

T NAGAR TIMES

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Janata Curfew

What is Janata Curfew: A curfew of the people, by the people, for the people to fight coronavirus

In an attempt to contain the spread of coronavirus,

which has affected over 180 in India, PM Modi requested all the citizens to abide by the 'Janata Curfew' on March 22 from 7 am till 9 pm.

Prime Minister

Narendra Modi, while addressing the nation on the coronavirus outbreak on Thursday, announced a 'Janata (public) Curfew' on Sunday (March 22). In an attempt to contain the spread of coronavirus, which has affected over 180 in India, PM Narendra

Modi requested all the citizens to abide by the 'Janata Curfew' on March 22 from 7 am till 9 pm.

During the Janata Curfew, people are requested to avoid public spaces and stay home for 14 hours in the view

Continued on pg 8 ▶

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Tamilnadu Hotels Association announces shut down of eateries in solidarity with 'Janata Curfew' on Sunday.



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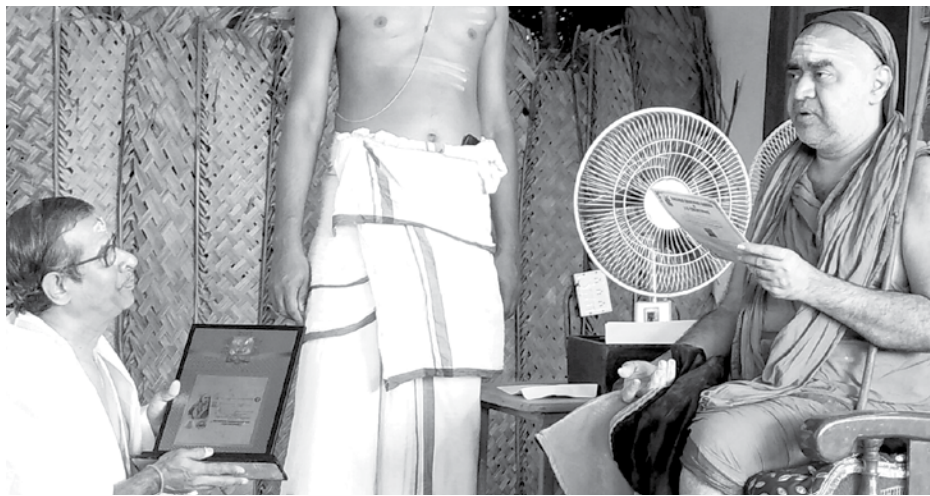
Yet Another Miracle By Omni Present Kanchi Paramachariyar

On Sunday, March 15th, 2020, being Mahaperiyavaa's "Anusham Star Day" Paramacharyar's Documentary Film titled "JagathGuru Kaanchi Maamunii" Produced by S.Shivprasad's Sharadha Films (86.32 Minutes) was Screened At "Sri Kanchi Kamakoti Sri Maha Swami Vidhya Peeth Trust" at Theynambakkam. The film was screened at the very same spacious auditorium hall wherein "Chandramouleeswarar Pooja" was simultaneously taking place being conducted by His Holiness Shri Shri Vijayendrar Saraswathi Swamigal in the presence of hundreds of devotees.

Bala Peyriyavaa had just spelt out that this film on Paramachariyar should be screened on "His Anusham Star Day" at his religious camp at Theynambakkam and at Kanchi Kamakoti

Peetam, Kanchipuram just less than a day prior to its Auspicious screening day when this writer had visited Bala Periyavaa's religious camp at Theynambakkam just to present the invite of this film's Premiere Screening scheduled on Saturday 21st March at RR Sabha Mylapore and to present Mementos to him meant for Kanchi Kamakoti Peetam Trust and Theynambakkam religious camp wherein this film was shot in both these highly Spiritual places and while in the former Paramacharyar's Brindavan and in the latter Lord Vinayaka in this premises proficiated by Paramacharyar was captured as the very first auspicious divine shot on a very stormy most unpredictable torrential rainy day.

"How and Why did Paramacharyar wanted this film to be screened



on his Anusham Star Day through Bala Periyavaa on Sunday March 15th?"

