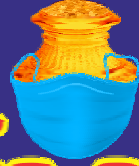


SONNA KODUM



Editor :

R.N. SADASIVAN

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ENGLISH MONTHLY

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SCRIPT FOR SOURASHTRA LANGUAGE

A comparison of different scripts being used for Sourashtra language.

1. Criterea

- Rama Rai script
- Tamil/ other State language
- Parivartith Devanagari/ (Sourashtri)
- English (Roman)

1. History

- Rama Rai script. - Created / developed by Medhavi Sri Rama Rai 139 years back based on Lakshmana Sastri script
- Tamil - Ancient Dravidian script
- Devanagari is very ancient script used for nearly 125 languages. The 'Extended (Parivartith) Devanagari' Unicode was finalised by Unicode Consortium in 1991 incorporating letters /signs for use of all languages. This was taken as the base to prepare the new Varnamala for Sourashtra language by CILL. This script was declared/ adopted by Sourashtra community on 8th Aug. 2009 at a huge convention at Palayamkottai (Tamilnadu).
- English (Roman) script - International script used by several languages like English, German, French etc. This script is being used by Sourashtra Netizens in the Internet.

2. Progress in usage.

- Rama Rai Script - In the 19th century the original Sourashtra script was not available due to historical reasons. Sourashtra Saints like Srimad Venkataramana Bhagavathar, Kavi Sri Venkata Suri used Telugu script. Sri Natana Gopala Nayaki Swami used Tamil script. Geetha Sadhavadhani Sri T.R. Padmanabhaiyer (and some others) used Devanagari script.

Sri Rama Rai created his script and spent his life savings in propagating this script. A large number of students learnt the script

. His Shishya parampara continued with Sri Venkatarama sarma, Sri O.K. Ramanadam and his disciples like Sri T.V.Kubendran (Bhashabhmani), Sri O.S. Subramanian (Sourashtra Vidya Peetam), Sri Mohan Ruppa (Shresta Sourashtra Sahitya Sabha), Sri Tada Subramanian, Sri K.R.Sethuraman, Sri M.S.Ramani, Sri C.R.Saranath, Sri T.G.Dwaraganath and many others.

Sri Rama Rai was honoured and life time pension

was paid to him by the community. Later his statue was put up in a temple at Madurai and his script was written on the temple wall.

A change came about in 1920 when the community decided to preserve Rama Rai script, but to use Devanagari script for all practical purposes. This was reaffirmed in 1981 and more recently in 2009 convention at Palayamkottai.

The usage of this script has been dwindling over the years, in spite of all attempts by its supporters.

Other than Sri Rama Rai himself, no other writer/author/scholar/composer (like Nayaki Swamin) utilised this script for their compositions/creations.

- Tamil (other State languages) scripts - As maximum Sourashtra population is in Tamilnadu which follows two language policy, there has been no scope for learning our mother tongue in schools. Our students learn Tamil well and use it for all purposes.

So many of our writers use Tamil script for writing in our language with numbers/ superscripts for pronunciations not available in Tamil script. Sri Tada

Subramanian wrote his books in Tamil script and was awarded 'Bhasha Samman'. The journal 'Bhashabhmani' started 40 years back with sole purpose of propagating our language in Rama Rai script had to use 50% contents in Tamil script. In due course the proportion of Tamil has increased to 98% with Rama Rai script usage only 2% (as seen in the latest Deepavali special issue). This indicates the degree of support to Rama Rai script even from abhimaanis of this script, leave alone the general public (especially the youth) who are not coming forward to learn it either in personal classes or in the Internet. And their parents also do not encourage them to learn this script as they feel that there is no practical utility in learning this script and the time can be spent more usefully to learn Devanagari (which is the script of our National Official language, very useful for going to any part of India for their career).

- Sourashtri (Parivartith Devanagari) - This script has been used for Sourashtra Bhagavad Geetha by Sri T.R. Padmanabhaiyer and also some other authors.

After 2009 Declaration, the Sourashtrin Prachar Sabha printed a primary text book and held classes for school students at many places in and around Madurai,



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 reminders or handed over invoice about the pending amounts due to us. Hence we, KUSO, humbly request you all to send the due amounts respectively to our following Bank Account:

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making use of the teachers trained by CIIL in their workshops held at Madurai and Mysore (as requested by our community representatives). Hundreds of students who learnt this script were given certificates in a function at Madurai attended by several Sourashtra representatives.

