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Young artists shine as Global Art hosts 'Kolor Champ '25'



Creativity soared in Chennai as Global Art India successfully hosted its National Competition – Kolor Champ'25 at the RK Convention Centre, ECR. Over 1,200 young artists aged 5 to 15 years participated, showcasing their talent on a surprise topic revealed on the spot.

The inaugural ceremony was graced by acclaimed Art Director Thota Tharani, Educational Psychologist Dr. Saranya Jaikumar, and Visual Communication Assistant Professor R.V. Divine Rizia. Actor and media professional Janaki Sabesh presided over the prize distribution. Dr. Jaikumar stressed that in the age of AI, creativity is the most vital skill a child can develop. Janaki Sabesh further noted that art helps children think originally and imagine beyond boundaries.

Dinesh Victor, Managing Director of Global Art India, highlighted the growing participation, stating that the organisation's mission is to empower children to think differently and discover innovative solutions for tomorrow's challenges.

Chennai Probus Club celebrates Elders Day with awards

The Probus Club of Chennai, in collaboration with The Russian House, celebrated the International Day of the Elderly at the Russian Cultural Centre, Alwarpet. The event championed the importance of active and vibrant ageing, drawing over 100 senior citizens. Probus President Probian M. Annadhurai welcomed the gathering, which was addressed by chief guest Dr. T. S. Sridhar, IAS (Retd), who highlighted the role of elders as pillars of wisdom.

The celebration featured a key awards ceremony:

The Probus Award of Excellence was conferred upon Seva Ratna

Dr. V. Santhanam for over five decades of exemplary community service.

Probus Recognition Awards honoured Kalaimamani Ervadi S. Rathakrishnan, Kalaimamani Dr. D. K. S. Kalaiivanan, and Probian K. Ranga Ramanujam.

Alexander Dodonov, Vice Consul and Director of the Russian House, attended as the guest of honour. The Club also honoured members reaching milestone ages (75, 80, 90) and those completing 50 years of marriage. Winners of the recent Senior Citizens' Sports competitions were also recognised.

The event concluded with the release of the Club's 32nd Annual Book, 'The Probus Way of Vibrant Ageing'.



Members of the Probus Club of Madras South attended their monthly meeting at the Youth Hostel, Adyar, on Oct.29. The session featured a special lecture by distinguished dermatologist Dr. N. Anand on the topic, 'Skin Care & Senior Citizens'. The meeting was presided over by Vanaja Krishnamurthy, Vice President of the Club.

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Events >

Drawing competition by Kerala Samajam

Thiruvanniyur Kerala Samajam is organising a Drawing and Painting competition for children from Class 1 to Class 12 in connection with Children's Day celebrations on Sunday, 16th November 2025, at the Youth Hostel, Indira Nagar, Adyar.

Registration will start at 9 am, and the competition will be held from 10 am to 11.30 am. Results will be announced on the same day. For more details and registration, please contact 94441 20027, 94440 70529.

Aram organic farmers market

A new destination for health-conscious Chennaites is set to open its doors on Nov.9. Aram Thinai has announced the launch of the Aram Organic Farmers Market. This monthly event will take place on the second Sunday of every month at C.D. Nayagam T. Nagar Higher Secondary School, from 10 a.m. to 5 p.m.

The market promises to be a one-stop shop for eco-friendly and organic living. Shoppers can find a wide range of farm-fresh vegetables, greens, and fruits, along with traditional rice varieties, millets, cold-pressed oils, pulses, spices, and natural sweeteners. Healthy cooked food, baked products, and handmade eco-friendly home utilities will also be available.

Encouraging sustainable practices, the organisers have emphasised a zero-plastic policy, urging visitors to bring their own bags and containers. For details, contact 74491 38207 or 89391 38207.

Nominations Open for 'Anna Medal for Gallantry' 2026

The Government of Tamil Nadu has announced the opening of nominations for the 'Anna Medal for Gallantry' 2026, which recognizes conspicuous acts of bravery by civilians and government servants in saving life or property.

This prestigious award, consisting of a cheque for Rs.1,00,000, a medal, and a citation, is personally presented by the Chief Minister during the Republic Day Celebrations on January 26, 2026.

Key details for nomination:

Eligibility: Only applicants belonging to Tamil Nadu are eligible.

Total Awards: A total of six medals are awarded annually: three for the general public and three for government servants (including Uniformed Services).

How to Apply: Applications and recommendations must be submitted exclusively through the online portal: <https://awards.tn.gov.in>.

Submission Requirement: Applications must include a detailed narrative citation (maximum 800 words) clearly outlining the act of gallantry.

Deadline: The last date for sending applications/recommendations is December 15, 2025. Only online submissions received by the deadline will be considered by the selection committee.

Programmes at Hare Krishna Movement

Hare Krishna Movement, 1st Seaward Road, Valmiki Nagar, Thiruvanniyur, conducts Kala Madhuryam - an initiative to promote classical dance and music performances at the temple hall, Dakshina Dwaraka Dham. Programme at 5.20 pm. All are welcome. Ph: 96003 30108.

Nov.9: Classical dance by Jayanarthana Jothy School of Dance, West Tambaram;

Nov.15: Classical dance by Sri Madhurakalakshetra Academy of Performing Arts, Adambakkam.

Programmes at ACL

Below are the programmes at Anna Centenary Library, Kotturpuram:

Tribute >



C. Balasubramanian, 87, passed away on Nov. 1. He was a retired Southern Railway Catering Inspector and a resident of Besant Nagar for more than 20 years.

He was known in the locality for raising civic and crematorium-related problems to get them solved by the authorities. He is survived by his wife and close relatives. His family can be reached at 90259 35352.

Nov.9

10.30 am: Talk on AI Translation by Azhi Senthilnathan from Azhi Publications. At Conference Hall, Ground floor; **4.30 pm:** Birth anniversary celebration of poet Kavikko Abdul Rahman. Keynote speech by Dr. Bharathi Krishnakumar (Writer/Director); **4 pm:** Kurunthokai Training Class 20 - 'Kurunthokai Kaattum Vaazhviyal' by Prof. Dr.V. Athirashakthi; 2nd Floor.

Nov.15

10 am: Learn Korean language for free. For students in classes 6 - 11. Registration with QR code. Course starts on Nov.15 (16 days - Saturdays and Sundays)



11 am: As part of 125 years of Tamil cinema, a special session titled "Naanum Cinemavum Sila Kavithaiyum..." will feature acclaimed director, screenwriter, and actor Sethu Ramasamy; **11 am:** Group painting activity for children and teens on a portrait of Jawaharlal Nehru. Coordinated by Aryan - Chief Mentor at Right Art. At Children's Section;

12.30 pm: Free coding classes for children in classes 7 - 11. Use Registration QR code. Course starts on Nov.15 (16 days - Saturdays and Sundays).



'Hastakalaa' Exhibition Returns to Thiruvanniyur



Manya Art & Kraft, in collaboration with Smart Art Events, is conducting Hastakalaa, a celebration of Indian craftsmanship and creativity.

The exhibition will be held from November 7 to 16, at the CERC Cam-

pus Exhibition Ground, Kalakshetra Road, Thiruvanniyur.

Open from 11 a.m. to 9 p.m., the ten-day fair will showcase a wide range of handcrafted products, textiles, home décor, and jewellery, bringing together artisans and de-

signers from across the country under one roof.

Adding a special touch, a Pet Adoption Drive will also be organised by iAdopt Foundation on November 7, 8, 9, 15, and 16, from 4 p.m. to 8 p.m., encouraging visitors to open their

hearts and homes to pets in need.

With free entry and parking, Hastakalaa promises to be an enjoyable outing for families and art lovers alike.

The exhibition is open on Sundays as well. For more details, contact 98456 95922 or 78291 70001.



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News >

25-Year wait ends: Pallipattu gets new ration shop



The residents of Pallipattu and Sriram Nagar celebrated the inauguration of their long-awaited ration shop on Oct.27, ending a hardship that had lasted over 25 years.

For over a year, Ward 170 Councillor, K.R. Kathir Murugan, tirelessly pressed the demand in Corporation and Zonal meetings, ultimately leading to the construction of a new multi-purpose building, which now houses the ration shop, eliminating the need for residents to travel long distances for essential commodities.

After the inaugura-

tion, Councillor Kathir Murugan personally distributed essential goods, including rice, sugar, dal, and oil, to the public.

"The people of Pallipattu and Sriram Nagar have been waiting for this for nearly 25 years. Today, their dream has come true," said the Councillor, emphasising that the shop is the pride of the people, not his personal achievement.

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Books >

Sea Changed; Seasons Changed: A Fisher Science View of Climate Change - Part II



By M. Rajini

S.Palayam and Nityanand Jayaraman have penned a book, 'Science of the Seas'. Palayam is a fisherman from Urur Kuppam, and Nityanand is a journalist and activist. This book holds a treasure of knowledge of the sea and its behaviour. It is a pearl garland of ancient wisdom and modern technology. The essence of the book has been captured here to educate the readers on the many facets of the ocean.

Palayam says: "More than 30 years ago, when the seas had not yet changed perceptibly, the onset and withdrawal of seasons and the behaviour of the seas followed a pattern with a narrow band of variability. Now seasons have shifted with significant implications for sea behaviour."

The Freak Events he had observed: On 17 June 2023, Palayam recorded an extremely rare event that foretold an even rarer event. **Bright red skies** on the northeast horizon at daybreak are highly unusual during Kachan days. Red skies at dawn portend the onset of brisk winds from the direction of the coloured skies. Some drastic weather change was in the offing. On 18 June 2023, rains began and continued to pour for 26 hours

despite a southerly current. Southerly currents are known to dispel rain clouds and reduce the intensity of rains, but it did not happen.

Disruptions:

The transition from Kachan to Vaadai season in Purattasi (mid-September to mid-October), the seas are meant to be calm, blue, clear and conducive for night-time fishing using nets, and hook-and-line fishing for Seela (barracuda). However, it had been a washout because of the delayed onset of northerly winds and currents.

