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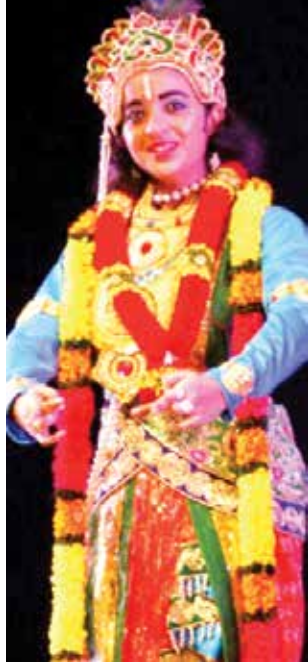
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S.SRUUTHI AS LORD KRISHNA AND AS MOTHER YASHODA

On Monday, August 30 when everyone across the globe were celebrating Gokulashtami, an annual festival that celebrates the Birth of Lord Krishna, the 8th Avatar of Lord Vishnu, "Kalai Ilamani" S.Sruuthi went down her memory lane when she had played the role of Lord Krishna during her School Anniversary Celebrations and as Mother Yashoda that was posted on her Instagram page and Youtube Channel. When S.Sruuthi had played the role of Krishna, she had portrayed Krishna as a Friend, Philosopher and Guide to Arjuna during



the Kurukshetra War. We all know that Krishna had shared the most valuable thoughts with Arjuna that we call the Sacred Bhagavad Gita. S.Sruuthi shares that her most favourite part of the Epic is the incident of Krishna reciting the Bhagavad Gita and it was

a dream come true for her to have lively enacted the very same role in front of a jam packed audience for four continuous evenings at Kamaraj Memorial Hall!

Mother's love for her children is selfless. They hold a special place in child's heart and their relationship is so pure that it cannot be described in words.

The perfect example of mother and child bond is, the Divine relationship between Yashoda and Krishna. As we all know she was the foster mother of Lord Krishna but she is revered more than his

biological mother.

As a part of last year's Janmashtami Celebrations S.Sruuthi had decided to post a dance video on her social media handle that projects the divine love given by her as Yashoda to Krishna who initially was known for his childish pranks but later on poured his unconditional love to her.

Even though Lord Krishna in his childhood was mischievous, his Bhagavad Gita is most revered across the globe. It teaches us a million lessons that is always relevant to us in our daily life.

"AFFORDABLE HOME CARE IN CHENNAI"

As people age, their health starts falling slowly. Some may develop medical issues while others may witness a slow decline in the faculties and body vitals as age catches up. Sometimes, this may lead to medical emergencies. Medical emergencies do not give you advance intimation. Isn't that precisely why it is called an emergency?

So how can the elderly be equipped to deal with medical emergencies? It could happen at a time when nobody is home. Or, it could be that the old parents are living alone. It is important to foresee this situation and plan for it. If nothing unforeseen happens, it is great. God forbid, if an emergency arises, they will be prepared to deal with it. Being equipped and mentally prepared is winning half the battle.

Emergency preparedness Checklist for Seniors: Keep a list of emergency contacts. Stay calm. Keep your medicines well stocked. Ensure you have a medical insurance. Keep your medicines well stocked. Get professional home care. Ambulance assist and hospitalisation support. Care manager support. Post-Operative care.

Keep a list of emergency contacts: It is important to draw up a list of people they could contact in case of emergency. This would include doctors and immediate family. These numbers should be saved on phone. It should also be written

in big bold print and pinned up in every room. This could be life-saving because in an emergency nobody can afford to waste time looking for the right numbers. Any change in numbers should be updated immediately.

Care and Cure At Home has a helpline +91-9655691111 that you can contact around the clock. This is designed to help the elderly in Chennai to reach out in case of medical emergencies. As soon as the call is received, ambulance services and assistance services will be provided.

Keep your medicines well stocked: Elderly people may be taking several prescription drugs regularly for their ailments including tablets for blood pressure, blood sugar, heart etc. These need to be taken at the prescribed time and any miss or delay can cause problems that can even lead to medical emergencies. The caregiver needs to ensure that the medicines are stocked well in time and monitor their intake. It can be dangerous if the elderly forget to take their medications on time.

