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இந்தியாவிலேயே முதல்முறையாக 75 வயது வரை பெண்கள் உள்ளிட்ட இலவச அனைத்து இன்சூரன்ஸ் கம்பென்கள் மூலம் அனைத்து யாசி்களும் மிக குறைந்த விலையில் பெண்கள் இன்சூரன்ஸ் பெற வழியும் ரூ.6,000/- பணம் செலுத்தி ரூ.12,000/- பணம் பெறவும்.

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Under the Auspices of Kartik Fine Arts' KARTIK RAJAGOPAL 31st KODAI NATAKA VIZHA Today, Sunday, May 1st 2022, at 6:45pm at Narada Gana Sabha Main Hall, 314, T.T.K. Road, Chennai - 600018

ALL ARE WELCOME
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Rajiakka honoured by Satsangama

In 'Vishukaineettam' programme conducted by 'Satsangama' in Vivekananda Vidyalaya, had honoured Mrs. Raji Ashokan popularly known as Rajiakka for her selfless service.

Rajiakka has been driving auto in Chennai for the past 22 years. Everyday morning she drop government school children in their school free of cost . She keeps biscuit packets in her auto



and distributes it to them in the evening when she picks them.

She also owns a trust named ' Enayum Kaigal' in which she has 12 orphan girls and she has taken the financial responsibility of educating them and also

looks after their monthly expenses. The money which she gets by driving auto on 2nd and 4th Saturday of every month is used for this purpose.

Her great service to the needful was recognised and honoured by Satsangama, Chennai.

SAVE SOIL CAMPAIGN HELD AT VELAMMAL



Velammal Vidyalaya, Alapakkam organized "Save soil Campaign" with 1001 students on 21st March

on the occasion of Earth day. The school invoked a conscious approach to soil and planet. Nearly 1001 students showed phenomenal response

and created an awareness towards ecological issues.

Let us ensure that our soil is rich and fertile in avoiding an ecological disaster.

ZERO SHADOW DAY OBSERVED AT VELAMMAL



Velammal Main School, Mogappair Campus observed ' The Zero Shadow Day' at 12.15 pm by the students of class 9 on 24th April, 2022.

This rare astronomical event occurred when the sun is exactly overhead and the shadows of symmetrical and vertical objects vanish. It occurs twice every year.

It was an amusing day for the students observing and measuring the sun movement on Zero Shadow Day . It was a visual learning experience for all the students making it a memorable one.

Subrabalan, Vanathi Ramanathan Felicitated, Dr.Gayathri Girish Patriotic Songs Concert



On Tuesday, April 19, Kalki Krishnamurthi Memorial Trust Celebrated 75th Year Of Independence at Ragasudha Hall, Mylapore wherein Subrabalan, compiler of Kalki's writings and Publisher Vanathi Ramanathan were felicitated in the August presence of Professor A.R.Venkatachalapathy who presided over the function. Kalki Krishnamurthi Memorial Trust Presented "BHARATHA PUNYA BHOOMI" - Thematic Vocal Concert that covered Patriotic songs in different languages by Dr Gayathri Girish accompanied by B.Ananthkrishnan on the Violin, N. Anantha Narayanan on the Veena & S. Ganapathi on the Mridangam/Tabla. The following were the songs sung by Dr.Gayathri Girish:- Bharata punya bhoomi - Kuntalavarali -

Tamizh - Sri Kalki Krishnamurthy, Jayati jayati bhārata mata - Kamas - Sanskrit - Sri Mayuram Viswanatha Sastri, Thavamum palithadhamma - Ragamalika - Tamizh - Sri Kalki Krishnamurthy, Vande bhāratam - Reethigaula - Malayalam - Tirunayanarkurichi Sri Madhavan Nair, Hey bhārata janani - Chenjurutti - Telugu - Sri Krishna Sastry, Namo namo bhāratam - Jog - Sanskrit - Acharya Nochur Sri Venkataraman, Bharathiyaru naavu - Yamunakalyani - Kannada - Betageri Krishna Sharma, Nalirmani neerum, Vande mataram - Desh - Tamizh, Bengali - Mahakavi Subramanya Bharati, Bankim Chandra Chattopadhyay, Vazhiya senthamizh - Madhyamavati - Tamizh - Mahakavi Subramanya Bharati.