No Anchovies: The withdrawal of the Vaadai sea-



son in mid-January (Thai) is right for deploying the shore scene to haul in the shoals of anchovies (nethili) that

swim to shore. But the withdrawal was delayed to late February, driving the anchovy shoals out to deeper waters and robbing the fishers of their livelihood.

"Sea change" is the fisherman's scientific account of shifting seasons and disrupted livelihoods, based on observations of wind, current, sea conditions and fish behaviour. This prompts us to look at the immediate environment as a treasure trove of "data" to make sense of local and global phenomena.

Where western science's global narrative is built on a God's-eye view of the earth aided by satellites and observatories, the Science of the Seas builds on the observations gathered through a beachside view of marine and meteorological phenomena by numerous fishers. Theories and stories, rationality and emotions, science and spirituality often travel together, with each complementing the relevance of the other, is Nithyanandhan's view.

The fisherman's science is dynamic, with young and old knowledge makers picking up on new cues to theorise anew about natural phenomena. Garbage, bioluminescence, flotsam and novelties are all recruited into the task of meaning-making.

Fishers anticipate and track a cyclone, using observations not only of shifting winds, but also of trash washed ashore by tides, the taste and colour of seawater



and the vegetation brought in by flood discharges from the river. They also blame land-based pollution and over-fishing by industrial fleets, and destructive gear like ring seines and trawlers.

When asked what ails the seas, Palayam points to land as the fountainhead of exploitative relationships with nature and people.

'India - Pakistan wars and consequences' launched on Gandhi Jayanti

The English translation of the book, 'India Pakistan Poorum Vilaiyum' (India - Pakistan Wars and Consequences), authored by Saroja Sahadevan of Kottur, was officially launched on Oct.2 (Gandhi Jayanti), at Pollachi. The book details all conflicts between the two nations with gripping clarity.

The launch function was a distinguished

event, graced by the presence of retired Air Force officers, soldiers, and their families who had directly participated in the India-Pakistan wars. The gathering of these veterans added significant honour to the release of the book, said the author.

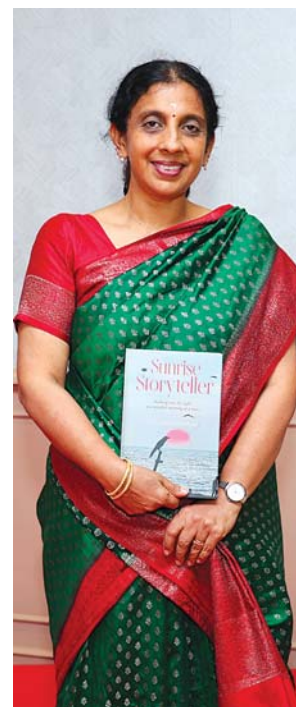
A prolific Tamil writer, Saroja has contributed to Dinamani, Dinamalar, various business and small literary

magazines, and has authored six books. She is also a dedicated social worker, known for her service to the differently-abled and has received multiple awards for both her writing and social work.

The book is priced at Rs.300 (Ebook on Amazon Kindle is priced at Rs.150).

It is available with the publisher: Manimekalai Prasuram at 21, Thanikachalam Salai (Near Mathsya Hotel), T.Nagar; Ph: 24342926, 24346082. The author can be contacted at 9941546575.

Viji Swaminathan shares wisdom found in quiet mornings



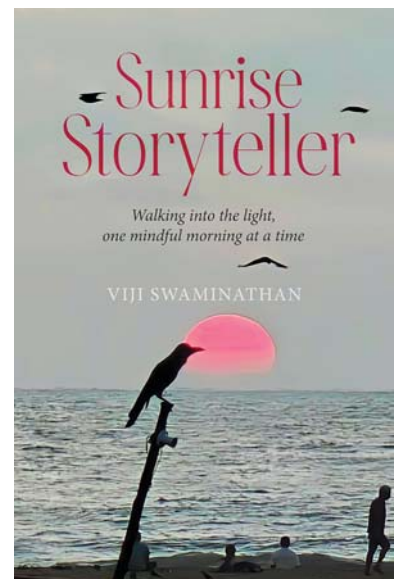
Vijayalakshmi Swaminathan (Fondly known as Viji), a prominent Chennai-based entrepreneur, runner, and mindful observer, has released her first book, 'Sunrise Storyteller: Walking into the light, one mindful morning at a time'.

The book is an intimate journey that transforms early morning walks into moments of clarity and deep reflection. Blending mindfulness and photography, 'Sunrise Storyteller' is a gentle reminder that growth happens in stillness, and that "every sunrise holds a chance to begin again."

Viji, who serves as a Director at Woodpecker Furniture and Exxelo

Business Consulting, is also the founder of the running group UNIS (Unleash Your Inner Strength) and a trustee of the Madras Inner Strength Half Marathon, which aids children with cerebral palsy. Her philosophy—to show up, stay curious, and give back—is central to her work.

The book costs Rs. 610 and is available worldwide on Amazon.



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Community >

Montessori trainers visit Dr. Montessori's historic home in Adyar



Ninety international Montessori trainers, in Chennai for a meeting hosted by the Association Montessori Internationale (AMI), recently visited the historic Olcott Bungalow at The Theosophical Society's (TS) International Headquarters in Adyar.

The Bungalow holds immense significance for the movement, as it was the residence of Dr. Maria Montessori and her son, Mario, during their time working in India.

The site now operates as a knowledge centre and training hub under the Adyar Eco Development (AED) project, a collaboration between the TS and Pitchandikulam Forest Consultants focusing on ecology and nature education.

Lynne Lawrence, Executive Director of AMI, Netherlands, highlighted the visit's emotional resonance, saying it was meaningful for the trainers to connect with the place where Montessori once lived.

The delegates also toured the nearby Olcott Memorial Higher Secondary School and the AED's new Blue Green Centre for environmental education. The visit successfully reconnected the global Montessori Movement with its roots at the TS, paving the way for future educational collaboration. Schools and organisations interested in visiting the AED project may contact bluegreencentre@ts-adyar.org for more information.

FOSCATAN & HelpAge India celebrate Elders Day



The Federation of Senior Citizen Associations of Tamil Nadu (FOSCATAN) and HelpAge India jointly celebrated the International Day of Older Persons at the Anna Centenary Library, Kotturpuram.

The event, attended by over 150 participants, was marked by a compelling address from chief guest Dr. A. Kaliyamurthy, former Superintendent of Police. Dr. Kaliyamurthy shared motivational insights on the lives of senior citizens and the current social scenario, receiving a warm reception from the captivated audience. A special highlight was the military salute given to the chief guest by Capt. V. Selvaraj.

Dr. K. R. Gangadharan (Heritage Foundation) spoke on the difficulties faced

by seniors and possible solutions. Dr. N. Panchapakesan (Sai Sankara Matrimony) entertained the audience by interspersing his views with relevant old cinema songs. N. Chandran (Zone 12 Chairman) emphasised the respect owed to seniors for their knowledge and wisdom.

The function featured the Active Ageing Award, which was conferred upon T. R. Namasivayam, former Vice President of FOSCATAN, for his dedicated service of distributing newspapers every morning for the past 25 years.

The event was organised by V. Rama Rao, President of FOSCATAN, and S. Meenakshi Sundaram, with special appreciation extended to the office bearers of the host branch, Nanganallur.

Campus >

NIEPMD observes World White Cane Day



The National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD) observed World White Cane Day under the theme 'Vision Beyond Sight' to promote awareness of the white cane as a crucial symbol of independence and mobility for people with visual impairment and deafblindness.

To mark the occasion, the institute organised an awareness program at the Government Higher Secondary School, Kovalam. The event featured sessions on 'Teaching Mobility Cane - Uses & Techniques' and 'Challenges faced by Persons with Visual Impairment'. Speakers included Kirupanandhan (Retd. Director from NIVH) and Miranda Tomkinson (Lecturer at NIEPMD).

A highlight of the program was a practical skit on 'How to use White Cane', performed by the school students and guided by NIEPMD's HRD students, which aimed to educate the public on the use of the cane in daily life. Nakkirar, Head Master of the school, inaugurated the event, which saw the participation of around 150 people, including persons with visual impairment and the general public.

Blood donation camp at Sri Sankara Vidyashramam



Sri Sankara Vidyashramam Higher Secondary School, Thiruvannamiyur, on Oct. 11,

successfully hosted a blood donation camp in collaboration with the Rotary Club of Madras and

the Madras Voluntary Blood Bureau (MVBB).

The lifesaving initiative received an over-

whelming response, with 86 donors stepping forward to contribute.

Students from the Road Safety Patrol (RSP) formed a human chain to raise public awareness and encourage participation.

The event was efficiently managed by the enthusiastic Interact Club volunteers, highlighting the school's strong commitment to compassion and community service.

KVS celebrates national unity



The Kendriya Vidyalaya Sangathan (KVS), Chennai Region, successfully concluded its three-day National Rashtriya Ekta Parv 2025 celebration on Nov. 1,

at the Students' Activity Centre, promoting national integration under the theme of "Unity in Diversity."

The event saw enthusiastic participation from 1,296 students representing all 25 KVS regions across the country. KVS Commissioner Prachi Pandey inaugurated the event. A major attraction was the artefact stalls at the Kendriya Vidyalaya IIT campus, where students creatively exhibited the art, culture, and heritage of their respective paired states. Prachi interacted with the students, highly commending their efforts to showcase cultural integration.

The celebration featured various competitions and performances, serving as a vibrant platform for young learners to express their talent and reaffirm the message of national unity.

Distinguished KVS dignitaries, including Chandana Mandal, Additional Commissioner (Academics), graced the inaugural ceremony.

Chennai duo drops Tamil single 'Kadha Solriya'

The local music landscape is poised for a fresh sound as Besant Nagar producer K. Subrahmanyam and Adyar vocalist Smriti Desai released their debut Tamil single, 'Kadha Solriya' on Oct.31.

The track, which seamlessly blends Future Bass (EDM) production with contemporary Pop elements, marks Subrahmanyam's first venture into the Tamil language market, introducing a new sonic palette to regional listeners.

“Kadha Solriya” delves into the complex, realistic dynamics of modern love, specifically focusing



on how partners navigate misunderstandings and the struggle for clear communication. The song's insightful lyrics were penned by professional lyricist Maguvi, a first-time collaborator for the duo.

