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Date : 05th October to 20th October at our Kottivakkam branch

For more details please contact  
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# ECR TIMES

## OMR - ECR

THE AUTHENTIC (RNI REGISTERED) NEIGHBOURHOOD NEWSPAPER OF ECR , OMR

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☎ 8428182676

Vol.6 | Issue No.11 | October 08 - October 14, 2023 | Sunday | Weekly | 8 Pages | Free Circulation



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## TNAU training programme

TNAU Information and Training Centre, Guindy, Chennai organises the following training programme during October 2023

Preparation of Vegetarian Gravies and Roti - 12.10.2023 - Thursday

The Preparation of vegetarian gravies and Roti course will covers Red Gravy, white gravy, Paneer butter masala, Kadai paneer, Paneer tikka

masala, Malai koftha, Tawa subji, Dhal makkni, Allu methi with Naan, Parotta, and Rumali roti etc., will be demonstrated.

The programme will be useful to urban people, Home makers, Women Entreprenures, Farm Folks, youths, SHG, NGO's and students etc.

Interested persons can register and confirm their participation to this office telephoneNo. 044-29530048.

## The result of 85 years of diligent service



JFA wins Times Business Award 2023 for Tamilnadu's most trusted Furniture Brand. JFA Furniture, the brand with a legacy of 85+ years has once again proved why it is the best, by winning the Times Business Award 2023 for Tamilnadu's most trusted Furniture Brand. The results are the outcome of an Independent Research Agency. The agency conducted a comprehensive assessment to determine the winners.

JFA Furniture is an 85 year old brand trusted by generations. It is a one stop showroom that offers a complete range of furniture for homes and commercial outlets. In the bedroom furniture category it has a wide collection of 6500+ products.

Customers prefer to shop at JFA because they feel they get the best quality at a reasonable cost. Many who have purchased furniture from their showrooms are

still using the furniture even after several years.

JFA uses the best raw material and its product quality conforms to global standards; its designs are contemporary and in tune with the changing needs of the customers. In its upholstery range of sofas & recliners, JFA offers 1000+ color options so that the colors match your interiors.

JFA has outlets in Nanganallur, Mogappair, Adyar, Sitalapakkam and Royapettah. The furniture is delivered free, up to 75 kms from the outlet and customers can avail finance schemes from Bajaj Finserv. The furniture can also be conveniently purchased online. JFA is the place to visit if you love good quality, great designs and a great shopping experience! Visit [www.jfa.in](http://www.jfa.in) to check out their range of furniture, or for online purchases.

## Indo-French Conference On "Fragrances and Flavours"

Guru Nanak College and International Higher Institute of Perfume, Cosmetics, Aromatics and Food (ISIPCA), Versailles, France, organised Indo-French conference On "Fragrances and Flavours: Advances, Applications & Industrial Ventures" (IFCF-2023) organised by PROGRAMME OF BIOTECHNOLOGY under the aegis of SCHOOL OF SCIENCES Day at Guru Nanak College, Velachery, Chennai.

At the inaugural Indo-French Conference on fragrance and flavours, held at Guru Nanak College in Chennai, leading experts of the domain from India and France shared experiences and know-how on the dynamic sector, with the growing global trend towards using plant extracts for health and well-being.

India's immense natural biodiversity, combined with French technological know-how, could revolutionise the way humans use plant extracts for health and overall well-being.

Noted subject experts from France and India participated in the deliberations that were centred around the theme "Fragrance & Flavours: Advances, Applications & Industrial Ventures" (IFCF-2023).

In his Presidential address, General Secretary and Correspondent of Guru Nanak College, Manjit Singh Nayar, said that he looked forward to several



important and long-lasting as well as mutually beneficial takeaways from the inaugural conference, which was the outcome of a visit made by the senior officials of Guru Nanak College to Europe and where such collaborative conferences and other joint actions were discussed.

"I hope that the conference marks the beginning of a relationship that not only helps the students and faculty of both the institutions but actually goes on to be beneficial for the entire community," he said.

Sophie Lathuilliere, Head of International Office, ISIPCA took the awe-struck audience through the over 500-year-old history of the perfumes and cosmetics industry of France and the close connection that ISIPCA has had with this industry right since its foundation. She also briefed the students about how they could upskill themselves by pursuing some of the courses offered by ISIPCA.

The aspect of India's rich biodiversity, which is said to be one of the largest in the world, was also highlighted at length by Professor

Mukesh Doble, Emeritus Professor of Biotechnology at IIT, Madras. Doble briefed the audience about how India's immense natural resources were a storehouse of solutions to many of the health issues like rising microbial resistance for a number of diseases, notably tuberculosis.

