Consul General of the Republic of Korea , Mr Young Seup Kwon spoke about believing in our dreams and turning them into reality. He noted that education in its truest sense is the training of body, mind and soul and congratulated Hindustan International School, Guindy for imparting such education to its students.
The theatrical performance of the adapted version of Alibaba and the Forty thieves , was the highlight of the evening. The story highlighted the theme that 'One should not allow greed to take over one's life' and 'that Intellectual ability and clever thinking goes far beyond physical strength'.
All the performances were a scintillating display of amazing talent, spectacular costumes, props and technical wizardry.













World sleep day celebrations



World Sleep Day - A global call to action on importance of healthy sleep is celebrated on March 13, 2020, The theme for this year is "Better Sleep, Better Life, Better Planet".

To mark this event, Nithra Institute of Sleep Sciences launched a green initiative and planted around 25 saplings of various trees at Annanagar Tower Park. Rain Tree also referred as 'Sleeping Tree' (Thoongu Moonji Maram) Botanical name: Samanea Saman was planted to symbolically refer to the circadian rhythm of sleep since the leaves of the trees close and 'sleep at night' similar to human beings.

An online pledge to sleep better was created by Nithra to encourage everyone to understand the impact of good sleep for a healthy life.

WORLD, GLAUCOMA PREVENTION WEEK - FREE AWARENESS PROGRAMME



Appayya Dikshita Foundation(ADF), Kottivakkam, in association with M N Eye Hospitals, Sasthri Nagar, Adyar,(Next to SBI,Sastri Ngr. Branch,MG road) Chennai, is organizing World Glaucoma prevention week with effect from 8th March onwards in the hospital premises.

This awareness programme is being organized mainly to create awareness among public about the condition and an early detection of Glaucoma.

Glaucoma is a dreadful silent killer of eye vison. The peripheral field of vision is affected first and the central field is affected last, that is why there is no symptoms in the early phase. Hence, this foundation earnestly appeal to public to avail the opportunity to have their pressure of eyes (vision) tested and restore clear vision to see the beauty of world.

For more details contact at 95000 43938.

Today On "Anusham Star Day" Paramacharyar's Documentary Film To Be Screened At "Sri Kanchi Kamakoti Sri Maha Swami Vidhya Peeth Trust Theynambakkam & At Sri Kanchi Kamakoti Peetam Kanchipuram."

Yesterday S.Shivpprasadh Producer and Director of documentary film on Kanchi Paramachariyar titled "JAGATHGURU KANCHI MAAMUNII" met His Holiness Shri Shri Vijayendra Saraswathi Swamigal at his religious camp at Sri Maha Swami Vidhya Peeth Trust at Theynambakkam wherein this film's very first shot had captured frames of Lord Vinayaka (when Chennai was rocked with violent cyclonic storm and none would dare to venture out for film shooting when bright sunlight is a Must) which was proficiated by Paramachariyar , that it is believed that he would never enter or leave this religious place without breaking a coconut before this deity , to present an invitation for the Premiere Screening of the film on Paramachariyar and presented this film's Mementos to H.H Shri Vijayendrar Saraswathi Swamigal meant for Sri Kanchi Kamakoti Peetam,Kanchipuram and Theynambakkam Sri Maha Swami Vidhya



Peeth Trust as a small token of appreciation for allowing this film to be shot in these two places of paramount importance.

Spontaneously and impromptu H.H.Shri Vijayendrar Saraswathi Swamigal said to Shivpprasadh "Tomorrow at 6.30 AM on Anusham Star Day this film on Kanchi Paramachariyar would be screened at this very same Theynambakkam 's Sri Maha Swami Vidhya Peeth Trust and in close continuation it would be screened at Sri Kanchi Kamakoti Peetam ,Kanchipuram at 9 AM. The projector and the screen would be arranged by us and you need bring only the film content."

Just imagine as to how immensely happy and deeply pleased the Producer and director of this film on Paramachariyar Shivpprasadh would have felt .Words would not be sufficient to express his heartfelt contentment when his divine purpose of producing such a noteworthy film is being screened on Paramachariyar's Anusham Day and at both the divine places wherein He had physically spent most part of his life and is presently omnipresent.

Free Film Screening Of "JAGATHGURU KAANCHI MAAMUNII" On Sat. 21st March, 6PM At RR Sabha







On Saturday March 21st at 6 PM, RR Sabha and JB Creations are jointly screening S.Shivpprasadh's Sharadha Films'JAGATHGURU KAANCHI MAAMUNII (86.32 Mts.) as an Entry/ Admission free film show at RR Sabha Mylapore to highlight on the Life and teachings of Mahaperiyavaa. Philanthropist Mr.J.Balasubramanian (JB) has acted as a retired Army man sankaran,as a Muslim and as Agnihotram Ramanuja Tatachariar.Let us now have a look at a brief synopsis of this film.

