

T NAGAR TIMES

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வகுப்புகள் தொடங்கும் தேதி: மே, ஆகஸ்ட், நவம்பர் மற்றும் பிப்ரவரி

மாத முதல் வாரத்தில் வகுப்பு நேரம் : மாலை 5.30 முதல் இரவு 8.00 மணி வரை

வகுப்பு நாட்கள் : திங்கள் முதல் சனி வரை

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- Laser dentistry

Letter to the Editor

Dear Sir

The residents from various Streets, particularly from those abutting Usman Road in T Nagar, have informed us that the police officials are seeking information, such as the name of the owner of the flats, telephone number, where they reside, etc. of those flats which remain closed. When the Police department sought the details of the tenants staying in flats, the department itself came out with an announcement in the newspapers. The department then stated that this was being sought to ferret out the antecedent of the tenants and to ensure that anti-social elements do not set foot in the neighbourhood. Following this, the flat-owners complied with the request of the department.

But in respect of the survey of the flats which are closed in residential complexes now being carried out, there has been no announcement either by the State government or by the Police Department. The residents therefore wonder on whose behest is the department collecting the information and its purpose. At a time when the owners of the commercial complexes are on a buying-spree of the flats in the neighbourhood in order to expand their business/convert them as parking space and with an ultimate aim of driving the residents out of T Nagar, the timing of the survey really perturbs the long-time residents.

— T NAGAR RESIDENTS' WELFARE ASSOCIATION [REGD]

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www.facebook.com/T-Nagar-Residents-Welfare-Association-171491722912212.

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minimizes bleeding because the high-energy light beam aids in the clotting (coagulation) of exposed blood vessels, thus inhibiting blood loss.

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SOFT TISSUE (GUM) LASER DENTISTRY PROCEDURES

Crown Lengthening:



Crown lengthening for a tooth can be done when there is no adequate crown length to place a proper artificial crown. The height of the crown can be increased painlessly using dental lasers to provide a stronger foundation for the placement of restorations. This enables the dentist to provide an ideal and long lasting crown.

Treatment for Gummy Smile: (GUM CONTOURING (GINGIVOPLASTY))

A Pleasant smile depends on the extent of gum exposure. When a person smiles, the entire crowns of maxillary central incisors and 1 mm of pink gums should be visible. An



exposed gum tissue of 2-3 mm is cosmetically acceptable. It is referred to as a gummy smile when more than 3 mm of gingiva is visible.

Many people with gummy smiles are very self-conscious when smiling. Fortunately, these smiles can be corrected with simple periodontal procedures such as Gum contouring (Gingivoplasty).

Gum shaping can be done with Laser which does not require anesthesia, minimizes bleeding and the wounds heal faster.

GUM DEPIGMENTATION

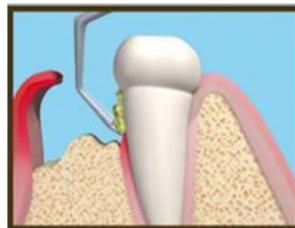
Gum depigmentation is a procedure used in cosmetic dentistry to remove black spots or



patches on the gums caused by excessive melanin.

The normal color of the gum tissue (gingiva) is pink, but excess deposits of melanin (melanin gingival hyperpigmentation) can create black spots or patches on the gums, creating an aesthetic or cosmetic problem.

LASER CURETTAGE



The most important use of laser in dentistry is Laser Curettage.

Periodontal or gum disease is an infection of the supporting tissues and bone that hold your teeth in place. The condition affects mainly adults in their 30s and 40s, and is usually caused by Poor oral hygiene, Smoking, and Chronic illnesses, such as diabetes.

Typical treatment for periodontal disease is scaling and root planing (SRP), which is a non-surgical method of cleaning the surfaces of the teeth and their root. This removes tartar, plaque and bacteria from the gum surrounding the root, and promotes the

healthy regeneration of the gum tissue.

Further, Periodontal Flap surgery is recommended in many cases where pocketing depths have reached a level that makes maintenance or cleansing difficult. The periodontist surgically cut open the gum tissue, and flap back the tissue to allow deep cleaning around the roots underneath. The gum tissue is then sutured back into place to heal.