He also explained how plants and their extracts offered hundreds of solutions, some of them well-known to Indian and Asian health experts for several centuries. He said that despite the challenges of shelf-life and instability of many plant extracts, there was a great potential for developing medicinal or well-being solutions from them. He added that the French technical prowess combined with Indian traditional know-how and natural resources was an ideal base for international cooperation in this domain.

On the occasion, an MoU was also signed between the Guru Nanak Education Society, which runs Guru Nanak College, along with numerous other initiatives and institutions and ISIPCA.

The Department of Business Administration of Asan Memorial College of Arts and Science, organised the 11th Edition of Syllabus Based Environmental Studies Exhibition 'EVS EXPO - 2023', on 26th September 2023 to create awareness on environment protection and conservation.

Using ecofriendly



materials, Models and Charts on various environment related issues such as pollution, deforestation, Global warming, Food

## EVS EXPO 2023

Principal, inaugurated the Expo. Mrs. N. Vanaja,



adulteration, Waste Management, Biodiversity, and Eco system were displayed to create awareness among students. Dr. T.S. Santhi,

HOD, Mrs. A.D. Kavitha, Faculty Coordinator, Ms. A. Ajitha Christy, Student Coordinator organized the event.

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### Gandhi Jayanti Celebration at Raj Bhavan



At Raj Bhavan on 02-10-2023, Hon'ble Governor Mr. R. N. Ravi and his wife welcomed and entertained the freedom fighters and their families on the occasion of Gandhi Jayanti.

Hon'ble Governor honored the freedom fighters by donning shawls and presenting mementos.

This was followed by a cultural program and a high tea party.

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**10 Days 13th Saradha Navarathiri Mahotsavam**

13<sup>th</sup> Saradha Navarathiri Mahotsavam would be taking place for 10 days at Sri Kanchi Mahaswami Vidhya Mandir Campus organised by Sri Kanchi Mahaswami Trust from Sunday October 15 till Tuesday October 24 at No.1, Shankar Nagar, Rajakizhpaakkam, Near Aalavattaman Temple. The programme starts with Sri Kanchi Mahaswami Vidya Mandir Students' Bharathanatyam, followed by Sri Vaanchiyam Murali Bhagavathar, Seydhalapadhi Sri Soundararaja Bhagavathar, Sri Karthik Gnyaneswar Bhagavathar, Govindapuram Sri Gnyaneswar Ramakrishnan Bhagavathar, Udayalur



Sri Kalyanarama Bhagavathar, Aangaraie Sri Rajasimhan Bhagavathar, Sri Kanchi Mahaswami Vidya Mandir Paatasala Vedha Vidhyarthees & Sri Rail Murali Bhagavathar's Naamasankeerthanams & Radha Kalyanam Utsavam would be taking place. All are welcome. Daily Pooja timings are from 7 am to 12 Noon & 4 pm to 9 pm. Devotees are welcome to participate in various Poojas & receive the Divine Blessings of Devi Kamakshi. For further details kindly Whatsapp to 9940695329/ 9994217856. s.shivprasad@gmail.com

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Hotel Savera, RK Road, Chennai on 26th November 2023(Sunday)

Faculty vitality is the main ingredient to enhance professional education and competence. Enriching the faculty vitality in key domains of teaching, assessing, research, professionalism, and administration is perceived to improve the educational environment significantly and enhance the academic performance of learners. Faculty development program (FDP) has been considered as a stand-alone educational pedagogy in fostering knowledge and professional skills of faculty.

We request the College(Any domain) Principals to nominate max 2 Faculty per College to participate in this program Limited Seats registration is based on a FIRST IN FIRST SERVE BASIS.

Link for registration: <http://bit.ly/44Xo23K>

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## Setting the Right Blueprint for the Child, during Pregnancy

Stress during pregnancy can have significant impacts on both the mother and the developing foetus. We have heard about baby blues and postpartum depression. But we often overlook excessive prenatal stress, as we look to the joy of the baby's arrival.

We know high levels of stress during pregnancy can lead to anxiety, depression, and overall poorer mental health of the mother. This can result in the mother not being able to take care of herself properly. Poor nutrition and sleep deprivation can affect the mother when her body is already undergoing many biological changes.

The baby is directly connected to the mother via the placenta. So, one may think that the stress hormone would affect the baby, right? Actually, the placenta has a miracle enzyme that breaks down the cortisol and protects

the baby.