After the successful screening of the film on Mahaperiyavaa at Theynambakkam was over and getting the Divine Blessings of Bala Peyriyavaa after handing over to him a copy of this film to be screened at Kanchipuram, we this writer as Producer and Director, P.S.Raviadhith as Production designer and Artiste,

A.N.Chandramouli as Co-Director, Kannan Ruthrapathy as Editor, Audiographer, Live Location Sound Recordist and Associate Director and Cinematographer C.Maarimuthu happily returned back to Chennai. Within a few minutes of their reaching Chennai they came to know that RR Sabha had cancelled all their scheduled programmes till April 30th on pure safety medical precautionary

grounds which meant that it included Premiere screening of the film on Kanchi Paramachariyar also scheduled on Saturday March 21st.

If only this film was not screened at Theynambakkam that Sunday morning what would have been the mental state of this film's artistes and technicians especially after a two months preparation on the same? Positively they would have been

totally demoralised. Paramachariyar who is omnipresent should have positively visualised their sorry state of mind in advance and to avoid such an unpleasantness in their mind "HE" had arranged for this last minute prior screening at Theynambakkam to boost their moral courage. Otherwise what would have prompted them to leave on Saturday and not as originally scheduled on Sunday to meet His Holiness Shri Shri Vijayendrar Saraswathi Swamigal? By leaving on Saturday Paramachariyar's Anusham Star Day came handy for Bala Peyriyavaa to suggest Sunday as the Auspicious screening day.

"MAHAPERIYAVAA"-
UNGALAE NAMBI
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AYYAA?

"YEVARUMEYILLAIE
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Solar Chess Club's 26th State Level Chess Tournament Winners Awarded

“Chess is the Gymnasium of the mind. The beauty of a move lies not in its appearance but in the thought behind it”. A family dedicated to training young minds and inculcate love of chess among children-Solar Chess Club of the Dharmakesari Solar K.S. Subramaniya Iyer Trust has just concluded its 26th State level Children Chess tournament for boys and girls in the Under 8,10,12 14 and 18 categories.

The Trust organised the 26th Tamil Nadu State Chess Tournament recently at Bharatiya Vidhya Bhavan's Rajaji Vidhyashram School, Kilpauk, Chennai. Mr.P.G Subramanian, Principal Bhavan's Rajaji Vidhyashram Kilpauk inaugurated the function and Mr.C.Krishnachandar, Vice president India, Nivesh securities, presided over the function. Mr.R.S.Bharath Retd Chief Manager, Vijaya Bank

(now Bank of Baroda) was the Guest of Honour.

Mr Muthukumar, Editor, Makkal Kural & Trinity Mirror, presided over the function , Mr Arvind Ranganathan president Synthesis Healthcare LLP, distributed the prizes.

He also honoured the Pioneer Chess Player, Mr. Venkatesan who started playing chess at the age of seven. After learning the basic moves, he joined the Solar Chess Club and under the guidance of his GURU Shri K.S. Ramani, he developed his ability and love for the game. He has been playing chess for 20 years now. He was placed in the Top 20 in the State level chess tournaments a few times. He was a part of the Championship winning team in college Zonal Championship. He played for University selection during under graduation. He was also the chess champion in the Intra- company



Chess tournament and is currently pursuing his interest with the help of Mr. S. C. Subramaniam of the 64 Squares Chess Academy.

Kalaimamani Makkal Kural V.RAMGEE, Makkal Kural felicitated the winners.

Mr. Mahadevan Ganesh, UK & Mr T.V. Vidyashram and Bala

Thiyagarajan, Proprietor, Divya Enterprises were the Guests of Honour.

Mrs. Srividhya Chandrasekaran, welcomed the gathering and Dr.(Mrs.) Chandra Ramani Secretary of Solar Chess Club proposed the vote of thanks. Mr. Kameswaran, Chief Arbiter, gave the report for the two days of mega chess event.

The large number of participants Award was bagged by Chettinad Vidyashram and Bala

Vidya Mandir. J B Andrew Chess Academy also won the large number of participants award. Overall Achievement Trophy went to Velammal Group of Schools. K. Girija was awarded the youngest participant award.