The single is accompanied by a music video, directed by Rupa Karthik, that narrates the emotional distance between the two characters exclusively through a phone conversation, symbolising the modern barrier to intimacy. The track and its video will be available on YouTube (K.Subrahmanyam Official) and all major music streaming platforms.

Cauvery Ayurveda Gramam extends 200-year legacy to Besant Nagar

The renowned Cauvery Ayurveda Gramam, which traces its roots back two centuries to a Kerala-based lineage, has officially opened its doors in Besant Nagar, Chennai. Following more than 25 years of established service in Tirupur and Coimbatore, the centre aims to bring authentic, classical Ayurvedic care to the metropolitan audience.



at strengthening the spine and restoring natural balance.

The institution's mission is to "revive, preserve, and deliver true Ayurveda," blending ancient wisdom with modern applications to achieve holistic healing and lasting wellness.

Cauvery Ayurveda Gramam is particularly recognised for its traditional expertise in Spine and Back Care. Therapies for conditions like disc prolapse, sciatica, and chronic back pain combine specialised medicated oils, kizhi therapies, and rejuvenating massages aimed

The centre also offers personalised wellness packages targeting modern lifestyle needs:

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These programs incorporate signature treatments such as Abhyangam, Shirodhara, Pizhichil, and various kizhi therapies, committing to making authentic treatments ethical and effective for all.

At, T-28, 7th Avenue, Annai Velankanni Road, Besant Nagar. Ph: 80720 12896, 45938360.

[illegible]

Wonder word week

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Synonyms: Strong, Adaptable, Fighting spirit, Pliant, Bounce back, Moldable.

Antonyms: Rigid, Unyielding, Crumbly.

Usage: The policies formulated by the Govt. made the country **resilient** in the face of a global recession.

The community showed remarkable **resilience** in getting back to normal after the earthquake.

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திங்கள் முதல் சனிக்கிழமை வரை
நல்ல சம்பளம்

98409 75710

Hiring immediately for
food factory at adyar,
20 WOMEN STAFF
for cutting & packing process.
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3 months temporary and permanent.
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till Feb 2025.

BACK OFFICE STAFF

graduate / post graduate
male /female. Salary 12-15k.

WhatsApp mobile:

98846 50778

■ NEED Accounts, Admin, Customer Care, Data Entry, Front Office, Graphic Designer, Office Assistant, Field Executive, Driver, Office Boy, 8072780536, 9841268628.

■ WANTED experienced car driver, age above 50 years with stay. 9841007599.

Art Centre

Hiring for

CENTRE COORDINATOR

Female,

Any Degree,

Good Telecommunication

and Fluent in English

Part-time / Full-time

In & Around Palavakkam

Contact Us

99622 10012

■ WANTED Physiotherapist female fresher/experienced for part time, Thiruvanniyur. 9940583752, 9677135655.

■ PART TIME / Full time Wanted Female staff for Fancy Shop - Adyar. Contact - 9941754918.

REQUIRED

Female fresh graduates

with knowledge

in Excel for an

Export Office

in Besant Nagar

Mail resume

sagaofficev@gmail.com

Ph: 98402 99099

■ WANTED office, factory helper, male and Tata Ace Driver. United Plastics, 55/2, Coronet Garden, Kannappa Nagar Extension, Kottivakkam Chennai - 41. 9840172223.

MAHALAXMI GOLD AND DIAMOND
MERCHANTS - THIRUVANNIYUR

WE ARE HIRING!

- ◆ Cashier & Billing - 10
- ◆ Sales Executive - 20
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- ◆ Floor Manager - 5
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Kindly bring your resume, Photo & Copies
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■ WANTED car driver. Area: Adyar Telephone exchange opposite. Contact: 9962122112.

WANTED

PA to Managing Director

for an 100% EQU Company at Adyar
having proven experience as PA
preferably supporting senior management.
Candidates to have proficiency
in Microsoft office and communication
fluency to handle day to day tasks,
having good organizational and
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Candidates in and around
Adyar will be preferred

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RENTAL

• ACCOMMODATION WANTED • COMMERCIAL • RESIDENTIAL
• HALL • GUEST HOUSE • PAYING GUEST ACCOMMODATION



RENTAL

ACCOMMODATION
WANTED

WANTED

2,3, bedroom
for Rental & lease
Adyar, Kasturba Nagar,
Indira nagar,
Shastri Nagar,
Besant Nagar,
Thiruvanniyur,
Kottivakkam
& Pallavakkam

Sree Balaji :
9841650928, 9094782927

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HALL

■ THIRUVANNIYUR Near Terminus Lakshmi Mini Hall, AC, 2nd floor, Birthday/Poonal/ Puberty/Reception/Meetings. Contact: 9840450073, 9710209761.

PAYING GUEST
ACCOMMODATION

■ ACCOMMODATION for Ladies and Bachelors at Adyar, Besant Nagar, Sastri Nagar, Indra Nagar, Thiruvanniyur with Food and Facilities. On single and sharing basis. Sujata: 8144929800, 9150215269.

RENTAL
COMMERCIAL &
RESIDENTIAL

■ ADYAR 1200 sft. 2 bedroom flat 1st floor, north facing, covered carpark, Rent 34K. Besant Nagar 1500 sft. 3 bedroom, woodwork, 24 hours water, rent 38K. 9940544669.

■ ADYAR 2 bedroom house 1st floor, no carparking, 2nd Street, Venkateswara Nagar, Preferred working bachelors, vegetarian, non vegetarian. parthiuk@gmail.com

■ ADYAR 2 bedroom, hall, kitchen flat 800 sft. ground floor, East facing, 2 A/C, Rent 30,000, Kotturpuram 3 bedroom, hall, kitchen House 1800 sft. covered carpark, rent 55,000. Tamilvanan Yaamini Estate - 9962772909.

■ ADYAR (1) Sastri Nagar 2200 sft. 4 bedroom, wood work, modular kitchen, 1.10 lakhs negotiable. Radhakrishnan Nagar 1st floor, 1200 sft. 2 bedroom, 40000, east facing. A.Murali Real Estate- 9840536455.

■ ADYAR (i) Near Sishya 1800 sft. 3 bedroom, 1 floor, 1 carpark, 50K. (ii) Independent house 2000 sft. 3 bedroom (ground+1) east facing, 42K. (iii) Independent house 3000 sft. 4 bedroom, ground+1, 2 carpark, rent 2 lakhs. Agent: 9941045231.

■ ADYAR (1) Sastri Nagar 1st floor, 2 bedroom, covered carpark, vegetarian, 35K. Gandhi Nagar 3 bedroom, carpark, 52K. Kasturba Nagar 1st floor, 1600 sft. 3 bedroom, 2 covered carpark, 55K. 9789761666.

■ ADYAR (1) L.B.Road A2B opposite 1650 sft. 1st floor, 3 bedroom, 3 bathroom, north facing, 2 covered carpark, 55K negotiable. Gandhi Nagar 850 sft. 2 bedroom, 2nd floor, 30K negotiable. 9384692819, 9841780609.

■ ADYAR 1300 sft. 2 bedroom hall kitchen calm location, Kasturba Nagar near Nalli Silks decent independent house, first floor, spacious hall kitchen and balcony covered carparking, rent 40K. Anburaj- 9042909055.

CLASSIFIEDS
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RENTAL

• ACCOMMODATION WANTED • COMMERCIAL • RESIDENTIAL
• HALL • GUEST HOUSE • PAYING GUEST ACCOMMODATION



RENTAL

CLASSIFIEDS contd. from Page 9

■ ADYAR Ambika Appalam near Kasturba Nagar, Gandhi Nagar, Thiruvanniyur 1,2,3,4 bedroom, residential, commercial, ground floor, shop, showroom, office. 8608941660.

■ ADYAR (1) Indra Nagar individual house first floor, 2 rooms (terrace) Asbestos 8500. (2) 800 sft. 2 bedroom, 22000, posh Area. 9940132942.

■ ADYAR 2 bedroom 1000 sft. 27K. Kasturba Nagar independent house 3 bedroom, 1400 sft. 30K. Indra Nagar 2 bedroom 1250 sft. wood work, covered carpark, 33K. 9364666638.

FOR RENT

THIRUVANMIYUR

East Kamaraj Nagar

1BHK+ spacious balcony in first floor of an independent house

THIRUVANMIYUR

East Kamaraj Nagar

2BHK+ separate dining+ balcony in first floor of an independent house

PHONE: 94455 68343

■ ADYAR 2 bedroom 1100 sft. wood work, lift, covered carpark, 35 lakhs lease. Kasturba Nagar 3 bedroom, 1200 sft. 30 lakhs. Thiruvanniyur new 3 bedroom 1400 sft. 43K. 9364666638.

■ ADYAR Arunachalapuram 2nd floor (no lift) 1 bedroom, hall, kitchen with additional sheet covered hall monthly rent Rs.15000 (negotiable) small family, vegetarian preferable, available from 01.01.2026. 9382784727, 8610263449.

■ ADYAR Gandhi Nagar 1700 sft. 3 bedroom, hall, kitchen, 3 bath, 1 covered carpark, 4th floor, lift, power backup, vastu 75K. 7299141164, 6380844247.

■ ADYAR new Luxurious 3 bedroom, hall, kitchen, rent 1.5 lakh, area 2700 sft. semi/fully furnished, 2 covered carpark. +91 7904454079 Agents Excuse.

■ ADYAR Gandhi Nagar 2 bedroom apartment 900 sft. 30000, 3rd Main Road 1300 sft. 3 bedroom modern kitchen 3 balcony tiles flooring one carparking 40000 only vegetarian, 2 bedroom apartment ground floor 900 sft. 27000 only vegetarian. Agent - 8754515684.

■ ADYAR Gandhi Nagar 2 bedroom flat for rent Rs.32000, Semi furnished with one AC, wooden lofts, cupboards, large TV unit and Vitrified tiles. Modular kitchen, study, balcony restrooms. Possession 15th November. 9884718012.

