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MYLAPORE TIMES

YOUR NEIGHBOURHOOD NEWSPAPER

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Self-confidence. Early detection of virus helped in my recovery. Says Mylapore police officer Nelson

By Dheepti O. J.

“Self-confidence and early detection of COVID-19 helped a great deal in my fast recovery,” says S. Nelson, the Assistant Commissioner of Police (ACP) attached to Mylapore zone, who recently recovered from coronavirus.

“However, when tested, they did not show virus-positive. But, they both were also asked to be in-home quarantine. And my younger son, who is studying in 12 th standard, alone had to stay in a different room, as he did not show any symptoms.”

Through the quarantine days, the officer says all the household work at his Virugambakkam home would be managed by the family. “As we all had only mild symptoms, we would together manage all household work. My younger son would be served food separately. We would all wear masks and take all precautions inside the house.”

The officer's colleagues, he says would arrange the delivery of groceries and other essentials at his doorstep.

Doctors from the hospital would also check on his health regularly. “Every day, a doctor would speak with me for hours to understand my health status. We were also provided with pulse oxymeters so that we could alert the hospital if my oxygen level went down.”

In five days, his wife and elder son got well. “And I too started recovering slowly. Though I had diabetes, as my sugar level was in control, I quickly recovered within 7 to 10 days.”

“During the entire time in isolation, I was confident about my recovery. Time and again, I would also reassure myself and my family that everything would be alright. This and early detection of the virus helped in my fast recovery.”

To keep himself engaged, the ACP says he would watch all his favourite TV channels, and play games on mobile. “Towards the end of the 14 days, I would watch movies with the entire family. We would also search for unique recipes from YouTube and cook the food items together.”

All this kept the atmosphere at home light throughout my recovery, he adds.



On June 25, the ACP re-joined his duty. A small function was also organised at the police station off Kutchery Road to celebrate his recovery.

The officer, who was actively involved in monitoring virus containment zones in the neighbourhood tested virus-positive on May 30.

Says the 48-year-old ACP, “I started developing mild virus symptoms (cough, fever) on May 28. So immediately I got myself tested the next morning.”

Following this, he tested positive and was admitted to a private hospital in the neighbourhood.

“Initially, I was very afraid, as I had diabetes, which is a comorbid condition. I also had undergone angioplasty in the past. But later, as the treatment progressed, doctors reassured that it was a mild infection. And hence, I was relieved.”

After three days of treatment at the hospital, as the condition of the ACP was stable he was asked to be in-home quarantine.

But soon, another problem crept in. His wife and elder son started showing mild virus symptoms.

Covid 19 tests offered by three labs, one is in Alwarpet

Medall offers Covid 19 tests across the city and the samples are at its Kilpauk centre – its service is also offered in the Mylapore zone.

The test will be done only if you have a doctor's prescription advising a virus test. Also needed is a copy of Aadhar card. This is a standard process that all labs will demand of you.

You can call Medall between 9.30 am and 7 pm; test will be done next day. Results take 48 – 72 hrs.

Cost – Rs.3000 and Rs.1000 for service staff PPE.

Phone number to call – Noorul – 9952050696.

Note: Blood samples for other med tests also home-collected.

Metropolis on TTK Road, Alwarpet also offers Covid 19 test. Samples for testing are home-collected. Price for home collection – Rs. 3500. People can also visit their Nungambakkam centre between 11 am and 4 pm for virus testing. Price for testing at the centre -Rs 3000.

Results will be provided within 48 to 72 hours.

To book home visit call 8422-801-801 or visit their website <https://wellness.metropolisindia.com/>

Elrich in Balaji Nagar, Royapettah is another that offers the service.

These two labs don't test for virus but are open for other tests

Two labs in the neighbourhood, Hitech Labs and Aarthi Scans and Labs says they are open but they do not test for coronavirus.

Hitech Labs at Luz Church Road, Alwarpet says that they are open for blood tests only.

A staff member says, “We don't test for coronavirus at our center but we do have that facility at our testing center at Purasawalkam. As of now we are not conducting x-rays, scans or ECG's at our centre. Patients who would like to get tested for diabetes, cholesterol and other ailments can drop in for a blood test. Prescription from a doctor is mandatory. We are open from 7 a.m. to 1 p.m. everyday”.