Care and Cure At Home provides home care services for the elderly. The home attendant can take care of their daily needs, monitor their health vitals, accompany them on doctor's visits, keep their medicine box stocked, accompany them on walks and be a companion.



Get Professional Home Care: In case your parents are recuperating from an ailment or they need someone to take care of their needs since they cannot manage alone, it is best to look at professional home care options.

Care and Cure At Home provides trained caregivers who can handle all their needs in the comfort of their home. It is reassuring for the family as well so that they have the flexibility to go out and manage other responsibilities, reassured that their parents are being taken care of.

Ambulance Assist and Hospitalisation Support: In case of medical emergencies, time is of the essence and it would be important to reach the hospital on time. Care and Cure At Home provides ambulance assist services as an immediate response to an emergency call. They can render professional assistance in reaching the patient

to the hospital, arranging the admission and informing the family.

Post-Operative Care: Elderly people would need assistance to recuperate at home after a surgical procedure. It is best to provide them with medical home care services so that their needs can be handled professionally. Some major surgeries like hip or knee replacement or bypass surgery will require utmost professional care and nursing. It is better to leave this to 12/24 hour nurses who can manage the critical care under medical supervision.

Care and Cure At Home ensures that emergency services for the elderly are available to provide them with the support and care they need in times of medical emergency. It is safe, convenient, professional and reassuring for the elderly as well as their families to know that they have someone they can trust in times of need.

Opting for home care assistance for the elderly can make a qualitative difference to their life in the old age.

Looking for a compassionate and affordable Home Health Care in Chennai? Care and Cure At Home offers world-class home health care services across Chennai that allow you to get professional health care in the comfort of your home. Our highly trained Nurses, Attendants, Medical Equipment Rent / Sale and Physiotherapists provide quality care and medical support to patients. They help with medication, injury or post-surgery recovery and personal care.

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Let our family take care of yours. Trust us to help your loved one recover quickly and restore functionality, all from the comfort of home. Your family member at Care & Cure At Home is just a call away. Emergency can happen anytime. Save this number. For more information, please call +91-9655691111.

SPRINT- 36th ANNUAL SPORTS FIESTA 2021

Velammal Main School, Mogappair Campus organised SPRINT- 36th Virtual Sports Fiesta 2021, digitally for the second time on 29th August 2021 at Velammal Nexus YouTube channel on the National Sports Day. The sports day was dedicated to the Indian contestants of Tokyo Olympic 2020 for their commendable performances.

The one hour live streaming started off with a blaze of music and a burst of colours, as the screen was a fun-filled fest of energy and light. Several thousands of students participated and staged in various activities. Shri Vasudevan Bhaskara, former Indian Hockey Player our guest of honour presided over the event. The virtual sports fiesta was declared open and it started off with flag hoisting, parade where



students synchronized their feet with the band troop, and lighting the Olympic torch of hope. An oath was administered to the students to participate in sports with a sportsman spirit. The sports day activities and challenges were designed to abide by the social distancing rules. Students actively participated in an array of challenges including Yoga, Push ups, Burpees, Jumping Jacks, and

many more. The school ensured that all the events were completed confined to the Covid prevention norms. All the winners were awarded. The fiesta continued with colorful cultural, pyramid formations which were eye feasting to the viewers. A lively day filled with enthusiasm and sportsmanship attracted thousands of viewers.



With regards to National Sports Day, 2021, YOUTH GAMES FEDERATION OF INDIA has organised a National Level Competition.

Ms. A. R. Sofia Kennedy, (16) from Kodungaiyur, Chennai had won Gold Medal in Javelin Throw among girls under 17 age category. Ms. Sofia had been practicing Javelin Throw for the past 5 years, earlier in her school and currently in Nehru Stadium.

It is noteworthy that she has earlier participated in 3 National Level and an International Level Competition. Ms. Sofiya has a goal of participating in Olympics.

