

#### Holiday for MINI BIZ teachers due to election duty FOR BOOKING OF MINI BIZ 🕓 80560 01855 / 4269 0063 📼 mogappairmail@gmail.com The Department of School Education on தேவி ஜி மாரியம்மன் து SEIVI C TRADERS Friday, announced a ໜີ ແມ່ນງນຸສໂ Rs. 3.500 FRIDGE ¥AC 1 Ton AC 1 Ton **Rs. 3,500 ▶ FRIDGE** AC 1.5 Ton Rs. 4,500 WASHING MACHINE holiday for all govern-AC 1.5 Ton Rs. 4,500 ▶ WASHING MACHINE C 1.5 ION Rs. 4,500 ► 176555, COPPER AC 1.5 To AC 2 Ton ment school students Rs. 4,500 ▶ BRASS, COPPER Rs. 5,500 ▶ IRON & ALL SCRAP in classes 4 to 8 from IRON & ALL SCRAP ROSEWOOD, TEAK WOOD & OLD FURNITURE, SOFA SET, COT, BERO, DINING SET, UPS, AC, COMPUTER, LAPTOP, WATER HEATER **INVERTER BATTERY** April 15 to 19 in Tam-**INVERTER BATTERY** Non Working / Working EWOOD, TEAK WOOD & Non Working / Working il Nadu. OLD FURNITURE, SOFA SET, COT, BERO, DINING SET, UPS, AC, COMPUTER, LAPTOP, WATER HEATER (Rs. 3000 - 6000) Students have been Rs. 3000 - 6000 🤭 மாவ informed that the 99769 33419 MUTHU: 98417 18862 skipped subject exams With Vitamins & Minarals will be held on April Health Mix PURITY RUN MI 22 and 23. The Educa-OF MILK tion department has அருண் பசும் பால் Wooden Furniture, Sofa Set, Cot, Bero, 💄 தாய்ப் பாலுக்கு இணையானத ordered a holiday for Dining Set, AC, Computer, Laptop, Fridge, Music 🛣 கிராமத்து பசும் பால் the teachers due to System & All Electrical Items, UPS, Batteries, Water Heater, Old Aluminuim Partition & 🖈 பசுந்தயிர், பசு வெண்ணை election duties. All Old Books & Gym Items All A to Z Scraps. 🖈 பசு நெய், பன்னீர் கிடைக்கும் Lok Sabha Elec-100% கலப்படமற்ற ஆரோக்கியமான, நாட்டு பசும்பால் All two wheeler buying any condition. tions 2024 would be M.S. FURNITURE 98405 81809 / 93455 71227 <mark>வீடு தேழ</mark> தியற்கை தீவனம் உட்கொள்ளும் பசுவின் பால் held in seven phases **94455 81932 / 94455 81969** starting on April 19 and ending on June 1. Computer, Laptop, **5 YEARS SERVICE** The results will be WARRANTY Battery, Music System, declared on June 4. Hotel Equipments, Two FURNITURE, ANTIQUES, A/C, RO, JSSa1 Reg No 22424523000127 A TO Z, ROSE WOOD Wheeler, FRIDGE, TV AUSTOMER Split A/c, Window A/C To Advertise in Four Wheeler. 250 Gms Pack MICRO OVEN, LED, LCD & TV ΑΤΟΖ **Mogappair Mail** ORDER NOW WASHING MACHINE @ LG IFB Whiteool @ Rs. 150 PERUMAL: Call 80560 01855 / NO VISITING CHARGES 8428589 Contact: 99440 28702 044 4269 0063 FACTORY TRAINED TECHNICIANS ROSEWOOD, TEAK WOOD SP CASH & OLD FÚRNITURE, SOFA SET, COT, BERO, DINING SET, UPS CUSTOMER SERVICE AC, COMPUTER, LAPTOP, BATTERIES, A/C, FRIDGE, WASHING MACHINE. WATER HEATER **MICRO OVEN & TV** As the heat of the summer FACTORY TRAINED ALL ELECTRONIC ITEMS, LCD, LED, TV, FRIDGE, OLD BRASS, Aluminium, Copper, All Gym Items & All Hotel Items months awaits us, it is time to include cooling vegetables and fruits NO VISITING CHARGES (C) 97103 51039 **UMA TRADERS: 99410 74940**

## Death of fish in Mangal Eri pond shocks park users

#### By N Rathi Chithra

Regular visitors to the Mangal Eri Park, a popular lung space maintained by the Greater Chennai Corporation in the heart of Mogappair were shocked this past week when fish in the pond situated inside the park had died. Morning walkers said they were taken aback to see dead fish floating in the Mangal Eri Park, which has been formally christened as Arignar Anna Park, on Vellalar Street. The park falls within the jurisdiction of Zone VII (Ambattur Zone) of the Greater Chennai Corporation.

