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# MYLAPORE TIMES

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Chennai has been experiencing chill weather for some weeks now. Pre-dawn temperatures range in the 21 – 23 degrees bracket. One place to sense the chill, the mist and the images of this weather is on D. G. S. Dinakaran Road, from the Patti-  
napakkam traffic signals junction right up to the Tholkappia Poonga. If you walk or cycle here around 5 a.m., you see the misty scenes below the street light posts and in the headlights of cars and buses on the road. Since the Tholkappia Poonga and the Adyar estuary dominate this zone, the mist is prominent here.

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## CHECK THIS

### EVENTS FOR SENIOR CITIZENS. FREE.

Dignity Foundation hosts events for senior citizens under the banner of Tehneer Arangam. They are free and open to all. These programmes are held at Srinivasa Gandhi Nilayam, Alwarpet, No.332, Ambujammal street, off TTK Road. Here are the events for the days ahead

Timings: 11 am - 12 noon). Feb. 2 (Monday) - Talent Programme (Quiz/ Songs). Feb. 3 (Tuesday) - Singing for Pleasure (Theme - Saroja Devi movie songs: Part 2 - this event is to be held online). Feb. 5 (Thursday) - Legal session - anchored by Dyaneshwar.

### RESIDENTIAL WORKSHOP FOR YOUNG MUSIC ARTISTES

Narada Gana Sabha Trust ( based in Alwarpet), through its Nadasangamam Trust, is hosting a residential Carnatic music workshop in Thennangur for young music artistes / students ( applicants have to be below 35 years).

It is on from Feb.6 to 8.

Veena vidushi Prof. R S Jayalakshmi is the convenor of this workshop. Artistes like Sriranjani Santhanagopalan and Thamaraiyadu Govindan Namboothiri will hold lec-dems. A series of yoga sessions are included. To register, call 24993201 or e-mail - ngsabha@gamil.com

( Thennangur is about 110 kms from Chennai and is known for the famed Sri Panduranga Perumal Temple)

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### THAMIZH ISAI VIZHA: AT BVB

Bharatiya Vidya Bhavan, Mylapore is conducting 'Bhavan's Tamizh Isai Vizha' from February 1 to 6 at its main auditorium, every evening. The concerts are open to all.

Vocal concerts schedule :  
 Feb. 1: 6.00 pm: K.Gayathri  
 Feb.2: 6.30pm: Amritha Murali  
 Feb. 3 : 6.30 pm: Anahitha & Apoorva  
 Feb. 4 6.30 pm: Dr. Sirkazhi Sivachidambaram  
 Feb.5 : 6.30 pm: Dr. Gayathri  
 Feb. 6: 6.30 pm: Brindha Manickavasagan

### LISTENING SESSION: MADURAI MANI IYER'S MUSIC

Madurai Mani Iyer Rasikas Association is conducting a thematic guided listening session, dedicated to Mahatma Gandhi and India on Sunday, February 1, from 4.25 pm to 6.30 pm. at Vivekananda Hall, P. S. High School, Mylapore. Rasikas can also enjoy some vintage, live concert recordings of vidwan Mani Iyer which relate to the theme of the evening.

All rasikas are welcome.



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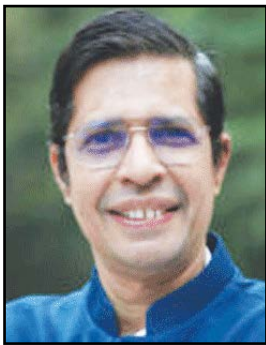
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# Padma awards for Dr. K. R. Palaniswamy, Dr. V. Kamakoti and Thiruvarur Bakthavathsalam



Dr. K. R. Palaniswamy



Dr. Veezhinathan Kamakoti



Thiruvarur Bakthavathsalam

## By Our Edit Team

Three residents of the Mylapore zone have been chosen for the nation's Padma awards.

They are Dr. K.R. Palaniswamy, Dr. Veezhinathan Kamakoti and Thiruvarur Bakthavathsalam.

Dr. K.R. Palaniswamy, a distinguished city-based gastroenterologist and head of the department at Apollo Hospitals, has been chosen for the Padma Bhushan award for his

contributions to medicine. He is recognised for over four decades of service. He resides in CIT Colony. The Padma Shri awards are for Dr. Veezhinathan Kamakoti for science and engineering and for Thiruvarur Bakthavathsalam for performing arts.

Dr. Kamakoti is currently director of IIT - Madras and is a resident of CIT Colony.

Thiruvarur Bakthavathsalam is a senior Carnatic music vidwan and a mridangam artiste and he resides just off The Music Academy.

