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Tributes paid to Sivaji Ganesan at Mani Mantapam



The Tamil Nadu government accorded state honors to legendary actor 'Nadigar Thilagam' Chevalier Sivaji Ganesan on his 99th birth anniversary, with ministers, family members and film personalities paying tribute to the celebrated actor.

Legislative Assembly Speaker J C D Prabhakar, along with ministers P Venkataramanan, A Rajmohan and Vanni Arasu, garlanded Sivaji Ganesan's statue and offered floral tributes to his portrait at the Sivaji Ganesan Mani Mandapam in Raja Annamalai Puram.

Assembly Speaker J.C.D. Prabhakar and Ministers Rajmohan, P. Venkataramanan and Vanni Arasu paid floral tributes to Sivaji Ganesan.

Actor Prabhu, actor Nassar, Vikram Prabhu and members of Sivaji Ganesan's family also participated in the event. Speaking to reporters after the event, Speaker J.C.D. Prabhakar recalled his association with Sivaji Ganesan and said they knew him as a person with

a childlike heart.

He also recalled Sivaji Ganesan's decision to remain active in politics without being concerned about electoral victories or defeats when Janaki, the wife of former Chief Minister M.G. Ramachandran, led the party after his death

Prabhakar thanked Sivaji Ganesan's fan club members for continuing to remember and honor the veteran actor.

The event was attended by the actor's sons, actors Ramkumar and Prabhu, besides other family members, film personalities and senior government officials.

Speaking to reporters after the tributes, Rajmohan said the government was commemorating the actor's birth anniversary with state honors on behalf of the Tamil Nadu chief minister.

"Greetings to all. Today, on the birth anniversary of 'Nadigar Thilagam' Chevalier Sivaji Ganesan sir, we are offering state honors and floral tributes on behalf of the Tamil

Nadu Chief Minister, brother C Joseph Vijay," he said.

Separately, the Tamil Nadu Congress Committee marked the actor's 99th birth anniversary by organizing elocution competitions for school and college students across the state.

TNCC president Manickam Tagore MP said district Congress committees, along with Sivaji Ganesan fan club members, had conducted speech competitions across 69 party districts over the past 15 days.

Higher Education Minister Viswanathan inaugurated the final round of the competition.

Tagore said the winner would receive Rs 1 lakh, while the second, third and fourth prize winners would get Rs 60,000, Rs 40,000 and Rs 20,000 respectively.

Born V C Ganesan on October 1, 1928, Sivaji Ganesan went on to become one of Indian cinema's most celebrated actors, earning acclaim for his powerful performances, distinctive voice and command of the craft.

He was honored with the Dadasaheb Phalke Award, India's highest cinema honor in 1997. He was also the first Indian actor to be conferred the title of Chevalier of the Ordre des Arts et des Lettres by France besides Government of India's highest civilian honor Padma Shri.

Crazy Mohan's 75th birth anniversary



Crazy Creations and veteran stage actor Maadhu Balaji have decided to celebrate the 75th birth anniversary of celebrated humorist, screen play writer, movie and stage actor Crazy Mohan by staging two of his famous plays on Oct 17 and 18

Balaji has planned to honour the veteran dramatist and script writer by staging two plays – Chocolate Krishna on the first day and Meesai Aanalum Manaivi on the

second day. The dramas will be staged at the Vaani Mahal in T Nagar on Oct 17 and Music Academy mini hall at TTK Road in Alwarpet on Oct 18, both at 7 PM.

Dr Kamal Haasan, Rajya Sabha MP and a long time associate of Crazy Mohan will be the chief guest of the evening. Both are ticketed shows and tickets can be purchased from book my show or call 98410 49386/ 94440 27202

Annie Besant anniversary



The 180th birth anniversary of Dr. Annie Besant, the renowned social reformer and freedom fighter who founded The Young Men's Indian Association (YMIA) in 1914, was celebrated by YMIA with a garland-laying ceremony

R.Ramachandran, President, P.G.Sadgurudas, Vice President,

R.Rajaram, Honorary Joint Secretary and members of the Governing Body, Chozha Naachiar Rajasekhar, president of Tamil Chamber of Commerce, M. Jeeva, along with large number of Members of YMIA and the Administrative Officer paid floral tribute to Dr.Annie Besant statue

Alwarpet cloud kitchen brings coastal flavors

When the craving for a good seafood meal strikes, a trip to the coast isn't always necessary. With Kai To Go, the new delivery and takeaway-only cloud kitchen from ECR's Kai From the Sea, the restaurant's comforting coastal flavors are now making their way into the city, with a new outpost in Alwarpet. We ordered a spread to see how well the food travelled, and the experience was surprisingly fuss-free. The packaging was neat, with no spills; the delivery arrived in less than 30 minutes, and everything was still piping hot.