However, when the mother's stress hormones are too high or stay high for a long period of time, then this protection gets impacted.

The blood flow to the baby is reduced. These factors have a direct impact on the brain development of the baby.

This baby can be born early (pre-term) and small (for its gestational age).

A "blueprint" that will last through the entire life of the baby is being set during pregnancy. This "blueprint" will affect the child's future emotional development, intelligence, and motor-neuron development into adulthood.

There is even a higher risk of physical diseases such as diabetes and cardiac diseases.

The good news is we can help the mother set a good "blueprint". The family can play a big role in helping her manage

her other responsibilities - cooking and cleaning, other children taken care of, etc.

The family can also ensure she is sleeping well and has adequate nutrition. Family members should seek help for themselves if they are prone to anger or domestic violence. They have to realise they are affecting the future of the child as well.

The mother can be encouraged to attend perinatal classes to manage stressors and triggers. She can keep a mood/sleep journal to become more aware of how she is doing. We will address these steps in future articles.

Thunai is conducting free online and in-person sessions in Chennai for mothers.

This is a growing and new field. We are only beginning to understand the role of prenatal stress in the child's development.

## Modern treatment of Aortic Valve stenosis - Transcatheter Aortic Valve Implantation( TAVI)

Aortic valve is the main valve sending blood out of the left ventricle of the heart, via aorta, to all parts of our body. It ensures that blood flows in a one way direction out of the heart and does not return back.

As we get older, due to wear and tear of the valve shutters, the aortic valve can get narrowed and, in some cases, leaking. This can lead on to excess strain on the heart. Aortic valve narrowing is called as aortic stenosis and leaking is call aortic regurgitation.

Aortic valve narrowing commonly causes symptoms of shortness of breath, dizziness, syncope, chest pain and easy fatigability.

Over several years in the past, these conditions were treated surgically, with open heart surgery and replacement of the aortic valve.

However, surgical aortic valve replacement has excessive risk, including life risk, especially in older patients and in those with multiple associated risk factors like prior heart issues, prior stroke, diabetes, kidney disease, obesity, poor mobility, frailty etc.

Transcatheter Aortic Valve Replacement (TAVR) or Transcatheter Aortic Valve Implantation (TAVI), is the modern way of replacement of aortic valve, without surgery or scar. This procedure can be



done with local anaesthesia and very low life risk and overall low complication risk. The procedure is similar to having an Angio procedure using a catheter to deliver the valve usually via the femoral artery. The patient usually is discharged home within 2 to 3 days after the procedure. Few of the several advantages including low

life risk, low requirement of blood transfusion, no scar, very low infection risk, low stroke risk, low risk of kidney issues etc. It can be successfully carried out even in suitable elderly patients even in their eighties.

People should not ignore the symptoms, mentioned earlier, and seek help of their general physician or a cardiologist. A simple 2D ECHO will usually help identifying the aortic valve disease and refer to a specialist for further assessment and appropriate expert treatment. A high resolution TAVI CT is usually done for further detailed assessment of the aortic valve and also assessment of the route for

the catheter to deliver the valve. Careful pre-planning and execution of the TAVI procedure is undertaken by our expert TAVI team including TAVI trained Interventional Cardiologist who has had an advanced training in TAVI, several other Interventional Cardiologists, TAVI experienced anaesthetist team, TAVI trained Cardiac surgeons for backup and a whole team including highly experienced Cath lab and CCU team and TAVI structural device specialists.

Dr Harikrishnan Parthasarathy Senior Consultant - Cardiologist

For further details call: 8807306866/ 8754464444

**RASA's Dance Drama, Puppet Theatre, Story-Telling & Dance**



The Gnananjali Festival at Narada Gana Sabha in Chennai, organized by Bhagawan Sri Ramana Maharshi Research Centre in collaboration with Narada Gana Sabha and RASA, is supported by the Ministry of Culture, Govt. of India.

This year's festival was held in two parts: one in July featuring the dance drama "Matrubhuteswara Kaandam," addressing women's equality through the life of Azhagamma. The second part took place in September with 200 artists presenting "Arunachala

- From Rig Veda to Ramana Maharshi," including puppet theatre, storytelling, and dances. Eminent gurus and their students showcased incidents from the lives of saint poets, all with captivating performances. s.shivpprasadh@gmail.com

**Dr. A.V. Anoop TN's Malayalam Mission President Meets Kerala CM**

On October 2, Dr.A.V.Anoop President of Malayalam Mission in Tamil Nadu met Kerala CM.



