

SONNA KODUM

Editor :

R.N. SADASIVAN

News Magazine of KUSO

ENGLISH MONTHLY

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SOURASHTRA MADHYA SABHA

NEW PRESIDENT HONOURED

On 18th March 2021 All committee members of KUSO had been to Dr. B.A. Vishwanath's Residence to greet The New President of Sourashtra Madhya Sabha, Dr. V.R. Rajendren and honored with a golden shawl and basket full of fruits. The Visitors were, V.G. Gopalakrishnan, President, R.K. Sridharan, Vice President, T.S. Jayabalan, General Secretary, T.A. Pattabhiraman, Secretary, K.K. Devadoss Babu, Treasurer, S.K. Varadharajan, Secretary, R.R. Baskar, Jt.Treasurer and other committee members BKM Rajkumar, L.H. Narasimhan, B.V. Sreenivasan, N.R. Vishwanathan and V.G. Gridharan, KUSO Jobs & Business service incharge. On the same day we did also honored Dr. B.A. Vishwanath with a shawl for his starting of New Aditya institute of Architecture and Designs at Bangalore.



32nd GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA**2nd E-MELA**
on SUNDAY, 18th APRIL 2021

KUSO MARRIAGE BUREAU announces with pleasure that the 32nd GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA will be conducted as **E-MELA** on **SUNDAY, 18th April 2021** at 11.00 A.M.

We have been conducting Global Jadhaga Parivarthanai Mela since 2004. The response we have been getting is very encouraging. We have so far conducted 30 Melas.

Due to Covid 19 - Corona virus, we are to conduct the 31st MELA as 1st E-Mela. Everyone who attended the 1st E-Mela appreciated the excellent conduct.

Those who have registered for the 1st E-Mela by paying Rs.400 can attend this Mela have to pay renewal fee of Rs.300/- (valid for 6 months) and 200/- (valid for 3 months) to participate.

The 2nd E-Mela will be conducted on the '**GOOGLE MEET APP**'. So, all participants are requested to download Google Meet App on your mobile, computer or laptop. Make sure to have a camera and mic on your computer or laptop, so conducting and attending the Mela is convenient.

We will contact and send message to the participants through WhatsApp. So please send your application with your **WhatsApp Number**.

All the parents are requested to attend the above Mela along with their son/daughter (to be married). While coming online please be prepared a soft copy (jpg image or pdf file) of the horoscope and a passport size photo of your son/daughter.

All parents are allowed to introduce their son/daughter (to be married) for 5 minutes.

Astrologer **Sri J.K. Vijikumar**, BSc, PGDMM, Dip in Astro, M.A. Astrology (Sri Athyanthaprabhu Jothida Aaraichi Mayyam, Madurai) will be available online to see the matching of horoscopes of your sons / daughters.

We request you to attend the above online E-Mela without fail and utilise the opportunity to settle Marriage Alliance of your sons / daughters.

An enrolment fee of **Rs. 400/-** (6 months validity) and **Rs. 200/-** (3 months validity) will be collected for registration of one horoscope.

Please intimate 2 days in advance about your attendance to one of the given contacts below:

Sri Ravi G. Vidi - 9448270410/ 9902264195

Smt. Yogeshwari Nagarajan - 7892216211

The details of your Horoscopes will also be published in our official Monthly (Due to Covid19 only E-Journal publishing, will send by WhatsApp / e-mail) "**SONNA KODUM**", for free (confidentiality will be maintained through reference numbers).

Please utilize this opportunity. Parents who have already attended and registered the horoscope of their son/daughter in the previous Melas are requested to attend this E-Mela for renewal (if you are still looking for alliance). You may download the marriage application form from '**www.kuso.co.in**', fill it and send by e-mail. You must make an online payment when you send us your filled application. The bank details are also given in our website.

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Subscription for Sonna Kodum (Annual-Rs.100, Life-Rs.500), KUSO Membership (Life-Rs.500, Patron-Rs.1000) Registration Fee for KUSO Marriage Bureau (Rs.400), payments for Sourashtra Nagar, Advertisements Published, Donations for developmental activities of KUSO may please be remitted into our KUSO, S.B. A/c. No. 1198262043, IFSC: CBIN0281200 with Central Bank of India, Rajajinagar Branch, Bangalore-560010. Please inform us about your remittance into the above account through Mob : 9902264195 E-Mail : kusobng@gmail.com

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I, V.G. Gopalakrishnan, (President, Karnataka United Sourashtra Organisation) hereby declare that the particulars furnished above are true to the best of my knowledge and belief.