According to local people, a few years ago, some regular walkers at the park had let out quite a few Asian cyprinid fish, which in common parlance is called as the 'golden fish', into the pond and the fishes managed to survive, growing in size and colour over the past many months. However, this past week more than 10 fishes were suddenly found floating dead in the pond upsetting a section of the park goers.

The park users also alerted the officials of the Greater Chennai Corporation. The officials of the civic agency thereafter decided to test the water in the pond to ascertain if any contamination in the water had caused the death of the fishes. "We removed more than 10 dead fish from the pond including the golden fish varieties," confirmed an official of the Greater Chennai Corporation's Ambattur Zone.

According to another official of the civic agency, water contamination cannot be ruled out. This official said that in December when cyclone Micaung had pounded the whole of Greater Chennai and its surrounding areas, waste water from the nearby stormwater drain could have entered the pond inside the Mangal Eri Park, thereby getting mixed with its water. This the official believed could have led to depletion of oxygen in the pond's water.

Irrespective of whether wastewater had entered the pond inside the park or not, the regular visitors of the park said officials of the civic agency must expeditiously get the water tested to conclude the cause of the death of fishes. "We do not want to have a situation where more fishes end up dying in the pond. A good fish ecosystem is needed to serve as an added attraction in this park, which attracts hundreds of residents from different parts of the neighbourhood," said Rajavel, a local resident.

## Cucumbers, the best cooling vegetable to beat the summer

in your diet. One of the best ones which is a must-have is cucumbers. Containing 90 percent water, they are a powerhouse of nutrients and antioxidants which help regulate blood pressure, rehydrate the body, and promote healthy skin.

According to a renowned dietician, and a certified diabetes educator, there is over 95 percent water content and cucumbers are an excellent way to stay hydrated, particularly as temperatures start to rise. Proper hydration is essential for maintaining optimal bodily functions and promoting healthy skin.

Despite being low in calories, cucumbers are packed with essential nutrients. They're a good source of vitamin K, vitamin C, potassium, and magnesium, all of which play vital roles in supporting overall health.

Cucumbers are incredibly versatile and can be incorporated into a wide range of dishes. "Whether sliced in salads, blended into smoothies, or used as a crunchy topping for sandwiches, cucumbers add texture, flavour, and nutritional value to meals.

They are rich in fibre, which is essential for digestive health. Including cucumbers in your diet can



promote regular bowel movements and help prevent constipation.

They do have antioxidant properties too. They contain antioxidants such as beta-carotene and flavonoids, which help neutralise harmful free radicals in the body. Consuming foods rich in antioxidants is important for protecting cells from damage and reducing the risk of chronic diseases.

Due to their high water and fibre content, cucumbers are filling despite being low in calories. Incorporating cucumbers into your meals can help you feel satisfied while managing your weight effectively.

Whether you have them as a refreshing snack or incorporate them into your meals, cucumbers offer a multitude of health benefits that make them a valuable addition to any diet. So, next time you're at the market, be sure to grab some cucumbers and reap the rewards of this versatile and nutritious vegetable.



**Students of Velammal** Academy, Nolambur had the privilege of meeting Nigar Shaji, ISRO's "Sunny Lady", the Project Director of Aditya L1 mission for an interaction session.

# **Tragic death of Mogappair resident** adds to toll on Velliangiri Hills

#### By N Rathi Chithra

The serene slopes of the Velliangiri Hills, a revered pilgrimage site in Coimbatore, have once again turned sombre as another devotee tragically lost his life during the arduous trek. Raguraman, a 60-year-old resident of Mogappair West, Chennai, became the latest victim of the treacherous terrain, succumbing to severe breathlessness while attempting the pilgrimage earlier this month.