■ ADYAR Gandhi Nagar 2nd and 4th Main Road 2 bedroom, 2nd and 3rd floor 30K. Kasturba Nagar 2 bedroom, 3rd floor, 21K. 2 bedroom, ground floor, vegetarians 25K. 6380659139, 9382822614.

■ ADYAR Gandhi Nagar 957 sft. 2 bedroom, hall, kitchen, 2nd floor, lift, 35K rent. Contact: 9444306908.

■ ADYAR gated 2000 sft. 3 bedroom, kitchen, 2 covered carpark, 80K, Adyar to ECR any rent or lease. Contact - Kalpana: 8939069860.

■ ADYAR Hostel rent 1,30,000. Thiruvanniyur 2 bedroom hall kitchen, rental 22000. Anbu Rose Real Estate - 9176979245, 7200823690.

■ ADYAR Indra Nagar 2 bedroom, hall master, 2 balcony, modular kitchen, open carparking, 3rd floor without lift, wood work, 35 lakhs lease, negotiable. 9444127509, 9176333931.

■ ADYAR Indra Nagar 2500 sft. 3 bedroom apartment, 2 covered carpark 70000. Gandhi Nagar independent house 2200 sft. 3 bedroom, first floor, carpark, 80000. 1500 sft. 3 bedroom, 50000, only vegetarian. 9940132942.

■ ADYAR Kamaraj Avenue 1 bedroom, 1st floor, 1 AC, inverter, RO water, bathroom heater, family and lady bachelor, rent 20K. 9841911312.

■ ADYAR Kasturba Nagar spacious 2 bedroom house, 1st floor, security woodwork, posh location, good water, covered carpark, 42K, Thiruvanniyur spacious 2 bedroom, carpark, access to schools, grocery, good location, 42K. 8825939646.

■ ADYAR Sastri Nagar good location 1750 sft. 3 bedroom, hall, kitchen, 2 bath, rent 62K negotiable. Sahan Property's: 9500007697.

■ BESANT NAGAR ground floor north facing, 3 bedroom, 3 bathroom, open carparking, rent 33000. Sun Reality- 8838009018.

■ BESANT NAGAR Kalakshetra Colony 3 bedroom flat 1800 sft. 1st floor, lift, 2 covered carpark, power backup, 75000 plus maintenance. 9884499157.

■ BESANT NAGAR Kalakshetra Colony 3 bedroom flat 1900 sft. 75000. 3 bedroom 2000 sft. 95000. Valmiki Nagar 3 bedroom, 2500 sft. full AC, maintenance, inclusive 1.10 lakhs. OMR Karapakkam gated community 4 bedroom, 2500 sft. fully furnished, swimming pool, play area, 95 lakhs. 9847089797, 9884998686.

■ BESANT NAGAR property 2 bedroom, hall, kitchen, commercial - 50K. Residential - 40K rent. 9566060532.

■ ECR Injambakkam 3600 sft. independent house 3 bedroom hall kitchen duplex granite flooring, carparking, rent 55K, independent house, 2 bedroom hall kitchen, 30 Feet Road, rent 40K. Owner- 6381399188, 9884161818.

■ GANDHI NAGAR 2 bedroom, hall, kitchen, 2 bathroom, service area, balcony with AC, geyser wood work and separate open carparking for rental. 9791117218.

■ GANDHI NAGAR 3 bedroom hall kitchen deluxe flat, covered carpark, lift, renovated neatly, brokers excuse. Phone: 9840164375, 8270064375.

■ GANDHI NAGAR 3 bedroom, hall, kitchen, 70000, Brahmin only 30000. Gandhi Nagar to Gandhi Nagar 2 bedroom, hall, kitchen, 30K. + 91 9176519785, 9884087410.

■ INDRA NAGAR 1130 sft. 2 bedroom flat, carpark, north facing, good water, modular kitchen, 2 balcony, 1st floor, no lift, 35K. L.B.Road 2 bedroom, 30000 including maintenance, ground floor. Padmanabha Nagar 1st floor, 2 bedroom, carpark, 45000 negotiable. SMD Real Estate- 9342579890, 9840193129.

■ KASTURBA NAGAR lease 3 bedroom new 40 lakhs. Rajaji Nagar 4 bedroom, 50000. Neelankarai 3 bedroom, 40000. 9092899233.

■ KOTTIVAKKAM 3 bedroom 2000 sft. built-up flat, 1st floor, north, lift, two covered carpark, 60K. Neelankarai independent 4 bedroom 75K. Contact: 9884777887.

■ KOTTIVAKKAM ECR 1500 sft. independent ground floor, extra large 2 bedroom, hall, kitchen, house for rent, east facing, semi furnished, utility, pooja, 3 bathrooms, 1 covered carpark, 100% vastu, very near Shradha Academy, Seed school and 3 other schools. 9444755391.

■ KOTTIVAKKAM 2 bedroom, hall, kitchen house rent in ground floor, 1600 sft. rent Rs.45000 negotiable Near Nellai Nadar School, Old No.3/607, New No. 14, Lakshmana Perumal Nagar, covered carpark. Contact - 9381058228, 9789923525.

■ KOTTIVAKKAM Spacious 2.5 bedroom, hall, kitchen home in Kottivakkam, behind Star Biriyan, Strict vegetarian families only, No pets allowed, Rent Rs.30,000 per month Maintenance Rs.1,000 per month. Contact detail Veeraraghavan - 9952999089.

■ NANGANALLUR near Anjaneyar temple brand new 3 bedroom apartment, covered carpark, vegetarian only. 2) Sastri Nagar independent house 3 bedroom. 3) Besant Nagar 2 bedroom. Natarajan: 9841650928.

■ PALAVAKKAM Palkalai Nagar 1 bedroom, kitchen, 2nd floor, 200 meters from sea shore. Contact: 9841445658.

■ PALAVAKKAM beach side VGP layout independent 4 bedroom, hall, kitchen bungalow covered carpark, rent 1 lakh. A R Realty - 9884053786.

■ PALAVAKKAM independent 4 bedroom, hall, kitchen, commercial and residential available 1.25 lakhs. Thiruvanniyur 2 bedroom, hall, kitchen 45K. Besant Nagar 3 bedroom, hall, kitchen 80K. Kottivakkam 2 bedroom, hall, kitchen bachelors. Contact: 6380826214.

■ SASTRI NAGAR 1350 sft. east facing, 3 bedroom, marble flooring, 3 AC, 40000. 1900 sft. 3 bedroom, 3rd floor, wood work, 70000, lift, covered carpark. A.Murali Real Estate- 9840536455.

■ SEMMANCHERY Opposite to St.Joseph College, 3 bedroom, hall, kitchen 1500 sft. for rent with covered carpark, spacious 4 balconies only Family. Rent 28K deposit 1 lakh. 6382188663, 9884515123.

■ T.M. MAISTRY STREET Thiruvanniyur 1260 sft. 2 bedroom, 2nd floor, 24 hour water, covered carparking, modular kitchen, cupboard work, rent Rs.33000. 9382156537, 8825433035.

■ THIRUVANMIYUR East Kamaraj Nagar 1 bedroom, hall, kitchen + spacious balcony in first floor of an independent house. Contact: 9445568343.

■ THIRUVANMIYUR East Kamaraj Nagar 2 bedroom, hall, kitchen + separate dining+ balcony in first floor of an independent house. Contact: 9445568343.

■ THIRUVANMIYUR 4 bedroom, hall, kitchen, ground and floor, duplex flat for rent - 50K per month 3 lakhs advance, bachelors or family. Contact Owner: 7338819558.

■ THIRUVANMIYUR Kamaraj Nagar 3 bedroom, hall, kitchen flat 41K rent+ maintenance 1300 sft. 1st floor, lift, security, covered carpark, Independent bungalow 1700 sft. ground floor, 3 bedroom, hall, kitchen, 45K rent+ maintenance. Family. 9840634217.

■ THIRUVANMIYUR lease 9 lakhs, 15 lakhs, office 7 lakhs, rent 11K, 27K, OMR Kelambakkam near 5000 sft. lease. Contact: 9003284310.

■ THIRUVANMIYUR near Tidel Park brand new 2nd floor, 1200 sft. semi furnished, carpark, Rs.45K per month. Contact: 9790977409.

■ THIRUVANMIYUR School 2 bedroom 1200 sft. flat, East facing, 2 bath, lift, power backup, security, carparking, 45,000. Asset Doctors - 8489677888, 8939767888.

■ THIRUVANMIYUR Seaward Road, 3 bedroom, balcony, 1st floor, covered carparking rent 45K, 6 months deposits. Contact - 9941245919.

■ THIRUVANMIYUR Valmiki Nagar two bedroom first floor, lift, carparking, balcony 40K. community ground floor 25K. Kottivakkam Three bedroom 60K. 9840524415.

■ VALMIKI NAGAR 5 bedroom, 4 bathroom, 2000 sft. lift, bachelors only 40000. RTO independent house 4 bedroom, 1800 sft. 60000. Valmiki Nagar 2 bedroom, 1000 sft. 30000 carpark. Contact: 9841383711, 8608335555.

RENTAL COMMERCIAL

■ ADYAR Indra Nagar Prime Location 1000 sft. Ground floor, South Facing, 2 covered carpark, 30 Feet Road, Suits Clinic, Office, Rental Rs.85K Per Month 9384222319.

■ ADYAR Sastri Nagar Prime Posh Location Independent Bungalow 10000 sft. 7 bedroom, hall, kitchen, 8 carparks Rent Rs.5.50 lakhs Per Month Negotiable, Suits for Office, Institute, Clinic, Branded Cafe, Ground + 2 Floors, 40 feet Road. 9384222319.

■ ADYAR (i) Off Besant Avenue independent house 2000 sft. ground floor, 1 carpark, any kind of office space for rent 70K. Agent: 9941045231.

■ ADYAR 1200 sft. rent 40K and 2100 sft. rent 80K. prime location, decent commercial space, spacious hall and rooms, vastu design, suitable Office, Clinic, Institute, Warehouse. Anburaj- 9042909055.

■ ADYAR Gandhi Nagar near BVM School 3 bedroom hall kitchen 1200 sft. flat. Hanu Reddy Realty- 8929268639, 7824868459.