In periodontal laser therapy, the dentist uses a dental laser to access and remove the inflamed diseased tissue around the tooth without cut opening the flap. It is really advantageous when the pockets depths are shallow and can be accessed with the laser tip and scalar to clean the area of tartar and inflamed tissue instead of an invasive surgical procedure.

DR. PRIYA PRABHAKAR, M.D.S is a Periodontist who treats any infection in the gums and the bone surrounding the teeth. She is also specialized in Laser and Implant Dentistry. For further details, contact **Dr. Priya Prabhakar, Tooth Helpline, The Complete Dental Clinic, 98, Habibullah Road, Opp to Karnataka Sangha School, T.Nagar, Chennai 17. Ph: 28342727 / 9840875275. www.toothhelpline.com**

Letter to the Editor

Water leakage from the walls of the subway

Since the recent flood there is water leakage from the walls of the subway connecting Mambalam High Road and Rangarajapuram area and day by day the quantity is increasing. This photo is of today morning. Will the authorities look into this and plug the leak before it becomes unserviceable to pedestrians who cross the railway line underneath?

T.K.Parthasarathy
9445003027

Malola Apartments,
Habibullah Road, T Nagar.



Talent Programmes of 2015



Talent Programme on Sunday 31st Jan 2016 at Dear kids play school, KODAMBAKKAM, Registration is free. Interested music learners can register their names through SMS at the earliest. MOB: 9840197914. www.raosmusic.in

VR TAMARAI ENTERPRISES brings you an exclusive retail outlet (SUPERMARKET) of PATANJALI AYURVED PRODUCTS in your neighbourhood.

Patanjali Ayurved, maker of ayurvedic consumer products, is the fastest growing consumer company in India. The company promoted by Baba Ramdev, the yoga guru.

Coming out of nowhere, Patanjali Ayurved is now India's fastest-growing consumer products brand. Established domestic and global competitors are unnerved by the rocketing sales of its wide range of staples, nutrition, cosmetics and personal care products.

Patanjali Ayurved Ltd. is a company formed by Baba Ramdev in 1997. He collaborated with Acharya Balkrishna, a scholar of Ayurveda, Sanskrit and Vedas in 1990s to manufacture ayurvedic medicines. Baba Ramdev focused on Yoga while Acharya Balkrishna assumed responsibility of spreading Ayurveda medicine.

Patanjali Food and Herbal Park was established in 2009 under the food park scheme of the Indian government. The company reportedly commissioned one of the largest food parks in the world at a total investment of Rs 500 crore. The food park is spread across 100 acres and provides employment to over 6,500 people. Patanjali products are sold through three types of medical centres. These include Patanjali Chikitsalaya which are clinics along with doctors, Patanjali Arogya Kendra which are health and wellness centres and Swadeshi Kendra, non-medicine outlets.



The group has 15,000 exclusive outlets across India. They plan to grow to 1,00,000 outlets in next few years. They also distribute through general retail stores. Patanjali's vast food range consists of interesting concoction such as an almond mix, a rose sherbet and a gooseberry juice. With a variety of

items such as an Aloe Vera gel and a jasmine soap, it could turn into an Indian version of Body Shop, the global natural beauty products maker. Patanjali sells cornflakes and muesli in a category led by Kellogg's, instant noodles as wholesome and reasonably priced, is publicizing its tagline "jhat pat pakao, befikr

khao" (Cook in a jiffy, eat without a worry) and plugging its product as lead and MSG free, an almond health drink in a segment dominated by Mondelez International's Bournvita and an anti-wrinkle cream that could compete with P&G's anti-ageing product, Olay. One of its top sellers is the toothpaste called Dant Kanti (tooth shine in Hindi) which is a potential rival to

Unilever's Pepsodent. All are welcome. VR TAMARAI ENTERPRISES PATANJALI RETAIL OUTLET DNS PLAZA, 1ST FLOOR SHOP NO 31 & 32, DOOR NO.4 & 5 NAGESHWARA ROAD,(OPP PANAGAL PARK - NEAR NALLI JEWELLERS)T. NAGAR, CHENNAI-600 017. Ph: 044-43180022 Mob: 9500171030 VR timing - 11am to 8pm Open on all days