According to reports from the police, Raguraman embarked on his journey on March 31 night, seeking solace and spiritual fulfillment amidst the rugged beauty of the hills. However, tragedy struck as he reached the fifth hill, his body overwhelmed by the strain of the climb. Despite efforts by the Forest Department's 'load men' to bring him down and subsequent examination by medical personnel, Raguraman could not be revived.

The loss of Raguraman marks the sixth death in just 45 days among devotees venturing into these revered hills. The alarming frequency of such incidents has prompted authorities to issue stern warnings and advisories to pilgrims, especially those vulnerable due to





age or health conditions.

Expressing their grief and concern, residents of Mogappair lament the loss of one of their own in such tragic circumstances. Raguraman's untimely demise serves as a sobering reminder of the risks associated with the pilgrimage, particularly for those with pre-existing medical conditions or advanced age.

In response to the mounting fatalities, the Coimbatore Forest Department has intensified its efforts to educate and caution devotees about the challenges posed by the Velliangiri Hills. An advisory has been issued urging individuals with health complications, including heart ailments, breathing difficulties, obesity, and diabetes, to undergo thorough medical checks before embarking on the trek.

Furthermore, pilgrims are advised to travel in groups rather than alone, enhancing safety measures and minimizing the risks associated with the demanding terrain. The forest authorities emphasize the importance of adhering to these guidelines to prevent further tragedies and ensure the well-being of all devotees.

As the community mourns the loss of Raguraman, calls for greater awareness and precautionary measures echo among residents of

"Learn and practice swimming at

DOLPHIN

Mogappair and beyond. The tragic incident underscores the need for vigilance and preparedness when undertaking spiritual journeys amidst nature's challenges.

"I came across a report that said last year eight people had died in the hills and the year before that as many as 13 persons had died there. It is better that pilgrims from our neighbourhood learn about this before setting out to trek in Velliangiri," said Prathaban, a resident of Mogappair.



To enroll call us 95000 93113 / 044-2656 1547 335, Thiruvalluvar Salai, Paneer Nagar, Mogappair (E), Chennai-37.



## Daakshin finishes 3rd at Fagernes Blitz tourney in Norway



Daakshin Arun of Class IX, Velammal Main School, Mogappair East finished third in the International Fagernes Blitz Chess Tournament held at Norway. In the process he earned 150 Elo points & 3 IM norms.

Out of the 83 Grandmasters India has produced so far -73since the beginning of 2005 - 15of them are from Velammal. Including India's brightest prodigies D Gukesh and R Praggnanandhaa.

To View our Latest Issue Log on to www.mogappairmail.com



Velammal Vidyalaya Annexure's athletes won the overall tile inthe inter school athletics meet held at Velammal Knowledge Park, Ponneri on April4.





April 7 - 13, 2024

## Residents call for expediting work on milled roads

#### By Our Correspondent

Residents of Mogappair and surrounding areas are urging authorities to expedite road repair works following milling activities by contractors engaged by the Greater Chennai Corporation. The milling process, commonly undertaken before laying fresh layers of blue metal and tar, has left some roads in a state of unevenness, posing significant challenges to motorists, particularly those riding scooters and motorcycles.

One of the affected areas is Seekathakathi Salai in Mogappair East, where the road milling has rendered the surface precarious for two-wheeler riders. Residents and motorists alike have voiced their concerns, highlighting the difficulties faced due to the uneven road conditions.

Another resident emphasised the need for bet-



ter planning and execution by road contractors. "While we understand the necessity of milling before laying new road surfaces, the process shouldn't render entire stretches of road unusable for an extended period," they stated. "Contractors should consider milling roads in parts, allowing for smoother traffic flow and minimising inconvenience to commuters."