■ ADYAR Gandhi Nagar, First Main Road, Sharing Commercial or Co-Working Space of 383 sft. 20k per month office space available for Rent, Call Owner: 9600000171.

■ ADYAR Indra Nagar complex semi furnished CCTV wi-fi AC, 250 sft. 4 lakhs advance negotiable, rent 18K (negotiable), 7 lakhs lease (negotiable). 8667825161.

■ ADYAR Kamaraj Avenue 2nd Street, Main Road, North facing, 1st floor hall type 1000 sft. High visibility, frontage - Ashok.B - 9444929539.

■ ADYAR Kasturba Nagar 2 bedroom, 900 sft. ground floor flat, Rs.45000 negotiable any commercial ok. Adyar Indra Nagar 100% vastu totally independent 1000 sft. posh ground floor house, open carpark, Rs.80000, Dr. Clinic, office, showroom. Contact P.S. Saravanan: 9840044778.

■ ANNA NAGAR Brand New Commercial Building Plug and Play, Fully Furnished A Grade Office 12000 sft. North Facing, 2nd, 3rd, 4th floor, Genset, Lift, 6 covered carpark, 40 feet road, Rent Rs.130/-Per sft. including Maintenance. 9384222319.

■ BESANT NAGAR Prime Location MG Road 750 sft. Ground floor, South Facing, 40 feet Road, Rental Rs.60K, Suits for Office, Clinic. 9384222319.

■ BESANT NAGAR commercial property 2000 sft. per sft. rate 250 negotiable, 1, 2, 3, 4 floor available with carparking, 2 wheeler, sea side view near Murugan Idly Kadai, office Hotel, dress shop. +91 9176519785, 9884087410.

■ DOCTORS Rental Space Available - for practice between 10 am to 4 pm on CV Raman Road, Alwarpet. Space of 110 sft. cabin in a polyclinic setup. Current specialists: ENT, Dermatology, Orthopedician. In-house pharmacy. Contact: 9500001958.

■ ECR Injambakkam commercial shop (240 sft.) for rent. Contact: 9444066486.

■ KOTTIVAKKAM Commercial property for rent, lease in Kottivakkam near beach suitable 4 kitchen and shop. 9363031930.

■ KOTTIVAKKAM Office Space available for Rent. 1200 sft. 1st floor with carparking. Suitable for family too. Kottivakkam Beach, opposite to Transformers badminton club. Contact: 9790877569, 7358543889.

■ OFFICE Space 1000 to 12000 sft. semi furnished. The Legend Estates - 7904040769.

■ RADIAL ROAD 200 feet Road, Brand New Office Space Independent Building 12000 sft. Lift, Ground+3 Floor, West Facing, 40 feet Road, 15 carparks, Suits for Bank, IT office, Institute. 9384222319.

■ ROYAPETTAH Behind Music Acamedy 850 sft. first floor for office purpose (No carparking). Contact: 9840450073.

■ SASTRI NAGAR ground floor, 750 sft. office, shop, clinic. Contact: 9884223450.

■ T. NAGAR Panagal Park, Near Zudio Showroom ,Premium Commercial Space 4300 sft. 2nd floor, West Facing, Lift, 2 covered carpark, 60feet Frontage, Suits Show Room, Branded Shops. 9384222319.

■ THIRUVANMIYUR Kamaraj Nagar near Ramachandra Convention Center 3 bedroom hall kitchen, ground floor, commercial office 1200 sft. for rent 40000. Owner- 9443559004, 9444355277.

RENTAL RESIDENTIAL

■ ADYAR Besant Nagar Thiruvanniyur 3 bedroom hall kitchen 1800 sft. 85K, 2 bedroom hall kitchen, 1400 sft. 50K, 3 bedroom hall kitchen New flat 43K. Agent- 9003158479.

FOR RENT

SRIRAM NAGAR

Off Kalakshetra Road

Thiruvanniyur

3 bedroom

duplex apartment

1700 sq.ft

2 car parks

Pls. message on

98408 87050

■ ADYAR Indra Nagar near Hindu School 3 bedroom, 3 AC, no carparking 33000. first floor two bedroom, hall, kitchen 28000. Kasturba Nagar ground floor, 22000. Besant Nagar 7th Avenue MIG Flat 24000. 8939635971, 8939635973.

■ ADYAR Kasturba Nagar apartment, 1st floor, north facing, carpark, 1100 sft. 35000, only vegetarians. Kamaraj Avenue flat, 2 bedrooms, ground floor, east facing, carpark, 1200 sft. 40000. Dream Homes: 9791195011.

CLASSIFIEDS contd. on Page 11

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CLASSIFIEDS

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■ADYAR prime and posh, gated community flat, 3600 sft. 4 bedroom, 5 bath, 1st floor, west facing, 4 covered carpark, gym, swimming pool, play area, fully furnished, garden, rent Rs. 3.25 lakhs. 9384222319.

■ADYAR Sastri Nagar 1700 sft. 3 bedroom apartment wood work, lift, covered carpark, power backup available for rent. Agent: 9840588336.

■ADYAR Sastri Nagar 100% vastu, two bedroom, first floor flat, open carpark, rent 30000, family, bachelors. Thiruvanniyur gated community. Bharathi Nagar Hansa Enclave, 100% vastu, three bedroom, 2000 sft. second floor flat, with 4 nos. AC, lift, 3 nos. covered carpark, rent 40000, vegetarian family. Contact P.S. Saravanan: 9840044778.

■AKKARAI 4 bedroom hall kitchen villa at Akkarai 3200 sft. gym, swimming pool, lift, gated community, 1 covered carpark, north. Hanu Reddy Realty- 9092007920, 7824868459.

■BESANT NAGAR 1 bedroom, hall, kitchen, 25K, 2 bedroom, hall, kitchen, 40K, Gandhi Nagar 1 bedroom, hall, kitchen, 25K. 9884045070.

■KALAKSHETRA COLONY 2 bedroom, hall, kitchen, 1450 sft. penthouse, attached terrace garden, good sea breeze, covered carpark, Brokers excuse - 9840029108.

■KOTTIVAKKAM independent single bedroom, 1st floor house 16000. Thiruvanniyur Kalakshetra Road two bedroom, 2nd floor flat, Rs.20000, no lift, (vegetarian). 9176223246.

■KOTTURPURAM brand new apartment same building 1 bedroom, hall, kitchen, 700 sft. 35K. 2 bedroom, hall, kitchen 1100 sft. 45K, covered carpark, lift. Contact - 7358578478.

■OMR Sholingannallur 4 bedroom hall kitchen flat 1951 sft. for rent Hanu Reddy Realty- 9355516341, 7824868459.

■PERUNGUDI behind World Trade Centre 2 bedroom flat, covered carpark, lift, 4th floor, 959 sft. rent 25K. No Brokers. 9940166232.

■SASTRI NAGAR opposite to Konica, 750 sft. 2 bedroom, hall, kitchen, newly renovated flat, modular kitchen. 9884223450.

■THIRUVANMIYUR Ground floor, 1 bedroom hall kitchen 550 sft. 30 A, Valmiki Street, / 7 V.J.Flat rent (12500). Contact No: 9952046198, 9791779301.

■THIRUVANMIYUR Near Post Office ground floor, 2 bedroom flat, 28000. Single bedroom, 20000. Palavakkam 2 bedroom, ground floor house, 27000. 9791151154, 9382161154.

■THIRUVANMIYUR near Sankara School single bedroom, 17000. Adyar Kasturba Nagar 1st floor, 12500, second floor, 15000. Ground floor 18000, single room AC 12500, 10000. 8939635971, 8939635973.

■THIRUVANMIYUR near signal spacious 2 bedroom, 2nd floor, no lift, 35000, ground floor, 16000. Thiruvalluvar Nagar spacious single bedroom AC, 23000. 8939635971, 8939635973.

■THIRUVANMIYUR Valmiki Nagar Seaward Road, 2 bedroom flat, 970 sft. 1st floor, lift, open carpark, good water, rent 28K. Akshaya Properties: 9283187571.

■V E L A C H E R Y Dhandeeswarar Nagar 3 bedroom, 1st floor flat, 3 bathroom, gated community, carparking, 30000. Teynampet 2 bedroom, 18000. West Mambalam 30000. 8939635971, 8939635973.



REAL ESTATE

● BUYING

● SELLING



REAL ESTATE

REAL ESTATE

■DEAR property owners, call us to sell your old flat, new flat, independent house, we have been in this business for more than 15 years. Our services are prompt and transparent. Call Sundaram Realty K.T.Kalyanasundaram, New No.75 /33, 3rd Main Road, Gandhi Nagar Adyar. We also do Registration Coordination, name Transfer in Patta, Property Tax and E.B. Contact - 9840346209.

BUYING/SELLING RENTAL SERVICES

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REAL ESTATE BUYING

■PROPERTY Buying: Wanted plots, farmland in around Tambaram, Mudichur, Padappai, Oragadam, Sriperumbudur, Walajabad Vandalur, upto Kelampakkam, contact - Baskaramoorthy: 9342688092.

■WANTED ½ ground, 1 ground, 1.5 ground, 2 ground land or house at Adyar, Besant Nagar, Thiruvanniyur ECR, OMR. 9382161154, 9791151154.

■WANTED 3 bedroom 4 bedroom flat, bungalow. Adyar, Besant Nagar, Thiruvanniyur, ECR, R.A.Puram, Alwarpet, T. Nagar 1-3 grounds. 9840789797, 9884998686.

REAL ESTATE SELLING

■ADYAR Gandhi Nagar land 1 ground 200 sft. 8.85 crores. 9884464769, 9884064769.

■ADYAR (i) Sastri Nagar 2800 sft. 4 bedroom, east facing, complete wood work, 2 carpark, servant quarters, 10 years old, price: 5.75 crore negotiable. (ii) Sastri Nagar 2203 sft. 3 bedroom, north facing, 2 carpark, 4 crore. Agent: 9566171775, 9941045231.

■ADYAR 1 ground land 5 crores and 3300 sft. land with house 30 feet Road, North, 80 feet frontage 8.60 crores. Mohan Lal - 7550189822.