The Saurashi Academy at Dindigul has printed text books for classes 1 to 5 and are regularly conducting classes followed by issue of certificates. They are soon starting a Diploma course also.

The Saurashi Academy is bringing out a daily Newsletter in this script. They have also published a number of Text books and other books.

A distinguished book in poetry has been written by Sri Ak. Subramanian of Dindigul based on Tamil poet 'Avvaiyaar's Nalvazhi and 'Muudurai'.

Sri Ravi Kondra is regularly writing about our scriptures and giving Bhagavad Geetha slokas in three languages/scripts including Sourashtri lipi.

(I had also written the word by word translation [Padavurai] in English for a number of chapters of Bhagavad Geetha of Sri T.R. Padmanabhaiyer in Sourashtri (Devanagari script) which were posted in 'Palkar.org' a few years back).

d. English/Roman - This is mostly used in Internet. Sri O.S.Subramanian and myself started a thread 'Sourashtram moTTum' in 'palkar.org' a decade back. It caught up and now majority of our Netizens are posting in our language using English script. SWri O.S.S. prepared a simplified 'Notation' for this purpose and I further elaborated it by writing 'EASY LESSONS' (www.kvpathy.blogspot.com).

4. Advantages / Arguments in favour of the script -
a. Rama Rai script -

This script was specifically prepared by Sri Rama Rai in the absence of letters for the special pronunciations (nasal sound, half yakaaram, short 'e' and 'o') in other scripts. This is considered as our own

script and we get 'guruttu' (Identity) and 'Ghenam' (respect) by using this script. In fact this was learnt and used by thousands in his time (19th century) and later also. Even now there are hundreds of people who know this script. It is used by some people for printing the wedding invitations.

A conference was held at Dindigul (TERKE MILNI) a few years back (in which I had also taken part) to encourage awareness and learning of Rama Rai script.

b. Tamil - This is known to all Sourashtraas in Tamilnadu (though not in other States). This is extensively used for writing and printing books in our language. Many books like Sri T.R.P.'s Bhagavad Geetha were transliterated into Tamil script and these versions are selling more than Devanagari versions.

c. Sourashtri (Parivartith Devanagari). -

This script has caught the fancy of our youth and their parents due to the following advantages.

1. By learning our mother tongue in Devanagari script, we can also learn Hindi (our Official/National language). This will facilitate our youth to have vast scope for employment and commerce in all States of India. If required, Sanskrit our language of scriptures can also be learnt. (In fact it is said that around 125 languages use Devanagari or related scripts).

Devanagari is the descendant of our earlier ancient scripts (Evolution of scripts) and is our own script for our Indo Aryan language, Sourashtram.

d. English (Roman) script -

This is the International script and has been used for numerous languages. Our Sourashtras abroad and in other States of India find it easy to use this script for writing our language (subject to their learning correct usage to suit the pronunciations).

Courtesy : sourashtri Facebook

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Dear Parents : The registration of horoscope with KUSO Marriage bureau is valid only for a period of 6 months from the date of registration. Any request for horoscope copies after the expiry of the said 6 months period, will be entertained only upon renewal of your boy's/girl's horoscope with KUSO. **Ref.No.** must be quoted in all your correspondence.

G: Gothram, **H:** House Name **N:** Natchathram, **R:** Rasi **P:** Padam
D/B: Date of Birth **O:** Origin **Ref:** Reference No. to identify a particular horoscope

Note: We have pleasure to present the details of fresh horoscopes of Nowrin / Nowran registered for the **2nd e-Mela - 32nd Global Jadhaga Parivarthanai Mela** (Sunday, the 18th April 2021) in instalments

KUSO MARRIAGE BUREAU



Paje! Paje! Nowrin Paje!!
Paje! Paje! Nowran Paje!!

NOWRIN

◆ **G** Vishwamithra Rishi **H** Kowan **N** Swathi **R** Thula **P** 1
D/B 10.02.1996 **O** Madurai. M.Com std, height 5' wheatish coloured girl works in a Private Company, Bangalore with a salary of Rs.2 lakhs/pa seeks suitable alliance from boys of any degree any Origin, Preferable living and lorking in Bengaluru. with min height 5'7". **Ref No.:** KMB/G/32/003.