Kaanchi Kamakoti Peetam's 68th Peetathipathi Sri Sri Chandrasekarendra Saraswathi Swamigal who is Universally addressed as PARAMACHARIYAR or MAHA PEYRIYAVAA by all his devotees and National Leaders , few of whose real-life experiences are dealt in this film.

MAHA PERIYAVAA followed Gandhiji's principle by wearing only khadhi. MAHA PERIYAVAA was mainly instrumental for moving Article 26 from State to Concurrent List & thereby protecting Religious Freedom as a Fundamental Right. Paul Brinton enquires on Universal disarmament, to spread Ahimsa, Non-violence & MAHA PERIYAVAA gives suitable directions.

While Pope was in India MAHA PERIYAVAA appealed to black flag demonstrators to respect all Religious Leaders alike. When a blind retired soldier who had lost both his eyes sight while defending our Nation visited MAHA PERIYAVAA he skipped his "silence observance day" to give due respect for his Patriotic service.

When the then Prime Minister of India Smt. Indira Gandhi volunteered to serve Religiously, MAHA PERIYAVAA asked her to build a temple at Sathara & all States contributed. MAHA PERIYAVAA's meeting the then Greece Queen, M.S.Subbulakshmi, Vedha and Saama Vedha. MAHA PERIYAVAA quoted "to help the poor & downtrodden is equivalent to his performing the customary Chandramouleeswarar Pooja." MAHA PERIYAVAA discouraged dowry collection, propagated to keep surroundings hygienically clean, give decent burial to unclaimed bodies, highlighted on ANNADHAANAM and importance of rain water harvesting by preserving temple tanks, ponds etc. for rich agricultural harvesting. To know more about Kanchi Paramachariyar do necessarily come and watch this 86.32 Minutes duration film which is an Entry/Admission Free film and All are welcome with family and friends.

For more details contact 044-28344876/7358696613.

Bombay Jayshree's Son & Disciple Amrit Ramnath's Impeccable Concert

By Bhuvana Dinesh



The 26th Brahmotsavam festival of Sri Anantha padmanabhaswamy temple at Adyar had a series of concerts in their Annual Music Festival .

Recently the young talented Amrit Ramnath, son and disciple of the renowned musician Smt. Bombay Jayshree Ramnath enthralled the audience with his mellowed toned voice.

He started the concert with Nadha Sudha Rasa a Thiagarajar kriti in Arabhi. This was followed by a thiruppavai in sankarabharanam elaborately with neravals rendered at ease.

An alapana in Lathangi which was very well supported by the violinist young Madhan Mohan preluded Marivere a composition of Pattnam Subramania Iyer. He started with Dharalonaneesaati and neravals were aesthetic in this sahithyam.

An elaborate Suratti alapana was followed by Dikshithar kriti, srivenkatagirisham in which the nuances of the raga was deep.

A briefenthusiastic thani aavarthanam by the young upcoming Mridangist Aaduthurai Guruprasadh was enjoyable.

Post Thaniavarthanam Amrit rendered , chinnanjirukiliye which was soul stirring, a soothing Gopalakagokula in behag and a subdued oraghuveera in Desh.

It's all in the gene and this prodigy , Amrit who is into music from his 6 years of age is keen to reach heights in carnatic music though he is fullfledged in western compositions too.

His style of rendition was adorable and this musically inclined youngster is bound to reach greater heights with his consistent hardwork.

This young knowledgeable team of musicians of AMRIT, MADHAN MOHAN & AADUTHURAI GURUPRASADH were blessed to be in the temple series concert during the Brahmotsavam which would positively take them to dizzy heights.

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'புதியன விரும்பு' நிகழ்ச்சி



ஸ்ரீகிருஷ்ணா ஸ்வீட்ஸ், ஸ்ரீ ராமகிருஷ்ண மடம் மற்றும் ராஜலட்சுமி தொழில்நுட்பக் கல்லூரி இணைந்து வழங்கிய ஸ்ரீ ராமகிருஷ்ண விஜயம் தமிழ் மாத இதழ் நூற்றாண்டு கொண்டாட்டமாக "புதியன விரும்பு" என்ற தலைப்பில் திரு.மரபின் மைந்தன் முத்தையா உரையாற்றினார். கல்லூரியின் முதல்வர் டாக்டர்.திரு.வேலன் அவர்களுக்கு சிறப்பு செய்தார்கள்.