We started with plain rice and the Goan fish curry, mildly spiced, tangy gravy with a generous dose of coconut milk lending it a smooth, creamy finish. The tomatoes and curry leaves added a savoury depth, while the coconut milk

softened the tang, making it a comforting accompaniment to the rice. The flaky Malabar parotta was the perfect partner for the Dhanya adraki paneer. The paneer was fresh and soft, tucked into thick, rich gravy with the warmth of ginger and the fragrant, almost citrusy notes of coriander.

Next, we paired the Idiyappam with their Kerala-style Chicken stew, which turned out to be the highlight of the meal. The soft, delicate string hoppars soaked up the creamy stew beautifully, but the chicken was the real star. The coconut milk and cashew-based white gravy, seasoned with white pepper and red chillies, had a lovely sweetness with a mild, warming heat. The chicken was tender and almost melted in the mouth, while the smooth, velvety

sauce clung to every piece. The creamy stew had a light finish that made every bite with the idiyappam an absolute delight.

The Kai special prawn pulao was another winner, with fragrant rice generously studded with plump prawns. Caramelised onions brought a lovely sweetness, while curry leaves and bay leaves lent the rice an aromatic depth. The heat from the spices was just right for our palate, and the accompanying raita offered a cool welcome contrast.

We ended with the Filter coffee tiramisu, an indulgent finish that was surprisingly light. The creamy layers had a pronounced coffee flavor, balanced by just enough sweetness. The rum came through sharply, lending each spoonful a warming finish. Meal for two: INR 1,600 onwards, available online



Venkataramanan meeting members of his Constituency at his office

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Pushpavanam Kuppuswamy is President of Iyal Isai Nataka Mandram

Noted folklore artist Dr Pushpavanam Kuppuswamy has been appointed as President of Tamil Nadu Iyal Isai Nataka Mandram by the Tamil Nadu Chief Minister C Joseph Vijay. He replaces Vagai Chandrasekhar who had resigned after the change in regime.

Pushpavanam Kuppuswamy is a Tamil folk singer, playback singer, lyricist, writer and music composer. He has been credited for reviving the Naatupura Paatu, a type of Tamil folk art.

He holds an M.A., M. Phil., and Ph.D. in music from the University of Madras and Queen Mary's College, Chennai, alongside an honorary doctorate from Sathyabhama University. He performs authentic rural Tamil folk music alongside his wife, Anitha Kuppuswamy. The duo has completed over 3,000 stage shows worldwide and released numerous albums.

He has worked as a playback singer for major film composers like Ilaiyaraaja, Vidyasagar, and Yuvan Shankar Raja, and has appeared as a television show judge on networks like Vijay TV and Sun TV. He is a recipient of the prestigious Kalaimamani



Pushpavanam Kuppuswamy with the Chief Minister C Joseph Vijay

award from the Government of Tamil Nadu

Kuppuswamy hails from a Tamil family from Nagapattinam district Vedaranyam. He did his schooling at Vedaranyam S.K.S Government higher secondary School. He is married to Anitha Kuppuswamy who is also a singer

Jalra workshop

The Jalra workshop conducted by Vidushi Smruthi of Saketharaman's Kalashiksha Music Academy at Bharatiya Vidya Bhavan, Mylapore was truly a unique and enriching experience.

The workshop offered an insightful journey into the world of the Jalra — from the origin and history of the instrument to the correct way of holding and playing it, the different types of Jalra, and the nuances of various taalam and nadai.

Contrary to the popular myth and jokes surrounding it, the Jalra is certainly not an easy instrument It requires a keen sense of rhythm,



precision, coordination and practice.

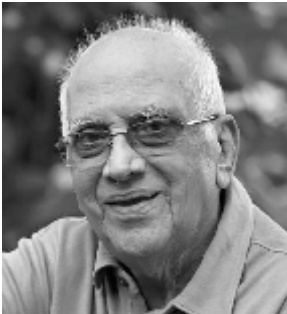
The workshop, perhaps the first of its kind dedicated exclusively to the Jalra, was very well attended by

youngsters as well as elders, reflecting the growing interest in learning and preserving this traditional art form. The session was presided over by Bharatiya Vidya Bhavan Director K N Ramaswamy whose presence added significance to the occasion.