NOWRAN

✿ **G** Savana Rishi **H** Thundu **N** Hastham **P** 1 **R** Kanni
D/B 15.09.1985 **O** Thanjavur. B.Com, MBA std, height 5'5" fair boy Works as Manager (Finance) in a Star Vijay TV, Chennai with a salary of Rs.90,000/pm seeks suitable alliance from preferable working girls of origin and living Chennai with min height 5'. **Ref No.:** KMB/B/32/113.

Those who are to need matching of horoscopes or any doubt in your son / daughter horoscope kindly requested you to contact :

Astrologer Sri J.K. Vijikumar, BSc, PGDMM, Dip in Astro, M.A. Astrology, Sri Athyanthaprabhu Jothida Aaraichi Mayyam, Madurai.

Mobile: 8838631441, 9362455642

What is an IQ?

According to psychologists, there are four types of intelligence:

1. Intelligence Quotient (IQ): this is the measure of your comprehension ability- to solve maths; memorize things and recall subject matters.
2. Emotional Quotient (EQ): this is the measure of your ability to maintain peace with others; keep to time; be responsible; be honest; respect boundaries; be humble, genuine and considerate.
3. Social Quotient (SQ): This is the measure of your ability to build a network of friends and maintain it over a long period of time.

People that have higher EQ and SQ tend to go farther in life than those with high IQ but low EQ and SQ. Most schools capitalize in improving IQ level while EQ and SQ are played down.

A man of high IQ can end up being employed by a man of high EQ and SQ even though he has an average IQ. Your EQ represents your character; your SQ represents your charisma. Give in to habits that will

improve these three Qs but more especially your EQ and SQ.

EQ and SQ make one manage better than the other. Please don't teach children only to have higher IQ, but also to have higher EQ and SQ.

4. The Adversity Quotient (AQ): The measure of your ability to go through a rough patch in life and come out without losing your mind.

AQ determines who will give up in face of troubles and may abandon their families. In the current context of Corona, many professionally successful people are going thru bouts of Depression. Because they haven't seen and thus are unprepared for Adversity.

Expose children to other areas of life than academic. They should adore manual work, sport and art. Develop their EQ, SQ and AQ. They should become multifaceted human beings able to do things independently of the parents.

Finally, do not prepare the road for the children. Prepare the children for the road.

Courtesy : **WhatsApp**

JOKES

Bei 1 : morE bedo avtho avtho jhukku raag allares.

Bei 2 : sENam horaat keru ThOv, beyil jOI raag allatho musunaathak silent hoyyaai.

Ravi G Vidi

Wife: Thandhu murikan seya

Husband: Muri pongal kear

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S C KRISHNAN

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

Early life

He was born into a Saurashtra family as the fourth son of a jeweller Chelvam 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.

Career

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 duets with female singers with most notably with T.V. Rathinam, Jikki, A.P. Komala, Soolamangalam Rajalakshmi, K. Rani, S. Janaki, P. Leela, M.S. Rajeswari, N.L. Ganasaraswathi, U.R. Chandra, Vadivambal, P. Suseela, G. Kasthoori, Swarnalatha, K. Swarna, L.R. Anjali, T.K. Kala, Manorama, C. Gomathi, Ponnammal, S. J. Kantha, Udutha Sarojini & Pathma.

He also sang with other male singers such as T. M. Soundararajan, 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. Chellamutthu, S.V. Ponnusamy, M.M. Muthu, Krishnamoorthy, C. Thangappan & Maadhavan.

Personal life

He had a wife (Pushpavalli), a son (S.C.K. Selladurai) and two daughters (Manonmani, Umarani). 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.

Awards and Felicitations

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

Courtesy : [Wikipedia](#)



JOKE

Singathi : nowri saathO avethenu isani kagOba dhami jaariyO?

Mannendho : nowrik "tea" thavathak kalaaiyaa meni pusiyaas. morE bedi ontE kalcham khaLLi small 't' pajegii capital 'T' pajE meni pusitheba, telIE aigithi isO dhami jaaraas.