சொல்வண்ணம், சுறுசுறுப்பு, அஞ்சாமை.இவை மூன்றும் நம்முடைய வாழ்க்கைக்கு முக்கியத்துவம் என்றும் வாழ்க்கையை திட்டமிட்டு வாழ வேண்டும். வாழ்க்கையில் வருகின்ற சுமைகளை சுமையாக நினைக்காமல் வாழ்க்கைக்கு முனேற்றத்திருக்கான வழியாக கருத வேண்டும். காலத்தை மதிக்க வேண்டும் அப்போதுதான் வாழ்க்கை சிறப்பாக அமையும். வாழ்க்கையில் முன்னேறுவதற்கு தனித்தன்மை இருக்கவேண்டும் என்றும் நல்ல புத்தகங்களை நாள்தோறும் படிக்கின்ற பழக்கங்களை வைத்துக்கொண்டிருக்கிறர்வர்கள் வாழ்க்கையில் எளிதாக முன்னேறலாம் என்று மாணவர்களுக்கு தெளிவுபடுத்தினார்.

Mumbai Shanmukhananda Sabha honours Women fire fighters On International Womens' day



By K.A.Viswanathan

Under the Sabha Presidentship of Dr.V.Shankar three officers of the Byculla women fire fighting team were felicitated on the occasion of the International Womens' day by the Womens' wing of the Shanmukhananda Sabha at the Sabha auditorium on Saturday. The Byculla fire brigade controls 110 women fire fighting team under Mrs. Shwetambari Nainad, Mrs, Sunita Avinash Khote and Mrs. Shubhangi Vijay Bhor. Byculla station is the first gender integrated fire Brigate in Maharashtra.

As it will not be possible to get all the women fighters due to their occupation, these three officers receive on behalf of all of them said Mrs. Usha Ravi, Vice president of the Sabha. On the occasion of the International Womens' day the Women's wing of the Sabha has been honouring women achievers from different fields like Police, Bankers, Lawyers and performing arts.

Fire fighting until recently was the domain of men, the Mumbai fire brigate women have proved they can fight along with men to face nature's fury. The award was given for their courage and dedication, carries a shawl, memento and citation and in addition a Microwave oven for the Byculla centre.

On behalf of her team, Mrs. Shwetambari Assistant Station Officer said, she was happy to receive the award on the International Womens day and "She and her team are greateful for the Sabha's gesture".

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FREE DENTAL CAMP



Sri Krishna Sweets jointly with Baskar Dental Foundation has organised Endrum Anbudan programme in which free dental check up was held in Vishwas Special School, Kilpauk, Chennai.

Dental checkup was done for 56 people in this camp. The camp was initiated with dental awareness brochures educating people about common dental ailments, especially stressing on tooth decay and gum diseases and measures to prevent from them.

The participants were highlighted about the eating patterns and food choices which cause tooth decay. The dental surgeons also highlighted about the possible formation of harmful acid which develops as plaque when bacteria get in contact with sugar in the mouth which ultimately results in tooth decay.

They were also given opportunity to interact with the dental surgeons to enquire and gain knowledge concerning oral diseases. On completion of the dental checkup each person was given a Patient Card, a report summary of the diagnosed problem and the recommended dental treatment plan.

13th Gurusmaranam Day Of Kumbakonam Sri M.Rajappa Aiyer



By Puvanur R.Viswanathan

Kumbakonam Sri M Rajappa Iyer 13th Gurusmaranam day at Ranjini hall, Nanganallur began with Veda gosham by students of our revered guru. Post the welcome address by Dr K R Ganesh and Sunderraghavan, Thillaisthanam R Suriyanarayananan presented all 4 thalams by his students in a beautiful way by leading them.

Professor Venkatasubramaiam a versatile scholar spoke about the importance of Guru and what are the stages one needs to qualify all roles Adyapak, Upadhyay, Pandit, Acharya, Dhrista and explained with examples. Isn't this true our Guru is pristinely pure surpassing all stages and stands tall to be revered by all. He expressed his knowledge of being a Mrudangam Vidwan on how his guru shaped to be a student and a thinker and presented an Abhiprayam in Sangeerna Jathi Dhruva thalam that was noteworthy.

Befittingly one of the senior most vidwan and disciple of Palghat Sri Mani Iyer Sri Sengottai Rajamani was felicitated and Professor Venkatasubramaiam brought to surface, interesting facts about our special guest Sri Sengottai Rajamani. Smt Nandini Ramani an eminent scholar who is always part and parcel in all our endeavours spoke high about the exemplary qualities of our most revered Guru and the emulated qualities imbibed by Dr K R Ganesh.