Dr. A.V. Anoop highlights about Malayalam Mission's workings in Tamil Nadu as follows:- " Malayalam Mission was started in Tamil Nadu 12 years back as a Kerala Govt.'s project reporting under its Cultural department to propagate Malayalam language outside Kerala State. It is a 10 years course wherein any age group & any language person can voluntarily join. They have got several service minded trained teachers at over 100 Centres set up all over Tamil Nadu to teach Malayalam.

that is equivalent to passing 10th Std. Malayalam Exam which is a Basic Must they become automatically eligible to write for any exam to join Kerala Govt. Job" concludes Dr. A.V. Anoop on a very highly informative note.

It is in this connection Dr. A. V. Anoop as TN's Malayalam Mission President had met Kerala CM along with its General Secy. Unnikrishnan Kumbalangad, Convener Smt. Smitha, Jayaraj & Raveendran Co-ordinators.

s.shivpprasadh@gmail.com

There are 4 stages in this course namely kanikonna , Suryakanthi, Ambal & Neelakurinji.

If and when this fourth stage of this course is passed by any language person

**EPF Grievances Redressal Program**



"NIDHI AAPKE NIKAT 2.0" - Monthly District Outreach and Grievances Redressal Program for the month of September 2023 conducted by EPF Office, at ZOHO Corporation Pvt., Ltd., for redressing the grievances of PF subscribers,



Employers and Pensioners. Enforcement

Officers addressed the program and enlightened the benefits of EPF/EPS/EDLI membership and filing e-nominations. The grievances and doubts of the participants were addressed by the Officers and Officials of the EPFO.

**N.R Lakshana Lia has bagged gold for India**



N.R Lakshana Lia who resides in Chennai, and studying at Holy Family School participated in the 10th Shitoryu Karatedo International Championship held in Indonesia on September 23rd 2023, and bagged the gold medal for India in under 6-7 years female category Kumite.



**தமிழ்நாடு மாநில அளவிலான செஸ் போட்டி**

ஸ்பான்சர் by Prodapt Solutions - தருண் தேஜஸ் 2வது தமிழ்நாடு மாநில அளவிலான 8, 10, 12, 15, Open வயதுக்குட்பட்ட மாணவர்கள் மற்றும் மாணவிகளக்கான சதுரங்கப் போட்டி 22 அக்டோபர் 2023 அன்று வேளாங்கண்ணி மெட்ரிக் மேல்நிலைப் பள்ளி, அசோக் நகர், சென்னை 600083 இல் நடத்தப்பட உள்ளது. தமிழ்நாடு

மாநில வீரர்கள் மட்டுமே பங்கேற்க தகுதியுடையவர்கள். மொத்தம் 100 பரிசுகள் வழங்கப்படும் - மாணவர்கள் (15 பரிசுகள்) & மாணவிகள் (10 பரிசுகள்). Open (மொத்த ரொக்கம் ரூ.30,000) - முதல் பரிசு ரூ.5000 - மொத்தம் 40 பரிசுகள் மேலும் விவரங்கள்: திரு. ஆர்.கே ஷோபன் பாபு 9940308310

# இன்றைய இளைஞர்களின் இதயம் பலவீனமாக உள்ளதா?

ஆம் என்று ஒரு வார்த்தையில் சொல்லமுடியாது. ஆயினும் அதுவே கசப்பான உண்மையாகும். ஒரு காலத்தில், வயதானவர்களிடமே பெரும்பாலும் காணப்பட்ட மாரடைப்பு, இன்று பல இளைஞர்களிடம் பொதுவாக காணப்படுகிறது. முக்கிய காரணிகள் : மோசமான உணவுப் பழக்கம், அதிக நேரம் உட்கார்ந்து பணிபுரியும் சூழல், மற்றும் அதிகரித்து வரும் மன அழுத்தம் ஆகியவற்றை முக்கிய காரணிகளாக மருத்துவ நிபுணர்கள் கூறுகின்றனர். மேலும், மின்னணு சாதனங்களை நம்பி உடல் செயல்பாடு கணிசமாக குறைந்ததால் உடல் எடை அதிகரிப்பு மற்றும் உடல் பருமன் போன்ற பிரச்சனைகள் ஏற்படுகிறது. இது இளைஞர்களிடையே அதிகரித்து வரும் மாரடைப்பு மற்றும் சார்ந்த பிரச்சனைகளுக்கு வழிவகுக்கிறது. பழக்க வழக்கங்களில் மாற்றம் : மேலும் ஆரோக்கியமற்ற, அதிகளவு சர்க்கரை, கொழுப்புகள் மற்றும்