(Sd.)

V.G. Gopalakrishnan, President,
Karnataka United Sourashtra Organisation
Signature of Publisher

Date : 22-02-2021

COVID-19 VACCINE

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Talk to your doctor about taking over-the-counter medicine, such as ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally.

It is not recommended you take these medicines before vaccination for the purpose of trying to prevent side effects.

Side effects after your second shot may be more intense than the ones you experienced after your first shot. These side effects are normal signs that your body is building protection and should go away within a few days.

In most cases, discomfort from pain or fever is a normal sign that your body is building protection. Contact your doctor or healthcare provider:

If the redness or tenderness where you got the shot gets worse after 24 hours

If your side effects are worrying you or do not seem to be going away after a few days

Side effects can affect your ability to do daily activities, but they should go away in a few days.

The Pfizer-BioNTech COVID-19 Vaccine and Moderna COVID-19 Vaccine both need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.

You only need 1 shot of the Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine to get the most protection. Learn more about the different COVID-19 vaccines.

It takes time for your body to build protection after any vaccination. People are considered fully vaccinated two weeks after their second shot of the Pfizer-BioNTech or Moderna COVID-19 vaccine, or two weeks after the single-dose J&J/Janssen COVID-19 vaccine. You should keep using all the tools available to protect yourself and others until you are fully vaccinated.

After you are fully vaccinated for COVID-19, you may be able to start doing some things that you had stopped doing because of the pandemic. Learn more about what you can do when you have been fully vaccinated.

We are still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, avoiding crowds and poorly ventilated spaces, and washing your hands often. CDC will continue to update recommendations as we know more.



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AN APPEAL

DEAR SONNA KODUM ADVERTISERS

Owing to COVID-19 We, office bearers could not meet you personally for collection of Advertisements in Calendar / Sonna Kodum due to us. We are facing much financial difficulties in clearing dues to our service providers and printers. We have already sent or handed over the pending amounts due to us. Hence we, KUSO, humbly request you all to send the due amounts respectively to our following Bank Account:

KUSO, SB A/c:1198262043, IFSC:CBIN0281200, Central Bank of India, Rajajinagar Branch, Bangalore.

Nayapaan vido

During the time of my grandparents who grew up with betel nut, no cancer, no diabetes, no heart disease. Importantly infertility is non-existent.

We have given so much importance to it because we know that potion is a cure for many diseases.

Cultural degradation and alienation have left my race sick, portraying barley as a bad habit.



The greatness of betel leaves our people forgetting and inviting couples to flock to fertility centers.

With the onset of cancer in the mouth, the tooth is not going to go to the shore, except that the old man's habit of saying that the betel nut has become a little bit hidden from us.

Betel, baguette, lime and stone lime, pearl oyster lime, it is the only cardamom, cloves, nutmeg, such as spices mixed in the mouth to taste, the first soaking water, the second soaking water should be spit, and the

third soaking water as nectar In the city where the paranoid medicine told the way, the next generation has come to hear that Ang Tamboolama then,

Tampool is the best medicine for increasing male infertility, especially for sperm production and decreased motility. The Phenol compound Hydroxy chavicol in betel leaves strengthens the male prostate and has the ability to prevent prostate cancer, the sperm produced in the semen from the prostate. Zinc is what gives life, that is, motility, and the capacitive event of the sperm is important in the event of IVF.

The society that used to say add a little more gum with constipation, add betel nut to bad breath and add nutmeg if you want vigor is paralyzed in infertility centers today.

Let's take the sweet tambourine magnificence to the next generation and text it. After watching the awesome post, I got the share!problems. Share things like this with friends that are fundamental to a healthy life

Shortening Of Human Life

The reasons for the shortening of human life span are as follows ...

1. Lack of physical training / physical inactivity. 2. Staying awake at night. 3. Avoid breakfast. 4. The tendency towards unhealthy foods. 5. Flow towards money. 6. Eating old foods hot. 7. Being tied to worries.