■ADYAR 1. Gandhi Nagar 4 bedroom duplex flat, 5060 sft. UDS-2450 four covered carpark, prime location, worth investment 9 crore. Ganesaa Realty- 9551264500.

■ADYAR 1500 sft. UDS-850 3 bedroom hall kitchen flat. Hanu Reddy Realty- 9355516606, 7824868459.

■ADYAR 1720 sft. 3 bedroom, hall, kitchen, 2 crores. 730 sft. UDS, 2 balconies, East facing, lift, open carpark. 7010257539.

■ADYAR Gandhi Nagar New Flat 3 bedroom, hall, kitchen, 2000 sft. 2 covered carpark, North Facing, woodwork, AC's, lift, genset, Rate 4.6 crores negotiable. buyers call. Agent - 9003158479.

■ADYAR Dhamodharapuram 751 sft. ground floor flat, 2 bedroom, hall, kitchen, 25 years, price 55 lakhs. Sai Realty: 9941322965, 9840132175.

RA PURAM
KARPAGAM AVENUE
Near Chettinad Vidayashram



4BHK flat
2800 Sq.ft apartment

SPLENDENS FOUNDATIONS
Contact - 99406 65368

■ADYAR Gandhi Nagar 2nd Main Road above Blue Dart Courier service 2042 sft. office space with one reserved carpark for Sale. Contact Owner - 7977574513 or 9930529902.

■ADYAR Gandhi Nagar new 3 bedroom, 1600 sft. wood work, 2 covered carpark, 3.50 crores negotiable. Thiruvanniyur near Post Office, 3 bedroom, 1750 sft. wood work, 2 covered carpark, modular kitchen, east facing, rental income 50K, rate 3 crores. 9840789797, 9884998686.

■ADYAR Good location 1650 sft. land, area with old building 42 Feet frontage and 50 Feet Road, Rs.5.50 crores slightly negotiable. Contact: 9710833789.

■ADYAR Indra Nagar 1st Avenue 3 bedroom flat, 1300 sft. 652 UDS, covered carpark, lift, power backup, IV floor, south east kitchen, south west bedroom, wood work, 50 meters from Metro Station, 2.2 crores negotiable. Ganesaa Realty- 9551264500.

ADYAR, KARPAGAM GARDEN
BRAND NEW FLAT FOR SALE

More than a premium home, it's a lifestyle

■ ONLY ONE FLAT AVAILABLE

■ 2722 sqft, 4BHK, 5 bath, Duplex, EF

■ 2 Carpark each flat

■ Lift, CCTV, 100% Power backup

■ EV point, Solar power each flat 5KW

■ Brokers Excuse

No GST

Ct.: 88381 69060

■ADYAR Indra Nagar 28th Cross Street land area 2630 sft. with old house 30 feet road price 7.20 crores negotiable. Contact - 9551555949.

■ADYAR Indra Nagar near Kanagam corner plot with old building outright sale, Land 3705 sft. North and East Facing, 4.5 crores. 9092108466.

■ADYAR Indra Nagar opposite to IOB independent house land 4050 sft. (45x90) building 3000 sft. 40 Feet Road, west facing, genuine buyers call, price: 11.50 crore negotiable. Agent: 9941045231, 9566171775.

ADYAR
KASTHURIBAI NAGAR
Individual House
1.7 Grounds Property
Size 50x80
Built up area 4000 Sq.ft
5 BHK, 2 Car Park, 8 years old
40 Feet Road
Total Price 10 Crore's
Negotiable.
98402 44933

■ADYAR Kasturba Nagar 1 ground 5.50 crores. Near M.G.Road 1 ground 5 crores. Kasturba Nagar land 4400 sft. 5 bedroom 5000 sft. 14 crores negotiable. Indra Nagar 3600 sft. land 12 bedroom, 6000 sft. 11 crores. Thiruvanniyur East Kamaraj Nagar 40x66, 6 crores. 9840789797, 9884998686.

■ADYAR Indra Nagar Prime Plot Sale 45x90 4050 sft. West Facing, 40 feet Road, Rs.12.50 Crores Suits Residential or Commercial. 9384222319.

■ADYAR Jeevarathinam Nagar 3 bedroom, 3 toilet, 2 carparking, brand new flats, East facing, price 16500, 1st floor, 2nd floor available for sale. Velu - 9840496923.

■ADYAR Kasturba Nagar 3 bedroom flat office space 1425 sft. 750 UDS, covered carpark, first floor, 2.15 crores. Ganesaa Realty- 9551264500.

■ADYAR Madhyakailash Sriram Nagar Main Road independent house land 1710 sft. (33x52) building 3500 sft. ground +1, 3 covered carpark, Residential and commercial use also, price 4 crores negotiable. Agent: 9566171775, 9941045231.

NEW FLAT FOR SALE
2/3/4 BHK FLATS

EAST ABIRAMPURAM
1560 sqft, 1563 sqft
ALWARPET
1626 sqft (1st floor)
POES GARDEN
2915 sqft, 4494 sqft, 5545 sqft
GOPALAPURAM
2351 sqft, 2434 sqft, 4006 sqft
ABIRAMPURAM
2233 sqft, 3384 sqft
MYLAPORE
2332 sqft
No Brokers Please
Call 98840 32003

■ADYAR prime and posh gated community flat 3600 sft. 4 bedroom, 4 bath, 7th floor, West facing, 2 covered carpark, gym, swimming pool, play area, garden Rs.7.20 crores. Negotiable. 9384222319.

■ADYAR prime and posh, gated flat, 2235 sft. 3 bedroom, hall, kitchen, UDS 525, 2 covered carpark, south facing, 8th floor, swimming pool, gym, garden area, 4.50 crores negotiable. 9384222319.

■ADYAR Prime Location Indra Nagar 1300 sft. 3 bedroom, hall, kitchen, UDS 652 sft. West Facing, 1 covered carpark, Genset, 4th floor, 20 years old, 60 feet Road. 9444019575.

■ADYAR Prime Location Kasturba Nagar 30x100, 3000 sft. North Facing, 30 feet Road, Price Rs.7.75 Crores Negotiable Suits Residential or Commercial 9384222319.

■BESANT NAGAR beach facing Independent house land 2978 sft. East, north corner, with old building, both side 80 feet road, residence and commercial use property total price 12.80 crores. Agent - 7299141164.

■BESANT NAGAR Anna Colony 2 bedroom, hall, kitchen apartment 1st floor, North facing, 1180 sft. modular kitchen, fully wood work, 2 bedroom, hall, kitchen, 2 bathroom, 1 balcony, lift, power backup, 1 carparking, UDS 670 sft. 7 years old building. Hari: +91 7904594370. Brokers Excuse.

BESANT NAGAR
ELLAIAMMAN KOVIL STREET
NEW CONSTRUCTION

going on
flat sq.ft, 1037
and 970 sq.ft
two bedroom
booking Rs.12500
with car parking
Mobile: 98413 20377

■BESANT NAGAR flat for sale T.M.Maistry Street, south facing, 1st floor, 23 years old, 850 sft. UDS 390 sft. covered two wheeler parking only, 79 lakhs negotiable. Consultant: Barani.S (9500140267).

■BESANT NAGAR Kalakshetra Colony Gated community old MIG flat well maintained 754 sft. builtup area, 2 bedroom hall kitchen, 2 toilets, balcony, 616 sft. UDS, 2nd floor, no lift, open carpark. 7338779689.

■BESANT NAGAR Kalakshetra Colony Gated community old MIG flat well maintained 754 sft. builtup area, 2 bedroom, hall, kitchen, 2 toilets, balcony 616 sft. UDS, 2nd floor, no lift, open carpark. 7338779689.

■BESANT NAGAR Kalakshetra Colony 1800 sft. ground building, 3200 sft. four bedroom bungalow, Rs. 4.50 crores. Indra Nagar 4050 sft. ground with 3000 sft. building Rs. 12 crores. OMR Thuraipakkam 150x85 5.5 grounds, 40 feet road, Rs. 3 crores per ground (full white). Contact P.S. Saravanan: 9840044778.

■BESANT NAGAR Kalakshetra Colony new flat 1650 sft. 3 bedroom, hall, kitchen, 3rd floor, lift, covered carpark. Contact: 9840745243.

■BESANT NAGAR prime Residential area brand new flat 1790 sft. UDS 1118 sft. 1st floor, North facing, 2 carpark, lift, genset, 30 feet Road, price Rs.4.50 crores. 9384222319.

■BESANT NAGAR prime residential location 1 ground, 30 feet Road, price Rs.5.90 Crores. 9444019575.

FOR SALE
THIRUVANMIYUR
Ramaniyam
Abhishek Apartment
2 BHK, 1207 sqft,
8th Floor, 2 Balconies,
1 open car park
20 years old
ONLY WHATSAPP TO
94801 70495

CLASSIFIEDS
contd. on Page 12

SALE: AKSHAYA January- Monday Tower
3BHK Large Size, High Floor

LUXURY AMENITIES
SWIMMING
PREMIUM LARGE 3BHK (1412 Sq.ft)
GATED COMMUNITY AT THAIYUR,
KELAMBAKKAM, OMR
LUXURY LIVING

DIRECT FROM OWNER, NO BROKERS
+ 91 7200 237 899

CLASSIFIEDS

contd. from Page 11

■ ECR Flat for sale with covered carpark in gated community on ECR near RTO Thiruvanniyur. Contact: 9444044613.

■ ECR Kottivakkam Land sale 5000 sft. CMDA Approved East Facing, Rate. 5 Crores, ECR Vettuvankeni 3 Ground Land Sale CMDA Approved Rate 7 Crores. Tamilvanan Yaamini Estate - 9840949097.