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## VINCENT's JOTTINGS

By VINCENT D' SOUZA

There are some street side visuals that remain with you. A memory of social histories, I may say. One such was in R. A. Puram.

Some years ago, I came across a few fishing nets which were, I assumed, put out to dry on the sidewalk. I got curious and then moved on. Much later, at the same spot, I saw some men either mending the nets or rolling them up. I walked up to them to converse.

These men were perhaps the last of the inland fisherfolk who, over some generations, caught fish in the Adyar river and in its estuarine water bodies, the *kuttais*.

They resided in a street close to the main road and walked to river banks off what used to be Sathya Studios, now the Dr. MGR - Janaki College for Women. Their fishing crafts would be berthed on the banks, close to the old bridge across the river and they would set out to fish in these waters.



The Adyar river's estuarine zone in this part of our city is a fairly large Nature hub with many social and natural histories; much has been wiped off by unregulated development.

The Tholkappia Poonga is a 'saved' protected zone, raised from what was once a 'kuttai' and then a neighbourhood garbage dump. A lot of money has been spent on raising this Nature zone on both sides of a busy road. The work is still unfinished - the water body closer to the sea is heavily polluted. The Poonga has now become home for lots of animal, bird, insect and plant life.

Turning it into a leisure-entertainment hub is not right. But we have done just that - the state spent lots of money to 'beautify' it recently, with walkways, elevated paths, colourful models and the like.

The Poonga has been opened to people for long walks inside, paying a fee, and to people who can visit select areas through the week.

While long-term, 'blocked' bookings of the slots for walkers raised a stink and forced the management to admit more people and reduce admission fees, we have seen visitors shouting and jumping around despite the security.

This place is not meant to be a VGP Golden Beach or Pongal Trade Fair kind of zone. This is not a place for entertainment or a green space for hundreds of people to roam / walk around. At best, curated and limited Nature tours may be held.

I have often enjoyed the sight of birds feeding in the shallow waters here at dusk, from a point outside the Poonga wall. We need to restrain.

## LETTERS FROM READERS

E-MAIL your letters to - mytimesedit@gmail.com.

Provide full name and short address.

This column also contains comments posted on our social media pages.



### Memorial to Gandhi's satyagraha

Anyone who walks past Welcom Hotel on Cathedral Road can see a tablet set at the hotel's entrance which is connected with Satyagraha - a policy of political resistance against British rule in India propounded by Gandhiji. In March 1919, Gandhiji was in Madras, staying in a bungalow called Tilak Bhavan owned by S. Kasturi Ranga Iyengar of 'The Hindu' which stood at the place where the hotel is. Gandhiji is said to have dreamt on March 18, 1919, of organising a general hartal throughout the country to protest the Rowlatt Bill which was seen as an unjust and repressive measure that granted the British extraordinary powers to arrest and detain political prisoners.

On April 6, 1919, Gandhiji launched the Satyagraha. His call for Satyagraha had tremendous response from the city. The tablet details what Gandhiji wrote regarding the satyagraha idea that broke upon him here.

- N. Rama Rao



### Woes of Venus Colony

The main cause of flooding during rains in Venus Colony, Alwarpet is the raising of road levels. In the last twenty years the road levels in and around this colony have gone up by more than two feet. The levels are higher than that of the floor levels of houses / buildings on either side. Rain for two hours brings the rainwater into the compounds. Since the storm water drains are full of sewage throughout the year, the rainwater mixed with sewage enters campuses. This happens repeatedly many times every year.

Our appeals to Chennai Corporation over the last twenty years have not yielded great results. Lowering of road levels must be taken on a war footing.

- Sujatha Vijayaraghavan

### Tholkappia Poonga admission, fee

The monthly passes issued by the Tholkappia Poonga should not exceed a certain limit and should also have a higher fee for the exclusive access it provides. Priority should be given to whosoever takes the effort to turn up at the gate. We cannot expect the public to book online in advance all the time. Treat the Poonga like the Vandalur Zoo or Guindy Park as far as entry is concerned.

- R. Sriram

### Pongal in church campus

Refer the news in *Mylapore Times* of Pongal celebration in the Cathedral. Did they make traditional pongal by thanking the sun, mother Nature and all the elements that go along with it? For that is the core essence of the festival in return for a bountiful harvest season.

- Dhruva

## MYLAPORE REWIND

This column carries excerpts from Mylapore Times, 1996 onwards. This week, we focus on June & July 1996.