Make food a priority in life. Quality the food. Our body is not a garbage can. Sleep on time. It is during sleep that our body regulates itself

Drink warm water on an empty stomach every morning. Eat at least one fruit daily on an empty stomach. Drink enough water. Young water is very good

Eat raw coconut, soaked groundnuts, cucumbers, carrots, onions, fruits, nuts, etc. daily.

Breakfast is a very important meal - it can either make or break your day. Eat in moderation.

Always be active. Reduce sitting constantly. Exercise is something as essential as food. Eat three meals a day and twice a day for 20 minutes.

Don't be tight and smile and be happy. Do not narrow your circle with the machine. Watch the weeping serials and watch the scenes that make you laugh, without burning your heart. Put aside the worries of killing a person and dress with the self-confidence that gives personality. Life is a wonderful gift! Try to live it happily.



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FASHION CREATORS IN SILK SAREES

SOURASHTRA CELEBRITIES

P.V. Narasimha Bharathi (24 March 1924 - 11 May 1978) was a Tamil film actor. He acted in Ponmudi, directed by Ellis R. Dungan. TMS was searching for cine playback singer to enter. P.V. Narasimha Bharathi who was a friend of T.M.S, acted as a hero in an around 50 movies. He introduced T.M.S. as a playback singer the film Krishna Vijayam in 1950. Narasimha Bharathi recommended Soundararajan to S. M. Subbaiah Naidu to recognise his talent. S.M. Subbaiah Naidu finally agreed to give



Soundararajan a chance.

T.V. Radhakrishnan, better known as **Kaka Radhakrishnan** (1925–2012) was an Indian actor who acted in Tamil language films from the 1940s. He is also notable for having introduced his childhood friend, Sivaji Ganesan, into films.

T.V. Radhakrishnan had the prefix "kaka" (crow) attached to his name after a role he played as a young boy, his debut film Mangayarkarasi (1949). In the film, he literally climbed a tree to catch a crow and since has been associated with the crow, earning him the nickname.



He acted in 1947 movie "Paithiyakaran" a NSK movie where MGR acted as a supporting character. Radhakrishnan acted in over 400 films which includes Tamil, Telugu and Malayalam films. After performing a variety of roles with several actors of yesteryear Tamil cinema, he has experience renewed interest thanks to actor Kamal Hassan who believed newer audiences should not miss watching such talent.

Radhakrishnan died on 14 June 2012 following a brief illness.

S.C. Krishnan (1929-1983) was an Indian actor and playback singer who worked mainly in Tamil dramas and films.

He was born into a Saurashtra family as the fourth son of a jeweller Chellam Achary in Sivaganga that was part of Ramnad district at that time. He joined T.K.S. Brothers drama troupe in 1937 and started acting as a child artiste. He has also acted in dramas staged by N.S. Krishnan and K.R. Ramaswamy. He acted in C.N. Annadurai's Velaikari and Or Iravu dramas that were later made into films.

S.C. Krishnan was then a teenage member of actor K.R.Ramaswamy's Krishnan Drama Sabha drama troupe. The name of the troupe derived from popular comedian N. S. Krishnan. But, when reaching 20, he was disappointed that he didn't receive adequate opportunities for acting in movies. As such, he had suddenly quit this drama troupe and joined Modern Theatres studio as a paid actor.

He joined Modern Theatres in 1949 as an artist on monthly pay and featured in many of their films. But later on he began singing for films and has sung many memorable songs. He first sang for the film Kalyani produced by Modern Theatres. The solo Kalapadam Kalapadam became a hit.

He is well talented in classical Carnatic music but unfortunately producers and music directors made him to lend voice mostly for comedians. However, there is one song Thathuva Kalaiyudan in Amudhavalli that he sang along with T.R. Mahalingam. The sequence was a music competition and it gave him an opportunity to show his talent in classical music.



Aayi Mahamaayi Angkaara Dheviye from the film Rajarajan is the only song he sang for M.G.R. Likewise he has sung only one song for Sivaji Ganesan, that is from the film Raja Rani beginning Leelaa, laalee, adhu polee. He worked as a music director in Chennai Television (Doordarshan) Kendra for some time.