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>>> ENGAGEMENTS <<<

IDP Education to organize Australian Education Fair in Chennai Students get to interact with various Australian institutions under one roof

IDP Education India, the leading student placement service provider will be organizing the Australian education fair in Chennai at Hotel ITC Grand Chola on Saturday, 6th February 2016 for students aspiring to pursue higher education in Australia. The fair spread across 14 cities will bring together prominent universities and educational institutes from Australia under one roof. The fair kick started on 25th January 2016 at Kolkata and will conclude in Coimbatore on 11th February 2016. Among the other cities, the fair will be organized in Ludhiana, Chandigarh, Gurgaon, Delhi, Mumbai, Ahmedabad, Pune, Bangalore, Hyderabad, Vijayawada and Kochi.

Mr. Piyush Kumar, Country Director, India-IDP Education said, "IDP seeks to provide a platform to aspiring students to come and have a face-to-face interaction with the university representatives and get answers to all their queries related to studying in Australia.

37 Australian institutions are participating in the fair. It is a FREE platform for all students to gauge their prospects, apply directly to the institution of their choice and get first hand information on courses, scholarships etc."

"Australian education has always attracted Indian students and the availability of post study work opportunities make it even more attractive. Also 20 out of 39 Australian universities feature in world's Top 400 Times Higher Education Rankings." added Mr. Kumar

In addition to meeting the institutions, the qualified students can also get application fee waivers & scholarships. Students are advised to bring along their educational certificates in original along with photocopies. One can also visit the IDP office to pre-register for priority processing and detailed counseling with trained & experienced Australia counselors.

Puttaparthi Yatra

With the Grace and Blessings of Bhagawan Sri Sathya Sai Baba varu, Kancheepuram North district of Sri Satya Sai Seva Organisations is proposing to conduct a spiritual Yatra to "PRASHANTHI NILAYAM", the Abode of Peace. A chartered train will leave from Tambaram Railway Station on 26th of Feb, 2016 (morning) and return will be on 28th Feb, 2016 (evening) to Chennai. Cordially invites you all to continue with this Journey of Sai... Those who wish to participate in the Yatra, may please contact Shri. K.P. Sai Sredhar, Convenor, Kilkattalai Bhajana Mandali and register your name with contact within 2 days via email - kpsai2311@gmail.com, so as to enable to reserve the seats in advance.

For more details, contact: 8056039285

Interaction session on Cancer awareness and its life

RMD Pain and Palliative Care Trust, T. Nagar has organized an interaction session on Cancer awareness and its life style on January 26th 10.30 a.m. The team of doctors led by Dr. Republica Sridhar, Cancer and Palliative Care Physician will interact with participants on cancer disease symptoms, prevention, treatments and survival. The session is open for all those interested in creating awareness about cancer and managing the victims. Doctors will also clarify any doubts raised by the participants. To participate please contact: 93810 16588 and 82209 67556.

Free homoeopathic medical camp

Clinical Research Unit for Homoeopathy, a subordinate office of C.C.R.H. is functioning in Chennai since 1987. This Hospital is conducting Free Homoeopathic Medical camps for Flood Related Health Hazards, in association with 1) Dr. Koppikar's Foundation for Homoeopathy, First Main Road, Lake Area, Nungambakkam, Chennai-34, 2) Tamil Nadu Indian Homoeopathic Medical League, Mount Poonamalle Trunk Road, Iyyapanthangal Bus Stop Complex, Chennai- 56, 3) Venkateswara Homoeopathic Medical College & Hospital, Samayapuram Main Road, Karambakkam, Porur, Chennai-116, 4) Sri Sairam Homoeopathic Medical College & Hospital, Sai Leo Nagar, Tambaram West, Chennai- 44, 5) Indian Homoeopathic Medical Association- Chennai branch, in the following areas on the below mentioned dates from 10am-4pm.