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Kind Attention To The Parents

If the child says he is hungry, feed him immediately and do not ignore the child's voice in chat, laziness or other work!

Without tops or without clothes, children can know you as a child, do not think that everyone knows that!



Never irritate them by saying "Shut up Chee" and "Don't question that" and bury their curiosity in the pit!

Make it clear to the kids who should go and who should give and who should buy!

If you have more than one child at home, never compare one to the other, regardless of age difference!

When you have children at home, do not watch screen shows or shows that are full of violence, love, murder, theft, etc.!

Correct mistakes with character, do not think to punish!

Once watered, the seed does not become a tree, and once you say so the children will not turn to your liking. You need patience!

Do not speak in front of children. They may talk about you later.

The way your parents behave is noticed by your children. The same thing could happen to you tomorrow!

Study is basic, and beyond that encourage other interests in children.

Running and playing Audi is essential for the health of children. Do not ban the game.

Let the children ask questions and answer according to their age! Tell me if you know when general knowledge questions are asked and tell me if you don't know.

Never, ever fight against your kids!

Every child is a blessing, they are, never the drains of your anger!

BENEFITS BLACK TEA

Black tea is made by mixing black tea with oxygen in a chemical mixture. Black tea contains 10% polyphenols.



People who suffer from severe constipation can get rid of constipation by consuming black tea regularly in the morning and evening. The blood in our body needs to be high in antioxidants to keep our hair healthy and strong. Black tea drinkers increase the production of these antioxidants in their blood and prevent hair loss. Also helps keep hair healthy. Severe diarrhea can be stopped by drinking black tea in the young warm term during severe diarrhea. Helps the body regain lost energy during diarrhea. Restoring the function of the digestive organs.

Black tea is a great drink for those who want to lose weight or are involved in that endeavor. The chemicals in it help in weight gain and reduce the level of triglyceride fat. Thus, black tea plays an important role in preventing weight gain along with excess body fat

SAD DEMISE



Sri K.R. Krishnamachary aged 67 passed away on 21-07-2021 due to illness. Kuduva Ramalingachary's son Krishnamachary well known as Sriman Nayaki Swamigal PaathadhuLi Erode Krishnamachary. Lived as Devotional Writer in both Sourashtra / Tamil Languages, Studied Post Graduate in Tamil, Served Tamilnadu State Government Services as officer for Erode District, Disciple of Sriman Nadanagopal Nayagi & Sri Vijaya Madhava Thirthar, Fought for Sahitya Akademi award for his mother tongue in the history of India. He is srived by his wife Smt. Thulasi, 2 sons and 4 Grand Children.

Smt. S. Saradha aged 75 passed away on 27-07-2021 at Dindigul. She is the mother in law of daughter of Sri E. Santharam, Former President, Sourashtra Madhya Sabha and her husband was late K.V. Subburam, Ex-Office Bearer, Nagalnagar Sourashtra Sabha. She is survived by 3 sons, 2 daughters, 7 grand children and 5 great grand daughters.



KUSO office bearers and committee members expressed their grievances to the bereaved family.



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Do you want a **STRESS - FREE** Life?



Nowadays stress and tension have become the main cause of many of our health problems. If our mind is calm and serene, then our body becomes healthy. 'A sound mind in a sound body' is a well known proverb.

We can turnout more work when our mind is calm and serene. Great men are those who are very calm and quiet, amidst storm and tempest. Lord Krishna, the Yogeshwara, is an example for this. Though He is the 'Sutradhari' for all the actions, he is very calm and unperturbed. You may say, He is God, but we are all ordinary people. But the important point is that any one who practises yoga, equanimity of mind in his daily life in any workplace, develops the divine quality of 'serenity', which is the way to success and joy.

Gita, which is the yogashastra, teaches the secret of leading a stress free life amidst our multifarious daily problems. The battle field, the birth place of Holy Gita, represents our daily life, full of problems. "Obey your conscience, which is the inner shrill voice of God". "Keep your conscience clean, you can win the battle of life", is the essence of Gita.

From birth to death, life is a battle, a continuous struggle. Gita shows the way to be free from stress. 'Do your best (karma yoga) and leave the rest to God (Jnana

yoga) is the message of Gita. Don't worry, whatever happens is for our good. Good and bad are only relative terms, In God's view every thing is good. 'Total surrender to Him' is the key to a stress free life.