“In the game of Chess, the king is always afraid to lose the queen but the queen can sacrifice herself to save the king.” concludes Dr. (Mrs.)Chandra Ramani Secretary of Solar Chess Club.

s.shivpprasadh@gmail.com

Natyanjali Festival At Colombo's Kailasanatha Temple On MahaSivarathri



Mrs.Parvathi Ravi MG hanta sala was invited to Jaffna University to do a workshop and to perform at the Colombo Natyanjali Festival 2020. She was overjoyed to see so many young aspiring dancers. She was emotionally touched because she was able to understand that every student had so much thirst to learn the values of the art. Art was one of the main streams and maintained the tradition. Several of these students have come out of the trauma of war. She felt saddened by listening to many of their personal struggles, those who lost their home, parents, relatives and friends. Presently , dance is helping them to overcome their agony. When she was encouraged

by the teachers to strike conversations with the students, they shed their reservations and many of them opened up and came forward to share their sad experiences. It seemed they saw in her a mother figure.

She was happy to see the glow and smile on their faces. She congratulated Jaffna University's management and staff for supporting and upgrading their students. She wished all these students the very best for their future endeavour and prayed for their well-being and empowerment. As she was blessed to be an artiste she said she would love to go and teach them again and again.

Every dancer would like to perform on the auspicious evening of Maha Shivratri.



She performed at the beautiful and powerful Sri Kailasanatha Swami temple in Colombo. There were no bigwigs, big names, sabhas or corporate behind that festival. She was inspired to see the young, dynamic men and women, many of them are presently placed in good jobs and have formed a team to organize that festival. For the past eight years, the festival is being successfully celebrated with many International artistes. This young team with great love and generosity plan the event with hospitality, logistics, stage, lights and wide publicity. She was overwhelmed to see more than 300 dancers participating in that festival.

s.shivpprasadh@gmail.com

MAHARAJAPURAM VISWANATHA IYER YOUTH EXCELLENCE AWARDS



The Maharajapuram Viswanatha Iyer Trust presented the 'MAHARAJAPURAM VISWANATHA IYER YOUTH EXCELLENCE AWARDS'to SriMahadevan Sankaranarayanan (Vocal), Sri J.A.Jayanth (Flute) and Sri V. Sai Subramaniam (Morsing) at 9:30 AM on Sunday March

15 the, 2020 at Anandam Senior Citizens Home, Anna Road, Gangai Nagar, Kallikuppam, Ambatur, Chennai.

Maharajapuram Srinivasan, Managing Trustee felicitated. Bhageerathi Ramamoorthy, Managing Trustee, Anandam Senior Citizens Home presided

and presented the awards.

The Awards presentation function was followed by a vocal recital by Sri Mahadevan Sankaranarayanan with Madurai Sri M. Vijayaganesh, Sherthalai Sri Ananthakrishnan and Sri V.Sai Subramaniam.

s.shivpprasadh@gmail.com

“பகவான் சரணம்”

ஸ்ரீ கிருஷ்ணா ஸ்வீட்ஸ், ஸ்ரீ ராமகிருஷ்ண மடம் மற்றும் YACD கோபாலபுரம் இணைந்து ஸ்ரீ ராமகிருஷ்ண விஜயம் நூற்றாண்டு விழாவின் கொண்டாட்டமாக “பகவான் சரணம்” என்ற நிகழ்ச்சியில் “சிவ லீலா” என்ற தலைப்பில் சிறப்பாக சங்கீத உபந்யாசம் நடைபெற்றது. சேங்காலிபுரம் பிரம்மஸ்ரீ தாமோதர தீக்ஷிதர் அவர்கள் நிகழ்ச்சியை வழங்கினார். சுவாமி அபவர்கானந்தா அவர்களுக்கு சிறப்பு செய்தார்கள்.

நிகழ்ச்சியில் 63 நாயன்மார்கள் பற்றியும் அதில் குறிப்பாக நான்கு நாயன்மார்கள் திருவாசகர், மாணிக்கவாசகர், சுந்தரர், அப்பர் போன்றோர் பற்றிப் பேசினார். பக்திப் பாடல்களை அருமையாக பாடி, மக்களை பக்தி பரவசம் அடைய செய்தார். மக்களும் அவருடன் சேர்ந்து பாடினார்கள்.



Noble gesture by ADF ESSAY AND DRAWING COMPETITION FOR CHILDREN.



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.

Is your child getting bored during the holidays due to COVID 19 pandemic? Here is an opportunity for some lateral thinking and empathy.

Appayya Dikshitha Foundation (ADF) as part of its objectives to prevent Childhood blindness and to create awareness among school children, is organizing an Essay and Drawing competition, in association with MN Eye hospital, Sasthri Nagar,

Adyar, Chennai-20.

