

CHENNAI DIGEST

Celebration at RMD College



RMD Engineering College celebrated its 15th College and Sports Day on its premises. RS Munirathnam, founder chairman, RMD group of institutions, presided over the function. He lauded the efforts of the faculty and staff of the college in preparing the students to excel in academics as well as extracurricular activities thereby achieving overall development. DRK Searam, principal presented the annual report detailing the meritorious performance of the students in both academics and sports. He highlighted the performance of the students in the on-campus recruitment drive.

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Fresh Buttermilk at Chennai Silks



The Chennai Silks has made it an annual ritual to help the common man and its customers during the hot summer. Almost 100 litres of buttermilk is distributed free at the Chennai Silks stores in T Nagar and Velachery from 10 am to 2 pm every day. This is done by the staff of the Chennai Silks. This service has been in vogue for the last seven years. According to Ravindran, general manager, The Chennai Silks there's no drink more refreshing and energizing during the summer than the simple buttermilk. At least 2,000 people every day get relief from the scorching heat by gulping down a glass of buttermilk, he said.

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11TH GRADUATION DAY

S Ganesh, registrar Anna University, handing over certificate to a student during 11th Graduation Day of Mohamed Sathak AJ College of Engineering at Sriperumbudur. Also seen are Mohamed Sathak Trust secretary Siva S Sharmila and its chairman Al Haj M Yusufi Saifi, among others.

Hong Kong Unveils Fun Packages

Hong Kong is a popular holiday destination among Indian families who look out for quick getaways. This summer, varieties of attractions, hotels and shopping malls are working with key Indian travel agents to offer special value adds for the family travellers with kids. One can get privilege offers for kids from hotels, theme parks, attractions and shopping malls during their stay. Several family fun attractions such as Ocean Park, Noah's Ark, The Peak, and 3D Museum are popular hangout zones for family fun and have attractive offers for kids to have a nice vacation.

BIZ AS USUAL...



These incidents will inspire civil service aspirants and uphold the glory and traditions of civil service

— Sanjay Ganesh Karuppan, author of the book

Centre Guides Patients for a Healthy Heart



Express News Service

What's the first step to get stronger after a heart attack? At nearly 80, Vijay had no clue. He underwent a cardiac surgery but was still weak post-recovery. It was at this point that a wellness centre came into the picture.

Cardiac Wellness Institute helped Vijay overcome the post-recovery phase by organizing a workshop on how to care for one's heart after experiencing cardiac problems.

Dr Priya Chockalingam, clinical director of the institute in Chennai, says the concept is backed by studies and it helps many cardiac patients. Change in lifestyle, regular exercises under the supervision of an expert along with prescribed medication will help patients lead a normal life post the diagnosis of cardiac problems. Counselling will also help in separating the fact from myths about do's and don'ts.

He purchased a beautiful flower garland and a bottle of mineral water. "I then sounded the puja siren to grab the attention of people. Without wasting time negotiating, I removed the garland of shivapuri, poured mineral water on the head of the statue and placed the flower garland on my neck. The violent mob started clapping," he says.

"These incidents will inspire civil service aspirants and uphold the glory and traditions of the Indian civil service," says Sanjay Ganesh.

"Earlier, there was a difference in the exam pattern, creating a kind of superiority or inferiority among civil aspirants. Now, the pattern of exams is the same and hence the feeling has faded," he adds.

where a statue of a national leader in Thoothukudi was being garlanded by chappals. Nearly 2,000 people blocked the national highway and prevented police officials from removing the slippers," narrates the IPS officer, who was deputed as election officer.

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We offer heart patients advice on diet and involve them in exercise while they continue their medication

— Priya Chockalingam

A Bureaucratic Lesson on Mobs, Politics & More

- **At The Service of a Billion Plus, compiled and edited by a revenue officer, contains 20 narratives from seasoned civil servants**
- **The book aims to ward off misconceptions among aspirants that certain kinds of services are higher than the others**

C Shiva Kumar

was made captive and forced to sit in office for a whole night in 2008 when factory workers locked the office premises," reveals former India defence accounts officer Usha Grove Antony, sharing her experience in the book *At the Service of a Billion Plus*.