Prime Location - Adyar signal
3BHK APARTMENTS FOR SALE
 VASTU compliant,
 Stilt + 3 floors
 Open space - 22%
 1866 sqft SBU / 904 sqft UDS
 Nearing Completion
 ♦ 1 Elevator ♦ Covered carpark
 ♦ Backup power ♦ Video door phone
 ♦ 100 meters - Adyar signal
 ♦ 800 meters - Fortis Malar Hospital
 ♦ 500 meters - Schools & restaurants
 ♦ 5 minutes - Besant Nagar Beach
Brokers Excuse
+91 98458 55833
ecogloballvillages@gmail.com

■ ECR Neelankarai Land sale 7740 sft. CMDA Approved East facing 30 Feet Road rate 13 crores, ECR Injambakkam land sale 18,000 sft. CMDA Approved North Facing, Rate. 11.25 crores. Tamilvanan Yaamini Estate - 9840949097.

■ ECR Kottivakkam 1 ground land 3.40 crores VGP layout Palavakkam 1 ground 3.10 crores. Kottivakkam 3 bedroom 1450 sft. 2nd floor with lift, swimming pool, gym, 1.60 crore. 9884577898, 8072606681.

■ ECR Kottivakkam AGS Colony, residential land, corner site, north-west 70x120 feet size 3.5 grounds 11 crores negotiable. Dream Homes: 9791195011.

■ ECR Kottivakkam Near Sai Baba temple independent new villa land area 1420 sft. buildup area 3000 sft. ground+2 floors. 4 bedroom, gated community covered carparking, east facing. Call: 9840032784.

LAND FOR SALE @
KAPALEESWAR NAGAR
NEELANKARAI
Area: 7740 sqft
30ft Road, East facing
Per ground :
3.95 cr. nego.
Bank Loan available
82480 54602

■ ECR Neelankarai CMDA approved 1.75 ground per ground 3.25 crores, 2 ground, 3 ground, CMDA per ground 3.30 crores. 4 ground CMDA per ground 2.80 crores. ECR Uthandi VGP 2 ground, 1 ground 2.6 crores per ground. VJ Real Estate: 7418555555.

■ ECR Thiruvanniyur South Mada Street 1020 sft. UDS 515, 2 bedroom, hall, kitchen, South facing, 1st floor, covered carparking, 15 years old, 1.20 crores negotiable. 9941814345.

■ ECR Neelankarai Sea side 40 feet Road, 3000 sft. Land with 3100 sft. built-up area 4 bedroom, Duplex Villa, North facing, 3 covered carpark, fully wood work, 8 years old Building, Price: 4.95 Crores Negotiable. Palavakkam sea side 40 feet Road Land 2820 sft. size 60x47, Price. 4.55 Crore Negotiable. Call: 9092598145.

■ INDRA NAGAR 3 bedroom hall kitchen flat, 2nd floor, lift, 1750 sft. UDS 850, carparking, new flat, near Indra Nagar water tank. Contact: 9962921543, 7904572986.

■ INJAMBARKAM near Royal Enclave 1/2 ground approved, rate 9000 per sft. negotiable. Panaiyur 1 ground approved. Contact: 9080461299, 9444040809.

■ KATCHUR ROAD Thiruvallur district land 10 acres 50 cent, well - 1 no, bore 6 nos, tree: Mango 850 nos, Jackfruit-100 nos, Sapota-50 nos, Guava-50 nos. Thiruvallur to Uthukottai Road Katchur Village, Landmark (near poondy dam) 8 crores negotiable. SMD Real Estate - 9342579890, 9840193129.

NEELANKARAI
Residential Land
Seaside Property
1.25 Grounds Land
3000 Sqft, Size 50x60
North Facing
30 Feet Road
Approved Land
Clear Documents
Total Price 3 Crore's
98402 44933

■ K O T T I V A K K A M Palavakkam, land for sale 3800, 4500, 4800 square feet. Arulbharathi - 9500114007.

■ KOTTIVAKKAM Kavery Nagar 6th Street, North East corner plot, land and building approved 30 feet and 20 feet Road price 14K sft. final. 9363031930.

■ KOTTIVAKKAM Seaside villa sale 1200 sft. UDS with 3200 built-up 4 bedroom hall kitchen, 3.84 crore with swimming pool, Palavakkam 3 bedroom hall kitchen villa 2400 sft. UDS-1050, 2 crore. 9025525599.

■ KOTTUR Ponnamman Koil Main Road, 1450 sft. land approved patta, 1.15 crores. City Star Realty: 9840050489.

■ KOTTURPURAM 3 bedroom, north facing, 1800 sft. UDS 858 sft. 2 covered carpark, lift, power backup, price 2.80 crores negotiable. 9566544547.

■ KOVILAMBAKKAM nearby 200 feet Road Kavery Hospital nearby Vel College 1500 sft. land CMDA approved 3000 sft. CMDA Rs.9800 per sft. negotiable. VJ Real estate - 7418555555.

■ N E E L A N K A R A I Kapaleeswarar Nagar approved land 2 grounds, 49x98 premium residential layout. Hanu Reddy Realty- 7338730845, 7824868459.

■ NUNGAMBAKKAM near G.G.Hospital 2 bedroom, hall, kitchen, 834 sft. 1.25 Crore. 1 bedroom, hall, kitchen 650 sft. 90 lakhs. 9600008771.

■ OMR Appaswamy flat 1780, 3 bedroom, 1.55 crore west. Akshya Tango 1600, 3 bedroom, east new 1.60 crores. Ramaniyam Isha 2500. 3 bedroom, 2.40. Isha 2900 3 bedroom, 2.60 crores. Isha 1518 3 bedroom 1.55. TVH Rozalia, 1630, 4th floor, 1.15 crores, Thuraipakkam 1210, 2 bedroom, common guest room, 85 lakhs. 9840884253.

NEW FLAT SALE
Adyar
flat area 627 sqft - UDS 250 sqft
First Floor, 2 BHK
North Facing, 2 Balcony
Covered Car parking
Rs. 65 Lakhs (Negotiable)
97899 74738

■ OMR Karapakkam nearby Main Road, 880 sft. independent house, price 1.10 crores negotiable. Balasubramani: 9840199744.

■ PALAVAKKAM 1800 and 2600 sft. approved plot for sale. Contact - 09444470791.

■ PALAVAKKAM New house 3000 sft. builtup 3 bedroom, 2 carparking, modular kitchen, lift, fully furnished, North and West corner land sea side approved building, power backup, all room AC, Fan, servant room. 9840630823.

■ PALAVAKKAM seaside, Chari Avenue, 40 feet road, 2700 sft. south facing, approved land 40 Feet Road. VGP Layout 40 feet road, 3600 sft. south facing. 9840630823.

■ PERUNGUDI 2 bedroom 878 sft. UDS 505 sft. North Facing, 1 of 4 floor lift carpark, genset, play area, gated, Rate 55 lakhs. Contact - 9003158479.

DUPLEX VILLA SALE
Bharathi Nagar
THIRUVANMIYUR
Nr. Tidel Park & Post Office
 ♦ 4 BED ROOM & Study room
 2326 sft, UDS 1254 sft
 ♦ 2 covered carpark ♦ Wood work
 ♦ Modular kitchen ♦ Independent lift
 ♦ Separate Terrace
 ♦ Including registration
 ♦ Rs. 2 Crore 75 Lakhs
Call - SRIDHAR
98840 19454

■ PERUNGUDI Thuraipakkam 900 sft. land with building adjacent to Pillaiyar Koil Street, close to BRS Mall, attractive investment, Rs.1.15 crores. Contact: 9840881414.

■ PERUNGUDI approved 3 bedroom, hall, kitchen flat 1450 sft. UDS 840 sft. lift, security, CCTV camera, covered carpark, 1 crore. Contact - 9080408098.

■ PERUNGUDI Rajiv Nagar 3 bedroom hall kitchen flat sale 1300 sft. UDS-600 sft. covered carpark, 30 Feet Road, 2nd floor, 11 years old, additional 450 sft. private terrace, approved, 96 lakhs negotiable. 9840506599.

■ SHOLINGANALLUR Near Babaji Vidhyashram International School, 828 sft. 2 bedroom, 1st floor flat, UDS-313, 1 covered carparking, luxury interior amenities, rate 71 lakhs, 3 years old. Poovaraghan- 9841324142.

■ SHOLINGANALLUR approved 1 bedroom, hall, kitchen flat 500 sft. UDS 250 sft. 22 lakhs. Contact: 9080408098.

■ SIRUSERI IT Park 4900 sft. approved land 61x76 potential for high appreciation. Hanu Reddy Realty- 9513446402, 7824868459.

■ THIRUVANMIYUR gated community apartments 3 bedroom 1329 sft. UDS 603 sft. 2 covered carpark, lift, power backup, swimming pool, play area, gym, party hall price 1.75 crores. Contact - 9952908678.

■ THIRUVANMIYUR (i) Valmiki Nagar near independent villa land 2400 sft. building 3600 sft. 4 bedroom, 15 years old, 2 carpark, price: 4.75 crore. (ii) flat 1650 sft. 3 bedroom, 2nd floor, west facing, price: 2.40 crore negotiable. Agent: 9941045231, 9566171775.

FLAT FOR RESALE
SHOLINGANALLUR
OMR NEAR TCS
on 60 feet Road
superb 2 BHK flat with CCP
931 sft, UDS 560, ground floor,
south facing, with all amenities
in gated community
Brokers excuse
Rs.49 Lakhs
96000 08771

■ THIRUVANMIYUR 1 bedroom 40 lakhs, 3 bedroom 1.5 crores. Taramani two bedroom 90 lakhs. Neelankarai five bedroom, five crores. 9092899233.

■ THIRUVANMIYUR 1st Seaward Road near land area 4600 sft. with 4 bedroom house 33 feet Road price 8.75 crores negotiable. 7358578478.

■ THIRUVANMIYUR 2 bedroom + study 1240 sft. flat, 3 bath UDS 578 sft. semi furnished East, lift, gym, backup genset, 24 hours, modular kitchen, Security, covered carpark, 13 years old, Rs.1.67 Crore. Asset Doctors - 8489677888, 8939767888.

■ THIRUVANMIYUR 3 bedroom hall kitchen 1700 sft. UDS-731 sft. north 1 covered carpark. Hanu Reddy Realty- 9940082582, 7824868459.