Aarthi Scans and Labs at C. V. Raman Road, Alwarpet is however open for all services. A staff who works at the centralized call center says, “Residents who would like to get tested for coronavirus can drop into our Kilpauk center. We don't offer coronavirus testing at our other centres. All the regular services that we have always offered like MRI, CT scans and ECG's are available at the Alwarpet center”.

They provide home collection services for coronavirus testing for all Chennai residents. Residents who would like to get tested need a valid prescription from a doctor. They have to show the technician their Aadhar Card and send them their email address. Results will be given in 36 to 48 hours, through email only.

Contacts: Hitech Lab – 42074934, Aarthi Scans and Labs – 7550075500.



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Jottings

VINCENT D'SOUZA

After ages, the postwoman who does the rounds of our neighbourhood in Adyar cycled to our gate yesterday noontime.

"So you are back."

"I was on leave for two months. In Thiruvannamalai."

"All well there?"

She nodded and handed over a copy of 'Vidura' magazine which my friend and colleague at Press Institute of India, editor Sashi Nair has managed to publish this season despite the odds.

"Limited posts nowadays na?"

"Srrrr.....I've been out since 10", she said, her gloved hands pointing to a few postal packs on the cycle rack and some in her bag.

"All staff back?"

"60% only ..we work on alternate days"

"Keep safe"

She smiled and pushed her cycle to the neighbouring apartments camps; the image of her khaki uniform sari dulled by the mid-afternoon sun.

To postal staff, the courier and food delivery youths, to the civic worker clad in blue. To the health worker, hired by Chennai Corporation to take your temperature and record your health....a warm 'hello' and 'how are you doing?' will cheer them up, make them happy and tell them that we are all one in this trying time.

Say it even if you have to keep the door closed and the veggies packet has to left at the doorstep. Say it from your balcony. Or from your garden.

Just say it.

Both lives matter, both lives get enriched.



Big hearts offer support to temple priest of Mylapore

Big hearts have reached out to a temple priest in dire need this season. He will get about Rs.12,000 in cash and two bags of dry foodstuff by tonight.

Muthukumara Swamy gurukkal is 75 years old and he is one of the priests who works for Sri Vadugur Selva Vinayagar Temple in Mylapore. His need for help was echoed by people known to him near Sri Madhava Perumal Temple. Community activist Baskar Seshadri co-ordinated the donation collection - going as far as Kotturpuram to pick up a donation this evening.

Mylapore Times which puts out SOS calls for monetary, medical or social help will continue to do this; feel free to share info of people in dire need. Mail - mytimesedit@gmail.com

- Photo: Baskar Seshadri

Vidya Mandir alumni of Batch '69 helps school get novel atmospheric water generator



By Preeti Srivatsan

Very recently, well before the lockdown though Vidya Mandir, Mylapore was featured on television (History channel) as one of the schools in the neighbourhood that had installed an atmospheric water generator at their campus.

The equipment built by Vayujal Technologies Private Limited, a start up formed by an IIT Research team at Chennai, provides potable water by converting air into water.

And this was made possible through donations by the alumni of the school's 1969 batch.

The principal of the school, Shoba Raman, says, "We were not very comfortable with the RO system that we had installed for the students and staff of the third floor at our high school. We wanted to try something different and that is when we chanced upon the idea of an atmospheric water generator. There were certain conditions with respect to location and humidity levels that we had to meet. Once we got the nod, we decided to go ahead and get it installed".

The generator, which has a capacity of 100 litres of water a day, was inaugurated on June 23 last year by the president of Vidya Mandir, Viji Santhanam in the presence of retired teachers, the school's principal and the alumni batch of 1969.

The president of the school's alumni association M. Kanuswamy says the inauguration of the equipment was just one part of the golden jubilee reunion celebrations held that day.

The old students had been planning for their reunion for more than a year. Two of them flew down from the US for this event. The class of '69 were also able to contact six of their teachers, four of whom were well into their 80's and two more nearing that number. One teacher also advanced her trip from Boston, USA to be a part of this reunion.

The group shared nostalgic memories of time spent together. They talked about the places they dropped into when they were students - Sukha Nivas, Himalaya Ice Cream Shop, Lakhs and Lakhs, Kamadhenu Theatre, Amar's Traders and India Coffee House to name a few. They then walked into their sixth form classroom, eased themselves into the wooden



benches and recalled snappy anecdotes and 'confessions' from their student days.

Later a group photograph was taken and the teachers who had made it to the event were honoured with special mementoes. For details contact the school at 24980834.