Vidwan Saketharaman emphasized that learning the Jalra can bring greater participation, energy and excitement to Veedhi Bhajans, while also encouraging more people to actively engage in this beautiful tradition.

A wonderful initiative by Saketharaman's Kalashiksha Music Academy to introduce, explore and celebrate an often-overlooked yet integral part of our Bhajan tradition.

Singeetham Srinivasa Rao OBITUARY



Legendary filmmaker Singeetham Srinivasa Rao, who directed some of the most innovative and genre-defining films in Indian cinema including the dialogue-free Pushpaka Vimanam, and the time-travel epic Aditya 369, died at Kauvery Hospital in Alwarpet. He was 94.

Singeetham Srinivasa Rao was admitted to the hospital after his health deteriorated recently. He had been receiving

treatment for age-related ailments.

Born on Sept 21, 1931, in Gudur, Andhra Pradesh, Singeetham Srinivasa Rao began his career as an assistant to director L.V. Prasad before making his directorial debut with Neeti Nijayiti (1972).

Across a career spanning six decades and five languages, he directed some of the most innovative films in Indian cinema. Even at 94, Singeetham Srinivasa Rao refused to stop. His final film, Sing Geetham, a musical fantasy produced by Nag Ashwin, was completed earlier this year, making him among the oldest active filmmakers in the world.

Actors, filmmakers and industry veterans across

South Indian cinema have begun sharing tributes and condolences on social media. Singeetham Srinivasa Rao's most notable films include Mayur, a biographical drama on amputee classical dancer Sudha Chandran that won several awards. Pushpaka Vimanam, a dialogue-free black comedy starring Kamal Haasan, won the National Film Award for Best Popular Film Providing Wholesome Entertainment. Aditya 369, starring Nandamuri Balakrishna and featuring music by Ilaiyaraaja, was the first Telugu science fiction film to depict time travel.

Bhairava Dweepam, also starring Balakrishna, was a high-fantasy adventure that completed a 100-day run in 28 centres. He also worked extensively in Kannada and Hindi cinema.

How accessible is your apartment community?

How accessible is your apartment community? That's the central idea of this short film Block A For Accessibility, released with a private screening at PVR Satyam Cinemas.

The 20-minute CBFC-certified film by YWTC (Yes, We Too Can!!!) Charitable Trust, in collaboration with Fiserv as CSR partner and United Way Mumbai as the CSR NGO partner, is a story of care, community, and design.

The film revolves around Natarajan, an ageing father, who after starting to use a wheelchair keeps himself isolated from the vibrant life of his apartment complex because he does not want to trouble his son. A sudden accident at the building's stairs becomes a turning point for the entire community.

The film follows the internal realization of the association secretary and the decisive action of the builder. Natarajan's character is played by a deaf person, Ravi Kumar. Voice was given by Umapathy, a wheelchair user. Most of the cast and crew are persons with disabilities, including the director. The film has sign language interpretations along with subtitles, and audio description for those with vision-related challenges.

The film addresses a universal civic necessity: accessible housing that accommodates an ageing population and ensures people of all abilities live with independence and dignity. For a screening of “Block A For Accessibility” at your apartment complex/workplace, write to yeswetooacan@gmail.com

Appeal for golu doll donations

CORD – Chinmaya Organization for Rural Development Chennai is organizing special community Golu displays at the various panchayats and villages where we serve, to celebrate our shared heritage.

It also aims to help families

and those with limited resources start their own golu collections.

The CORD appeals for donation of new or gently used golu dolls that the owner no longer need. The generosity will not only enrich our community's festivities,

help preserve this beautiful cultural tradition for future generations and enable proper reuse of the old dolls

For more information on collection, donation please contact: Kannan, Project Coordinator at 98410 18301

Navaratri at Kalyana Nagar Assn

The Kalyana Nagar Association on TM Soundararajan Salai in Mandaveli will celebrate Navaratri festival with a seven-step decorated and decked up golu between Oct 11 and 19 at 6 PM. There will be cultural programs daily at 6 30 PM and all the women visiting the golu will be given manjal kungumam, vetrilai pakku and prasadams.