'Detach and attach' is the secret of a stress free life. 'Detach from the result of actions, attaching your mind to the Will of the Lord' is the essence of Gita yoga. Let us do our duty with our mind fixed in God. We will be free from stress.

- From **Voice of KUSO**, September 2011

ruvvo asuvogaa

Mannendho : kaayee, angidig jeeli avathavEL phalaar peed anthuyaa?

Bhavi : unaathak hotelum rhii phalaar anthuvo, peed ani phalaar hanthi chatni kerathe kaam thungo unno podai.

Mannendho : kaayii, mogO chokkaai khadatho soulaa angidig jiyengo avO meni bovarisi?

Bhavi : unaatho thON jhaili avO, elle angidim chaar paashu soulo khadeth onte cotton chokkaai free menaa.

Sosuro : maulEn, morE bedig thungo horaat keru thee paanchu vorsu hOres, shubhanandhin, morE bedi thungo chokkat oppaarsiinna?

Mannendho : thurE bedi konni unno nheetho kerarii, kaayi thumi ruvvo buddhisaaligan houdi rhavvai maaaa.

Sosuro : chokkat sE maulen, phallo thego thaye buddhisaali nowraanuk vekkathak bheLi keshtam hoyyirhaai.

Ravi G Vidi



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NEWS IN BRIEF



Dr. T.S. Chandrasekhar has been appointed as Honorary Professor for Lifespan at Dr. MGR Medical University, Tamil Nadu. Congratulations on behalf of KUSO Office Bearers and Committee Members.

The Sourashtra Madhya Sabha Welfare Fund Scheme, a relief fund for the Sourashtra grassroots, has been launched on 16-07-2021, by Sourashtra Madhya Sabha President Dr. VR Rajendran for the first time in Salem Ammapettai Sabha for 5 beneficiaries. The relief fund function was attended by Sourashtra Madhya Sabha General Secretary Sri Sankarlal, Secretary Sri Bhupathi, Salem Ammapettai Sourashtra Sabha President, management and beneficiaries.



BHUVANESH BABU WEDS AARTHI

Chiranjeevi S.K. Bhuvanesh Babu, B.Tech, (ECE) son of Sri S.N. Karthikeyan and Smt. Durga (daughter of KUSO President Sri V.G. Gopalakrishnan) married Soubhagyavathi T.S. Aarthi, B.Tech, (ECE) daughter of Sri T.K. Subramanian and Smt. Lakshmi,



Hyderabad on Wednesday the 7th July 2021 at ADR Kalyana Mantapam, Kamarajar Road, Madurai.



Editor, Sonna Kodum Sri R.N. Sadasivan, KUSO Committee Members Sri N.S.R. Santharam, Sri M.V. Mohan Ram, Photographer Sri R.R. Venkatesh attended the marriage and blessed the newly married couple.



The grand ceremony was held by Sourashtra Sabha, at Sourashtra

Sabha Mahal, Walajapet on Sunday 18-07-2021. The monthly incentive for the destitute elderly was given to 25 people. Members of the Executive Committee of the Sourashtra Sabha Committee for 2021 - 2024 were specially honored.

Sourashtra Madhya Sabha President Dr. V.R. Rajendran introduced the Madhya Sabha Welfare Fund to was provided to 5 people.

Paramathi Sourashtra Sabha President and Sourashtra Madhya Sabha Deputy President Sri C.M. Ravichandran was the special guest. Lunch was specially arranged for everyone. The event was also attended by leaders, officials and members of the public from various associations in Walajapet.

Sri N.T. Srinivasan, Secretary, Sourashtra Sabha, Walajapet and Deputy General Secretary, Sourashtra Madhya Sabha

On behalf of the Saurashtra Social Welfare Association, the first project to implement the project of planting rare saplings in all the temples in Aranthangi was launched on 22-07-2021 at the Kasiviswanathar Temple.

Palani Sourashtra Sabha President Sri R. Rajendran, Secretary Sri R. Jeyanthilal, Devedas (SBI, officer, Rtd) BJP ward Secretary Easwaran Moorthy, distributed kabasura water and masks to our community people and public on 26-07-2021 on behalf Sourastra Sabha and Sourastra Madhya Sabha in front of Palani Sourastra Sabha Hall.