### MP, MLA visit Chitrakulam to plan renovation (June 29, 1996)

South Madras member of parliament, T. R. Balu and Mylapore MLA N. P. Ramajayam visited Adi Kesava Perumal's Chitrakulam to plan renovation work. The budget for the project is Rs. 22 lakh. The 500-year-old Chitrakulam is 500 feet long and 15 feet wide. The renovation work involves de-silting the tank, building steps, erecting a compound wall and cleaning the pipes to facilitate the draining of rainwater. Chennai Corporation assistant commissioner, Rasheeda Banu, said the civic body would install lights all around. The tank will be maintained by the temple, Ramajayam said.

### Car procession to mark St. Thomas Cathedral's centenary (July 13 & 6, 1996)

A colourful car procession was taken out from Our Lady of Guidance Church on Luz Church Road to the St. Thomas Cathedral in San Thome on July 7 evening. This was to mark 100 years of the formal opening of this cathedral. Archbishop of Madras-Myl-

apore diocese, Rev. Aruldas James' special open-air Mass in the church campus drew thousands of people.

The cathedral was illuminated for the momentous occasion. The parish priest said that no structural change had been made to the

### Car procession to mark St. Thomas Cathedral's centenary



cathedral (when it was restored and repaired) because the archaeological department had not given them permission. A charity music show to raise funds for scholarships for 100 students and facilitating bank loans for 100 small businessmen have been planned to celebrate the occasion. 'Legalising' 100 marriages between Catholics and non-Christians is being organised for the first time during the celebrations.

### Extension counter of Dhanalakshmi Bank opens in Luz (July 6, 1996)

S. Radha Krishna, CMD of Amrutanjan, inaugurated an extension counter of Dhanalakshmi Bank on Amrutanjan's premises on July 4. Located on Luz Church Road, this is the bank's second extension counter. Except for safe deposit lockers, the bank will offer all other facilities. G. Shankar will head the new facility, with B. Shashidharan as the chief manager. Headquartered in Trichur, Kerala, the bank has four branches in Chennai.

### Discovery Channel Quiz finals (July 6, 1996)

#### By Chitra Shivakumar

The final round of the FM Discovery Channel Quiz, aired every Saturday from 9 pm to 9.30 pm, will be on July 13. Rosary Matriculation, San Thome Higher Secondary School and P. S. Senior Secondary are some of the schools that have participated in the programme. Sponsored by the Discovery Channel, the quiz is conducted by Mylapore-based SS International. D. Muralidharan of the company said that SS International would like to continue the programme if the sponsors agree.

● This column is curated by Kanaka Cadambi.





# Mandaveli’s Raja Street turns into a festival hub

By Ganga Sridhar

The Mandaveli Raja Street Residents’ Welfare Association celebrated its annual theme-based Kolam competition and Pongal festival on January 11 turning the neighbourhood into a vibrant hub of art, tradition, and joy.

This year’s theme, Media World, inspired 20 teams—including eight guest teams from various parts of Chennai



and six childrens’ teams—to depict the influence of media through colourful rangolis.

The intermittent rains drove the organisers to initiate Plan B and shift the venue of the kolam/ rangoli contest indoors - to Dwaraka Apartments’ parking lot, which transformed into a lively art gallery.

Judges Kala Raghu, Dr. Lavanya, and Aparna Ganesh went about taking a close look at the creative works.

The cash prize winners were Akai, Kavitha, Trishul among the residents’ category and teams Kola Chitram (K K Nagar-based group), Spark Squad (Madhavaram-based ) and Malar (from Ramapuram) in the guests’ category.

All the children were declared winners and received gifts.

There were also cultural performances – these included Kummi dance, Silambam by young Akhil Aaryav, and an entertaining Tholppavai puppet show by Muthuchandran and his team from Kanyakumari which transformed the street into a village theatre.

Traditional snacks prepared by residents were available at an traditionally-decorated Paati Kadai, health checkup stalls by sponsors Kauvery Hospital, and fun games like Tug of War and Uri Adi added zing to this event.

The fest was supported by residents and some sponsors.

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Work on constructing and decorating the float for the teppam festival of Sri Kapaleeswarar Temple is in its final lap. The teppam is to take place from Feb.1 for three days, in the evenings. People are generally allowed to occupy spaces on the steps of the temple tank on some sides.

## Communities celebrate India's 77th Republic Day

By Our Edit Team

Community groups across Mylapore held events to mark India's 77th Republic Day.

Children joined the elders at a snappy event held on Raja Street in Mandaveli. Senior women joined hands to unfurl the Indian flag by the street side.