Many music directors gave him memorable songs, including K.V. Mahadevan, Viswanathan-Ramamoorthy, G. Ramanathan, S.M. Subbaiah Naidu, Ghantasala, C.N. Pandurangan, S.V. Venkatraman, T.R. Pappa, G. Govindarajulu Naidu, T.G. Lingappa, S. Dakshinamurthi, S. Rajeswara Rao, S. Hanumantha Rao, T.R. Ramanathan, R. Sudharsanam, R. Govardhanam, Vedha, H. R. Padmanabha Sastri, M.K. Athmanathan, V.T. Rajagopalan, M.S. Gnanamani, Pendyala Nageswara Rao, P. Adinarayana Rao, M. Ranga Rao, K. Prasad Rao, K.H. Reddy, T.M. Ibrahim, Master Venu, T.V. Raju, V. Kumar, Shankar-Ganesh and M. S. Viswanathan.

He had many solo songs but also sang with other singers. He was very popular with comedy songs. He sang memorable the most number of comedy duets with A. G. Rathnamala, the next is with L. R. Eswari and followed by K. Jamuna Rani.

He also sang with other male singers such as T.M.S, Seerkazhi Govindarajan, Ghantasala, Thiruchi Loganathan, A.M. Rajah, T.A. Mothi, T.R. Mahalingam & Nagore E. M. Hanifa.

He sang with all other comedy singers too such as J. P. Chandrababu, N. S. Krishnan, K. Sarangapani, A.L. Raghavan, V.T. Rajagopalan, K. Chellamuthu, S.V. Ponnusamy, M.M. Muthu, Krishnamoorthy, C. Thangappan & Maadhavan.

He was bestowed with Kalaimamani award in 1981 by the Tamil Nadu State government.

He had a wife (Pushpavalli), a son (S.C.K.Selladurai) and two daughters (Manonmani, Uma rani). He was a good friend of actor and singer T. R. Mahalingam. While he was working for the TV station he was affected by paralysis. He suffered for about 4 years and died in 1983.

T.R. Baskaran

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"Sea bath" is very good. Sea water is rich in iodine, potassium, magnesium and chromium. Therefore Bathing in seawater cures many diseases.

- ☞ The nervous system calms down.
- ☞ Bathing in seawater at the right temperature for body temperature improves blood flow to the hands and feet.
- ☞ The muscles of the body contract and expand properly.
- ☞ Bathing in iodine-rich seawater eliminates female infertility, promotes maternity and supports healthy childbirth.
- ☞ Potassium is excreted well in the urine.
- ☞ Magnesium acts as a medicine for dermatitis and asthma.
- ☞ Bromine relaxes the nervous system and gives good rest.
- ☞ Calcium corrects all inflammation in the body.
- ☞ Seawater cures all types of allergies.
- ☞ Seawater transforms Negative Thinkers into Positive Thinkers.
- ☞ Kills germs.
- ☞ Cleanses the body and mind thoroughly.

So frequent sea bathing is very, very special. If something has not healed for many years. Many

ailments can be cured by staying near the sea and bathing regularly for at least five days.

That is why when our ancestors returned to the house of death, to the crematorium or to bad things, they would keep water in a bucket in front of the house and stone salt nearby.



Before entering the house, they put salt in a bucket, mix it, take a bath with their head and tell them to come home.

Also, if you put rock salt in a bowl in every room of the house, it will remove the opposite hidden forces in the room and give positive hidden forces in that room.

For those who can't go to the sea and take a bath, it is best to take a shower with salt at home once a week.

Our prana body becomes new while bathing in the sea. This is the medicine that cures all diseases.

Bathers can bath in the sea for a maximum of 45 minutes. Do not bath for more than 45 minutes in a day. The "sea bath" is very, very special.

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NEWS IN BRIEF

D. Saranya weds A.K. Karthik

The wedding ceremony of Chi.Sou. D. Saranya, B.Com Daughter of Sri Kuppal G. Devadas and Smt. D. Krishnaveni with Chi. A.K. Karthik, B.Com, MBA was held on Monday, 15th March 2021 at Vishesha Hall, Near Dinamani Theater, Madurai.



The marriage reception held at Samuthaya Nalakoodam, Thenampettai, Chennai on Sunday the 21st March 2021. KUSO Vice President Sri R.K. Sridharan General Secretary Sri T.S. Jayabalan, Treasurer Sri K.K. Devadas Babu, Secretary Sri T.A. Pattabiraman, Committee Member Sri P.M. Balaji and Smt. K.D. Ramila Devadas Babu were attended the reception and greeted the newly married couple.



