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A newly inaugurated park in Mogappair East is crying for attention. The Park, which has two entries via Pari Salai and Electricity Board Road, was thrown open to the public by the Greater Chennai Corporation a few weeks ago after being under construction for many years.

However, following a recent short spell of rains, visitors were taken aback to find that water had stagnated all over the open space in the park. “When the park was opened for public, we were happy as it had two ramps at the entry point from EB Road to facilitate specially abled persons to access the park. The park has a good tiled walkway and also an elevated concrete 8-fig-ured walking area, which are definitely welcome. It also has a canopy with a somewhat circular space for sitting. However, the landscaping on the open ground space is inadequate and there is uneven growth of grass in the vast open spaces making it not very attractive,” complained Komathi, a local resident who has been visiting the park in the mornings for her walk.

“When I went there recently after a short spell of rains in the previous night, I was aghast at the extensive water logging in the park. ... on this park in our neighbourhood,” said Kabilan Ramaswamy, a senior citizen and resident of an apartment on the EB Road.

S. Kokilavani, a mother of two children aged ten years and seven years old respectively, had another concern to share. “Can you believe it? This park has no play equipment would be installed in the park soon.

“Those heading to Kumbakonam via Tiruvanam and Vr-kravandi will be offered from the MFPZ bus terminus in Tam-baram Sanatorium. Buses going to Krish- nagiri, Hosur and Vel-lore will be operated from Poonamallee bus terminus.

A total of 29 special ticket booking coun- ters will function for five days from next Thursday —— 26 in Koyambedu, two in Tambaram Sanitori- um bus terminus and one in Ponnammale.

After the festival, a total of 3,794 specials will be operated from the districts to Chen-nai for the convenience of passengers return- ing to the city. The specials will be oper- ated for four days from October 19.
Source segregation of garbage yet to be popular in Mogappair

By Our Correspondent

Residents of Mogappair East, West and its surroundings are yet to take to source segregation of garbage in a big way. As part of its city-wide initiative to ensure source segregation of garbage from Mahatma Gandhi’s birthday (October 2), the Greater Chennai Corporation recently distributed pamphlets to all residents of Mogappair.

“Every waste generator shall segregate and store the waste generated by them in three separate streams namely bio-degradable, non-bio degradable and domestic hazardous waste in suitable bins and handover segregated waste to authorised waste pickers or waste collectors as per the direction or notification by the local authorities from time to time,” read the pamphlet.

“We basically educated the residents on what is wet waste such as food waste, vegetable waste, meat product waste, etc. and what is dry waste such as plastic bags, water bottles, glass bottles, leather products, iron scrap, wooden waste, tyre, tube and the like. We want the residents to segregate the waste at source,” said an official of the Greater Chennai Corporation’s Ambattur zone requesting anonymity.

“We have sought the cooperation of the residents on three fronts, i.e., segregation of waste, collection of waste and disposal of waste,” he added.

However, the initiative is yet to catch on in the neighbourhood. “It is not easy for us to follow what the Greater Chennai Corporation authorities are saying. We are finding it difficult to even have one dustbin in the house. How can we have three different dustbins for each type of waste? The Corporation should give us the dustbins and then ask us to segregate the garbage,” said Tamilselvi, a resident of Sixth Block in Mogappair East.

“It is not easy to identify each type of waste and put them in the right dustbin. We are using to only one garbage bin for dumping all types of waste. We can’t change overnight,” said Purnima, a housewife, living in Panneer Nagar. “We live in an apartment. Our maid keeps mumbling when we ask her to go down and empty one dustbin. How will she now carry three dustbins,” questioned, Nandhini, a working woman and resident of an apartment on Padi kuppam Road.

However, Mahima, a resident of Eri Scheme said, “It is unfair on the people to complain about this good initiative. We need to learn the art of waste management to ensure that our city doesn’t turn into a dump yard. If kitchen waste is segregated, it can be converted into compost and manure for use in terrace or veranda gardens.”

By N Rathi Chehra

Flow of sewage and strewn up garbage is raising a stink in 58th Street in TVS Colony, located in Ward 80 of the Greater Chennai Corporation off Collector Nagar and near the Officers Colony.

As one enters the road housing the Chennai Public School and takes the last left, a massive water tank inside the Metrowater (Chennai Metropolitan Water Supply and Sewerage Board – CMWSSB) Pumping Station appears as a well known landmark and it announces the arrival of the 58th Street in TVS Colony. And a few yards from here, one can find stinking sewage flowing on one corner of the pumping station’s compound wall close to a park maintained by the Greater Chennai Corporation. Aggravating the problem is the fact that garbage is lying all over the corner.

“We are unable to keep the windows and doors of our house open because of the overbearing stench generated by the sewa and garbage. When we step out of our house, we are forced to cover our nostrils. We don’t know why we should be accorded a step motherly treatment by the civic agency which has not bothered to clean up this place in the past fortnight,” complained Manickavel, who stays in a house located at a stone throw away from the dirty spot.

“The biggest irony of this place is that on the same street you can see huge garbage bins belonging to the conservancy agency engaged by the Greater Chennai Corporation lying unused. We don’t know who dumped these huge garbage bins here or when they were left here. I have been seeing this bins lying dumped here for many months now. No one seems to bother about it while we live a stinking life,” lamented Sadasiva Sastri, a temple priest, who lives in the neighbourhood.
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Nolambur
Bus Stand

The Nolambur bus stand that came into existence a few years ago has been of great help to the residents of umpteen apartments in Nolambur. Left unattended to for some time has been brought back to shape. Thanks to the efforts taken by the OSFA federation of Sriram Nagar main road residents association. With Mr. N Ravindran as the Patron and Paulmani as the president have helped the Nolambur bus stand sport a new look.

