

# CHENNAI PLUS



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## DP World works towards enhancing road safety at Port

Chennai, 10th May 2019: Global trade enabler DP World operated Chennai Container Terminal (CCT), in an endeavor to increase road safety around the Chennai Port, has recently conducted two significant programmes. The terminal launched two initiatives under the 'Drive Safe' campaign. The first programme conducted at Mathur/Kosapur Toll Plaza and at Pandinallur Toll Plaza, aimed at raising awareness among bikers on the importance of wearing helmets. The second initiative is focused on enhancing road safety by installation of CCTV cameras along the highway and fishing harbour road leading to

Chennai Port Trust. These programmes are being executed in collaboration with Chennai City Traffic Police, Road Transport Authority (RTO) and local NGOs -Thozhan and DESH (Deepam Educational Society).The terminal management intends to conduct series of follow up initiatives in the future. These will be strategically held at CCTV monitored locations where there are more traffic violations. The goal of these programmes will be to reduce the road accidents by monitoring and addressing road safety through various awareness programmes. Capt. R Venkatesh, Chief Executive Officer, DP World Chennai,

said "At DP World, we have always followed the principle of 'safety is sacrosanct'; this has enabled us to build a safer organization. We aim to create a safe environment inside and around the port and are constantly looking for ways to ensure the safety of our people. We believe our road safety programmes will contribute to raise awareness around the road safety issue, thereby decreasing potential threats and reducing road fatalities. We would like to thank the community partners and authorities for their invaluable efforts and look forward to working together to continuously improve safety standards at the port."

## Thamizhan F.C. launches its Logo in Chennai



Chennai, 7th May 2019: Thamizhan F.C. in a glittering function in Hotel Savera, unveiled its ambitious programme to scout young football talent from across South India and also formally launched their logo. Sharing the details, Mr. Imran Khan, Founder of the Club said that they are now looking for young boys in the 10 – 18 age group, passionate about developing into full-fledged professional footballers for the Club as well as women players in the 16 to 23 age group for the Senior Women's team. The selected players will be availing a residential academy in Neyveli and Chennai where they can pursue their studies as well as realise their professional footballing ambitions, with the best talent from the Club getting

a chance to play for state, country and international clubs. The Scouting for players is scheduled to begin on 10th May 2019 and conclude on 6th June 2019. Chennai, Coimbatore, Trichy, Tirunelveli, Madurai and Neyveli will be hosting the initial screening with the final selection scheduled at Neyveli for the 1st and 2nd June, followed by Fitness and Medical Tests on 3rd, 4th and 6th June with the Contract Signing with the Players on 8th and 9th June. Mr Imran Khan also mentioned "The Indian football is on the rise, however, grass root level training and facilities remain inadequate. Thamizhan F.C. seeks to bridge this gap and nurture and motivate young talents who aspire to make a career in football. Executive Committee members of

Thamizhan F.C. including the Chairman Nawabzada Md Asif Ali, CEO Shajita Rahman, President C K Kumaravel, Secretary Mayilvaganan Thanikavelu and Hemachandran Founder & CEO Brand Avatar were present during the programme. The Indian Professional Football players Dharmaraj Ramanan, Pradeep Mohanraj and Nandha Kumar graced the occasion. Actor Kasthuri and Shariq Hassan, guests of honour from the film industry, also lauded this excellent initiative which will help instilling professional football in South India and in Tamil Nadu in particular. Students and Parents interested in registering or keen to avail any of the training programmes of Thamizhan F.C. can visit [www.tamizhanfc.com](http://www.tamizhanfc.com) or contact 9176883860.

## StudyAdelaide launches student support package worth AUD \$40,000 for Indian students.



### Offers experiential tour of Adelaide worth AUD \$4,000 (2lacs) to 10 winners across India.

Chennai: StudyAdelaide, an agency of the Government of South Australia to promote Adelaide as an international study destination has launched an Ambassador competition for 10 Indian students. Students will win the opportunity to become student ambassadors and an exciting student package each worth AUD \$4,000 (approximately 2 lacs). The competition offers the winning candidates an all flights paid, 2-week support package worth AUD \$4,000 (Two Lakhs) that includes airfares, two-weeks accommodation, a living allowance and free access to key Adelaide festivals and events, enabling students to soak up the full educational and lifestyle experience of the city. The ambassadors will be encouraged to engage with friends, family and the community to showcase Adelaide's advantages and what makes it one of the best Australian cities for international students, by sharing their story through posts, videos and blogs. Speaking about the StudyAdelaide Ambassador program for India, Karyn Kent, CEO, said, "Ambassador for Adelaide was specially designed to recognise the high quality of Indian students who choose to come to Adelaide for their education, and to showcase to the rest of India the benefits of studying in Adelaide. We are