In R. K. Nagar in R. A. Puram, community leaders encouraged children to attend the event which was held at the local area park. Children were given sun-shades in the tricolour as well as small Indian flags, while the

area around the flagpole was decorated for the occasion. ( photo below)

The Kalyana Nagar Association in Mandavelipakkam held its event for Republic Day. The national flag was unfurled by association president Dr. S. M. Srinivasan and people present sang the national anthem.

The Republic Day event hosted by the community of CIT Colony in the local park started with the singing of devotional and national songs. The chief guest for the event, Justice Prabha Sridevan, retired HC judge, unfurled the national flag and spoke. At this event, residents congratulated Dr. K. R. Palanisamy, renowned gastroenterologist who has been chosen for the Padma Bhushan award. He is a senior resident of CIT Colony. Breakfast was served to all; it was sponsored by V. Sarangarajan of M/s Vishnu Builders.

Republic Day events were also held in schools and other neighbourhoods across Mylapore.



## Obituary

Chartered accountant **P. Kumar**, 65 years old and a resident of Mandavelipakkam, passed away on January 11.



Fondly called 'Auditor Kumar', he was a lifelong resident of Mandavelipakkam. He was born in 1960 in the house in which he lived for 63 years, his family said.

He and his wife, Godavari Kumar, also a chartered accountant, ran their professional practice under the name of P. Kumar from their office-cum- residence from 1986.

Kumar schooled at San Thome High School, graduated from Vivekananda College and completed his chartered accountancy course and set up practice.

Kumar was a philanthropist and contributed quietly, supporting teens in their studies and adults who were facing pressing times.

He is survived by his wife Godavari Kumar, son Dhruv Kumar and daughter Ishitha Kumar and their families.

Contact - Godavari Kumar: 9444087178.

**K. S. Subbulakshmi**, 52 years old and a resident of Rama Rao Road, East Abirampuram, passed away on November 23, 2025.



She was a lecturer at the DG Vaishnav College, Arumbakkam where she handled classes in commerce for the B.Com and

M.Com students.

She quit her job and took tuitions at her residence, in commerce, for school and college students.

Embroidery was one of her hobbies.

She is survived by her husband Ramachandran and two sons, Deepak and Raghav. Her family can be reached at 88706 24916



**Jaya S. Manyan**, a longtime resident of Mandaveli till a few years ago, passed away on Nov.29, 2025. She was 94 years old.

Her son S. Bhanu Kumar said, "Amma was very independent

and active till the end. She washed her clothes, never used a washing machine and did this chore on the day she passed away."

Jaya was known among many in the Mandaveli - Mylapore zone since she was a core member of the popular Srinivasa Ladies Club, of which she was treasurer for some terms. Club members met to learn and recite slokas and religious texts, arranged *annadhanam* on special occasions at some temples and undertook temple tours.

Their annual fund-raising event would be the staging of a Tamil play at a sabha hall; it took place at R. R. Sabha till the hall was closed for reconstruction and continued at Mylapore Fine Arts Club (MFAC) hall. Many of these plays were of 'Crazy' Mohan.

Contact her son Bhanu Kumar - 98407 10002



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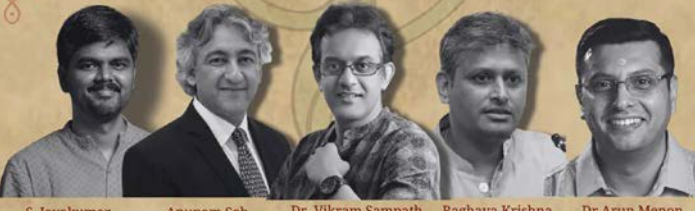
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# Park loses some of its old trees

By Baskar Seshadri

Sections of Nageswara Rao Park, off Luz Avenue, now look like barren pockets. This sight bothered people one recent morning when they were out on walks outside the park.

Many old and tall trees which stood

alongside the park's wall on this side had vanished. A closer look revealed that they had been chopped down.

Civic workers engaged by the contractor in charge of the park renovation project said that since the trunks and root system of some trees were rotting and had been infested by insects and since they were weak, they

were asked to chop them.

The loss of these trees and the major excavation work in the park has changed the verdant face of this popular park.

Said Parantharami Mani, who shared photos of the park area where the trees had been chopped, "We cannot be absolutely sure that the trees chopped down have all been infested. But the park is losing its green look."



## Where are the key stones?



Where are two foundation stones related to the foundation of Nageswara Rao Park in Luz which detail the history of this popular landmark? This issue is bothering people who are fond of this park and treat heritage seriously. There were two tablet stones, set in each of the two pillars at the main gate of this park, facing Luz Church Road.