The topic for both essay and drawing competition is "How can I help the world see better? : My vision for preventing childhood blindness" The essay contents shall be very precise and not exceeding 1000 words and the same may be sent to email id:

shruti.d.nish@gmail.com

For Drawing competition, the art work

can be made using crayons or paint on an A4 sheet and sent by courier, addressed to:

The essay & drawing completion committee, M.N.Eye Hospital Pvt.Ltd., No.33 M.G.Road, Sastri Nagar, Adyar, Chennai-600 020.(ph: +91 44 24902227 or Mob: 9577477722).

These arrangements are being made by considering the prevailing epidemic situation and strict adherence to the restrictions and guidelines of government of Tamilnadu to avoid gathering and spreading corona virus

DR.SHRUTI NISHANTH M S , D N B , M R C S , STRABSMOLOGIST, P A E D I A T R I C O P H T H A L M O L O G I S T AND NEURO-OPHTHALMOLOGIST AND EXECUTIVE DIRECTOR, M.N.EYE

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will be the head of the selection committee and their decision is final.

Interested students between VI th std. to IXth std. studying in chennai based schools (both Govt. and private) are requested to furnish their Name (in block letters) Age & Date of Birth, Name of the school with their class and section, scanned copy of school I'd, postal address and signature of the applicant and contact mob.

The last date of receipt of essay and drawing materials alongwith filled up application is Sunday, April 5, 2020. The winners of both the competition and date of prize distribution will be announced during second week of April, 2020.

For more details please contact at 97910 19450 or 95000 43938.

"Indian Railways has taken steps to discourage citizens from undertaking non-essential journeys by temporarily" removing special incentives for many categories which had been existing for their travel.

VELAMMAL STUDENTS EXCEL IN YOGA



27 Students of Velammal Vidyalaya (Annexure), Mel Ayanambakkam campus took part in All India State Invitational Yoga Championship 2020, in the common category, conducted for the age group between 7 and 12 years, three students bagged the 1st prize, eight students bagged the 2nd prize and six students bagged the 3rd prize. In the special category, conducted for the age group between 8 and 12 years, three students clinched the 1st prize, there by bagging the overall championship in

this tournament. It was organized by Patanjali College of Yoga and Research Center held at Decathlon Sports Complex, Nolambur recently.

200 students from various schools across the state participated in this national level event.

Weddings & Marigolds Studio invites you to view the Bangalore based designer Krishnamani's collections with a subtle desire to revive traditions through rich fabric and detailed embroidery from 10.30am to 7pm on Saturday, March 20th and 21st, 2020 at Weddings & Marigolds Studio, 18/12, Lakshmanan Street, T Nagar, Ph : 044-28151700



CULTURAL FESTIVAL HELD AT VELAMMAL



Velammal Matriculation school, Paruthipattu, Avadi celebrated "Anokha 2020", ECAYLP Mega show & KG Graduation day on 14th March, 2020 at the school premises. Two great personalities Ms. Harshitha Sambat, a Carnatic singer and Ms.Andal Priyadharshini Novelist had been invited as the Chief Guest for the function. A grand floral welcome was given to the Chief Guest.

The talented students presented mesmerizing cultural events such as Classical dance, Western dance and Carnatic Music. The programme started with prayer song and lighting the Kuthuvilaku by the Chief Guest. Prize were given to the Toppers in academics and ECAYLP students, who had brought laurels to the school in various competitions. Addressing on the occasion, the Chief Guest lauded and praised the school and Honourable Chairman Shri M.V. Muthuramalingam, who has rendered whole heartily for the students education to the global level.



VELAMMAL STUDENTS TO REPRESENT AT THE NATIONAL SCHOOL HEALTH SUMMIT 2020

Young Scientists of Velammal Vidyalaya, Mangadu Campus, have been selected to participate in the final round competition at the National School Health Summit 2020. Initially, 700 projects were screened during the preliminary selection through online on 27th February, 2020 conducted by sharp NGO. Three teams of young budding scientists Master Hemanth and Master Kavin Raswanth (Grade VI), Miss Sadhana and Miss Shamini (Grade IX) and Miss Yuganthara and Miss Kritagya (Grade IX) have been selected for their innovative and advanced projects to the final round to be held in the month of April 2020 at New Delhi. The National Health Summit provides a platform for the students to collaborate, interact and enhance their research mindset. The school Management conveys its best wishes to the teams that will represent the School in the month of April 2020 at Delhi NCR.