THIRUVANMIYUR
FOR SALE
3 BHK APARTMENT
Build up - 1934 sqft west facing,
Modular kitchen fully wood
work 3 rd floor UDS 892 sqft
1 balcony , 10 year old building,
Repute Builder
2 car parking, Lift, power backup
Price 2.90 crs. nego.
Brokers Excuse
Muthu : 99405 50038

■ THIRUVANMIYUR 4 bedroom, 1700 sft. UDS-850 2.55 crore. Vettuvankenni 4 bedroom villa 2800 sft. 3.05 crores. Besant Nagar 3 bedroom 1500 sft. complete wood work, 3.04 crores. Independent land 3 grounds seaview per ground 3.25 crores. 9087020603, 9092155442.

■ THIRUVANMIYUR 850 sft. 2 bedrooms, covered parking, fully furnished 90 lakhs negotiable. Call: 9677078555.

■ THIRUVANMIYUR Dr.Radhakrishnan Nagar posh (i) 1600 sft. 3 bedroom, 2nd floor, east facing, 2 carpark, price 2.88 crore. (ii) 2153 sft. 3 bedroom, east facing, 3rd floor, 2 carpark, semi furnished, 100 % power backup, price: 3.55 crore. Agent: 9566171775, 9941045231.

ADYAR
Prime location - flat sale
1530 sqft - 3 BHK - 3T -
east facing - 1CCP
Price 18000/ sqft
ADYAR
2780 sqft - 3BHK -
north facing - swimming pool,
gym, party hall, 2 CCP
Price - 5.80 nego.
97917 70606
NO BROKERS

■ THIRUVANMIYUR Kamaraj Nagar 2 bedroom flat, 950 sft. east facing, 1st floor, covered carpark, 2). Neelankarai sea side 900 sft. land, price 90 lakhs. Contact: 7418918977.

■ THIRUVANMIYUR Kamaraj Nagar East individual ground floor 1150, 2nd floor, 1450 UDS-1600, 3 bedroom, carpark, Valmiki Nagar near 600 sft. land individual. 9952921778.

■ THIRUVANMIYUR Near Bus Terminus 1069 sft. 2 bedroom, new residential flat UDS-500 sft. 2nd floor with lift, covered carparking, north facing. Call: 9500049167.

FLAT FOR SALE
ADYAR
KASTHURIBHAI NAGAR
7th Main Road
2 BHK, Ground floor Flat
880 Sqft, North Facing
with CCP Fully Renovated
Rental potential upto
Rs.35,000/Month
Ideal for Investment.
CONTACT
93635 15966

■ THIRUVANMIYUR near terminus spacious two bedroom, second floor flat, marbonite flooring, no lift, covered carparking, build up area 885 sft. UDS-434 sft. expecting price 78 lakhs. 9380922663, 9380576641.

■ THIRUVANMIYUR South Avenue, Kamaraj Nagar, brand new apartment, 1500 sft. 3 bedroom, 4th floor, covered carpark, lift. Contact: 9840496923.

■ THIRUVANMIYUR Thiruvalluvar Nagar 41st Cross Street, independent house, housing board Land 450 sft. 1 bedroom hall kitchen ground floor, 1 bedroom hall kitchen I floor, 1 bedroom hall kitchen II floor, for sale, 89 lakhs negotiable. 9566194932.

■ THIRUVANMIYUR Thiruvalluvar Nagar north facing as per vastu Land 2200 sft. builtup 2000 sft. ground and first floor excellent condition covered carparking, garden, servant room Rs.6.25 crores. Rakavi Real estate - 9841014775.

■ THIRUVANMIYUR 660 sft. independent house sale 80 lakhs. Contact: 9841088029.

■ UTHANDI beach side 4.5 ground approved very near to 100 meters from ECR South facing price 2 crores fixed. A R Realty: 9884053786, 8939953786.

ADYAR

UNDER CONSTRUCTION
New Flats,
1 BHK 599 sq.ft
2 BHK 881 & 1010 sq.ft
3 BHK 1286 sq.ft
Low prices 10,500 /sq.ft
available with lift, covered carpark
CCTV camera, Power backup
Smart control common utilities
97911 11334
99628 51617
90253 33222

■ VELACHERY 2 bedroom hall kitchen flat 1115 sft. UDS-821 sft. 1 open carparking. Hanu Reddy Realty- 9940077883, 7824868459.

■ VELACHERY 2800 sft. land CMDA Approved Vijaya Nagar nearby 3 crores per ground. Kelkattalai nearby Uzhavar Santhai 2300, CMDA approved 1.85 crores negotiable. VJ Real Estate: 7418555555.

■ VELACHERY Baby Nagar Park Avenue 1st Street, Anmol Abhinandan apartments, 3 bedroom, hall kitchen, 1500 sft. UDS-520 sft. east facing, 7 year, 3 floor, lift, covered parking, place- Chennai Silks backside, Rs.1.40 crores negotiable. Contact: 9444529193, 9444061045.

■ VELACHERY resale 22 years old east facing 3 bedroom, hall, kitchen flat 2165 sft. builtup area, 1265 sft. UDS 800 sft. private terrace, near Velachery Bus Stand, Asking price Rs.1.90 crore. Sri Mahalakshmi Properties - 9710033343.

■ VETTUVANKENI CMDA Approved 1200 sft. North and East corner price 10000 per sft. Kovalam 1200 sft. approved north price 50 lakhs. 9884777887.

All print advts.
 are posted free in our only
 website
www.adyartimes.in
 Our e-paper is
 also posted here.

Community >

Obul Reddy Home celebrates Elders Day with games and music



The Obul Reddy Senior Citizen Home, a unit of the Andhra Mahila Sabha in R.A. Puram, celebrated its annual Elders Day with great enthusiasm and joy on Oct.17

The highlight of the event was a lively session of games designed for the residents and staff members, including the housekeeping team.

Nearly 100 participants enjoyed fun challenges like the Memory Game, dropping coins in a bucket, Kolam competition, guessing chocolates and groundnuts in a bottle, Drawing from Scribble, musical chairs, and bindi sticking after blindfolding. Prizes were distributed to the winners, and all residents received their yearly utility gifts.

The celebration was made brighter by Aarohi, a group of professional musicians who entertained the gathering with classic old songs in Tamil, Telugu, and Hindi.

The event was graced by Dr. Padma Venkataraman, President of the Women's Indian Association (WIA), who attended as the chief guest, apart from N. Srikrishna - Life Trustee of Andhra Mahila Sabha.

Sports >

Adyar runner's 220 km battle against the mind

In the Sep.28 edition of Adyar Times, we had chronicled the milestone of a senior completing a 100-mile Hannur Bamboo Ultra Trail Run. Bulbuli Swain, a resident of Thiruvanniyur, also participated in the event and made the neighbourhood proud. She shares with us her experience of the run...

Last year, I ran my longest distance, tackling 100 km at the Border Ultra. This year, I craved something outrageous—a challenge that would truly test both my endurance and my mental strength.

Under the expert guidance of my coach, H a r i s h a n k a r Ramakrishnan, and with a solid foundation in running and strength training, I started serious preparation for the 220 km Hennur Bamboo Ultra. For three months, Hari designed a plan that pushed me far outside my comfort zone, featuring punishing long runs, back-to-back sessions, and essential night runs to mimic the race conditions. As a working mother, balancing a full-time job and family with this intense training was the hardest part; my days often began at 3.45 am. At the peak, I hit a monthly mileage of 400 km, becoming accustomed to running 60–70 km in one session.

The race kicked off at 3 pm on a sunny Friday. The course was a tough series of 10 km loops through a rocky bamboo forest. Since Hari had prepared me for the physical and environmental stressors, my body adapted well, and by the first morning, I had already covered 110 km. I

felt strong, taking short breaks for stretching and hydration.

But the real fight began later. The fatigue of running non-stop for over 24 hours started to show, and during the endless second night, sleep deprivation and mental fatigue hit hardest. Every loop felt longer than the last, and my mind started playing the devil, constantly telling me to give up. From that point on, it became a solitary battle: me against my mind and my fatigued body. By the final morning, I was a zombie, moving purely on sheer grit. Somehow, hitting the 200 km mark ignited a final surge of determination. I pushed through the last 20 km, finally completing 220 km in 43 hours. The feeling of perseverance was an achievement in itself.



I wanted to prove - to myself and to others - that limits exist only if we accept them. This journey is my message to all women: dream big, defy expectations, and believe that any-

thing is possible. I am deeply grateful to my family, Coach Hari, my all-time partner-in-crime Aditi, who supported me at the venue, and my amazing running family—the

Coastal Runners and Chennai Runners. Though far away, their constant calls, messages, and prayers cheered me on for the entire 43 hours, convincing me I was never alone. They truly believe in bringing out the best in every runner.

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for women.
Backed by science
& certification.

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18th Nov'25**

26 Vijay Mahal (Basement)
5th Main Road, Kasturba Nagar, Adyar

Lifestyle >

Yoga programme at Thiruvannamiyur beach



A Mass Yoga Programme was jointly organised by Vethathri Maharishi ECBWA SKY Yoga and AMET University on November 1, 2025, at the Yoga Ground near the Police Booth, Thiruvannamiyur Beach. From 5.30 a.m. to 8 a.m., around 100 participants practised Vethathri Maharishi's simplified exercises, including hand, leg and breathing exercises, Kapalabathi,

Makarasana, relaxation, Surya Namaskar and other asanas.

The session was led by Prof. Balakrishnan, Prof. Sugirthakumar, Prof. Bhuvaneswari, Prof. Nayanar, Prof. Murugesan and yoga teachers from MVKM Trust. It was organised by Vasudevan, Vasugi, Mani, Soundararajan, Radha and Shanthi from the ECBWA SKY Yoga group.

Dr. Thanikasalam, Dr. Bharathiraja, Dr. Suresh, and faculty and students from AMET University participated. The programme concluded with a vote of thanks, Ulaga Nala Valthu, and ginger tea for all participants.

Before 130 **After 104.4**

When diet is wrong,
Medicine is useless
When diet is right,
Medicine is unnecessary

Gomathy Gowthaman
Contact No
98848 52082

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Date:
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Time:
08:30 AM to 01:30 PM

Venue:
Kauvery Family Health Centre
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Registration Mandatory: ☎ 044 4000 6000

Entry Free

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