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April 12 - 18, 2026

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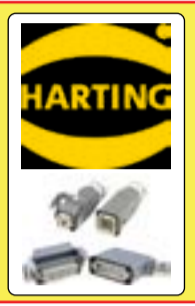
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Bhuvam Ramsisaria of Velammal Vidyalaya, secured three gold medals in the under-15 category at the national archery competition organised by the Archery Association of India, at Guntur from April 4 to 6.

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Battlelines drawn in Ambattur: 23 candidates in fray

By Our Correspondent

THE battlelines have been clearly drawn in the Ambattur constituency for the April 23 Tamil Nadu Legislative Assembly elections. The constituency extensively covers neighbourhoods of Ambattur as well as parts of Mogappair West and Mogappair East.

As per the final list of candidates released by the

Election Commission of India as many as 23 candidates are in the fray in the constituency, which is a mix of industrial areas and residential areas comprising all strata of society including the middle, lower middle and working classes. While 40 candidates had filed their nomination papers, during scrutiny as many as 13 of them were rejected. Four candidates withdrew from the

race after the scrutiny of nominations were completed.

The ruling DMK has fielded a debutant AP Poornima, who is a doctor by qualification. As per her election affidavit, the 33-year-old candidate is a resident of Sri Krishna Apartments in Officers Colony, Anna Nagar Western Extension. She is also the Councillor of Greater Chennai Corpora-

tion representing Ward Number 87.

The other challenger is KN Sekar, who has been fielded by the Pattali Makkal Katchi with the support of the AIADMK-BJP inclusive National Democratic Alliance. He is a resident of Anna Street in Kallikuppam in Ambattur.

The Naam Tamilar Katchi, an Election Commission of India recog-

nised State political party, has fielded Silambarasan from the constituency, while G Balamurugan is trying his luck on actor-politician C Joseph Vijay's Tamilaga Vettri Kazhagam ticket.

Others in the fray include candidates of the Bahujan Samaj Party, Tamizhaga Vazhvirimai Katchi and three registered political parties. As many as 14 Independent

candidates are also testing the electoral waters from the constituency and two of them share the PMK candidate's name but with different initials.

The Ambattur Assembly constituency, though in Chennai, technically falls under the Tiruvallur district and it has an electorate of over 3.3 lakh comprising a mix of industrial workers, traders and the working class.

Vaishali extends lead in women's candidates

By R Srinivasa Raghavan

Vaishali Rameshbabu jumped into the lead after the 10th round of Women's Candidates in Pegeia, Cyprus on Thursday. The Indian (6/10) leads by half a point. Vaishali settled for a draw with Anna Muzychuk in the 10th round. With four rounds still remaining, Vaishali was in a good position to clinch the title. Muzychuk and Zhu Jiner (both 5.5) shared the second spot.

Divya Deshmukh (4.5), who is the second Indian in the fray, occupies the seventh spot after suffering two consecutive losses.

Except for her loss to Zhu Jiner in the fifth round, Vaishali has had a good tournament, posting victo-

ries over Kateryna Lagno, Tan Zhongyi and Divya. Gaining 17.2 rating points, she has a performance rating of 2595.

Divya's back-to-back victories over Bibisara Asaubayeva and Muzychuk gave her share of the lead after the eighth round. Suffering two consecutive losses, which included a defeat against Aleksandra Goryachkina from a drawn position, has pushed her 1.5 points behind the leader. Despite falling behind in the standings, Divya is still in contention for the top spots.

Sindarov Extends Lead

Javokhir Sindarov extended his lead to two points at the completion of the 10th

round in the Open section of the Candidates. Sindarov outclassed Praggnanandhaa in the 10th round to inch closer to winning the Candidates title. Sindarov (8/10) won his mini-match 2-0 against Pragg. Dutch No.1 Anish Giri occupies the second spot with six points, followed by Fabiano Caruana (5) in third place.

Sindarov achieved the best-ever performance in the Candidates in the first 10 rounds, gaining 28.8 rating points, besides racking up a performance rating of 2979. The Uzbek No.2 has jumped to world No.5 in the live ratings (2773.8). Except for his first round win against Giri, Pragg has not been at

his best in the tournament. He has suffered three losses, languishing at the seventh place (4). Being out of contention for the crown, Pragg will be looking to end the event on a positive note.