Nayaki Award Of Excellence Awarded To Smt.N. S.Rajam



Kotturpuram Cultural Association celebrated their 25th Annual Music Dance and Drama Festival between 29th February and 8th March. The festival was Inaugurated by Dr. Sudha Seshyyan (Vice Chancellor, The Tamil Nadu Dr. MGR University), Smt. N. S. Rajam in the presence of its President Mrs. Devaki Muthiah. The 2020 Nayaki Award of Excellence was presented to Senior Mridangam artist) Kalaimamani Smt. N. S. Rajam in the August presence of its President Mrs. Devaki Muthiah. s.shivprasad@gmail.com

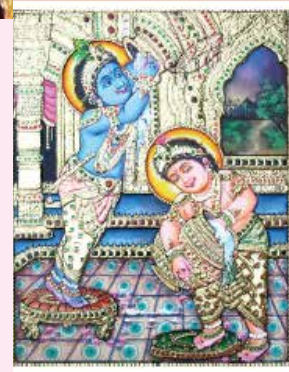
DAKSHIN TANJORE ARTS



T. Nagar based Dakshin Tanjore Arts that specializes in traditionally made Thanjavur Paintings has recently opened a shop on North Mada Street, Mylapore. This is their second outlet in the city.

It is located opposite to S.M.Silks store on this road. Deepika Balasundaram and her family are the owners of the shop. Says Deepika, a resident of T.Nagar, "All the paintings are made by our relatives. They are traditional artists specialized in making these paintings."

"The uniqueness of the paintings made by our artists is that they bring



out the Lakshana (strong features), in the faces of the Gods. And they do it only by using free-hand drawing."

The gold plated Thanjavur paintings are available in different sizes ranging from 5 inches to 4 feet (height).

There are also 3D embossed paintings stocked on the glass

shelves here. The shop also makes Thanjavur paintings with antique finish.

In addition to the paintings of Hindu gods and goddesses, there are paintings of Gods of other religions. Some of the paintings available at the shop include Srivilliputhur Andal and Sri Ramanujar, Kanchi Mahaperiyaval, and of goddess Durga created in Kerala bani (style).

Location: At #12, North Mada Street, Mylapore. (Opp to SM Silks)

Timings: 10 a.m. to 9 p.m. on all days.

Contact Phone Number: 9994649794 / 9994649795

Dr. N. Ramakrishnan, AB (Int Med), AB (Crit Care), AB (Sleep Med), AB (Obesity Med), 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 action on 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

WORLD SLEEP DAY 2020

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.

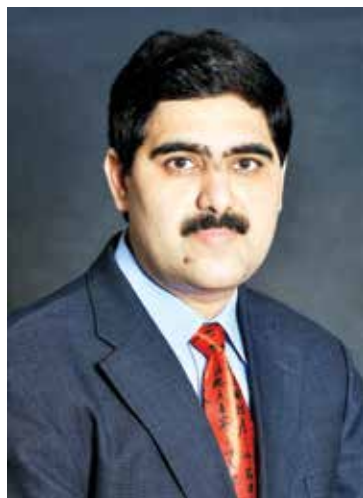
♦ Sleep duration: The total amount of sleep obtained per 24 hours

♦ 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 like obesity, 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 health and 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.

“கதை கேளு கதை கேளு”



ஸ்ரீ கிருஷ்ணா ஸ்வீட்ஸ், பாரதிய வித்யா பவன் மற்றும் உறவுச் சுரங்கம் இணைந்து வழங்கிய “கதை கேளு கதை கேளு” என்ற நிகழ்ச்சி நடைபெற்றது.

இந்நிகழ்ச்சியில் பேராசிரியர். முனைவர். அரங்கமல்லிகா அவர்களுக்கு “அரங்கநாதன் படைப்புலகச் சிற்பி” விருது வழங்கப்பட்டது. “அரங்கநாதன் சிறுகதைகளில் மானிட உளவியல்” என்ற தலைப்பில் கவிஞர் திரு. காந்தி சுப்பு ஆறுமுகம் அவர்கள் சிறப்பு சொற்பொழிவாற்றினார்கள். பேராசிரியர். முனைவர். உலகநாயகி பழனி அவர்கள் நிகழ்ச்சியினை ஒருங்கிணைப்பு செய்தார்கள். பேராசிரியர். முனைவர். சாரதா நம்பி ஆருரன், திருமதி. வாசுகி கண்ணப்பன், ஆசிரியர் கவிஞர். விஜயகுமார் ஆகியோர் பங்கேற்றனர்.