excited to welcome our 10 Ambassadors for 2019 and introduce them to our vibrant city life, safe and supportive community, and world-class educational institutions." The competition is open to students based in India who are looking to commence their studies at education institutions in the South Australian capital city of Adelaide in July 2019. The application process requires entrants to answer some basic questions, including what motivates them to study in Adelaide and the winners will be selected by a panel of judges with criteria including creativity, enthusiasm and passion to study in Adelaide.

Current statistics show that Australia is high on the priority list of Indian students and that Indian students form the second highest foreign student group in Australia. StudyAdelaide sees greater potential for students from India to study in Adelaide owing to its pleasant climate, its international appeal, its diverse cultural environment and some of the finest educational institutions in the Australian continent. According to research conducted by the International Alumni Job Network in 2018 showed that 80 per cent of international students who studied in Adelaide said that they were satisfied with the return on their investment and

that they had a positive international experience. According to the study, 35 per cent of international students studying in Adelaide started their career before they finished their studies, and a further 40 per cent started work within three months of graduating. The study also showed that international students/graduates who studied in Adelaide earned more money at their first job compared to graduates of most other Australian states. Applications for Ambassador for Adelaide program closes on 30th May 2019. Interested students can apply at <https://study.adelaide.com/india-ambassador>

#### About StudyAdelaide:

StudyAdelaide was established in 1998 and promotes Adelaide as a center of education excellence; highlighting the many advantages that international students who choose to live, work and study in South Australia have. Once students arrive here, StudyAdelaide goes beyond the welcome and offers a year-long calendar of events and activities that give students the opportunity to meet, make new friends and immerse themselves in different aspects of Australian culture.

## Fitness Tips - Jogging or Treadmill - which is healthy



It is a debate which has been going on for a while now. There are a few who will suggest to run on a treadmill as it is convenient. However, there are others also who strongly support outdoor jogging, because it increases the stamina and of course, provides some much-needed fresh air. There are pros and cons of both treadmill and jogging. Nevertheless, it cannot be denied that jogging outside has more pros than cons. Let us compare which one is better: Jogging or Treadmill. Interesting everyday: Nothing can beat the feeling of running outside on a gorgeous day with fresh air. Jogging outside can never be boring, unlike treadmill running. There are endless routines which can be taken and discover new places every day. Regular routine can dull the day. However, with jogging, taking different routines will keep

the jogging experience interesting. Weather: A bad weather can make the jogging difficult or impossible. Heavy rains, inclement cold, or too much heat can be a bit demotivating for jogging. However, treadmill would be a good choice in such scenarios, as you won't be impacted by any extreme weather conditions. Different Surfaces: There are different surfaces in jogging, which are not available in treadmill, as there is only one plain surface to walk or run on. While jogging outside, there are different levels for jogging and different textures to jog on. For example, running on the beach or sand helps in burning more calories as pushing forward on sand is harder than on a treadmill. Jogging on the road can be challenging, but improves balance and coordination. Henceforth, it strengthens the muscles and joints. On a treadmill, a person runs on the same flat platform for a long stretch which can be really boring and monotonous. Jogging outside is unpredictable and fun. Mental Health: On a morning jog, people can escape from their monotonous life and away from the gadgets. Breathing fresh air and feeling the breeze can help in improving not just physical health but mental health as well. There is a greater energy when people hit the run than on the treadmill. Treadmill limits the experience of running or jogging. And, even in the gym people sometimes actively use their smartphone, which does not bring any mental peace. Cost Effective: One of the major advantages of jogging is that it is cost effective. There is no need to spend big bucks on jogging. However, running on a treadmill is costlier; one needs to either buy a treadmill or a gym membership. Availability: It is quite common to make excuses for not going to the gym or hitting the treadmill. Jogging takes less time from the day and it is very convenient to fit into a daily life. Jogging can basically be done anytime anywhere. Body Function: Jogging requires full body movement and mental awareness. A daily jog from point A to B is satisfying. Jogging outside with different elements, like wind resistance or terrains, increases the effort, and helps to burn more calories. However, on treadmill, people sometimes run blindly without being aware and majorly stressing their legs. After considering the pros and cons of both methods, it is quite clear that jogging is the way to go. Jogging helps bones get stronger, increases stamina, and prevents many diseases like arthritis. It helps to move the joints on a regular basis, maintains blood pressure, and expands the lungs, which ends up increasing lung capacity and doesn't Harm Meniscus As In few cases found it affects widely. For more details contact Dr.P.Nagaraj.PT.Ph.D, Director & Chief Consultant Neuro Science Rehabilitation, Sports Medicine & Lifestyle Consultant, PMN PRANIKHA SPECIAALITY, SPORTS MEDICINE PAIN RELIEF CENTRE, Chennai India and visit [www.drpnagaraj.com](http://www.drpnagaraj.com)