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Why Crash Weight Loss Programs Don't Work

It's an eternal question: What diet is best for weight loss? Or, what should we eat (or avoid) to stay healthy?

Devotees of paleo or keto will talk your ear off about why their diet is the most sensible. People choosing vegan diets (no animal products, including dairy) make a compelling case for both personal and global health.

Herman Pontzer, an evolutionary anthropologist at Duke University, argues that human metabolism has evolved to the point where how we eat and expend our calories is more important than all of our collective obsession with what to eat.

In his new book, *Burn: New Research Blows the Lid Off How We Really Burn Calories, Stay Healthy and Lose Weight*, Pontzer breaks down the science of metabolism and shares tales from his work studying caloric expenditure among hunter-gatherer societies.

One of the most startling findings is the notion of constrained daily energy expenditure. This is the idea that the human metabolism adapts to our activity levels to keep our daily calorie burn in a surprisingly narrow range — no matter how hard you

work out. But don't let that depressing fact hold you back from the gym — it's crucial that you still get daily exercise for weight maintenance and overall health.

This interview with Pontzer is adapted from an interview for Public Radio Tulsa's Medical Monday program and has been edited for length and clarity.

In your book you debunk the common metaphor we use for caloric expenditure — an engine or a machine. You say it would be more accurate to compare it to running a business. Why is that?

The engine view gets a few things right. We put fuel into our bodies in the form of food. And we do burn it off in all the tasks that our body does, the way that an engine burns fuel.

But an engine, like the engine in your car, doesn't get to decide how it burns the fuel. A car's energy burn is all about how hard you step on the gas pedal. Your body isn't like that. Your body is more like a business, as it has an overall goal like any business does. The overall goal of your body is to survive and reproduce, because that's what every organism has evolved to do. But there are many parts and pieces and departments that are in the service of that overall goal.

In a business you have finance, sales, human resources and security and everything else. It's the same with your body. You've got all these different organ systems that all work together. And like a business, when income is low, you can juggle things around. So you spend less on this or that task. And when things are good, you can ramp up the energy that you spend on different tasks. And so that kind of juggling or prioritization that



businesses do is the same that your body can do with how it spends calories.

One fallacy with the engine model of calorie burning is we think, OK, I've got to burn more calories than I take in, either by eating less or exercising more or both. But as you point out, the metabolism adjusts, and it becomes harder to lose weight. So even though exercise isn't really a great weight-loss strategy, it's still very important for your overall health, right?

That's exactly right. If you're more physically active, eventually you don't burn more calories a day, but you change the way your calories are spent. If you spend your calories on exercise, what that means is you're spending fewer calories on other tasks.

And for most of us, that's a really good thing, because if we spend less energy, for example, on

inflammation, we reduce our inflammation levels. If we spend less energy on stress reactivity, for example, our cortisol levels don't go up as high and our adrenaline levels don't go up as high, we achieve lower levels of stress response. And it seems that, that exercise might also help keep testosterone for men or

estrogen levels for women at a slightly healthier level. So that adjustment, that metabolic adjustment that we make is one of the reasons exercise is so good for us.

You've done extensive research with modern-day hunter-gatherers, like the Hadza people of Tanzania to better understand how human metabolism works. What did you learn?

The Hadza, to this day, don't have any domesticated crops or animals or machines or guns or electricity or anything like that. They live in grass houses in the open savanna in northern Tanzania. And every morning they wake up and women are off to get plant foods, such as berries and tubers. The men go off to hunt for a wild game using bow and arrow.

For somebody like me who studies how humans evolved, a community like that is just an invaluable way to ask what hunting and gathering does to our bodies. Because we humans evolved over millennia as a hunting and gathering species. And yes — in a population like that, food can be scarce sometimes. And you're always spending lots of energy on physical activity. So your body really has to be good at prioritizing how it spends its calories.

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The Hadza walk everywhere they go, and compared to us, are seldom sedentary. I'd assume they burn significantly more calories than we do in a day. Yet surprisingly, your work shows that their metabolism isn't all that different from the average American.