‘பகவான் சரணம்’

ஸ்ரீ கிருஷ்ணா ஸ்வீட்ஸ், ஸ்ரீ ராமகிருஷ்ண மடம் மற்றும் YACD கோபாலபுரம் இணைந்து வழங்கிய ஸ்ரீ ராமகிருஷ்ண விஜயம் தமிழ் மாத இதழ் நூற்றாண்டு கொண்டாட்டமாக “பகவான் சரணம்” என்ற நிகழ்ச்சியில் “திருப்புகழ் இசை வழிபாடு” என்ற தலைப்பில் மயிலாப்பூர் கபாலீஸ்வரர் திருக்கோவிலில் நடைபெற்றது. திருப்புகழ் அன்பர்கள் பக்தி பரவசத்துடன் பாடினார்கள்.

பக்திப் பாடல்களை அருமையாக பாடி, மக்களை பக்தி பரவசம் அடைய செய்தார்கள். மக்களும் அவர்களுடன் கைதட்டி பாடி மெய் மறந்து இசை மழையில் நனைந்தனர்.

FREE EYE CAMP CFA's Vasant Panchami Veenotsavam



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.

சிரிப்பு வருது சிரிப்பு வருது சிரிப்பு வருது நிகழ்ச்சி



ஸ்ரீ கிருஷ்ணா ஸ்வீட்ஸ் மற்றும் தி நகர் நகைச்சுவை மன்றத்தின் சிரிப்பு வருது சிரிப்பு வருது நிகழ்ச்சி சிறப்பாக நடந்தேறியது. அங்கத்தினர்கள் அனைவரும் வந்து இருந்து நிகழ்ச்சியை மிக நல்ல முறையில் நடத்திக் கொடுத்தார்.

டாக்டர் S. சேகர், நிறுவனர், (T.Nagar Humour Club) அவர்கள் நிகழ்ச்சியை துவக்கிவைத்து உரையாற்றினார். நம் சங்கத்தின் உறுப்பினர்கள் மற்றும் திரு. ஸ்ரீனிவாசன் மற்றும் திரு. R. கிரிதரன் சிறப்பு விருந்தினராக வந்திருந்த அனைவரையும் மகிழ்வித்தார்.

அரங்கம் முழுவதும் சிரித்து கரவொலி எழுப்பியவண்ணம் இருந்தது. அனைவருக்கும் நன்றி, பங்கேற்ற அனைவரும் அவரவர்கள் வாழ்வில் நடந்த சுவையான அனுபவங்களை பகிர்ந்து கொண்டது மிக அருமை.

விழாவின் முடிவில் வந்திருந்த அனைவருக்கும், ஸ்ரீ கிருஷ்ணா ஸ்வீட்ஸ் அவர்கள் இனிப்பு மற்றும் காரம் வழங்கி அனைவரையும் மகிழ்வித்தனர்.

ஸ்ரீ கிருஷ்ணா ஸ்வீட்ஸ் உரிமையாளர் திரு முரளி அவர்களுக்கு அனைவரின் சார்பாக திரு. சேகர் அவர்கள் நன்றியைத் தெரிவித்துக்கொண்டார்

Chennai Fine Arts celebrated Vasant Panchami, the beginning of Spring season which is also the auspicious day of the Jayanthi of Goddess Saraswati, with a Veena concert on recently at Sri Krishna Mandhiram in Thiruvannamiyur. Titled as Vasant Panchami Veenotsavam, this is a unique conceptualisation in South India, initiated by Chennai Fine Arts.

The Vasant Panchami is celebrated in a grand manner in the north. On the occasion, Jayasri and Jeyaraj Krishnan inaugurated the festival by lighting the kuthuvilakku and also delivering a short address on the importance of Vasant Panchami and the various compositions in Carnatic music on goddess Saraswati. P N



Muralidharan of Chennai Fine Arts delivered the welcome address and honoured the artistes.

The duo Jayasri and Jeyaraj presented a two hour Veena recital accompanied by Umayalpuram Mali on the Mridangam and Hariharasubramaniam on the

Ghatam. Sarojadalanetri in Shankarabaranam of Shyama Sastri was the main piece of the concert with apt niraval and svaraprastharam at Samagana vinodhini. The concept and concert was well received by the audience.