Vijay, who retired from the post of additional controller general of defence accounts in December 2011, reveals her experience as an employee of finance and accounts at Rafi. "We had to face a hostile mob of heavy vehicle factory workers who demanded payment contrary to the rules. We stood our ground and the mob, instigated by factory officials who were unhappy with accounts and

units took the law into their own hands and held us captive for a whole night," she recalls in the book, which is edited by revenue service officer Sanjay Ganesh Karuppan. Sanjay is currently deputy commissioner of income tax in Chennai.

Speaking to *Chennai Express*, Sanjay says that the book has 20 narratives from seasoned bureaucrats who share their experiences and challenges. "The book is lucidly written to ward off misconceptions in the minds of aspirants that one service is superior to the other. And it stands true."

Takes the case of 3179 batch civil accounts service officer S M Karunai, he points out. Currently a regional treasury adviser for the International Monetary Fund in Bangkok, the bureaucrat was instrumental in shaping the future of sev-

ten Liberia while on deputation to World Bank in Monrovia. His success was such that the president of Liberia was keen to let him go.

In another story, IPS officer

About the Book

Edited by: Sanjay Ganesh Karuppan
Publishing House: Taurus Nair
Price: ₹399
Pages: 290

Sanvi from the 1981 batch, who is now the chief vigilance officer of Tamil Nadu cooperative milk producers Federation, reveals how he defused a tense situation two days before the Parliament election in Vilupuram.

"There was an incident

The Railway Week, observed annually between April 10-14, commemorates the running of the first train in India on April 16, 1860 between Thanjavur and Trichinopoly. During the function, as many as 101 railway personnel, including 25 officers were honoured by the General Manager. Addressing the gathering, John and Southern Railway carried 7.85 million passengers last year, earning ₹5,866 crore, registering an increase of 4.45% over the previous year. The Railway has also carried about 31.33 million tonnes of cargo and earned ₹2822 crore. The General Manager also stated that utmost attention is being given to improve safety and security of its network, with integrated security system being implemented at 14 railway stations as well as the installation of 138 CCTV cameras at the stations.

The passenger performance stood at 16.6% during last year with Southern Railway having two shields for station cleanliness and sales management.



TATA ROLLS OUT TIAGO

Tata Motors has launched the Tiago, a hatchback and Tata Motors' Service Connect, a new service application. Offering a mileage of 23-27 km per litre, the car is available in five variants and six colours. The starting price is ₹3.30 lakh (ex-showroom, Chennai). It also supports Nav and Juke-car apps.

Chennai to Madurai Line Work to Be Finished This Year

Express News Service

The ongoing project of doubling electrification of the Chennai-Madurai railway line, which runs for 46 km, will be completed within the current financial year. This announcement was made by the General Manager of Southern Railway, Vishalakshi Jhunjhunwala, during a function on Wednesday which marked the 61st Railway Week.



Chennai Chromosome

Retired Banker's Quest to Help Kids Beat Exam Stress

After working in a bank for 30 years, Lakshmy Ravikumar now counsels school students on academic and exam pressure

Express News Service

The average middle-class society is still no place for the 'outsiders', who want to break away from the tried and tested ways to an ideal life. Lakshmy Ravikumar, 53, who has been working as a regular day job at a bank for 34 years, woke up to this fact a year ago after a life review and realized that this was not what she wanted to do. "What I even doing with my life," as what she asked herself.

My heart was never in the bank. I always wanted to work for children. But, when the question of survival comes up, financial security

comes up, the job was important for financial security and running the family," she says apologetically.

One of her initial projects 'Golden Bridge', through which she intended to bring senior citizens to counsel young children failed to work out as she would have liked.

"But, I am determined to continue," she says.

"Old people, after going through so much in life, will offer a perspective to young minds, that marks after all are not that important," she says. Lakshmy is now running from pillar



smile after failing her exams. "Not that my parents bothered. Women's education was not taken seriously then. But, I didn't have the guts to face my parents," she recalls.

However, a naive Lakshmy con-

sured soap water hoping to leave the world.

"It just destroyed my system, I guess," she chuckles. While she never failed in an exam after that incident, her empathy for children using the extreme dug-in-to-exam stress started bothering her.