The state level karate competition was held on 22.03.2021 at Fathima College in Madurai today.

We are pleased to announce that the students studying in Madurai Vandiyur and Kaithari Nagar, Tamil Nadu Maha Saurashtra Sabha Karate Class have secured second & third places.

Our Community Divine Singer World Sangeetha Chakravarti Padmasree Dr. T.M. Soundarajan's 97th birthday is celebrated on 24.3.2021 at Tharasuram on behalf of the Tamil Nadu Saurashtra Munneta Makkal Peravai.

Executive Committee Election of Paramakudi Saurashtra Education Committee is scheduled to be held on 11.04.2021.



Sri L.G. Ram Prasad (son of Loddia Gurumurthy) and Smt. M. J. Suchithra living in the LKT Nagar, Viraganur, Madurai, celebrated their wedding anniversary 18.03.2021 by giving dinner on behalf of the IPS Trust provided to 40 people aged 60 and above.

Dinner on behalf of the IPS Trust provided for 40 people over the age of 60 on 20.03.2021.



The sponsor is palkar who lives in the United States. Dr. Kuppa KM Charulatha's Birthday With Solai (Madurai Solai Hall) Ramesh Madurai. She says her first inspiration is her mother



IPS on behalf of the Trust a dinner was served on Monday 22.03.21 at 7.00pm. Dinner was provided to 40

elderly persons in Prasanna Colony, Avanyapuram, Madurai. The dinner Sponsored by Social Activist Acupuncture Dr. Sundaresan, who lives in Chennai, sponsored dinner for his mother Late Smt. Kuppu Ramalakshmi ammal.

On Saturday 20.3.2021 at 12.30 pm Uthsava Perumal performing Thiruveedi ula from Madana Gopala Swamy Temple, Madurai. Then held the Mandagapadi. Again at night Uthsava Perumal performing Thiruveedi ula on Garuda Vahana. This is the 42nd annual event.



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கல்னூரியின் சிறப்பு அம்சங்கள்

- ▶ வராக் கட்டிடம்: கல்னூரி வளாகம் புவமசு கழுவில் ஒவ்வொரு டாட்டியிலிருந்தும் தனித்தனி வளாக் கட்டிடப்பய தள்ளுள்ளே கொண்டுள்ளது.
- ▶ மேற்காசியர்கள் : அனைத்து மேற்காசியர்களும் உயர் கல்விக்ஞத்ததியும் மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்பிற்கான சிறப்புப்பயிற்சி : இன்போசில், எர்டுஸாட், வினெக்ஸ், என்ஜ் லேப்சியூ, அகடமி மேஸ்ஹ் லேஸ் டுள்ளே நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதியுடன் ஆன்லைன் லேஓட்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆதாய்ச்சி மற்றும் வளர்ச்சி : இக்கல்னூரியில் லேஸ் துறைகள் அனைத்தும் பல்வேகல்புக்கத்தான ஆதாய்ச்சி யுப்பிற்கு அங்கீகரிக்கப்பட்டவை. இல்யேர் நிறுவனத்தின் மூலம் ஆதாய்ச்சி திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம் : கல்னூரியின் நூலகத்திலும், முப்பத்தாயிரத்துக்கும் மேற்பட்ட நூல்கள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விடுதி : மனைவர் மற்றும் மாணவர்களுக்கு உயர்ந்த வசதியுடன் கடிய தனித்தனி விடுதிகள்.
- ▶ உணவகம் : மனைவர்கள் மற்றும் ஆசிரியர்கள் ஒரே மேறத்தில் ஆயிரத்திற்கும் மேற்பட்டேர் உணவகத்தும் வகையில் கருநாறாமனை பிறப்பாண்டி உணவுக்கடம்.
- ▶ மொக்லவர்த்தி : நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்னூரி பெருந்துகை இயக்கம்.

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YOU KNOW?



Our navel is a wonderful gift from our Creator. The left eye sight was very bad for a 62-year-old man. He had a hard time at night. The ophthalmologist

examined him and told him that his eyes were fine but that the veins that bring blood to the eyes had dried up and he would never see again.