TIMINGS

**CSI church, Mudichur main road,
Mudichur, Tambaram West,
Chennai-600048**

24-1-2016, Sunday (10am-4pm)

31-1-2016, Sunday (10am-4pm)

7-2-2016, Sunday (10am-4pm)

14-2-2016, Sunday (10am-4pm)

**Community Center, near Mathamma Kovil,
Jyothiammal Nagar, Alandhur Road,
Saidapet, (Guindy) Chennai-600015**

30-1-2016, Saturday (10am-4pm)

6-2-2016, Saturday (10am-4pm)

13-2-2016, Saturday (10am-4pm)

20-2-2016, Saturday (10am-4pm)

Free consultations, free laboratory investigations, free homoeopathic medicines will be provided to the patients. Hence the patients who are in need may avail the free treatment facilities.

For more details please Contact: OFFICER INCHARGE, Clinical Research Unit for Homoeopathy Chennai-600041. Phone: 9444346846

Free workshop

- cadd centre

Free workshop on civil and mechanical software. For more details, please contact .Veera karthick - 9884092998 aishwarya - 9884092808

'Pragyan Square One' Event on the 30th and 31st of January 2016,

"The race to create technology paves the path to progress, gifting us a better technological tomorrow. Pragyan, the ISO certified techno-management organisation of the National Institute of Technology, Tiruchirappalli, takes you one step closer to that passage, providing both inspiration to innovate and the opportunity to succeed. Pragyan Square One at IIT Madras on 30th January 2016 strings together an ultimate array of events. The outreach event will witness a Grab to Smash contest where robotics aspirant can unleash automation skills. The coding genius can test their programming skills at Hunt the Code and the Ultimate Manager helps hone managerial and organizing skills to battle even the most adverse situations. The spirited dreamer of the skies and aerial enthusiast would not miss the chance to be part of the Quadcopter workshop that imparts scientific and technical knowledge to build a beautiful hybrid among flying machines. The events are designed to reach to feed the technological passions of the students out there. Square One- Chennai is the perfect opportunity for the technocrat in you. For registration visit www.pragyan.org/16/home/outreach/chennai/ or follow us at [fb.me/pragyan.nitt](https://www.facebook.com/pragyan.nitt) For further details contact +91 8015310653 or +918903460727

Discourse on Thiru Arutpa

Under the auspices of Vallalar Sanmarga Sangam (V.O.C Street, MGR Nagar, Ph: 94453 43706), Justice N. Vaidyanathan will give a discourse on 'Thiru Arutpa - Thathuva Nikkiragane' at 6 p.m on Jan. 26, Tuesday in Sakthi Vinayagar Temple (P.T. Rajan Salai, K.K. Nagar).

'Hayagreevar homam'

Daasya an NGO, in Ashok Nagar organizing 'Hayagreevar homam' at 9 a.m on Saturday, Jan. 30, 2016 in Panigraha Kalyana Mandapam, Arya Gowda Road, West Mambalam exclusively for girl students appearing for board examinations. Those interested in participating in the program may register their names with P. Raman Founder at mobile no. 99406 38972.

Shanmugarchanai at Siva Vishnu Temple

On account of Thai Poosam, Shanmugarchanai will be performed for Lord Muruga from 7 a.m. to 12 noon on Sunday, Jan. 24 in Siva Vishnu Temple, Usman Road, T. Nagar.

Free eye camp

Lions Club of Wisdom, West Mambalam in association with Sri Sabari Trust conducts a free eye check-up program on 26th JAN from 9 a.m to 1 p.m in Pandiyan Thirumana Mandapam, 10, Station Road, West Mambalam. Doctors from Udhi Hospital, Alwarpet will examine the eye patients. Persons having eye problems will be treated free in Udhi Eye Hospital the same day. For more details contact M. Murugaan at 9841116123.

Thaipooam celebrations

There will be special abhishekam for Lord Muruga and bhajans from 9 a.m to 12 p.m today at Om Murugashramam, 12, Srinivasa Street, West Mambalam as part of Thaipooam celebrations. There will be 'Valli Devasena Kalyanam' by Mumbai Ramakrishna and party from 4 p.m in the same venue.