சோடியம் நிறைந்த உணவுகளை எடுத்துக்கொள்வதால் பிரச்சனையை மேலும் மோசமாக்குகிறது. இத்துடன் நவீன வாழ்க்கை முறை தேர்வுகள், வேலை பளு, உறவுகள் மற்றும் நிதி அழுத்தங்கள் போன்ற பலவேறு மூலங்களிலிருந்து வரும் நாளிட்ட மன அழுத்தத்துடன் இணைந்து, இருதய அமைப்பில் தேவையற்ற அழுத்தத்தை ஏற்படுத்துகின்றன. இவையல்லாது, இளைஞர்களின் இதய ஆரோக்கியத்தை பாதிக்கும் மற்றொரு காரணி புகைபிடித்தல் மற்றும் குடிப்பழக்கம். புகைபிடித்தல் இரத்த நாளங்களை சேதப்படுத்துகிறது மற்றும் இதயத்திற்கு ஆக்ஸிஜன் விநியோகத்தை குறைக்கிறது. அதே நேரத்தில் குடிப்பழக்கம் இருதய ஆரோக்கியத்திற்கு மோசமான விளைவுகளை ஏற்படுத்தும். மேலும் இது பலருக்கு நீரிழிவு மற்றும் உயர் இரத்த அழுத்தம்



போன்ற நிலைமைகளை ஏற்படுத்திக்கிறது. இறுதியில் இவை மாரடைப்பு அபாயத்தை கணிசமாக அதிகரிக்கிறது. இதய ஆரோக்கியத்தை மேம்படுத்த டிப்ஸ் : வழக்கமான உடற்பயிற்சியை ஊக்குவிப்பது, சத்தான உணவுகளை எடுத்துக்கொள்வது மற்றும் மன அழுத்தத்தை குறைக்கும் நுட்பங்களை பின்பற்றுவது இதய நோயைக் குறைக்கும். மேலும், வழக்கமான



உடல்நலப் பரிசோதனைகள், ஸ்கிரீனிங் சோதனைகள் மற்றும் மருத்துவ ஆலோசனைகள் மூலம் கண்டறியலாம். பார்வதி பல்நோக்கு மருத்துவமனையின் புகழ்பெற்ற இருதயநோய் நிபுணரான டாக்டர் ராமச்சந்திரன் கூறுகையில், "இளைஞர்களிடையே அதிகரித்து வரும் மாரடைப்பு நிகழ்வுகள் தனிநபர்களுக்கும் ஒட்டுமொத்த சமூகத்திற்கும் ஒரு விழிப்புணர்வை ஏற்படுத்துகிறது. ஆரோக்கியமான வாழ்க்கை முறையை பின்பற்றுவதன் மூலமும் சரியான நேரத்தில் மருத்துவ ஆலோசனையைப் பெறுவதன் மூலமும் இதயம் சார்ந்த பிரச்சனைகளை தடுக்க முடியும். இதய நோய் பெரும்பாலும் தடுக்கக்கூடியது. மேலும் மருத்துவ ஆலோசகரின் அறிவுரைகளை பின்பற்றுவதன் மூலமும்,

மாரடைப்பு அபாயத்தை நாம் கணிசமாகக் குறைக்க முடியும்." மேலும், இதயம் சார்ந்த உடல்நலப் பரிசோதனைகள், Master Health Check up, 999 - Complete Cardiac Check Up, மற்றும் இதர மருத்துவ ஆலோசனைகள் மூலம் இதயம் சார்ந்த குறைபாடுகளை கண்டறியலாம். ஆரோக்கியமான வாழ்க்கை முறையை ஊக்குவிப்பதன் மூலம் இந்த குழப்பமான போக்கை மாற்றியமைத்து, எதிர்கால சந்ததியினரின் இதய ஆரோக்கியத்தைப் பாதுகாக்க முடியும். ஒன்றாக, இளைஞர்களுக்கு ஆரோக்கியமான எதிர்காலத்தை உருவாக்கலாம் மற்றும் தனிநபர்கள், குடும்பங்கள் மற்றும் ஒட்டுமொத்த சமூகத்தின் இதய நோய்களின் கமையை குறைக்கலாம். Dr P Ramachandran MD, DM, FNB Senior Consultant & Interventional Cardiologist Parvathy Institute of Cardiac Sciences Parvathy Multispeciality Hospital, Chennai



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