s.shivprasadh@gmail.com

Father and daughter honoured with Awards:



In a function organized by World Tamil Cultural Organization at Kalaivaanar Arangam, Chennai recently, Honourable State Minister for Minorities Welfare and Non Resident Welfare of Tamilnadu, Gingee K.S.Masthan presented "Samoogapani Chemmal Virudhu" to State General Secretary of Tamilnadu Udavikkaram Association for the welfare of Differently abled (TNUAWDA)Ln. Dr.Aavin K.Gopinath , for the exemplary services rendered by him to the cause of the differently abled persons all over Tamilnadu and also presented "Kalaiselvi Award" to multi-talented child Selvi. V.G.Yuvalakshmi, daughter of K.Gopinath, for her dedication ardently towards the creative arts, with her main focus being music, well versed in singing Carnatic songs, Hindustani Classical music and Bharanattiyam Dance. He is a creative artist too.

Mr. Gopinath can be reached at 9790820194.



Tonsils & Adenoids: Things to know

We often see children in outpatient with chronic tonsil and adenoid problems. In adults, it's mostly chronic tonsillitis, so let's see what tonsils and adenoids are.

Tonsils are lymphoid tissue, one each on either side of the throat. In children, apart from recurrent infection, their small mouth poses a problem when the tonsils are inflamed and enlarged. Common symptoms are painful or difficulty swallowing, and fever in acute infections where antibiotics and gargle etc. are needed. Acute complications may result in dehydration and toxicity, because of the inability to take food. This requires admission and administration of IV fluids. In chronic cases, complications will result in cervical adenitis i.e., lump in the neck, and peritonsillitis or peritonsillar abscess (infection going beyond the confines of the tonsil), resulting in severe pain and total inability to swallow saliva. Rarely in chronic tonsillitis do patients develop endocarditis (Heart valve damage) and rheumatic arthritis (Joint involvement). Doctors keep all this in mind before treatment and advise surgery wherever required. Similarly, a single attack of peritonsillitis or peritonsillar abscess is also an indication for surgery. In case of chronic infection more than 5 times a year, it is internationally recommended for removal of the tonsils.

Adenoid is pyramid-shaped lymphoid tissue situated in the midline just behind the nose. It is common in children to have swelling of adenoid tissues, usually, it regresses by 12 years of age. But if it doesn't regress and remains grossly enlarged, the symptoms will be mouth breathing, snoring, sleep disturbance, choking in sleep leading to slightly reduced oxygenation to the brain resulting in lack of concentration and poor memory. These are strong indicators for surgery.



Coblation is the latest tool superior to laser, because of its low temperature. It helps with precise removal of tonsil and adenoid done under direct vision with minimal or no blood loss and has the advantage of quick recovery with no postoperative pain. It gives great relief to obstructive symptoms. It can be performed as a daycare surgery.



Dr. K. KRISHNA KUMAR M.S.,D.L.O
SENIOR ENT CONSULTANT
HEAD OF DEPARTMENT - ENT
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பொதுமக்கள் உணவு பொருட்கள் மீதான புகார்கள் மீது உடனடி நடவடிக்கை மேற்கொள்ள கட்செவி செயலி எண் (Whatsapp Number) 9444042322 அல்லது அந்தந்த பகுதி உணவு பாதுகாப்பு அலுவலர்கள் அலைபேசி எண்ணில் தெரிவிக்கலாம்.