FREE YOGA CLASSES

Satyananda Yoga Centre -Mambalam / FREE YOGA CLASSES BY SANNYASI KRISHNA YOGAM FREE Yoga Classes for gents and ladies is conducted by Sannyasi Krishnayogam, (Founder of Satyananda Yoga Centre, Mambalam) will start at 5.30 AM on SUNDAY January 24, 2016, at Bala Vidya Higher Secondary School, 30, Vasudevapuram (Between Chakrapani Street and Janakiraman Street, near Duraisami subway, West Mambalam, Chennai-600033). The regular classes are from 5.30AM to 7.00 AM for three weeks. The classes are absolutely FREE and aimed at physical, mental and spiritual health. The classes are conducted in a spiritual atmosphere in strict adherence to Bihar School of Yoga (Deemed University) curriculum - asana, Pranayama, Pratyahara (sense withdrawal techniques), Dharana (concentration), meditation, mantra, value education, food habits, shat Kriyas (internal pathways cleaning for managing diseases) etc. are covered. Education on anatomy-physiology is also covered for better understanding of the yogic practices. Corporate classes for Stress Management are also being conducted by the Center. To attend the classes and get benefited please contact 94442 40383/ 94450 51015 or mail to syc@satyamyogatrust.net and register the names.

Discourses by Shri. R.Aravindan of Vedanta Institute (Madras)

Bhagavad Gita - Dhyana slokas @ Andhra Mahila Sabha, Next to Nageswara Rao Park, Luz, Mylapore, 7.30 to 8.45 am, on Sunday 24/01/2016 Vedanta Treatise @ Naradagana Sabha "L" Hall", Mylapore, 6.45 - 8.00 pm on Friday, 29/01/2016 Governing Business & Relationship @ Hotel Pratap Plaza, 168, Kodambakkam High Road, Mahalingapuram, 10.00 to 11.15 am on Saturday, 30/01/2016 All are Welcome For further details contact 9840493904

ON EVERY YEAR'S REPUBLIC DAY SRI THYAGA BRAHMA GANA SABHA CELEBRATES ITS MEMBERS DAY

By S. Shiuprasadh

For over three decades Sri Thyaga Brahma Gana Sabha is the one and only Sabha in T. Nagar which continuously celebrates Members Day exclusively for its Members and their children from 4 PM till 10 PM on every year's Republic Day at Vani Mahal.

On that Memorable day by 4 PM Lucky Dip Counters are opened. Sports, Games, Races are conducted separately for boys and girls in different age groups, adult males & females and exclusively



for Senior Citizens and winners are announced immediately after every event. Fancy dress competition is conducted in different age groups and winners are judged by Veteran

Dramatists and Dancers. Indoor games like Housie Housie are conducted. By 8 PM Lucky Dip draws and final prize distribution

takes place. By 9 PM a sumptuous lip-smacking buffet dinner is ready for the members and their children and

they leave happily & contentedly with prizes won under one category or the other. **s.shiuprasadh@gmail.com**

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A Public Program On Aparā Karma Or Antyeshti Was Held Under The Loka Kshema Seva Samiti

A public program on Aparā Karma or Antyeshti was held under the Loka Kshema Seva Samiti, a public trust, on on 17th January 2016 at a Kalyana Mandapam, in West Mambalam Chennai, on the subject of the meaning, method and significance of rituals to be performed when a person dies.



Sri Sarma Sastrigal, a priest and an author addressed the gathering. Exciting questions on the subject were also raised by the well attended audience which were answered by speaker. The programme began

with 'Totakashtakam' and went on to discuss the subject of 'after-life'. What happens after the soul leaves the human body, where it goes, why the close relations of the dead person perform specific rites for 13 days, what our

revered Gurus like the Rishis, Sutrakars and other Mahaans have left behind for us to study and understand on this subject.

Looking at the huge interest shown by the public this sensitive but beautiful subject, it has been decided to bring out a book on this subject wherein all the aspects can be put together topic-wise summaries of discussions that took place and be made available to all as a neatly edited bilingual book.

For details Sarma Sastrigal can be contacted at 9444380973

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எண். 32, ஆதிசேவ பெருமாள் கோவில் தெரு, ஆதிசேவ பெருமாள் கோவில் அருகில், (கோவிந்தன் ரோடு), மேற்கு மாம்பலம், சென்னை-600 033.
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