Keymer Triumphs

German No.1 Vincent Keymer emerged triumphant in the Freestyle Chess Open in Karlsruhe, Germany. There was a two-way tie for the top spot between Keymer and Maxime Vachier-Lagrave (both 7.5/9) but Keymer clinched the title, thanks to a better tie-break. World No.1 Magnus Carlsen (7) finished third.

(The writer of this article is a senior sports correspondent)



VKids TSK kindergarten students were awarded for their academic achievements.

Childline centre opens at Villivakkam Railway Station

THE Directorate of Children Welfare and Special Services (DCWSS) has renovated and reopened the Child Helpline (CHL) 1098 centre at Villivakkam railway station after a long delay recently.

In Tamil Nadu, the 1098 calls are currently handled by over ten staff members at the DCWSS head office in the city. Additionally, the staff are employed in railway stations under Southern Railways (SR) at MGR Central, Egmore and Villivakkam.

Calling for improved facilities, the staff had requested a renovation and with the Rotary Club's intervention, the CHL at Central, Egmore, and Villivakkam Railway Stations has been renovated.

It is learnt that DCWSS is recruiting call operators, IT supervisor and help line administrator.

Sivakasi set to hit theatres again

GOING by the recent trend of re-releasing classic hits, Vijay's 2005 film Sivakasi is set to hit theatres again in a digitally remastered format, the makers announced. The move comes amid renewed audience interest in older blockbusters, with several films from the late 1990s and early 2000s returning to the big screen and enjoying impressive box office success. Recently, re-releases of *Ghilli* and *Theri* have witnessed strong fan turnout, rein-

forcing the trend. Directed by Perarasu and produced by A M Rathnam, Sivakasi featured Vijay alongside Asin, Prakash Raj, Ganja Karuppu and Venkat Prabhu. With its commercial elements, punch dialogues and mass songs, the film had emerged as a major hit during its initial run. Now, nearly two decades later, the remastered version aims to recreate the theatrical experience for a new generation of viewers as well as long-time fans.

TN schools to reopen on June 1

SCHOOLS in Tamil Nadu will reopen for the new academic year 2026-27 on June 1. The summer vacation for government and aided schools will begin on April 17, following the last working day on April 16 for the current academic year. In the notification issued by the School Education Department on Thursday, the dates were announced.

The notification also directed the teachers to report early for preparatory work, and that schools must ensure readiness for the new academic year, including the completion of administrative and academic arrangements.

Additionally, the department has directed all school authorities to complete evaluation work and finalise student records before the vacation is over, ensure proper maintenance of school infrastructure during the holiday period and take necessary safety precautions for school buildings.

Anna Nagar resident held with 100 dummy EVMs

By N Rathi Chithra

DAYS after a huge unaccounted cash seizure was reported near Golden Colony in Mogappair, the nearby Anna Nagar neighbourhood has hit the headlines for the seizure of 100 dummy Electronic Voting Machines from a resident of Anna Nagar Western Extension. This incident took place on Friday.

According to sources, the Greater Chennai Corporation Zone 4 Assistant Engineer Sri Sathyan was leading a Static Surveillance Team of the Election Commission of India in view of the elections to the Tamil Nadu Legislative Assembly for which polling is scheduled to be held on April 23. The Static Surveillance Team was conducting an inspection of passing vehicles near the Arumbakkam Metro Rail Station on the Jawaharlal Nehru Salai (also known as the 100 Feet Road). The team stopped a load carrying

auto rickshaw, which was being driven by Ganesan, a 50 year old man, who is a resident of Anna Nagar Western Extension.

"Upon inspecting the vehicle we found 100 dummy Electronic Voting Machines and 20,600 visiting cards containing photos of former Minister Vaithilingam, who is now contesting from the Orathanadu Assembly constituency. When we inquired with the driver, Ganesan, he said the consignment was sent by one Selvam, who is a resident of Salem district in west Tamil Nadu. Ganesan had collected the consignment from Vadapalani and took it to the Anna Nagar Election Office," a source in the Static Surveillance Team of the Election Commission of India said. Meanwhile, media reports quoted Vaithilingam as disassociating himself from the seizure



of the dummy Electronic Voting Machines and the visiting cards. He claimed he had never printed visiting cards in his entire political career spanning

nearly half-a-century. According to Vaithilingam this must be the handiwork of some mischievous elements to bring disrepute to him.