As part of the major renovation work of the park that has been on for some months now, workmen demolished the pillars, removed the gate and there is no sign of the tablets. Later, the Mylapore MLA, Dha Velu, with whom this news was shared, said that the two tablets are safe.

Some park-users suggest that these stones must find a place in the restored park.

## Durgabai Deshmukh GH holds camp in nagar




To commemorate Republic Day, Durgabai Deshmukh General Hospital, run by Andhra Mahila Sabha in R. A. Puram, conducted a community outreach program at Malligai Poo Nagar on Jan. 25. As part of this initiative, free dental, general medicine and paediatric health screenings were provided to more than 150 members of the community here.

Basic blood investigations were conducted free of cost, and a 50% concession was offered on other diagnostic services such as scan and X-ray, said S. Sathish, secretary of AMS DDGH & RC

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PRESS NOTE

SIGNIFICANCE OF BASANT PANCHAMI AND CELEBRATIONS IN DAYALBAGH AGRA (Headquarters of the Ra-Dha-Sva-Aa-Mi Faith)



Basant Panchami Day is the celebration of the auspicious occasion of onset of Spring season. It is celebrated throughout the country notably in North India where it is a Cultural Festival.

The Ra-Dha-Sva-Aa-Mi Faith, with its headquarters at Dayalbagh, Agra, commemorates this occasion on a grand scale annually, because it heralds a New Year for them. This year it was celebrated on 23<sup>rd</sup> January.

This year's activities included visit of the Present Sant Satguru of Ra-Dha-Sva-Aa-Mi Faith, Prof. Prem Saran Satsangi Sahab to various residential colonies and institutions attached to Dayalbagh Ashram, participation of children from the age group of 3 weeks to 12 years in enchanting cultural presentations displaying Superhumane qualities, physical training exercises and self-defence demonstrations, conducted in a highly disciplined and coordinated manner, reflecting the holistic approach to physical, moral and spiritual development fostered at Dayalbagh.

Also, Baby Show, Fancy Dress Show, gymnastics displays and sports events were organized. Decorative lighting was done at Dayalbagh and Satsang Colonies across India and abroad.

Thus, the celebrations of Basant Panchami 2026 at Dayalbagh embodied a harmonious blend of spiritual devotion, disciplined collective living and joyous cultural expression.

Celebrations in Tamil Nadu

In Tamil Nadu, Basant was celebrated with great enthusiasm, and fervour in all the 13 Branches falling under the Tamil Radhasoami Satsang Association. Outdoor and Indoor activities were conducted for all age Groups.

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



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- MYLAPORE, Mandaveli, R A Puram, Abiramapuram, Triplicane, Alwarpet, San Thome, old, new, two, three bedrooms, flat, house bungalows. Owners contact Agent Sivakumar: 8778123038
- WANTED immediate purchase, 3/4 ground to 1 ground above area Mylapore to Adyar, Besant Nagar, Thiruvanniyur, ECR Kottivakkam, Palavakam, Anna University Colony, Neelagarai Kabalieswara Nagar, Ranga Reddy Garden, Biul Beach Road, Maraikar Nagar to Enjambakkam. Contact P.S.Saravanan: 9840044778
- WANTED 1 to 5 grounds residential or commercial income property in and around Chennai for immediate registration. Jayashankara Properties: 7708417134, 9094560044
- REQUIRED 2 or 2.5 BHK in and around Alwarpet, Abiramapuram, R A Puram for veg senior citizen couples. Prefer direct contact with owners. Ph: Natarajan 9677253519
- WANTED independent house at Mylapore, Adam Street, Chitra Kulam, TSV Koil Street, Solaippan Street, to passage line, brokers excuse, house owners only Contact: 9884227795
- WANTED 1 to 2 grounds with old buildings in Adyar, Besant Nagar, Thiruvanniyur, Mylapore, R A Puram immediate settlement. Ph: N. Subramanian 9840032784