“உணவு பாதுகாப்பு சட்டம் 2006 மற்றும் விதிகள் 2011-ன் படி சட்ட விதிகள் பொதுமக்களுக்கு தரமான மற்றும் பாதுகாப்பான உணவு வழங்குவதை உறுதி செய்யப்பட்டுள்ளது. இதன் படி உணவு வணிகர்கள் தாங்கள் நடத்தும் உணவு வணிகத்தில் பொதுமக்களுக்கு பாதுகாப்பான உணவு பொருட்களை வழங்குவதிலும் உணவு பாதுகாப்பு சட்ட விதிகளை பின்பற்றி உணவு வணிகம் புரிவதையும் கவனத்துடன் கையாளப்பட வேண்டும்.

சென்னை முழுவதும் உணவு பொருட்களின் தரத்தினை ஆய்வு செய்திடவும் உணவு கலப்படங்களை தடுத்திடவும் உணவு பொருட்களின் மீது தெரிவிக்கப்படும் புகார்களின் மீது நடவடிக்கை எடுத்திடவும் மாவட்ட ஆட்சியர் அவர்களின் நேரடி மேற்பார்வையில் ஒரு மாவட்ட நியமன அலுவலர் கீழ் 20 உணவு பாதுகாப்பு அலுவலர்கள் பணியாற்றி வருகின்றனர்.

உணவு பாதுகாப்பு துறை அலுவலர்கள் உணவு வணிகங்களில் கீழ்க்கண்ட முக்கிய உணவு பாதுகாப்பு முறைகளை உணவு வணிகர்கள் கடைபிடிப்பதை

கண்காணித்து நடவடிக்கை எடுத்து வருகின்றனர்.

காய்கறி மற்றும் பழங்கள் மொத்த மற்றும் சில்லறை விற்பனையாளர்கள் செயற்கை முறையில் கால்சியம் கார்பைடு கற்களை கொண்டோ அனுமதிக்கப்படாத ரசாயன மருந்துகளை தெளித்தோ பழங்களை பழுக்க வைத்து விற்பனை செய்யக்கூடாது.

தேயிலை தூளில் செயற்கையான நிறமிகளை சேர்க்கவோ மற்றும் பயன்படுத்திய தேயிலை இலைகளை சேர்க்கவோ கூடாது.

உணவு விடுதிகளில் உணவு பொருட்களில் சட்டத்தில் அனுமதிக்கப்பட்ட அளவில் அனுமதிக்கப்பட்ட வண்ணங்களை பயன்படுத்த வேண்டும்.

உணவகங்கள் மற்றும் தேநீர் விடுதிகளில் ஒரு முறை பயன்படுத்திய சமையல் எண்ணெயை மீண்டும் மீண்டும் பயன்படுத்தக்கூடாது.

பொட்டாசியம் புரோமெட் சேர்க்காத பேக்கரி பொருட்களை விற்பனை செய்ய வேண்டும்.

சூடான டீ, காபி சாம்பார் ரசம் மற்றும் அசைவ குழம்புகளை பிளாஸ்டிக்

பைகளில் பார்சல் செய்யக்கூடாது. பிளாஸ்டிக் (பாலிதீன் பைகளில் பாலி எத்திலின், பாலி ஸ்பிரின், பாலி வினைல் குளோரைடு போன்ற வேதி பொருட்கள் சூடான உணவு பொருட்களில் எளிதில் கலந்து உடலுக்கு பெரும் தீங்குகளை ஏற்படுத்தும். ஆகையால் பிளாஸ்டிக் கவர்கள் மற்றும் பைகளை

தவிர்ந்து உணவுக்கான தரத்துடன் உள்ள (FOOD GRADE) பேக்கிங் பொருட்களையோ மற்றும் அலுமினியம் பாயில் பேக்கிங் கவர்களை கொண்டு பார்சல் செய்ய வேண்டும்.

இடலி உணவு பொருளை வேக வைப்பதற்கு பாலித்தீன் தாள்களை பயன்படுத்தக்கூடாது. சமையலுக்கு அயோடின் கலந்த உப்பை மட்டும் பயன்படுத்த வேண்டும்.

பாக்கெட் உணவு பொருட்களில் இந்திய உணவு பாதுகாப்பு ஆணையத்தால் (ஈக) சான்றளிக்கப்பட்ட உரிம பதிவெண்கள் உள்ளதை உறுதி படுத்திக்கொள்ள வேண்டும்.