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BJP leader L. Ganesan donates Rs. 1 lakh to RMD Trust



L. Ganesan, BJP leader and resident of T.Nagar and member of Rajya Sabha has donated Rs. 1 lakh to RMD Trust, T.Nagar for its dialysis unit.

RMD Trust provides palliative care for terminally ill patients including cancer

patients in terminal stage.

For more details contact: 93810 16588.

THE MEMBERS OF ROTARY INTERNATIONAL DISTRICT 3232 AND ROTARY CLUB OF MADRAS EAST DONATED 2100 WRITING TABLES AND 70 SOLAR LAMPS WORTH OF RS.9 LAKHS TO THE SINGLE TEACHER SCHOOLS DURING INAUGURATION OF DISTRICT GLOBAL GRANT PROGRAM HELD AT TEX BIOSCIENCE OFFICE PREMISES.



Sri Parthasarathy Swami Sabha's 55 Days 'BHARAT NRITYA UTSAV's Valedictory Function Celebrated



Bharat Nritya Utsav – 2020 Dance Festival was inaugurated on 18th January 2020. This marathon cherishable festival was scheduled for nearly 55 days and the concluding Valedictory Function was held on Sunday 15th March 2020 at Narada Gana Sabha, Alwarpet, Chennai-18 at 6.00 p.m.

More than 50 Dance Gurus from all over India took part, with their disciples performing. Nearly 125 artistes include upcoming dancers of Bharatanatyam and other forms of Indian classical dance. Artistes from Tamilnadu, Andhra Pradesh, Karnataka, Bombay, Delhi, and Australia and Singapore took part in this most enviable festival.

On the valedictory day of the Dance festival,

Certificates and Cash awards were presented to 10 Artistes who had performed and was adjudged as the Best Performers and 20 other artistes on different category of the Dance Festival, at Narada Gana Sabha Hall at 6.00 p.m. Dr. Nalli Kuppuswami Chetti, Presided and Presented Certificates and Cash awards to the Best Performers of the Dance Festival. Smt. Shoba Raman, Principal, Vidya Mandir Senior Secondary School, Mylapore, Chennai-4 was the Chief Guest.

Honorary Secretary of Sri Parthasarathy Swami Sabha Shri M.Krishnamurthy while addressing the gathering said "There are wide number of students and disciples of gurus performing in their Sabha's Bharat Nritya Utsav from



other states in India apart from Tamilnadu and thought it would be most appropriate to honour those gurus during that festival. He felt that on that happy occasion they would like to honour such two gurus by recognizing their services in the field of Bharatanatyam and for training students and continuously performing in Bharat Nritya Utsav every year.

Mr.M.Krishnamurthy said they are immensely happy and proud to honour Guru Smt. Minal Prabhu Founder and Director, Mudrika Foundation for



Indian Performing Arts, Bangalore which was established in 1976 and she is an alumnus of the Kalakshetra foundation, Chennai and has had the privilege to learn from Padma Bhushan awardee Smt. Rukmini Devi Arundale herself, besides from various other stalwarts in dance such as Padma Bhushan awardees Smt. Kalanidhi Narayanan, Shri. Vempatti Chinna Satyam Garu etc. The Secretary requested their President Dr.Nalli Kuppuswami Chetti to Present Smt.

Minal Prabhu a shawl and a memento in recognition of her services.

Mr.M. Krishnamurthy further thanked her for gracing the occasion and for accepting their honour. Next the Secretary said that they would like to Honour Guru Smt. REVATHY SRINIVASA RAGHAVAN and requested their President Dr. Nalli Kuppuswami Chetti to Present her a shawl and a memento in recognition of her services. Shri M.Krishnamurthy thanked her for gracing the occasion and accepting their honour.

Shri M.Krishnamurthy

said that they are happy and deeply pleased to honour Guru Smt. REVATHY SRINIVASA RAGHAVAN and requested their President Dr. Nalli Kuppuswami Chetti to Present her a shawl and a memento in recognition of her services. Shri M.Krishnamurthy thanked her for gracing the occasion and accepting their honour.

While it is a Herculean task even to conduct a ten days festival, kudos to Sabha Secretary Shri M. Krishnamurthy in particular for meticulously conducting a mammoth 55 days variety dance festival with dancers from around the world year after year.