When contacted, Election Commission of India officials said they were conducting further probe into the issue. The materials will remain confiscated and the probe will reveal why these dummy Electronic Voting Machines were obtained and why they were being dispatched to Pudukottai. Ganesan was also being questioned, the officials said, adding they hoped to uncover the truth at the earliest.

திமீர் திருப்பங்கள் நிகழ் திங்களில் தேன் அபிஷேகம் செய்யுங்கள்

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- குழந்தை பிறக்க குங்கும் அபிஷேகம் செய்யுங்கள்.
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- கரு உருவாக கரும்புச் சாறு தாருக்கள்.
- ராஜாவை போல் வாழ ராஜா மாலை குடுங்கள்.
- தேய் அபிஷேகம் செய்ய தேய் மறையும்.
- இளமையுடன் இருக்க இனிப்பு தாருக்கள். ஜாக்கிரி.
- திமீர் திருமணம் முடிய திங்களில் தேன் அபிஷேகம் செய்திடுங்கள்.
- தன்ம் வர சந்தனம் தாருக்கள், சந்தனம் பெற சந்தனம் தாருக்கள்.
- வளமான் வாழ்வு அமைய வளர்நிறையில் சென்வாழை பழம் வழங்குங்கள்.
- மனாள் அமைய மஞ்சள் மாலை இடுங்கள். (இது 8-வது அபிஷேகம்).



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Grand celebration marks a memorable evening

THE 7th Annual Day celebration of EuroKids Mogappair West and Maduravoyal during March 2026 was with great enthusiasm, bringing together students, parents, and staff for a joyful evening. The event was based on the inspiring theme, "Little hands, Big Change," highlighting the impact of small efforts in shaping a better future.

The programme was gracefully presided by an eminent personality, Retired IPS Officer Dr. C. Sylendra Babu, former Director General of Police and Head of the police force, whose presence added immense value and inspiration to the occasion. His motivational address emphasized the importance of early childhood education. The event gathering was jointly hosted over by Mrs. Padhmapreyaa Praveen - Principal and was addressed by Mr.



Praveen Vengavasi - Director of the Institution, highlighting the school's vision and commitment to nurturing young minds.

A key highlight was the Graduation Ceremony, where EuroSeniors received their graduation trophies, marking an important milestone. The event also featured a staff awards ceremony recognizing

the dedication and contributions of the school team. Students were appreciated for their achievements in various events conducted during the year, along with recognition for commendable attendance.

The cultural performances showcased creativity and confidence, making the evening memorable for all.

GRT announces host of festive offers

GRT Jewellers, a trusted name in South India's jewellery industry since 1964, continues to uphold its legacy of tradition, craftsmanship, and customer trust. Renowned for its wide range of gold, diamond, platinum, silver, and gemstone jewellery, the brand has built a strong presence with 66 showrooms across South India and a showroom in Singapore.

As part of its Tamil Puthandu and Akshaya Tritiya celebrations, GRT Jewellers has announced a host of festive offers, headlined by an attractive 20% off on wastage (VA) for gold jewellery, inviting customers to celebrate the double joy of auspicious beginnings. Adding to the festive cheer, the brand is also offering Rs 100 extra per gram on old gold jewellery exchange, 12.5% off on diamond and uncut diamond value (except

solitaires), 25% off on wastage (VA) for silver articles, 10% off on the MRP of silver jewellery, and no wastage (VA) on gold coins. Customers can also pre-book their jewellery and stay protected against price fluctuations, with GRT assuring that if the gold price drops on Akshaya Tritiya day (19th and 20th April), the difference amount will be refunded. The pre-booking offer requires a 75% advance payment.

Commenting on the festive celebrations, Mr. G.R. Ananthapadmanabhan, Managing Director, GRT Jewellers, said that Tamil Puthandu and Akshaya Tritiya are deeply cherished occasions in Tamil Nadu.

Mr. G.R. Radhakrishnan, Managing Director, GRT Jewellers, further added that jewellery buying during these occasions holds deep emo-

tional and traditional significance. He extended a warm invitation to customers to visit their nearest GRT Jewellers showroom and explore the festive collections and offers available for a limited period.