On Oct 11 there will be a Carnatic music concert by Bala Tripurasundari accompanied by Parkala Sridhar on the violin and Venkataramanan on the mridangam. On Oct 12, there will be Carnatic

music concert by Aprajitha Aruna Giridhar with Niveditha Duraiswamy on the violin and Trichur K Sudev on the mridangam.

On Oct 13, there will be a nama sankeerthanam by Thirupunduruthi Manishankar and Kudumiyannmalai Balakrishnan. On Oct 14, there will be Carnatic music concert by Nikhil Shankar with Naveen R on the violin and Harith Venkatachalam on the mridangam.

On Oct 15, there will be a Carnatic music concert by Divya Yadmanthira accompanied by Bargav Vignesh on the violin and

Thirucheraï Kaushik on the mridangam. On Oct 16, there will be a Bharatanatyam performance by Dr Lalitha Narasimhan. On Oct 17, there will be a Carnatic vocal concert by Parur Dr Harini Srivatsa accompanied by T Chandramouli on the violin and T Sathyamurthy on the mridangam.

On Oct 18, there will be Harikatha on Prahalada Charithram by Athulya Janardhan and on Oct 19 there will be a nama sankeerthanam by Vaibhav Mahesh, according to a press release from the Kalyana Nagar Association.

Navaratri at Bharatiya Vidya Bhavan

Bharatiya Vidya Bhavan, East Mada Street, Mylapore is conducting Navaratri Music Series under Saroja Parasaran Memorial Endowment from Oct 11 till 20 at Bhavan's Main Hall, Mylapore. Two concerts are scheduled every day. Admission is free and all are welcome to attend.

On Oct 11 at 4 30 PM there will be a Carnatic music concert by Raghav Manian (vocal/instrumental) followed by a concert by Anahitha and Apoorva (vocal) at 6 30 PM. On Oct 12 at 5 PM there will be a Carnatic music concert by Aishwarya and Soundarya

(vocal) followed by Sruthi Sagar (flute) at 6 30 PM

On Oct 13 at 5 PM Abhilash Venkitachalam (vocal) followed by Chinmaya Sisters (Vocal) at 6 30 PM. On Oct 14 Vivek Moozhikulam (Vocal) at 5 PM followed by Mambalam Sisters (Vocal) at 6 30 PM. On Oct 15

Dr.Lalitha Mohan (Vocal) at 5 PM followed by Nisha Rajagopal (Vocal) at 6 30 PM

On Oct 16 at 5 PM Chaitraa Sairam (Vocal) and at 6 30 PM J.B.Keerthana (Vocal). On Oct 17 at 5 PM Mohan

Santhanam (Vocal) followed by Sankari Krishnan (Vocal) at 6 30 PM

On Oct 18 Dwaraka Colony Bhajan Mandali at 3 30 PM (Group Song); Spoorthi (Vocal) at 5 PM and Hemmige Sri S.Prashanth (Vocal). On Oct 19 at 5 PM Malladi Sivanand Yavasvi (Vocal) followed by Iyer Sisters (Vocal) at 6 30 PM. On Oct 20 at 5 PM Sinshu Rageswari (Vocal) followed by Easwaran Bhattathiri (Vocal) at 6 30 PM. Prasadams will be distributed to all at 8 30 PM, says a press release from the Bhavan.

Madurai Muralidaran presents Shyama Rang

ALL PHOTOS BY S RAJENDRAN



R Muralidaran

Vivrtti presented Guru Madurai R Muralidaran's Shyama Rang, echoes of Vrindavan at Bharatiya Vidya Bhavan in Mylapore recently. Concept, direction, choreography and stage production was by eminent Bharatanatyam dancer Kavya Muralidaran to the musical direction of Madurai R Muralidaran.

Madurai R. Muralidaran is a dancer, composer, choreographer, writer, lyricist, playwright and director best known for his compositions for Bharatanatyam dancers and his elaborate dance musical productions.