## LADIES JUNCTION

### Interested in Promoting Peace and Unity



Meet Agnes Lokre from Chennai. She is interested in promoting peace and unity in India and across the globe through her kind humanitarian services with Human Rights Protection Mission. Agnes did her schooling at St. Francis Xavier School, Bangalore. After her studies she had worked in St. John Medical College, Bangalore in the Department of Surgery and Medicine. During her stay in U.A.E she had worked in U.A.E. for the Etisalat Yellow pages. Agnes had received good appreciation and also won awards for her job well done in the field of sales, advertising and marketing. Today 77 years old Agnes is still on the move to make India peaceful. She works with ICICI Prudential Life Insurance and Max Bupa Health Insurance as advisor. She knows and speaks several important languages and also sings in Church choir. Besides Agnes is a good guitar player. Agnes gives valuable information and talks about the benefits of having an insurance policy to all her friends. Agnes Lokre is a patriotic and kind hearted service minded person who like to bring up the lives of the poor and downtrodden. She visits senior citizens homes and has an aim of building up the society with love, peace and joy. Agnes Lokre, Director Events, United Anglo-Indian Congress and Human Rights Protection Mission, Family Councilor, Tamil Nadu State can be contacted on 9892175380

## New Divisional Railway Manager of Chennai Division

Shri.P.Mahesh, IRSME has taken over charge as the new Divisional Railway Manager of Chennai Division of Southern Railway. An officer belonging to Indian Railway Service of Mechanical Engineers (IRSME), Shri P.Mahesh has vast experience in different facets of Railway working. He had served Southern Railway, North Frontier Railway and Integral Coach Factory in various capacities earlier. Shri P.Mahesh has the unique distinction of having held the post of Chief Workshop Manager in three prestigious workshops of Indian Railways, namely, Golden Rock Workshop, Carriage & Wagon Workshops at Perambur and New Bongaigon (Assam). Besides, he had also worked as Consultant with RITES while on deputation in Sri Lanka. Shri P.Mahesh, IRSME succeeds Shri Naveen Gulati as the Divisional Railway Manager of Chennai Division of Southern Railway.

## International Day of Peace

The International Day of Peace, sometimes unofficially known as World Peace Day, is a United Nations-sanctioned holiday observed annually on 21 September. It is dedicated to world peace, and specifically the absence of war and violence, such as might be occasioned by a temporary ceasefire in a combat zone for humanitarian aid access. The day was first celebrated in 1981, and is kept by many nations, political groups, military groups, and people. In 2013 the day was dedicated by the Secretary-General of the United Nations to peace education, the key preventive means to reduce war sustainably. To inaugurate the day, the United Nations Peace Bell is rung at UN Headquarters (in New York City). The bell is cast from coins donated by children from all continents except Africa, and was a gift from the United Nations Association of Japan, as "a reminder of the human cost of war"; the inscription on its side reads, "Long live absolute world peace" In 2001 the opening day of the General Assembly was scheduled for 11 September, and Secretary General Kofi Annan drafted a message recognising the observance of International Peace Day on 21 September. That year the day was changed from the third Tuesday



to specifically the twenty-first day of September, to take effect in 2002. A new resolution was passed by the General Assembly sponsored by the United Kingdom (giving credit to Peace One Day) and Costa Rica (the original sponsors of the day), to give the International Day of Peace a fixed calendar date, 21 September, and declare it also as a day of global ceasefire and non-violence World peace, or peace on Earth, is the concept of an ideal state of happiness, freedom and peace within and among all people and nations on earth. This idea of world non-violence is one motivation for people and nations to willingly cooperate, either voluntarily or by virtue of a system of governance that objects it will be solved by love and peace. Different cultures, religions, philosophies and organisations have varying concepts on how such a state would come about. Various religious and secular organisations have the stated aim of achieving world peace through addressing human rights, technology, education, engineering, medicine or diplomacy used as an end to all forms of fighting.