### REAL ESTATE SELLING

- MANDAVELI, Sringeri Mutt Road, apartment, 1st floor, 1610 sq.ft., 50 years old, UDS 1175 sq.ft., commercial, residential value. Ph: 9710008785
- MANDAVELI, Chettinad School, near 2 BHK flat, north facing, 1050 sq.ft., UDS 680 sq.ft., 20 years old, ground floor, 1 car park, Rate 1 crores 60 lakhs, Sri Sasta Sabari real estate one percent brokerage. Ph: 8939596955, 8939936055
- MYLAPORE, Ranga Road, 3 BHK, luxury flat, 1900 sq.ft., UDS 900 sq.ft., 9 years old, 2nd floor, east facing, lift, power backup, full wood work, modular kitchen, 100% vaastu, 2 balcony, 1 big covered car park, Rate 3.60 crores. Ph: 9962960999
- ALWARPET, Poes Road, brand new, 1800 sq.ft., UDS 820 sq.ft., 3 BHK, 3 bath, 1 CCP, 2nd floor, east facing, lift, power backup, vaastu, Price 3 crore. Ph: 7299141164
- ALWARPET, new flat, 1850 sq.ft., 3 BHK, 2nd floor, 2 CCP, power backup, east facing. Agent: 9884839311
- MYLAPORE close to RK Salai Metro, 1500 sq.ft., ground floor, Rate 2.75cr, neg. Residential / commercial, 2200 sq.ft., land, Rs. 6cr, neg. RRRealtor: 9884173831
- GOPALAPURAM near 1000 sq.ft., 2 BHK, Rate 1.36 crore, UDS 451 sq.ft., lift, open reserved car park. Ph: 7010257539

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- VELACHERY, AGS Colony, land with old house, land 40? 50, south facing, Rate 2.30C. Ph: 9171829452
- VELACHERY GRT opposite gated community apartment, 2700 sq.ft., 4 bedroom, 3 bath, 1st floor, UDS 810, south facing, lift, 2 carpark, 10 year, 24 hour security, water and good ventilation, Rate 2.75 crores, only owners Contact: 9677267659, 9841213222
- ECR Kanathur, 3 BHK, approved good villa, east facing, Rate 1.27 crores and 1 ground approved land, east facing, 24 feet road, Rate 1.25 crores, only owners Contact: 9677267659, 9841213222
- ALWARPET near Rain Tree, 2400 sq.ft., 4 BHK flat, 2 CCP, Rate 4.50 crore, negotiable. Alwarpet, Seethammal Colony, 3 BHK flat, 2000 sq.ft., flat, Rate 3.25 crore. Ph: 9841571836

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- MYLAPORE, 625 sq.ft., UDS 211 sq.ft., 2 BHK, 1st floor, 32 years old with two wheeler parking, near Sivaswami Kalalaya School. Contact: 9884174409
- BANK auction, 3 BHK, 1860 sq.ft., new flat, near Saibaba Temple, Rs. 2.72 crore, Mylapore, individual property, 1200 sq.ft., Rs. 3.5 crore, 730 sq.ft., Rs. 1.70 crore. R.A.Puram, 1 ground, Rate 6.5 crore, San Thome, 2 ground, Rate 10 crore, Mandaveli, 1400 sq.ft., 500 sq.ft., to 10 grounds. Ph: 8072203977, 9551729534
- R.A.PURAM, Greenways Road, 1250 sq.ft., UDS 500 sq.ft., 2 BHK, 2nd floor, CCP, west facing, 20 years old, brokers excuse. Contact: 9969220264
- 2 BHK new flat, 2years, Vidya Mandir, Rate 1.30 crore, brand new flats, 2 BHK, 1117 sq.ft., 3 BHK, 1499 sq.ft., near Kapaleeswarar Koil, 2 BHK flat, Karpagam Avenue, Rs. 1.5 crore. R.A.Puram, 3 BHK, 1600 sq.ft., Greenways Road, 3 BHK, 2800 sq.ft., Rs. 4.5 crore. 2 BHK, 1000 sq.ft., Rate 1.5 crore. 2 BHK, Rs. 65, 90 lakhs. Ph: 9551729534, 9551729534
- R A PURAM, flat 5000 sq.ft., 4 BHK, 3 car parks, 8years old, Vaastu, high end specifications and interiors, Rs. 12.5 crores, neg, no brokers pls. Contact: 9841537047
- FLAT for sale in Mylapore near Nandalala Temple and Sai Baba Kovil, 3rd floor, double bedroom flat, lift available, pooja room, wash area, built area, 806 sq.ft., UDS 306, 2 wheeler parking available, common car parking available, brokers excuse. Contact: 9500618669
- GOPALAPURAM near commercial use 900 sq.ft., 2 BHK, Rs.1.32 crore, ground floor, open reserved car park. Ph: 7010257539