■ **SCHOOL ALUMNI** batches are welcome to share news on get togethers and donations - with Mylapore Times.

MYLAPORE TIMES

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Well-known educationist Saraswathi Narayanaswamy passes away

Well-known educationist Saraswathi Narayanaswamy passed away on June 18.



She was 78. The cremation took place on Friday.

She was a resident of TTK Road, Alwarpet.

Saraswathi was the honorary director and co-founder of Balavidyalaya, The School for Young Deaf Children, Sastri Nagar, Chennai – a free school for hearing impaired infants and young children which was established in 1969 by two mothers of hearing impaired children.

This institution celebrated its golden jubilee in 2019.

She had been a pioneer in this field in India and had guided over 1200 children who have been trained by the school. Many of them have qualified themselves as post doctorates, Ph.D, masters and graduates across disciplines, from reputed institutions including IITs and IIMs.

She was a winner of multiple awards, most notable, 'Best Individual – National Award for Welfare of Persons with Disabilities Ministry of Social Justice & Empowerment, Government of India', received from Dr. A. P. J. Abdul Kalam, president of India in 2002. She had also been a Board Member of the National Fund for the people with Disabilities, Ministry of Social Justice and Empowerment, Government of India in 2001.

She set up the Balavidyalaya Institute for Teacher Training where graduates are trained in the "Diploma in Early Childhood Special Education- Hearing Impairment"; this has led to many more early intervention services being made available across the country.

Her lifelong philosophy had been to push the needle on early identification and intervention and to be able to reach out and change the lives of many children.

Her children are Srinivasan Narayanaswamy and Meera Suresh.

The address – 290, TTK Road, Alwarpet, Chennai 18. E-mail – meerasuresh1@gmail.com

There are some of the Tributes sent by people -

N. K. Rajan, Sashikala Rajan, Rahul Rajan :

The sudden demise of the doyen in the field of early childhood interventional education came as a rude shock to all of us, being the parent of a hearing impaired son.

No words can explain the depth of vacuum she created by her sudden departure to the cruel hands of destiny.

She had been a tremendous source of Inspiration to each one of us and a strong pillar to lean on for any issues related to the hearing challenged children.

We are still not able to come to terms in her sudden departure. Her fond memories will give us the right spirit to take on the path she left behind her.

Our heartfelt deep condolences to the bereaved family members.

Pavithra Thara:

Saraswati mam is a godmother of Balavidyalaya, she is always in our heart, she will be hugely missed; deepest heartfelt condolences to Meera mam and all family members.

Lakshmi Kumar :

Meera, please accept our heartfelt condolences. Her contribution to society was immense. May God give you and your family members to cope with the loss. Great soul indeed. She will be hugely missed.

Sowdha Shankar :

She made a huge difference for children with hearing disability. Her contribution to their betterment is invaluable! Our condolences to you and the family Meera .

Radhika Prasanna :

Heartfelt condolences to the family. Did immense service to the society!

Rajesh Subramanian :

She will be remembered for her kindness, resolve!

Tribute: Narayanan Chettiar



Retired banker and arts connoisseur Al. Ar. Narayanan Chettiar of Mylapore passed away on June 18 night due to a heart attack.

He lived in an apartment on Balakrishnan Street, off Royapettah high Road.

Hailing from a well-known Chettiar family of Devakottai, Tamil Nadu Narayanan inherited the tradition and tastes of his family which hosted all the top ranking artistes at their Devakottai residences, and for socials and temple events.

Narayanan kept contact with all senior and present day music and dance artistes, and was seen at concerts every other evening – he recovered from two recent health setbacks to attend kutcheries in the Mylapore and T. Nagar zones.

He also had a huge collection of taped music, much of it donated to archives like the TAG archive at Music Academy. He had this habit of carrying his mini camera and recording concerts, often offering them to artistes and adding to his collection.

- Photo courtesy; Arkay Ramakrishnan

TOTAL LOCKDOWN SUNDAY:



June 21 was observed as a total lockdown day across the city as part of the latest closure.

It will be observed this Sunday too. This photo was shot on San Thome High Road last Sunday - when cattle, which anyway roam the Mylapore streets, had the space to themselves.

- Photo: Madhan Kumar

Feast of saint Thomas to be celebrated at Cathedral from June 30

The annual feast of saint Thomas will be celebrated at San Thome Cathedral from June 30.