After the Function Smt. Urmila Sathyanarayanan and the 'Natya Sankalpaa' Ensemble Presented 'SANKALPA SAMARPANAM.'

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Eminent Artistes To Be Honoured At Kartik Fine Arts' 45th Anniversary



Kartik Fine Arts, one of the leading cultural organisations in Chennai is celebrating their 45th Anniversary on 14.4.2020. The sabha since its 37th anniversary is honouring 10 to 12 eminent artistes chosen from the field of Music, Dance, Drama, Discourse etc every year.

This year, during their 45th anniversary, on Tuesday, 14th April, 2020 at 5.30pm at Bharatiya Vidya Bhavan Main Hall, Mylapore Chennai

, the sabha honours, 10 eminent artistes from Music, Dance, Drama, Namasankeerthanam and Villu Pattu chosen by The Managing Committee under the Presidentship of Shri K.M.Narasimhan with Kartik Lifetime Achievement Awards/ Kartik Awards of Excellence 2020. The award function is followed by a novel programme combining carnatic music with cine music by Subhashree Thanikachalam & party

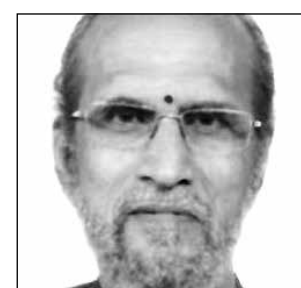
and is open to all.
List of Awardees:
Kartik Life-time Achievement Awards 2020:

1) Kalaimamani' Sri Subbu Arumugam, Musician-Villupattu
2) 'Kalaimamani' Brahmasri, Dr.Udayalur K.Kalyanaraman, Namasankeerthanam Vidwan
3) 'Kalaimamani' Smt. Priyadarsini Govind, Dance Exponent
4) Sri Thambi K. Parthasarathy, Theatre Artiste

Kartik Awards of Excellence 2020:

1) 'Kalaimamani' Sri M.A.Krishnaswamy, Musician-Violinist
2) Sri Madurai R.Muralidaran, Dance-Choreographer
3) Sri Guru Bharadwaj, Dance accompanist (Mridangam)
4) Sri V.P.S.Sriraman, Theatre Artiste
5) Ms.Nanjil Revathi, Theatre Artiste
6) Padma Stage Sri R.Kannan, Theatre technician-Sets

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BY TAMBRAS
ORGANIZATION
DURING THEIR
INTERNATIONAL
WOMEN'S
DAY HELD ON
MARCH 15 AT
AMARABHARATHI
KALYANA
MANDAPAM.**



NOVEL CORONAVIRUS (COVID-19)

Protect yourself and others!
Follow these Do's and Don'ts

Do's



Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Throw used tissues into closed bins immediately



See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24x7 helpline at 1075(Toll Free)/011-23978046



Avoid participating in large gatherings



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spit in public

Don'ts

◀ Continued from pg 1

of coronavirus outbreak which has affected over 100 countries across the world. "On March 22, from 7 am to 9 pm, all countrymen have to follow the Janta Curfew," PM Narendra Modi said.

"All citizens must abide by this," PM Narendra Modi said.

WHAT IS JANATA CURFEW: HERE IS HOW IT WILL WORK

1. PM Modi urged all the citizens of the country to stay off the roads and public places on Sunday (March 22)

2. The Janata Curfew on Sunday will start at 7 am and continue till 9 pm.

3. People working in essential services such as police, medical services,

media, home delivery, fire fighting and serving the nation etc will not need to take part in the Janata Curfew.

4. At 5 pm, all the citizens are requested by the prime minister to encourage the people working in essential services, in the times of coronavirus, by standing in their doorways and clapping and ringing

their bells.

"For the past two months, millions are working day and night in hospitals and airports and those serving others by not taking care of themselves. On Mar 22, at 5 pm, we should stand on our doorways, balconies, in our windows and keep clapping hands and ringing the bells for

five mins to salute and encourage them," PM Modi said.

5. PM Modi has requested the citizens to inform at least 10 people of the Janata Curfew. "If possible, please call at least 10 people every day and tell them about the 'Janta Curfew' as well as the measures to prevent," PM Narendra Modi said.

**IF YOU HAVE FEVER,
COUGH & DIFFICULT
BREATHING**
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**Janata Curfew on Sunday
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