According to science, the navel is where the first nucleus is formed after fertilization. Once the umbilical cord is formed, it attaches to the mother's placenta through the umbilical cord.

Our navel is something that really surprises. According to science, the navel stays warm for up to 3 hours after a man dies. The reason is that once a woman becomes pregnant, nutrition is delivered to the unborn child through the baby's umbilical cord through the woman's umbilical cord. It takes 270 days, or 9 months, to fully develop a fetus.

This is the reason why all the nerves in our body connect to the navel. The navel is the focal point of our body. That is also life.

There are more than 72000 veins behind the navel. The number of platelets in our body is equal to twice the circumference of the earth.

Applying oil on the navel can provide relief from dry eyes, low vision, pancreatic incontinence, heel and lip rash, facial dullness, shiny hair, joint pain, tremors, body fatigue, knee pain, and dry skin.

Leave 3 drops of clean ghee or coconut oil on the navel and spread around the navel ?

Leave 3 drops of lamp oil on the navel and spread around the navel one and a half inches before going to bed at night to cure knee pain.

Leave 3 drops of mustard oil on the navel and spread it around the navel before going to bed at night to get relief from tremors and fatigue, joint pain and dryness.

Why not in the navel?

Your navel can detect any vein in which the blood is dry. So the navel sends the oil to the specific dry vein and opens it.

If the baby has a stomach ache, it is common for adults to mix water or oil with the wound powder and rub it around the navel. Healed in a few minutes. Oil works the same way.

Tulasi

Goddess Tulasi (Tulsi), the Hindu goddess of loyalty... Tulasi (often spelled Tulsi) is the Hindu goddess of loyalty.

Tulasi was once a woman named Brinda, who was married to a man of low caste called Jalandhar. Brinda was so devoted to her husband that he became enormously strong, and invincible in battle.

One day, the God Vishnu took the form of Brinda's husband and tricked her, Because of this, Jalandhar lost his great strength and was subsequently killed.

When Brinda got to know of what Vishnu did, she cursed him to turn into the Shaligram stone and then immolated herself on her husband Jalandhar's pyre. Lord Vishnu turned Brinda's soul into a Tulsi plant with the promise to marry her.

The Tulsi plant is said to be a form of Goddess Lakshmi, and Brinda is one of her incarnations. In the next birth, on the day of Prabodhini Ekadashi, Lord Vishnu in the form of Shaligram married Tulsi. Thus, the Tulsi Vivah ritual includes the marriage of a Shaligram stone to a Tulsi plant.



Thus Brinda became the Goddess Tulasi. Her name means "the incomparable one." She has over one hundred other names, including Padmini (little lotus), Sugandhini (little fragrant one) and Vrindavani. Tulasi is regarded as an avatar of Laxmi, and a consort of Vishnu.

The aromatic Tulasi plant (*Ocimum tenuiflorum*) is cultivated for religious and medicinal purposes, and for its essential oil. There are two main types cultivated in India - green-leaved (Sri or Laxmi tulasi) and purple-leaved (Krishna tulasi).

It is known across southern Asia as a medicinal plant, commonly used in Ayurveda, and has an important role within the Vaishnavite tradition of Hinduism, in which devotees perform worship involving Tulasi plants or leaves. The plant is considered to be very sacred, and there are certain rituals that must be used to take leaves from it.

SONNA KODUM

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MADHUMATHI- WOMEN DAY SPECIAL



Madhumathi was born and brought up in the Temple city of Madurai. She says it is her place of birth and residence in formative years inspired and kindled her artistic interest.

The beauty of this 1000 yr old temple with the Sculptures, Pillars, Paintings, Kolams spoke oodles of blessings over her amused heart.

She says that it is the temple that taught her the divinity in art form. She couldn't just stop marveling at the art of the temple without appreciating the creator himself.



The lines, symmetric pattern, colors of the kolams inside the temple made an everlasting impression in her mind as a child. She realized that watching even a smaller Chikku kolam could bring her immense peace and joy to her heart as a child. She felt so intrigued that decided to pursue it itself.



She says her first inspiration is her mother who made lovely Kolams every day at her home bringing the same joy she received while visiting the temple.