All services will be celebrated by a few priests and some by Archbishop Rev. George Antonysamy but because of pandemic time regulations, the laity and religious cannot participate in the services. These will be webcast on Santhome TV.

On June 30, there is rosary, novena, flag hoisting and Mass.

On July 1 and 2, there is Mass at 6 a.m. and also novena and Mass at 5.30 p.m.

On July 3, the saint's feast will be celebrated with three Holy Masses – 7 a.m. 10 a.m. (Mass by the archbishop in Thamizh) and 5.30 p.m.

This is the link to get info on feast details and the web cast – <https://www.facebook.com/santhomechurch>



Mylapore Videos. Watch.
www.youtube.com/mylaporetv



How a Bengaluru start-up's robot is being deployed in Mylapore by police

Mylapore police have started using a robot called 'Robot Cop' to regulate social distancing in the neighbourhood.

On June 19, the police deployed it at the vegetable market on Mylapore's mada streets.

On sensing people standing close to each other at the market, the device sent out audio messages that said 'maintain social distancing'.

The audio instantly stopped when people moved apart.

Designed by Bengaluru-based startup company RoboThoughts, the device has four wheels and it runs on the ground.

Its unique features include wireless transmission up to 1 kilometre, siren and LED display, two-way intercom communication, and camera surveillance.

Says Harish Vardhana, co-founder of RoboThoughts, "Being a technology startup specialised in robots, we wanted to help the city police in COVID-19 surveillance. Hence, we designed this device, so police can deploy less manpower to monitor containment zones."

Speaking on the working mechanism of the device, Harish says, "The CCTV camera mounted on top of the

device activates the audio message when it senses people standing less than 20 metres apart. The visuals captured by the camera are also streamed live to the police control room."

The team is also working to include audio messages in Thamizh, so the awareness reaches a larger public.

The device was first launched in late April at Meenambalpuram slum, behind the city centre mall, in Mylapore after it turned into a virus 'hot zone'

Says Harish, "As the slum had narrow lanes, police personnel found it difficult to move inside the area, since there was a high chance for them to get infected."

So, we developed the device in such a way that it could travel to narrow lanes. It acted as an intercom between police and residents then, he says.

But now, as policemen are facing difficulty in regulating social distancing, the team has upgraded the robot with artificial intelligence technology to include this feature.

Police run the robot using a remote control. It can be used continuously for two days, after which it requires four to five hours of charging, Harish says.

Soon, the team at RoboThoughts will also upgrade the robot for face-mask detection. "This will help police to easily identify people moving without masks at public places."

'Robot Cop' is deployed on a pilot basis in Mylapore. Based on the success of this model, the police plan to implement it across the city.

PRAYER TO SURYA BHAGAVAN:

On June 21, the day the solar eclipse took place and as seen partially in the city, a puja was done to Suryan bhagwan inside Sri Kapali Temple, Mylapore.



Sukra Greens door delivers veggies, fruits, groceries and water. Order via WA.

Sukra Greens, the store in R A Puram now has a system of door delivery of vegetables, fruits and groceries.

You need to WhatsApp your needs to this number – 9840973869 – and you will receive a list of stuff available for the day and prices; you can then place the order but do so early in the day because in lockdown time, deliveries must be made by 1 pm. The list has some 40 items on it.

Sukra's staff said areas covered are R A Puram, Abiramapuram, MRC Nagar, San Thome, Mylapore and Mandaveli. It also delivers canned water under its own brand.

Creative writing workshop for teens: by writer-editor Praveena Shivram

Wordy Tales' is 'an explorative creative writing workshop for those between 11 and 14 years, who love stories and are interested to find the magic behind them, and make friends with words for life.' Writer-editor Praveena Shivram of Abiramapuram who will head this workshop over two-weeks says that, among other things, are fitting the form to an idea, deriving expression from emotion, creating characters, narrative voice, and the different genres that make up a story.

With live group sessions on weekends, individual work during the week, and one-on-one sessions towards the end, the workshop, says Praveena hopes to bring the composite being of a story alive and the very individual words that define it.

The first workshop, to start soon was booked in days so Praveena is offering a second batch from July 18 to the 31.

For more details, write to praveena.shivram@gmail.com.

Fees: Rs. 5,000. Time: 10:30am to 12:00pm

Praveena Shivram is an independent writer based in Chennai. Over the past 16 years, both her fiction and non-fiction have been widely published. More about her and her work at www.praveenashivram.com

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