Muralidaran was initiated in the art of Bharatanatyam at age 7 under the guidance of Guru Kalaimamani Chamundeeswari (a senior disciple of Padmashree K.N.Dandayudapani Pillai). He has run Nrithyakshetra Dance Academy with his wife Chithra Muralidaran since 1978 and serves on the board of Alagappa Arts and a faculty at Aria

University where he teaches Nattuvangam

Muralidaran received the Kalaimamani award from the Tamil Nadu state government for 2019. Bharath Kalachar gave him the title Kala Seva Bharathi for his contributions to the field of Indian performing arts, Kartik Fine Awards gave him the Kartik Award of Excellence in 2021 and Pothys Parambara Classic Awards named him Parambara Noothana for his contributions to music composition and dance theatre

Muralidaran was given the lifetime achievement award 2022 by Abhai Association of Bharatanatyam Artistes of India. Muralidaran was conferred lifetime achievement award by Niruthia Nithyalaya of Chennai and Natyanjali Academy Association of Malaysia. He was given the award Natya Achaarya Choodamani for his contribution to the arts from Puducherry Natyanjali Trust at their 17th year Maha Shivarathiri Festival

Muralidaran earned Guinness, Asia and India Book of Records, for teaching 359 students an alarippu in Sankeerna Jaathi Dhruva Thalam in 2019, composing 25 Varnams in 25 days in 2020 and leading 125 dancers worldwide to present 50 unique jathis on a virtual platform in 2021 He composed, choreographed and

taught 698 people a varnam on Tamil Annai (Mother Tamil), setting his third record in the Guinness Book of World Records an effort which also raised Rs. 10 lakh for the Tamil Nadu Covid Relief Fund

He was debuted as a lyricist for cine music with Othaiyadi and was honored by Niruthia Nithyalaya during the first edition of "Illangai Natya Sangamam" in collaboration with ICCR, High Commission of India, Colombo

Muralidaran's productions, incorporating both dance and drama, are based on both traditional Hindu mythology and stories from ancient and contemporary Tamil literature

In 2009, he debuted Silapathigaram, a production based on the Sangam Tamil epic by Ilango Adigal and which has since been performed in the US and New Zealand. He staged Amarar Kalki's historic thriller Sivakamiyin Sabadam in a 2013 production The Hindu said was a "zero-error show" His other large-scale productions include Yagnaseni (based on the story of Draupadi from the Mahabharatha), Avadhara Purushan (based on the Kamba Ramayana), and Yadhava Madhava (based on the story of Krishna) His production Karna, centered on the generous yet flawed anti-hero of the Mahabharata, which debuted in Chennai in April 2018



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- 5 Creative golu

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- 3 Upload only ONE video of 2 minutes duration
- 4 Only One entry per contestant is allowed
- 5 Judges' decision is final and binding
- 6 All Contestants should provide a brief note on the significance of the golu along with their full name, passport size photo, address, phone number and e-mail id

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Fishermen fear loss of land if Secretariat comes

If Tamil Nadu's proposed new Secretariat complex comes up at Pattinapakkam in Chennai, fishers fear that they will be cut off from both their homes and livelihoods.

“Because of the proposed Secretariat, we may lose our ancestral lands. Our entire livelihood becomes a question mark,” says Suresh, a fisherman.

“We will be restricted from taking our boats out, storing nets, drying fish and selling catch,” adds Sathish Kumar, another Pattinapakkam resident.

Both of them joined hundreds of other fishermen last week at Srinivasapuram to protest against the Tamilaga Vettri Kazhagam-led (TVK) state government's proposed new Secretariat and Legislative Assembly complex at Pattinapakkam, also known as Foreshore Estate.

GR Vijayan, a representative of the Tamil Nadu Fishermen Federation, said that if the government order (GO) for the project isn't rescinded in five days, fishermen will call for strikes across Tamil Nadu and Puducherry.

Protestors have put forward two demands. First, GO 564, issued on Sept 8 to approve the proposal, must be withdrawn with immediate effect. Secondly, Pattinapakkam must be recognised as traditional residential land that belongs to the neighbourhood's fishing communities.

The proposed complex is estimated to cost Rs 1,20 0 crore, covering 25.55 acres. The government has said that the detailed project report

(DPR) is still under preparation and the project itself is at a preliminary stage.

But for the fishers who live and work around the proposed site, the concern now is whether they will have continued access to the sea, the beach and the surrounding spaces required for business.

Hundreds of fishers, including women, from villages along the Chennai coast participated in the protest. More than 200 police personnel were deployed around the protest site, with barricades.

Community representatives from Mullikuppam, Mullimanagar, Mylapore, Srinivasapuram, Nochikuppam, Ennore, Kovalam and other coastal villages joined the protest. Representatives from around 56 fishing villages between Ennore and Kovalam, along with community leaders from Rameswaram, Kanniyakumari and Puducherry, were also present.

Bhuvaneshwari, a resident, said the area's entire fishing activity is centred around the proposed site.