(ISI) மார்க் முத்திரை மற்றும் (FSSAI) உரிம பதிவெண்கள் இல்லாத குடிநீர் கேன்கள் (AGMARK/FSSAI) மார்க் முத்திரை இல்லாத நெய் பொருட்களை விற்பனை செய்யக்கூடாது. சாலையோ தள்ளுவண்டி

கடைகளில் உணவு பொருள் விற்பனை செய்பவர்கள் சுற்றுப்புறத்தை சுத்தமாக வைத்துக்கொள்ள வேண்டும்.

.உணவு பண்டங்களில் ஈ மற்றும் தூசுக்கள் படியா வண்ணம் மூடி விற்பனை செய்யவேண்டும். செயற்கை வண்ணங்களை உணவு பொருட்களில் சேர்க்கக்கூடாது

பாக்கெட் உணவு பொருட்களில் தயாரிக்கப்பட்ட தேதி, உட்கொள்ளும் காலம் அல்லது காலாவதி தேதி, பேட்ச் எண், உணவு பொருளில் சேர்க்கப்பட்ட இடு பொருட்கள் விபரம், உணவு பொருளில் உள்ள நுண்ணூட்ட சத்துக்கள் விபரம் ஆகியவை கண்டிப்பாக இருத்தல் வேண்டும்.

தமிழக அரசால் தடை செய்யப்பட்ட குட்கா மற்றும் புகையிலை பொருட்களை விற்பனை செய்யவோ, மேற்கொண்டபொழுது

இந்நிலையில் உணவு பாதுகாப்பு அலுவலர்கள் சமீபத்தில் சென்னை மாவட்டத்தில் ஆய்வு மேற்கொண்டபொழுது மேற்படி உணவு

பாதுகாப்பு சட்ட விதிகள் மீறப்படும் நிகழ்வுகள் கண்டறியப்பட்டுள்ளது. ஆய்வின் பொழுது

தவறிழைக்கும் உணவு வணிகங்கள் மீது உணவு பாதுகாப்பு சட்டம் 2006 மற்றும் 2011 ஒழுங்குமுறை விதிகள் கீழ் குற்றவியல் நடவடிக்கை மற்றும் அபராதம்

விதிக்கப்பட்டு நடவடிக்கை மேற்கொள்ளப்பட்டு வருகிறது. பொதுமக்கள் உணவு பொருட்களில் மீதான புகார்களை குறித்து உடனடி நடவடிக்கை மேற்கொள்ள எதுவாக

9444042322 என்ற வாட்ச் அப் எண்ணிற்கு குரல் பதிவு மூலமோ, படங்கள் மற்றும் விடியோ மூலமோ, அழைப்பின் மூலமோ தெரிவிக்கலாம், மேலும் அந்தந்த பகுதி உணவு பாதுகாப்பு அலுவலர்கள் விபரம் மற்றும் அவர்களுடைய அலைபேசி எண்ணிற்கோ

உணவு புகார்களை தெரிவிக்கலாம். பெறப்படும் புகார்கள் மீது நடவடிக்கை மேற்கொள்ளப்பட்டு

அதனுடைய விபரங்கள் புகார்தாரர்க்கு தெரிவிக்கப்படும் என சென்னை மாவட்ட

ஆட்சித்தலைவர் முனைவர் ஜெ.விஜயா ராணி, இ.ஆ.ப., அவர்கள் தெரிவித்துள்ளார்.

உணவு பாதுகாப்பு அலுவலர்கள் விபரம் மற்றும் அலைபேசி எண்கள் மாவட்ட நியமன அலுவலர் : மருத்துவர். பி. சதீஸ்குமார் அவர்கள் - 9442225555

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மாணவன் சதுரங்கப் போட்டியில் ஒஸ்லோ எஸ்போர்ட்ஸ் கோப்பையை வென்று சாதனை!