A multi media presentation on our Guru brought tears trickling down as the reflection of his life can well be compared to yogi who is so detached and selfless to impart knowledge and established his own empire by his own rights with his senior students across the globe proving his greatness establishing his own bhani. Sengottai Rajamanni sir presented his ideas with his disciple Miss Ramya and higlighted several other ideas and explained how his Guru was able to present a simple expression into glorious form. Chrompet Suresh senior most disciple of our guru's presentation with his students was enjoyable as the discipline shown by all the young children well dressed in customary attire was noteworthy.

Everyone appreciated the special efforts taken by Chrompet Suresh for composing new sequences as per our school and making his students play the same most diligently . His dedication and Guru bhakthi is unparallel and pray God bless him and his family. Offering our most revered respects to the most lovable Guru, one and only Kumbakonam Sri M Rajappa Iyer, Sangita Acharya, Bhisma Layapithama par excellence concludes Pranams Puvanur R Viswanathan.

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Mambalam Sisters Lead Singers At Thyagaraja Utsavam, Belgium

By Kanaga

The Thyagaraja Utsavam Belgium organized by Indiraga, catering to Carnatic music enthusiasts based in Europe was held recently at Leuven, Belgium. The event was very well-received – the biggest draw was the Mambalam Sisters from Chennai titling the event as lead singers of the Pancharatna kriti rendition parampara.





The event presented the best of Indian culture and tradition, bringing the Thiruvaiyaru setting to the heart of Europe - the beautiful altar to the Trinity of Carnatic music, winged on either side by musicians, ardent listeners at close proximity and young and old alike resplendent in their colourful Indian attire. The Belgian spirit was equally present in the punctuality of the event and the spirit of pan-European integration – with artists and audience representing 7 countries from around the world.

The event was aptly opened by the next generation – children from the Indian diaspora in Belgium, performing Carnatic music. Violin performances by children were a new addition to the format this year.

This was followed by the true experience of the Aaradhana - the rendition of the Pancharatna Krithis (PRK), expertly led by the Mamabalam Sisters, joined by talented local singers and ably supported by instrumentalists, which was interspersed with crisp short explanation of the krithis and the overall sense that Saint Thyagabrahmam wanted to cultivate in our minds through his krithis. The combination of seasoned vocalists with vibrant percussionists hailing from Belgium, Nederland, UK, India, Reunion Island, France and Denmark created an energized atmosphere that kept the audience captivated and nodding their heads.

The highlight of the evening was the Carnatic music concert by the Mambalam Sisters supported on mirudangam by Balakumar Paramalingam, all the way from Paris, and local talent, Harini Jayashankar, on violin. They mesmerised the audience with several popular songs from a variety of Carnatic composers, including Yamanalli Kaananendu (Purandaradasar), Muddugare Yashoda (Annamacharya) and Dhanashree Thillana (Swati Thirunal). Bharathiyar's Chinnanchirukiliye was the icing on the cake, bringing back golden memories for the adults and capturing the hearts of the young, who settled in the front row to listen. The audience, avidly enjoying the magical ambience, were loathe to let the evening come to an end so soon which was still the feeling even after 4hrs of its run-time.

The event was brought to a close with a neivedhyam to Saint Thyagaraja and the distribution of prasadam to the audience.

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Hrithik Roshan at EXPRESS AVENUE



Express Avenue Mall, Chennai's premium award winning fashion and entertainment mall was visited by India's ace actor Hrithik Roshan recently. Hrithik visited the premium watch brand-RADO's store at the mall.

Hrithik Roshan, who is the brand's ambassador was the guest of honour at the RADO store in Express Avenue Mall Chennai where watchmaker launched its new collection. Munish Khanna, Chief Revenue Officer, Express Avenue, said, "We are one of the first malls in Chennai that hold up to the international standards. Owing to this, many international & national brands have expanded their footprints by opening a retail outlet in EA and are flourishing! We as a mall have been constantly revamping and redefining our offerings to stay relevant and provide a 360-degree experience.

EA is known for curating unique experiences for its patrons which makes it not just a shopping destination but an experiential social space for people of all ages."



The 26th College Day of Asan Memorial College of Arts and Science was celebrated on 14th March 2020. Dr. K. Ravichandran, Professor & Director, Institute of Distance Education, University of Madras, was the Chief Guest of the event. Dr. C. K. Revi, President of Asan Memorial Association, welcomed the gathering. Dr. S. Ramanathan, Principal, Member Syndicate, University of Madras, presented the college Annual Report showcasing the academic, co-curricular and extra-curricular activities of students and faculty for the academic year 2019-2020. Dr.T.S.Santhi, Director, presented the Annual Report for the Asan Institute of Management. The Chief Guest delivered the College Day address and gave away the prizes to the Toppers and awards to the Best Outgoing Students. A Silver Jubilee Souvenir commemorating the 25 year journey of the college was released by the Chief Guest.









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