## Eating fruit can help you stay energised and hydrated



More than drinking lot of water, fresh juices and smoothies, eating fruit can also help your body stay energised and hydrated. A fresh fruit juice will also help to satisfy thirst and avoid dehydration in summer months. But avoid consuming preserved fruit juices which contains preservatives, added sugar and negligible fiber in it. Summer is a great season to enjoy these delicious seasonal fruits not only to satisfy your sweet taste buds but also to gain maximum nutritional benefits from them. Watermelon will keep you cool, hydrated, satiated and healthy. Melons contain lycopene that protects your skin against sun damage,

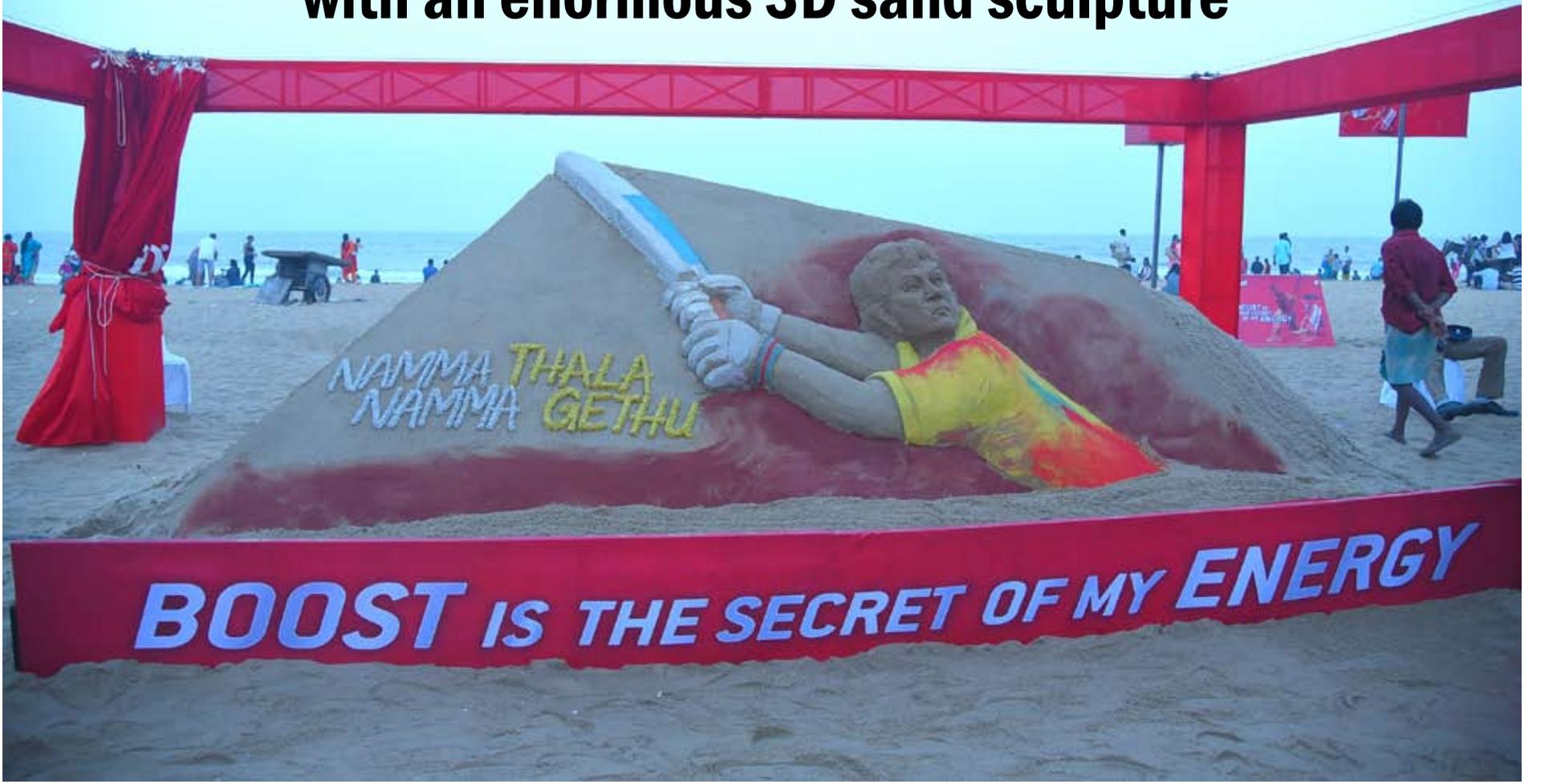
and they're a good source of vitamin A and C. Pineapples provide a good mix of vitamins, antioxidants and enzymes like bromelain that can protect your body against inflammation. Papaya contains a healthy dose of vitamin C to help you fight against colds. Vitamins C and E and beta-carotene also help to reduce inflammation within the body. Peaches and plums contain good amount of vitamin C, beta carotene, antioxidant phytochemicals and anthocyanins all of which help to eliminate the free radicals from the body. As one of the world's oldest and most abundant healthiest fruits, grapes have been proven to ward off heart disease and high cholesterol, thanks to high levels of the antioxidants quercetin and resveratrol. Each little bulb is also a great source of potassium and iron, which prevent muscle cramps and anemia. Stick with the purple or red kind, as they contain the highest concentration of healthy compounds. Pomegranate juice has two to three times the antioxidant capacity of red wine or green tea, and is also a great source of potassium, which sustains energy and controls high blood pressure. Research shows that drinking ¼ cup of pomegranate juice daily could improve cardiovascular health, lower cholesterol, and help with erectile dysfunction.