சென்னை முகப்பேரில் அமைந்துள்ள வேலம்மாள் முதன்மைப் பள்ளியில் 11 ஆம் வகுப்பில் பயிலும் கிராண்ட் மாஸ்டர்- ஆர். பிரகாசானந்தா என்ற மாணவர் மெல்ட்வாட்டர் சாம்பியன்ஸ் சதுரங்க வீரர் சுற்றுப் பயணத்தில் ஆஸ்லோ எஸ்போர்ட்ஸ் கோப்பையை சமீபத்தில் செஸ் 24 இல் இணையம் வழியாக நடைபெற்ற 2 சுற்றுகளில் நடந்த 2 போட்டிகளிலும்



வெகு திறமையாக விளையாடி மூத்த வீரர் ஷக்ரியார் மமேத்யரோவ் அவர்களை வென்று முதல் வெற்றியைப்

திவு செய்தார். இவ்வெற்றி அவருடைய முதல் முக்கிய நிகழ்வாக அமைந்தது. தொடர்ந்து அவரது இரண்டாவது தெளிவான வெற்றியைப் பதிவுசெய்து, ரேபிட் கேம் வெற்றிக்காக 3 புள்ளிகளைச் சேர்த்து, \$7,500 ரொக்கப் பரிசை வென்றார். அவரது ஈர்க்கக்கூடிய வெற்றி, 'இளைஞன் வேகமாக ஒரு உண்மையான சக்தியாக மாறுகிறான்' என்ற அறிக்கையை வெளிப்படுத்தியுள்ளது.

VELAMMAL SETS A BENCHMARK IN INDIA BOOK OF RECORDS

Master M. Haneesh Mithran, Class 1 of Velammal Vidyalaya, Mogappair West Campus has set a Record titled 'Maximum calendar days recalled from 100 - year dates' in the India Book of Records 2023.

He set this record when he recalled 29 days at random dated from 2000-2100, using mental calculation. This



event was organized by India Book of Records in Chennai recently.

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Diabetes, Hypertension and Your Health

The presence of disease not just affects an individual, but it has an impact on the entire family. We live in a world where our physical activity has come down drastically. Daily food habits have been altered. Everyday life has become stressful for all age groups. These life style changes has contributed to the development of non-Communicable diseases (NCDs)- the most common being Diabetes and Hypertension. With these increasing trends, we need to understand more about how to keep our blood glucose levels and Blood Pressure under control.

Diabetes and Hypertension can be managed effectively through the following ways-

1. Medication
2. Routine testing to monitor sugar levels/ Blood Pressure recording
3. Regular checkups with Physician
4. Diet and Exercise

Medicines are essential to control these diseases and prevent complications. Regular sugar tests and BP recording are necessary to monitor the effect of the

medicines and altering the dose or drug if needed. Routine checkup with your doctor is important. Maintaining proper nutrition helps us fight diseases by improving the immune system. Engaging in physical activities helps reduce stress and maintain optimum body weight.

When managing Diabetes and Hypertension it is very important to reflect on the lifestyle modification which involve altering our habits related to diet and physical activity, and sustaining the changes made.

We need to look at the following:

- How often do we exercise?
- Are we conscious about the foods we consume daily?
- Are we aware of the food choices available?
- Are we consuming sufficient fruits and vegetables?
- Are we controlling our daily sugar and salt intake?
- Is our sleep sufficient and sound?
- Are we drinking sufficient water?
- Do we know that smoking and alcohol consumption are harmful to health?

These habits need to be tracked on a daily basis until we have adopted the healthier options. It is important that family members support in helping people with Diabetes and Hypertension follow these lifestyle modifications. Accompanying them for walks or engaging in physical activities like playing games together as a family can have huge health benefits for all the family members. Maintaining a healthy lifestyle can help ensure people with Diabetes and Hypertension improve their quality of life.

As responsible citizens let us take a greater responsibility to manage these diseases among our family and friends. You may ask for our online informational booklet "Diabetes, Hypertension and You" on this mail ID - support@reachindia.org.in

Resource Group for Education and Advocacy for Community Health (REACH) is a nonprofit organization established in 1999 and working for Tuberculosis, Diabetes and Hypertension.