“If the fishermen are made to move from here, where will they store their nets and boats?” she asks.

Not only are they worried about access to the sea, fishers also point out that if a high-security government complex comes up in the neighborhood, spaces to sell and buy the day's catch will be cut off too.

“If the Secretariat comes here, the fishermen cannot go

to the sea and engage in business as usual. Similarly, customers may not be allowed into the area to buy our catch,” says Shankar.

He adds that the security arrangements for the Secretariat could affect even routine fishing activities, fearing that even the amount of time available to go out to sea and return may be restricted.

“Where will the MLAs, visiting dignitaries and foreign diplomats park their vehicles? They will ask for our lands,” he points out.

The protests have also reignited their longstanding demand for better housing and the transfer of land pattas in the neighborhood. Some allege that several of the buildings were constructed in the 1970s during late Chief Minister K Kamaraj's tenure. Many homes have not received adequate maintenance after the 2004 tsunami, they further say.

Saranya, a resident, highlights the current poor condition of housing: “A week ago, a staircase collapsed, leaving one person injured. No government official visited him. First, build us new homes,” she said.

Traffic concerns

The proposed site is along a densely populated coastal stretch. Residents say a new secretariat could worsen traffic congestion in an area that already sees heavy vehicular movement, particularly during peak hours.

Saranya now worries that an influx of new vehicles and

security arrangements may increase traffic, restrict free movement and possibly delay children rushing to school.

Even if there's a requirement for a new Secretariat, Maaran, another resident, asks why it has to be constructed in a small, densely populated area like Pattinapakkam.

R Vijayan, a representative of the Tamil Nadu Fishermen Federation, said neither CM C Joseph Vijay nor Minister and Mylapore MLA P Venkataramanan held consultations with residents before the GO was issued.

“We are giving them a five-day deadline to rescind the GO and return the land to fishers. After that, all fishing villages in Tamil Nadu and Puducherry will go on strike and stage protests, he added.

Some protesters say they believe Vijay will withdraw the proposal, pointing out how he had scrapped the Dravida Munnetra Kazhagam's (DMK) Parandur Greenfield airport amid sustained protests from residents and ecological concerns.

However, Pattinapakkam residents also express their disappointment that no MLA nor TVK leaders have visited the protest site, even though ten such protests have already been held.

Suresh says, “Some people claim the GO will be withdrawn. But that has to be shown in action. The Chief Minister must announce in the Assembly that the project has been scrapped and that the GO stands rescinded. That is what we need.”

MGM Cancer Institute to create awareness on breast cancer

MGM Cancer Institute is planning to take breast cancer awareness in a big way to prevent the disease and help early diagnosis during the Cancer Awareness Month of October to all the neighborhoods of Chennai

This Breast Cancer Awareness Month MGM Cancer Institute is taking breast health awareness beyond hospital walls and into neighborhoods, bringing a simple yet powerful message closer to women in their everyday spaces. At the heart of the campaign is the message is Look after the woman looking at you

Starting Oct 1, MGM Cancer Institute will bring its neighborhood mirror initiative to communities across the city, creating

everyday moments that encourage women to pause, look at themselves and make their own health a priority. The woman looking into the mirror is not someone else. She is you, and she deserves the same care and attention that you give to everyone around you, says a press release from the MGM Group

The campaign is built on a simple belief: being brave starts with you. Taking care of your health, being aware of changes in your body and seeking the right medical advice when needed are important steps towards better breast health.

By bringing the conversation into neighborhoods, MGM Cancer Institute hopes to

make breast health awareness a part of everyday life. The mirrors will serve as a moment of pause, encouraging women to look beyond their reflection and ask themselves if they are giving their own health the attention it deserves.

Dr. Kirti Katherine Kabeer, Consultant, MGM Cancer Institute, said, “Women are often the ones who make sure everyone around them is taken care of. With this campaign, we want to remind them to include themselves in that care. The woman they see in the mirror deserves attention too. Looking after you can begin with something as simple as taking a moment to look, be aware and take the first step.”

The campaign will also

encourage women to understand their breast health, know what is normal for them and pay attention to any unusual changes. When something feels different, seeking expert medical advice can help ensure that concerns are evaluated appropriately. Regular screening, based on individual risk and medical guidance, also plays an important role in breast health, the press release says.

Through this initiative, MGM Cancer Institute is bringing the conversation closer to the communities it serves, encouraging women to pause, reflect and take a proactive step towards their health.

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