Sakthi Yatra, of Velammal Vidyalaya, Mogappair West, secured a bronze medal at the Tamil Nadu State Youth Men & Women Boxing Championship held at Maraimallainagar from March 29 to 31.



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Stray cattle menace raises safety concerns

By N Rathi Chithra

RESIDENTS of Mogappair East are increasingly concerned over the growing menace of stray cattle on inner roads, warning that the situation poses a dual threat to both public safety and animal health.

In several streets, including stretches near Mogappair East Industrial Estate Road and EB Road, cows are frequently seen roaming unattended, often foraging through piles of uncollected garbage dumped along the roadside. With inadequate waste segregation and irregular clearance, these animals are forced to feed on mixed waste — including plastic bags, food wrappers, and other hazardous materials.

Local residents say the issue has worsened over the past few months. "It is not uncommon to see two or three cows blocking the road, especially during early mornings and late evenings. This creates traffic bottlenecks and increases the risk of accidents," said a resident of Mogappair East. Motorists, particularly two-wheeler riders, have reported near-miss incidents while navigating narrow streets occupied by cattle.

Apart from traffic disruptions, the sight of cows rummaging through garbage heaps has triggered serious concerns among animal welfare advocates. Veterinary experts warn that ingestion of plastic waste can be fatal for cattle. "When cows consume plastic along with food waste, it accumulates in their stomachs, leading to digestive blockages, infections, and eventually death if untreated," said a veterinarian.

Plastic ingestion is a widely documented issue in urban areas, where stray cattle depend heavily on garbage for sustenance. Over time, non-biode-



gradable materials can severely impact their health, reducing lifespan and causing prolonged suffering. Activists argue that the problem reflects both poor waste management practices and lack of enforcement against illegal dumping.

Residents also point out that open garbage piles attract not just cattle but also stray dogs and rodents, compounding hygiene concerns in resi-

dential neighbourhoods. "We are worried about diseases, especially with children playing nearby. The Corporation needs to act before this turns into a bigger public health issue," another resident added.

Civic activists have urged the Greater Chennai Corporation to take im-

mediate steps, including regular garbage clearance, stricter enforcement against littering, and measures to rehabilitate or relocate stray cattle. Suggestions have also been made to establish designated shelters and ensure proper tagging and monitoring of owned cattle that are let loose on the streets.

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EATING several kiwi fruit a day can help relieve constipation and is a better starting point than worrying about a high-fibre diet, according to new guidance for doctors on the condition.

The advice says drinking water high in minerals is better for constipation than tap water, and magnesium oxide supplements are good for improving symptoms.

Researchers who produced the guidance by examining all available evidence, said there are many more options for getting things moving than the standard advice to "just have more fibre in

your diet".

Constipation that doesn't go away affects one in 10 people and can have a major impact on someone's quality of life.

You are constipated if you haven't had a bowel motion (poo) at least three times during the last week, or you're going less often than usual.

Straining on the loo or feeling like you haven't fully emptied your bowels may also be signs of constipation - but these aren't the only ones.

People can report up to 30 different symptoms of constipation.

The new guidance suggests the best remedy is to focus on fruit and drinks

Kiwi fruit a day can help relieve constipation

first, rather than worrying about the latest probiotic in the supermarket or packing your diet full of different kinds of fibre.

Skin on or skin off the kiwi?

Even without the skin, it's good and contains fibre, but there's no harm keeping the skin on either.

The fibre in kiwi fruit affects the gut in a way which increases the volume of stool, which can also induce contractions in

the bowel.

Kiwi also increases water content into the gut which may soften stools.

Snacking on 8-10 prunes a day and some rye bread can also have a similar effect.

'Up-to-date advice'

Up until now, guidance for doctors treating patients with constipation has been limited and outdated, and focused on advice to increase dietary fibre and water intake, say the researchers.



The new recommendations are based on evidence from 75 clinical trials - all those available - which have been analysed by a panel of experts.

The new guidance marks a promising step towards empowering

health professionals and their patients to manage constipation through diet.

People suffering from constipation could now access up-to-date advice to help improve their symptoms, wellbeing and quality of life. *Agencies*



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