Chellamma Bharathi Rath Yatra



On the 7th day of the Yatra, the Rath first stopped at St Joseph Higher Secondary School Chengalpet

The Chief Guest Vaudevan, Tahsildar garlanded the statue. The Principal, staff and 2000 students of the school had gathered to welcome the Rath. Competitions were conducted for the students and prizes were awarded to the 15 best performers.

The Rath then proceeded to CSI Helda Matriculation School at Chengalpet. The District Revenue Office Immanuel, Principal, staff, and students welcomed the Rath. The DRO garlanded the statue. In the competitions conducted, 15 students were selected as the best performers and prizes were given to them.

K Sundar, Honourable Member of legislative Assembly from Uthiramerur, The district Chairman and Councillor

accorded a grand welcome to the statue at Uthiramerur Govt Girls Higher Secondary School. The Principal, staff and 2000 students had gathered to welcome the Rath. The Chief Guest garlanded the statue and the students paid floral tributes. 10 students were selected as the best performers in the competitions conducted and prizes were given to them.

The last halt for the day was at Loyola Higher Secondary School. Sub Inspector of Police Nivasan, Principal, staff and 2000 students of the school was present to welcome the Rath. They garlanded the statue and paid floral tributes. The students performed cultural programmes and displayed their talents in traditional martial arts like Silambam. Prizes were awarded to 15 best performers in the competitions held.

Today Trichy RR Sabha To Honour "Padmashree" Awardees



On this day, Sunday Trichy RR Sabha is going to honour "Padma Sri" Awardee Clarinet Vidwan A.K.C.Natarajan at Mahatma Gandhi Centenary Vidyalaya, Thenur, Trichy in the August presence of Dr.S.Balasubramanian, President CUB Foundation, Kumbakonam, Dr. Ramakrishnan Easwaran at 6 pm. It would be followed by A.K.C.Natarajan's Clarinet Concert.

At the very same venue on 2nd May (Monday) at 6 pm "Padmashree" Awardees Sheikh Mahaboob Subhani and Kaalishaabi Mahaboob would be honoured in the August presence of Kalaimamani T.R.Govindarajan, P.K.Thyagarajan & P.Hariharan, It would be followed by the Awardees Nadhaswara Concert.

On 3rd May (Tuesday) "Padmashree" Awardee Sathir Dancer Smt. R.Muthukannamaal would

be honoured in the August presence of Kalaimamani Revathy Muthuswamy, Kalaimamani M.Elangovan & Mrs.Vijaya Mukundan.


Bharathanatyam by Revathy Muthuswamy's disciples would be held after the felicitation program.

All Are Welcome for all the programmes on all the three days shares RR Sabha's Honorary Secretary N.Sekar.


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The Dementia Care Foundation


Dementia is an umbrella term used to describe a set of symptoms that can include:




1
Difficulty Remembering




2
Disturbances in sleep & appetite



3
Disorientation




4
Repetitive speech and conversation

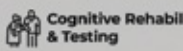


5
Agitation and restlessness


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Have you processed the thought that dance is for everyone, regardless of experience, abilities, gender, and age? “Do you need in-born talent for driving a bike or a car? No, right? If you learn to drive you can drive, it’s the same way with dance,” says Natraj, dancer, choreographer, teacher, and artistic director of Dance Extreme, Chennai. With the International Dance Day that’s coming up soon, here’s a fresh expert view on an age-old art form. There is consensus that dance is not for everyone, dancing skills need to be innate, or that it is not culturally appropriate to learn to dance, especially if you’re a woman. But lo and behold, it is quite the contrary! The information that we have been fed all these years are being proved wrong over and over by science and mere personal experiences of growing number of students. Dance as an art form is an epitome of expression. It is a beautiful culmination of physicality, spirituality, musicality, and freedom.