With the support and motivating words of her Mother, Madhmathi started to join her in drawing small columns at home. Her mother taught that the Kolam can be so special and vibrant that even a

stranger gazing at it or crossing her home can be blessed. She was told these columns are a way of wishing goodness to the world.

As days went by, Madhumathi started to draw conceptual columns. Her ingenious heart drew so many different forms of unique kolams combining Rangoli and Chikku kolam spreading the much needed message of peace and positivity.

Madhumathi realized that with her new Kolam drawing approach there are no limits and constraints to her creativity.

She felt more energized and empowered Every time, she finished a kolam. It was never a tiring experience for her rather it was fulfilling and mesmerizing.



She also learned that no beautiful Kolam can be done in haste. It needs effort, time and patience. There by Madhumathi says Kolams had taught her a life lesson that beauty comes out of patience.

She also says, Chikku Kolam is a unique Kolam form with numerous twists and turns from start and end point, symbolically representing life. Though, certain situations might have a chaotic outlook With patience life would eventually evolve a beautiful solution.

To her, Kolam is like a yoga and meditation. Madhumathi humbly give full credit to GOD for her talent and sincerely take her tasks as an effort to reach people and GOD. And we can agree as her kolams are quite gripping and enthralling.

Madhumathi has a great hand in water colors and canvas painting as well. The engrossing cover of this edition



is her creativity. It is not a replication of any diety. It is simply a free flow form of her thoughts of a GODDESS as an art.

Poovithazh thinks that it is an apt picture for this International Women's day edition as we celebrate all women, the GODDESS.

Iraivi-Editorial Team

Note : Smt. Madhumathi is wife of KUSO Committee Member Sri BKM Rajkumar.

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Palm Sugar

Palm Sugar - Panangkarkandu is a medicinal substance used in India. It is also known as Misri. In English it is called Rock Candy. It is a structure made up of a lot of sugar crystals



It is an unrefined or unrefined sugar. It is made from sugarcane and palm wood.

Refined sugar has a very sweet

taste. But it is very safe for our body as it has a low sweet taste in cashew nuts. We will use this at home for minor physical abuse that happens to us.

It contains vitamins, minerals and amino acids. The nutrients in it are used for asthma, anemia, respiratory problems, coughs, colds, high blood pressure and kidney problems. Let's see what miracles are available by using this.

- ⊙ Our ancestors who lived at that time used this money for colds and coughs. It also causes sore throat, runny nose and decreased cough. All you have to do is put it in your mouth and swallow the saliva.
- ⊙ Does your mouth stink? If you put a little cumin and cashew nut in your mouth and chew it, your bad breath will disappear.
- ⊙ Do you always feel tired? Add ½ tablespoon of cow ghee to it and eat it with a little bit of cashew nuts and you will become very active.
- ⊙ If you have a chronic cold problem, add 2 almonds, 1 tablespoon of cashew nuts, ½ tablespoon of pepper powder, mix it with powdered milk and drink it.
- ⊙ Do you have a sore throat and are unable to speak? Sore throat can be

cured by taking ½ tablespoon of pepper, ½ tablespoon of ghee and ½ tablespoon of cashew nuts.

- ⊙ Add a little cash, almonds and cumin and eat it before going to bed at night to enhance your memory. Also increase eyesight.
- ⊙ You can get rid of any disease by eating this cashew nut along with almond and pepper powder twice a week to boost your immune system.
- ⊙ Kidney stones can be cured by taking two tablespoons of onion juice and 1 tablespoon of cashew nuts once a week.
- ⊙ Yet Why Wait To Get Rid Of Physical Abuse Using This Medicinal Acne Now.

JOKES

Singathi : kaaibaa kaal raath thurE ghEr ambulance avi jaa hothesi... konkO souriyam unnO?

Mannedho : konki konni nheebaa. kaal morE bedO mobailum net seNam sejjO menthi aat nhaddhu ghentaak injildeyo. morE beil thegO kaigi hoiyirhaai meni houdili ambulance uk phone keru bouthiyo...

Singathi 1: nhaava, ontE ghommo sasu-sosuro seraadi sEthe menariis, kOn hanthav kerariyO?

Singathi 2: ontethi morE ambulO hanthan, ontethi morE sosuro hanthan.

Ravi G Vidi

Wife:Thandhu murikan seya

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