## To provide specialised speech and hearing therapies

To provide specialised speech and hearing therapies, Apollo Clinic has tied-up with HearFon that will give access to a range of treatment and hearing aids by qualified audiologists. The partnership which was signed will be implemented in Chennai, Bengaluru and Hyderabad among other cities. "According to WHO study published in 2016, five million children in India suffer from speech and hearing impairment warranting the need for such specialised speech and hearing therapies," said a press release. Apollo Clinics and HearFon will also offer AMC packages for continued preventive maintenance and extended warranty schemes on the hearing aid. Apollo Clinic chief operating officer Anand

Wasker, said, "Our aim is to make quality healthcare and treatment available within arm's reach. The partnership reinforces this commitment as it has the right set of qualitative and sophisticated hearing aid, testing equipment and therapies." HearFon Hearing and Speech Clinics CEO and founder and audiologist, Krishnakumar, said, "With this support, the team will certainly excel in the hearing healthcare segment, further accelerating our shared growth. We are confident of this partnership and look forward to meeting milestones together by providing world class professional services and creating the best platform for audiologists across India to help us serve our clients better each day."

## Boost honours MS Dhoni's contribution to cricket with an enormous 3D sand sculpture



Chennai, 10 May 2019: Boost, one of GSK's leading brands in the Health Food Drinks category, honoured its brand ambassador MS Dhoni by creating a massive & unique sand sculpture. This was a tribute to Dhoni's contribution to cricket and his long-standing relationship with the brand. The sand sculpture was designed and inaugurated by renowned sand artist Manas Sahoo at Elliot's beach, Chennai. MS Dhoni, who is also known as 'Thala', has always encouraged young players to play a bigger game, be it with his leadership style or

his inspiring attitude on the cricket ground. The sand sculpture is a befitting tribute to such an inspiring sportsman. Crowds gathered around the venue in big numbers to join Boost in this tribute to their hero. As part of the activation, kids also got an opportunity to try their hand at MS Dhoni's signature helicopter shot while playing cricket in the specially setup practice nets at the venue. Dhoni has upheld the legacy of inspiring young sports enthusiasts and this activation is a perfect example of bringing alive Boost's promise of inspiring

and winning big. Commenting on the event, Vikram Bahl, Area Marketing Lead, Nutrition & Digestive Health, GSKCH Indian subcontinent, said, "Boost has always been synonymous with stamina, energy and winning spirit. With this tribute, we wanted to celebrate and honour MS Dhoni's winning spirit and the energy that he brings to the game. We are proud that a champion like him is part of our Boost fraternity who perfectly embodies our brand's persona and is an inspiration to millions."

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தேங்காய் எண்ணெய்

தயாரிப்பாளர்கள்

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