“Dance is the ultimate stress-buster”, says Natraj passionately. He has taught dance in almost all the top international schools in Chennai and still continues teaching in one. He has taught roughly more than one lakh students between ages 3 and 65 years in the span of 15 years. He strongly opines that it is only the question of finding a dance form that speaks to you and the right teacher to learn how to consume dance. It is the teacher’s responsibility to analyze a student’s comfort and ability to dance and gradually ease them into musicality, choreographies, and techniques. It is a skill to teach the way in which they would perceive it all. Some may take longer than the others to dance, and it is okay to persevere through it since dancing improves muscle co-ordination, flexibility, and the overall psyche of a person over the course of time.

At Dance Extreme, some of the students who have never danced before in their entire life are taught to dance. The environment is non-judgmental and positive and thus, very conducive to learning. Natraj helps embrace oneself unapologetically nurturing self-love, and he also focuses on the mental well-being of the individuals. The ambiance and the classes are serene, electric, and fun. Some of his students have personally raved about how dance has helped them get over some traumatic events they have been through in

Everyone is a dancer! Dance on!



their life. It is scientifically proven that psychology and dance a.k.a. movement therapy are intricately related. Dance helps in overcoming poor self-esteem, physical and mental health issues, and in fighting and curbing metabolic disorders. The release of endorphins while dancing elevates the level of contentment and cheer in a person. Choreographic process is perceived to be in parallel with psychological process in the words of Carl Jung and Sigmund Freud. Natraj’s vision is to pass on the benefits he reaps as a dancer on to everyone around him.

In order to normalize dancing in our society, Natraj has started doing several projects in Chennai and in the other cities of Tamil Nadu. He has conducted dance workshops for juvenile adolescents and for children that are at high risk for abuse in tie up with Government Observation Home (GOH) in Chennai and Villupuram. He also does a workshop every second month since late 2020 for the youth at Life Project 4 Youth in Chennai. LP4Y is an NGO that empowers economically downtrodden youth and women of Kannagi Nagar in Chennai with skills that would help them carve out a career. He teaches dance to bring out their self-confidence and to manage stress and oppression. He recently conducted a Women’s Day dance workshop at Kannagi Nagar and also gave a short presentation on how dance helps erasing prejudice, encourages equality and respect. He is also the lead dance mentor at JC Lifeskills academy. The projects in pipeline for 2022 are dance workshops for seniors: visually challenged, hearing impaired, the mute; and transgenders. The intent behind such philanthropic projects is to show people life outside of their banality and humdrum. Dance Extreme is LGBTQ friendly, so Natraj is awaiting an opportunity



to choreograph and teach the first dance for a LGBTQ wedding. Being

one of the top Sangeet/wedding dance choreographers in South India, he also derives immense pleasure in teaching couples their first dance for the wedding. He says, “It is beautiful to witness how dance enhances the love shared by a couple and also the memories it creates in the wedding are unparalleled.” Natraj wishes to execute his ideas all around the world.

“What does Dance mean to you?” “Dance means everything to me,” replies Natraj instantly. “I was a nobody before I recognized my passion for dance. Everyone around me believed that I would amount to nothing in life and made me believe it, too. With the grace of almighty, Dance gave me an identity, self-confidence, people skills, grooming skills, language skills, it opened my mind and gave me exposure. For example, I was under the impression that women could not dance as good as men before I ventured into this industry, but the world of dance

made me realize my doltishness and respect everyone without any prejudice. And furthermore, I could not say more than, “my name is Natraj” in English when I came into this industry, but today I have taught and still teach people from different countries. It has filled me with enough confidence to learn Spanish from a Costa Rican to better understand Latin music and to facilitate teaching dance in Spanish speaking countries. Technically, Dance is a way of expression. Example, I see dance even in a child’s ecstasy when it sees its parent or when a person says, “I do” during a proposal. A dancer creates a visual representation of music through emotions and body language. But there are choreographies in Modern Dance that has minimal music as well” He raves. Dance is his nationality and music his language! Natraj can be contacted at, Phone: +91999 486 7933 Email: anbu.natrajar@gmail.com Website: <http://www.danceextreme.in/>

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