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Rs. 30 lakhs.
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Nolambur
Bus Stand

This bus stand that came into existence a few years ago has been of great help to the residents of umpteen apartments in Nolambur. Left unattended to for some time has been brought back to shape. Thanks to the efforts taken by (FOSRA) Federation of Sriram Nagar Main Road Residents Association. With Mr. N Ravindran as the Patron and Paulmanr as the president have helped the Nolambur bus stand sport a new look. The walls are painted anew and the bus timings of buses displayed. It has been strictly informed that no outside vehicle will be allowed to park inside the premises. A welcome move!!

An all women team headed by Mrs Ganga and Mrs Sheila Haribaran were behind the display of Kolu at Jains Sunderbans. The nine day festival was made possible with the support of Mrs Lakshmi, Mrs Usha Anand and many others.

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Skipping meals? Go for nutri-packed substitutes

Aiming to bring down health disorders among those skipping meals and opting for unhealthy snacks, the Indian Dietetic Association (IDA) launched a campaign to make people aware of how to acquire right nutrition even if they do not find enough time to have the day's main meals. Through the campaign “Healthy Swap”, the health experts would reach out to people – especially college-going adolescent, youth and multinationl company workers – and suggest the right substitutes to snacks, like various fast food items easily available in the market, to avoid health issues.

A recent survey by Nielsen on snacking among 30,000 urban consumers showed that 67 per cent of Indians are consuming snacks instead of dinner and are replacing dinner and lunch with snacks. “In an era of fast-paced life, healthy snacking as part of regular diet regime plays a vital role. In fact, awareness on the nutrient content of snacks with a simple act of reading nutrition information helps in making wise choices. “The key to good health is well-balanced meals with nutri-packed snacks coupled with exercise,” said a nutritionist.

Although there are some healthy snacking alternatives such as yogurts, protein bars and roasted namkeens available in the market, a lot more innovation is needed in the healthy snacking category with options for nutrition on the go. There have been government studies as well which indicated that fast food is directly linked to increase of cholesterol, diseases like obesity and which indicated that fast food is directly linked to increase of cholesterol, diseases like obesity and so on contribute to the overall nutritional requirement, which leads to better health,” said a Well-ness Consultant.

“During tea time one can easily ditch the regular fried snacks for healthy and equally delicious alternatives. Make sure you choose snacks that are high on fibre, as that leads to slow liberation of sugar, which prevents abnormal sugar spikes. It also curbs our cravings, by keeping one satiated for long. Another thing to keep in mind is the protein quotient. As protein also digests very slowly, it helps keep satiety levels high. A bowl of sprouts, besan or Moong Dal ka Chila, roasted channa with puffed rice or home-made dhoklas make for some filling and nutritious snacks.”, says another nutritionist. “There are plenty of options to pick and choose from. For instance, pumpkin seeds, sprouts, peanuts, cashews, dates, prunes, almonds, carrot sticks, apple sticks, cheese slices or goat cheese are all healthy options. Source: Internet

Abhishiktha, a swimmer with immense potential

By Our Correspondent

P.M. Abhishiktha, a Std XII student has made a name for herself in the field of swimming. Having got interested to this sport in the tender age of five has proved her potential in no uncertain manner. She learnt the nuances of swimming by enrolling herself at the Dolphin Swimming Academy in Mogappair and was trained by NIS trained coaches, KT Muralidharan and Mrs Rani Muralidharan.

Total dedication and the fighting spirit to participate in competitions has made her a challenging force. Winning medals has become an habit, so to say her showcase stacked with medals, stand testimony to it.

For the record Abhishiktha, has taken part in 16 nationals and two international meets and bagged around 570 medals from the day she started till date. She is a proud winner of 49 national medals, 14 state records and 36 individual championships. Her appetite to keep winning seems never ending. She has made her state and school proud and is a source of inspiration to all her classmates. She is currently coached by former National Coach Mr. Mukandan. SBIOA Model MHSS honoured her with the ‘Best outgoing athlete award’ during the annual sports meet.

Her grit and determination promises a lot for the future. It may not be long before this unassuming young swimmer may go on to make the country proud.

If there is any talented youngster in and around your colony. Let us know through e-mail: mogappairmail@gmail.com
Railways has announced that passengers who link their Aadhaar ID and mobile number to their IRCTC accounts can book 12 tickets per month on the website. Currently, only six tickets can be booked through a single account every month. This is for individual users whose accounts are verified through Aadhaar ID and one of the passengers in the ticket to be booked is verifiable through Aadhaar, Railways said in a statement.

**More tickets for Aadhaar-linked IRCTC accounts**

Passengers travelling by the premium Rajdhani, Shatabdi and Duronto trains may soon have the option of not availing the mandatory catering service, which is likely to cut ticket prices by an average of Rs 250 depending on the length of journey.

Catering has been made optional for a period of six months till January 31, 2018, with a mid-term review after three months. The option is also available on the Mumbai-Goa superfast Tejas Express. The option is being given because many passengers do not want to have meals served on trains.

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