THE NEW NORMAL RETURNS AT VELAMMAL

The Covid pandemic which began on March 22, 2020, resulted in schools shutting down considering the safety of the students. Amidst expectations and excitement, Velammal Main school, Mogappair campus reopens for the students on 1st September 2021. Velammal has taken all possible safety measures as per the government SOP to keep the student environment safe and secure. Before the arrival of the students, all classrooms, restrooms, and all sensitive areas were sanitized. Safety measures including sanitization, thermal scanner facility,



usage of mask, and social distancing marking to avoid crowd have been implemented.

Sufficient guidelines and instructions were given to the staff members. Students and staff members are also educated on the norms to be followed strictly.

CHESS PRODIGY SHINES AT THE STATE CHESS CHAMPIONSHIP-2021

Master Mithun Pranav, Std 2 of Velammal Main School, Mogappair Campus has made an incredible win in the TamilNadu State Chess Online Under 8 Open Chess Championship- 2021 by clinching Gold, held on 31st August 2021.

Pranav's victory with a score of 7.5/9 points in the event has qualified him to represent TamilNadu at the National Under 8 Online Chess Championship that is scheduled between 10th September and 12th September 2021.

The championship was organised by the Chennai District Chess Association which saw the participation of players from all District Chess Association across the state.



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Natyaacharya Anitha Guha's Bharathanjali For IPAC2021

Guru "Kalaimamani" Anitha Guha is honoured to be a part of IPAC2021- Indian Performing Arts Convention organised by Apsaras Arts (Singapore). She has been invited to conduct the Bharatanatyam Foundation Master Class which is set to take place during the first two weekends of September 2021 (yesterday 4th, today 5th, 11th & 12th).

Guru Anitha Guha is thankful to Sri Aravinth Kumarasamy for extending his warm invitation.

Her senior students Sathvikaa Shankar from Singapore and Smrithi K Vishwanath from Chennai will be assisting her to conduct the workshop. Guru Anitha Guha is set to teach a beautiful excerpt from her

Nrithya Natakam 'Hare Rama Hare Krishna' wherein 3 Famous Compositions of Sri Oothukadu Venkata Subbaiyer have been interspersed and have been set in the format of a conversation between Yashoda, Krishna and the Gopi's of Brindhavan who run to complain to Yashoda about the never ending tantrums of Sri Krishna.

Guru Anitha Guha is always grateful to her Music Guru Smt.B Meenakshi and faculty of Anitha Guha's Bharathanjali Dr PR Venkatasubramanian, both disciples of Needamangalam Krishnamoorthy Bhagavathar (a great exponent in Oothukadu Venkatasubbaiyer's compositions) for guiding her.

s.shivprasadh@gmail.com



STUDENT ENTERS RAABA BOOK OF WORLD RECORDS*

Miss Mokshitha.S, UKG-A of Velammal Vidyalaya, Karambakkam has made a Raaba Book of World Records recently by telling stories in British English in short duration for 4 minutes 5 stories with moral at this youngest age.



This world record was officially announced by Raaba's media. she was awarded a Silver medal, shield, and certificate in the felicitation ceremony conducted recently.

The 5 year old girl has narrated 4 stories in 5 minutes with moral and she was awarded by our Tamilnadu Educational Minister, Thiru Anbil Mahesh Poyyamozi recently.

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TN Minister for Medical & Family Welfare Thiru MA. Subramanian inaugurates Elekta Infinity, the state of art Linear Accelerator Cancer Radiotherapy equipment at Dr Kamakshi Memorial Hospitals, Chennai

Thirumathi Thamizhachi Thangapandian MP & Thiru Aravind Ramesh MLA also participated in the event as the Guests of Honour.

This Equipment is the only Linear Accelerator in Tamil Nadu to be equipped with Active Breathing Coordinator (ABC) feature that protects Heart, Lungs and surrounding tissues which move with natural respiration while treating Breast and Lung Cancers

Dr. Kamakshi Memorial Hospital inaugurated Elekta Infinity, its newly commissioned Linear Accelerator and the latest cutting edge technology in Cancer Radiotherapy Treatment. The facility was inaugurated on August 29, 2021 by HON'BLE THIRU MA. SUBRAMANIAN, Minister for Health and Family welfare, Government of TamilNadu in the august presence of THIRUMATHI THAMIZHACHI THANGAPANDIAN, Member of Parliament & THIRU ARAVIND RAMESH Member of Legislative Assembly, Sholinganallur (Guests of Honour).