- MYLAPORE, brand new, 1450 sq.ft., 3 BHK, Rate 2.57 crore, 1 CCP, 2400 sq.ft., 3 BHK, Rs. 3.70 crore, backup, 934 sq.ft., UDS, lift, 2 CCP, backup, brand new, near Park. Ph: 7010257539
- ABIRAMAPURAM, brand new, 2400 sq.ft., 3 BHK, 1150 sq.ft., UDS. R.A.Puram, 1780 sq.ft., 3 BHK, 2250 sq.ft., 4 BHK, 3735 sq.ft., 5 BHK, 2 balconies, lift, security, 2 CCP, full backup, brand new, reputed builders. Ph: 8667089385
- MYLAPORE, 2 BHK, 900 sq.ft., Rate 1.20 crore. Mylapore, 3 BHK, 1725 sq.ft., Rate 3.80 crore. Mylapore, 4 BHK, 2332 sq.ft., Rate 5.16 crore. Contact: 9841282115
- THIRUVANMIYUR, near Sankara School, behind Bus Terminus, independent house, ground, first floor, land area, 1 ground, built up area 2000 sq.ft., rental income Rs. 45000, expecting Price 4.50 crore, negotiable. Contact: 9380922663, 9380576641
- KARPAGAM Avenue, 2 BHK, 850 sq.ft., Rate 1.50 crore. San Thome, 811 sq.ft., Rs. 85 lakhs. Contact: 9841282115
- MYLAPORE, Luz, 2 BHK, built up, 822 sq.ft., UDS 471 sq.ft., 1st floor, south facing, ready to move-in. Hanu Reddy Realty: 9121208805

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- INDEPENDENT old building for sale Mylapore, R K Salai, 2250 sq.ft., Rs. 6.75 crore. Chandrabagh Avenue, 4770 sq.ft., Rs. 20 crore. Mylapore, 2940 sq.ft., 7 apartments, Rs. 11 crore. Adyar, Besant Nagar, 2454 sq.ft., Rs. 6.40 crore. Adyar, 4800 sq.ft., Rate 11 crore. MRC Nagar, 5000 sq.ft., Rs. 18 crore. Details Contact: 98412 82115
- RAJA ANNAMALAI PURAM, MRC Nagar, 5000 sq.ft., land available for sale, north facing, Rate 8 crores per ground, brokers excuse. Contact: 9840588336
- TEYNAMPET, 900 sq.ft., 2nd floor, lift, car parking, 8 years old, 350 UDS, Rate 1.40 crores, nego. Ph: 8428771164 / 8939351147
- ADYAR, Kamaraj Avenue, old house land, 3698 sq.ft., 30 feet road, vegetarian, Rate 7.50 crores. Velacherry, independent house, land 2600 sq.ft., 5 bedroom, 2 car parking, Rate 3.80 crores. Ph: 9789761666
- MYLAPORE, near Saibaba Temple, Alamelumangapuram, 2 flats, ready for sale, one flat, 3 BHK, in ground floor, 2nd flat in first floor, 1500 sq.ft., UDS 1200 each Rate 3 crores. Ph: 9840807181
- ALWARPET, Sri Ram Nagar, behind Park Sheraton, 1010 sq.ft., 2 BHK flat, 1 car park, UDS 585 sq.ft., for sale. Ph: 7550032394
- HOUSE or land sale, Mylapore, 3640 sq.ft., land Rs. 6.50 crores, 2400 sq.ft., Rs. 6 crores, 4053 sq.ft., Rs. 8 crores, 2600 sq.ft., Rate 6.50 crores, 1638 sq.ft., Rs. 3.50 crores, 1285 sq.ft., Rs. 2.30 crores, 695 sq.ft., house, Rs. 1.75 crores. Ph: V. Murugan 8807040321
- ECR Injambakkam, 10 grounds, 100x240 approved vacant plot on the Main Road suitable for commercial, north west corner. Contact: 9500049167
- MYLAPORE, Royapettah, Gopalapuram, old, new sale, 2, 3, 4 BHK, Rs. 75 lakhs, Rs. 85 lakhs, Rs.1 crore, Rs. 1.70 crores, Rs. 3 crores, Rs. 5 crores. Ph: Yogam Murugan 8807040321

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- ADYAR, Besant Nagar, near Sri Ashtalakshmi Temple, land area, 1900 sq.ft., 35x54 with old building, 30 road, south facing. Contact: 9840032784
- OLD house with land of 1040 sq.ft., for sale at Mandaveli, brokers excuse. Contact: 9381004696
- MANDAVELI prime near Hari Shree Vidyalaya, brand new, 1500 sq.ft., UDS 600 sq.ft., 5th floor, lift, 2 covered car park, fully furnished, with all amenities, Rate 4.25 crore, neg. Ph: Swami Iyer Reality 9884084762
- RAKKIYAPPAN Street, passage 620 sq.ft., land G+3, 1 BHK, 4 units, Rs. 52000 rent, revenue Rs. 1.30 crore. Near Abraham Street, 720 sq.ft., Rs. 1.75 crore. Ph: 7401677318 / 9790736113
- ALWARTHIRU NAGAR, 1849 sq.ft., UDS 566 sq.ft., 3 BHK, south facing, 6th floor, 4yr fully furnished, Rate 2.55 crore. Ph: 9841233969 / 9043521549
- ASHOK Nagar, 1059 sq.ft., UDS 390 sq.ft., 2 BHK, north facing, 2nd floor, no lift, 16yr, Rate 1.20 crore. Ph: 8925747755 / 9043521549