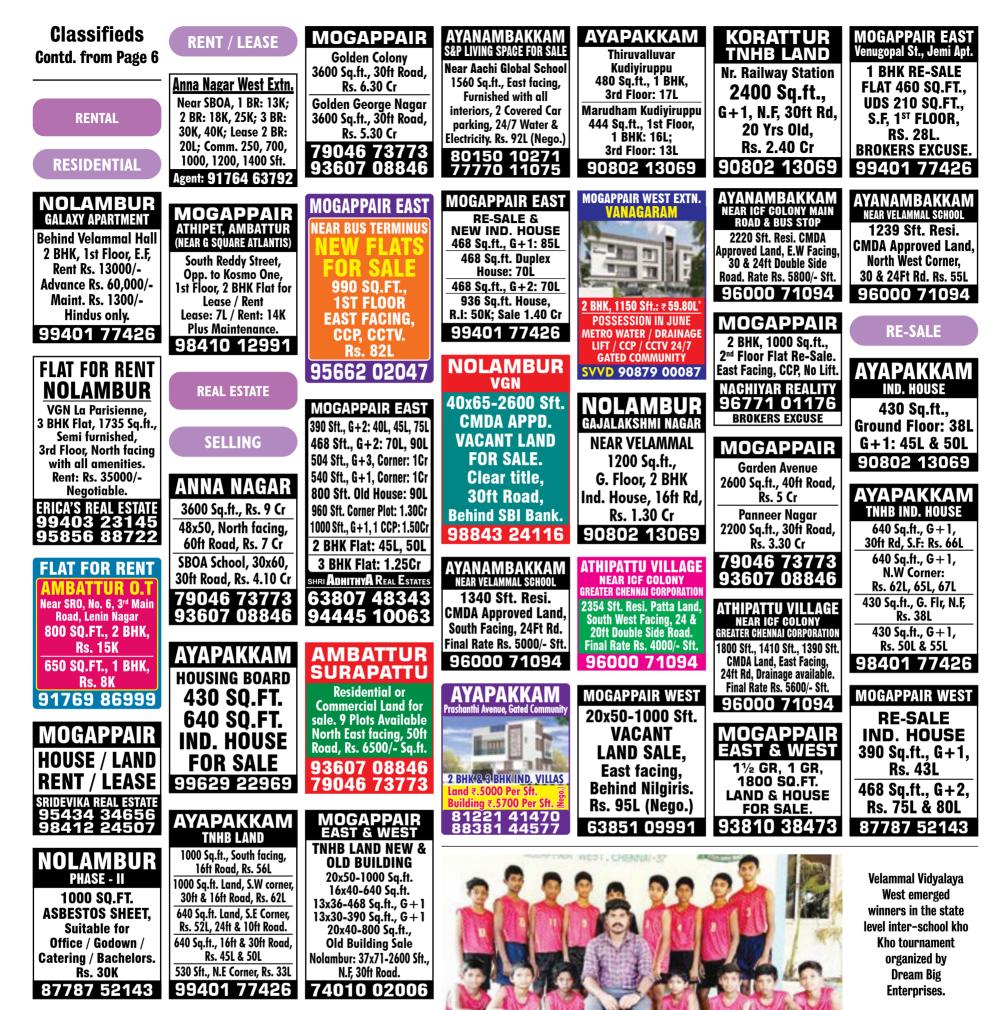
Responding to residents' concerns, officials from the Greater Chennai Corporation acknowledged the importance of addressing the issue promptly. "We understand the difficulties faced by residents and motorists due to the milled roads," stated a corporation spokesperson. In light of the ongoing challenges, residents are hopeful that their voices will be heard, and necessary actions will be taken to expedite road repairs in affected areas. As they continue to navigate the uneven terrain with caution, they remain vigilant in advocating for improved infrastructure and better coordination between authorities and contractors.

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## EuroKids Mogappair (East) provides the best environment

EuroKids Preschool in Mogappair East is located at Seethakathi Salai. This centre with its unique approach ensures that children learn while having fun.

EuroKids prioritises your child's growth with a 'Child First' philosophy and a modern mindful curriculum. Moreover they give importance to the child's safety and provide a secure and nurturing atmosphere. Their ageappropriate learning experiences include music, art, play, and storytelling, fostering a balanced mental and physical development. They have a team of qualified and passionate teachers who are dedicated in shaping young minds. Filled with enjoyable activities, DIY kits and a wellbalanced mix of indoor and outdoor play provides the

EuroKids Preschool in ing atmosphere. Their age- best experience for your child.

Join Eurokids preschool Mogappair East community for a nurturing environment and a curriculum designed to spark curiosity and creativity in your child. Enroll now for an enriching educational journey. The school functions at 2/12, Seethakathi Salai, Mogappair East, Chennai -600 037. Ph: 96001 41876 / 88702 83068



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Enticing Aromas to tempt your taste buds.... Expertly made South India Cuisine that packs a punch in every bite Elevate your family gatherings with Rich, Authentic varieties like never before!





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