Dr.T.G. Govindarajan Founder Chairman and Managing Director spoke about the genesis of this Hospital tracing its dedication especially to Cancer Treatment and its bid to break the hitherto handheld myth that cancer was incurable and its determined mission driven by a passion to make cancer treatment available to all strata of the Society at affordable cost levels. According to Dr.T.G Govindarajan, The Elekta Infinity Linear Accelerator with its varied applications and add on features which has been installed at a total cost of around Rs. 20 Crores is arguably the finest quality of Radiotherapy Equipment available today and a real boon to Cancer Patients. Among



its highlights, it is the only machine in Tamil Nadu to have been uniquely equipped with Active Breathing Coordinator (ABC) feature which ensures that the normal and healthy tissues surrounding the Heart, Lungs and other organs that move with natural respiration are protected from beams of radiation while treating Breast and Lung cancers.

Dr.T.G. Govindarajan also briefed the gathering on the subtle and salient features of this Equipment. The Elekta Infinity offers Volumetric Modulated Arc Therapy (VMAT), a novel Radiotherapy Technique delivering Speed and utmost precision in treating the tumour to the millimetre precision with negligible damage to the surrounding tissues. Besides this, it has other features like Active Breathing Coordinator™ for Respiratory motion management, BodyFIX® patient immobilization for Precise patient positioning and immobilization, Fraxion™ for Patient-Specific Cranial Immobilization and Symmetry™ for 4D tumor Position visualization all of which ensure delivery of high doses in short periods of time thereby reducing the duration of the treatment and increasing its efficiency. The Linear Accelerator can be used in treatment of Breast Cancer, Uterine Cervix Cancer, Brain Tumors, Prostate Cancer, Tumors in the Liver & Lungs and even Pediatric

Cancers.

Dr. Kamakshi Memorial Hospitals' Oncology team is a dedicated 40 member team of Doctors, 20 from

Radiation oncology, five each from Surgical oncology and Medical oncology, and 10 Senior consultants from Neurosurgery, Gynaecology, ENT, Urology, Gastroenterology Pulmonology, Radiology Pathology, Thoracic Surgery and Geriatrics. They cover both diagnostics and treatment methodologies namely surgery, chemotherapy and radiotherapy. The Hospital provides total cancer care under one roof and each member of the team has a

contribution at different points of time in the treatment of cancer. No stone is left unturned to ensure the patient recovers fully.

To make this high end treatment available to all sections of Society, Dr. Kamakshi Memorial Hospitals also offers this under the Chief Minister's Comprehensive health Insurance (Tamil Nadu Government's Maruthuva Kapitu Thittam).

For more details visit www.drkmh.com/linac or write to kv@drkmh.com



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**COVID பரிசோதனை செய்துகொள்ளுவோம்,
ஆரோக்கியமாக இருப்போம்**

காய்ச்சல், இருமல், மூச்சுத்திணறல் - இவை COVID-19 இன் அறிகுறிகள். இந்த அறிகுறிகள் தென்பட்டால் COVID பரிசோதனை செய்து கொள்ளுங்கள். பரிசோதனை முடிவு வரும் வரையில் உங்களை தனிமை படுத்திக்கொள்ளுங்கள்



தங்களுக்கு COVID-19 இருப்பதாக பரிசோதனை முடிவில் தெரியவந்தால், உங்களை தனிமைப்படுத்திக் கொள்ளுங்கள்



ஒரு நாளில் மூன்று முறையாவது ஆக்ஸிமீட்டர் மூலமாக தங்களை ஆக்சிஜன் அளவை பரிசோதித்துக் கொள்ளுங்கள்.



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Date: 21.5.2020

இந்த வெளியீடு தற்போதைய சூழ்நிலையை அடிப்படையாகக் கொண்டு; புவிய தகவல்கள் கிடைக்கும்போது மேலும் புதுப்பிக்கப்படும்

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