- MYLAPORE, good location, east facing land 3000 sq.ft., build up 8000 sq.ft., 4 car parking, rental income 2L above. Ph: 9444742617
- FOR sale Mandaveli, independent house, west facing plot, land one ground. RPC Realty: 9543600999
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- ABIRAMAPURAM, 1900 sq.ft., 3 bedroom, 2 OCP, genset, UDS 900 sq.ft., east or west facing, Rate 3.40 crore. R A Puram, 1360 sq.ft., 2 bedroom, OCP, UDS 940 sq.ft., Rate 1.80 crore. Ph: 9840736132 / 9003621068
- MYLAPORE, R K Mutt Road, flat sale, 720 sq.ft., UDS 205 sq.ft., 3rd floor, 20 years, rent Rs. 58 lakhs, Mandavali, R K Mutt Road, 40 feet road, 1200 ground only, house total ground 2400 sq.ft., Rate 2.45 crore. Ph: Sri Sai Reality 9840994567
- KARPAGAM Avenue, R A Puram, 1 ground land, built in, 2400 sq.ft., 4 bedrooms independent house with car parking, Rs. 8 crores. Ph: S. John 9444360000 / 9710360000

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- MYLAPORE near Saibaba Temple, Nageswara Rao Park, flat, two bedroom, hall, dining, lift, genset, CCP, Rs. 45K, veg. Agent J. Sivakumar: 8778123038
- WEST Mambalam, near Sathyanarayana Temple, 2 BHK, 900 sq.ft., ground floor, north facing, car park, veg only, Rent 30K + maintenance. Agent: 9171829442
- MYLAPORE, Chitrakulam Street, 1000 sq.ft., 2 BHK, second floor, no lift, covered car parking, rent Rs. 32000, six months advance. K. Gopalakrishnan: 9380964793
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# Lymphoedema management centre: Akila is a specialist here

By Kanaka Cadambi

Akila's Physio Clinic and Lymphoedema Management & Counselling Centre - reads the name board, triggering curiosity about lymphoedema.

"It is a silent yet debilitating condition," explains Akila, physiotherapist, counsellor and one of the few lymphoedema specialists in India. She set up this centre in Mylapore in 2009.

A quick peek into her academic background reveals a double gold medallist (at the graduate and post-graduate levels). After completing her schooling at the P. S. Matriculation School, Mylapore Akila did a BPT (bachelor of physiotherapy) at ACS Medical College and Research Institute and an MS in psychotherapy and counselling through Tamil Nadu University, attending classes at Santosh Hospital.

The services at her Mylapore physio centre include lymphoedema management, reflexology, pain relief therapy and therapy for ortho-related issues, especially the knee and the spine. She also offers therapy for varicose veins.

"All therapies are manual.



Therapist R. Akila

There is no medicine prescribed," says Akila, who is registered with the Federation of Indian Manual Therapists.

What is lymphoedema? In layman's terms, it is the swelling of an area, caused by an accumulation of lymph. "Initially, there is pain and persistent swelling. It can be in any part of the body. The swelling is distinct, with the affected part looking glossy or sometimes pale. As the condition worsens, it begins to look like a burn. It is a hardening of protein, and there is oozing. At this stage, amputing is the only solution," she says.

"The condition usually occurs after surgeries, cancer treatment (especially after

mastectomy in the case of breast cancer), trauma, or infections, such as filariasis. Lymphoedema can be primary, as happens when there are problems with the lymphatic system at birth."

There is no cure, but with therapy it can be managed, Akila explains.

Her treatment includes pneumatic compression, manual lymphatic drainage, exercises, compression garments and counselling. Akila believes that the need for awareness cannot be stressed enough. "Many people ignore early signs or discontinue therapy. Awareness is the first step," she underlines.

Akila's clinic is located at 10/24, Kesavaperumal West Street, Mylapore. She can be reached on 9444811671 or akilasaravananlives@gmail.com.

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