



January 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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January

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	



February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

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February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	



March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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March

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

*Tentative date for Eid festivals.



April 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

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April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

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May

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



26°C 36°C
FORECAST
 Clouds and sunshine

Sunset: 06.36 pm
 Moonrise: 03.14 am
 Moonset: 04.35 pm

to m
 Max 5

SUNDAY 13.08.2023

ar-old woman's eyes light
 she sees the doctor-on-
 he receives him with the
 of a mother, who has seen
 return home to take care of

athan sits and listens to
 aining about diabetes and
 oblems with utmost atten-
 nost as if that was all the
 ment the woman ever
 ed. Later in the day, a
 armacist in the team de-
 vers the medicines re-
 quired for her treatment.
 The team's treatment
 irts well before prescrib-
 ing medicines. Firstly, if it's
 ew patient, they take
 o 25 minutes to familiar-
 es with the patient. Once
 is comfortable, the next
 e a bit shorter.
 han said. "While check-
 atients, we spend around
 tes. The team travels 100
 ds 15 house calls a day.
 our work, one of our
 fives contributed the
 we are using now
 i my own car for

Wellness on wheels



When we are able to see progress in patients, it is a joy like none other. We have worked in nearby districts like Virudhunagar as well
 Doctor C Swaminathan

carrying out assistance. For first we use a two-wheeler."
 The doctor also runs a clinic makes time for it between 9 to 11 and 6 to 8 pm after all the early m ing toil. He has around ten stal his team, including physiotherap staff nurses and clinical staff. start our routine as early as pos just to avoid peak-hour traffic. It us 1.5 years to sort out the proc said Swaminathan. "When we able to see progress in the patie is a joy like none other. We have ed patients in nearby district Virudhunagar, Sivaganga Dindigul as well," he added.
 "The patients have nothin praise to shower on the tea forts. Mallikarjun, a resident Colony, has been visiting from minathan since 2020, when th demic was at its peak. "I am 87 old. Instead of waiting in long at the hospital, the doctor visit home is a big relief," he added.
 Another resident S Padmal said the doctor had become tended family. "When I was a by the Covid virus, the doc selfless and carried a posit

NDY'S TOWERING TEM OF WELFARE

organising free health camps. A staunch advocate for disease prevention, Joseph also educates the public about dengue and malaria through awareness campaigns and mosquito repellent distribution



June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

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June

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura*

Eid-ul-Adha (Bakri Id)*

*Tentative date for Eid festivals.



July 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

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July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

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August

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Independence Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		



September 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



October 2026

M		5	12	19	26
T		6	13	20	27
W		7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

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October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Gandhi Jayanti	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dussehra / Dasara & World's Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	



November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

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November

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8 Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Guru Nanak Jayanti	25	26	27	28	29



December 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Christmas		
28	29	30	31			
			New Year's Eve			