About 10 years ago, we went and measured how many calories men and women in the Hadza community burn every day. The Hadza are so physically active, we'd expect that their total calories burned every day would be much higher than we see in the U.S. and Europe and other industrialized populations. And instead, what we found was that actually, even though men are getting 19,000 steps today, women are getting 13,000 steps a day on top of all the other work they do, they aren't burning more total calories every day than we are in the West.

Physical activity ends up being another one of those things that the body can juggle and adjust. And so in the same way that your body can adjust to changes in your food environment, your body can adjust to changes in your physical activity. So for the Hadza, their "metabolic business" has adjusted so that they spend less on other body systems to make room for that big physical activity workload that they have. What does this mean for someone who is trying to lose weight today?

If you or I started an exercise program tomorrow, we will burn extra calories from that exercise for a while. But after a couple of months, our bodies will adjust so that we're spending about the same energy every day as we were before we started the exercise. Your body adjusts how it spends its energy to keep the total calories burned every day within a relatively narrow range. It just speaks to how adaptable and flexible our bodies are and how we're not really in charge of our metabolisms the way we think.

You include a section in the book about the TV show *The Biggest Loser* in which contestants competed to see who could lose the most weight. What was the problem with that?

Contestants went on this show and were put under a brutal routine of intense exercise, coupled with near starvation. You can lose a lot of weight that way. But it's not sustainable. Your body pushes back hard by slashing its metabolic rate. Some of those contestants have been followed for years afterward. The folks that have been able to keep the weight off still have lowered

metabolic rates from what they went through. A lot of the contestants gained the weight back.

It goes to show you the way to fix the obesity crisis societally or [to lose and keep weight off] individually is not some big, drastic crash approach. You've got to go more sustainably than that because the body will just push back if you push too hard.

So if your goal is to lose weight, nutrition will offer the bigger impact than exercise. But for maintenance of healthy weight, that's where exercise is essential?

That's right. Let's rethink what exercise is doing. I call it the rhythm section of your body. Exercise keeps everything on the same page, on the same beat, and it helps regulate how your body works. And so once you get to a healthier weight, once you are able to lose weight and get to a set point where you want to be,

exercise is really key in keeping yourself there. Exercise changes the way that your body regulates how hungry you feel or how full you feel.

The paleo diet is based on the idea that when we were all hunter-gatherers, we ate a certain way, and we didn't have problems with obesity or Type 2 diabetes or high blood pressure. But based on your study of the Hadza, what is it that the paleo folks got wrong?

If you go out and have a chance to live with a group like the Hadza, you realize that a lot of the stories we tell ourselves about the past, including things like the paleo diet, just kind of fall apart. So there's this idea in the paleo diet world that there's one sort of single natural human diet, and that diet was very meat heavy, hardly any carbs at all and certainly no sugars.

[In reality] the Hadza have a mix of plants and animals in their diets. It changes day to day and year to year, but about half of the calories are coming from plants. And not only that but actually something like 10[%] to 20% of their calories every day comes from wild honey, which is just sugar and water, you know, which it would not be on any paleo diet person's menu. Another big part of their diet is the starchy tubers and these root vegetables, which you often aren't allowed to eat on some version of the paleo diet.

One last thing that stunned me from your book: You write about the metabolic cost of pregnancy — comparing pregnant women to *Tour de France* riders.

You can push the body as in the *Tour de France*, where riders burn 7,000 or 8,000 calories a day for three weeks. But it also makes sense that pregnancy is pushing the same metabolic limits as something like the *Tour de France*. They both run your body's metabolic machinery at full blast for as long as it can keep it up. It just speaks to how taxing pregnancy is, for one thing, but it also speaks to how these things are all connected. Our energetic machinery gets co-opted into these different tasks and makes connections that unite all of these different experiences.



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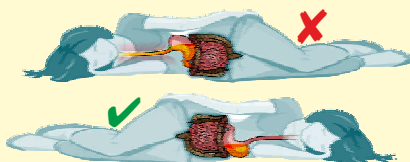
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SLEEP LEFT SIDE

Which side to lie on while sleeping: Left side? Rightside?



Sleep also plays an important role in maintaining good physical health. Our daily activities also turn into exercises that

are good for the body.

Some people have a habit of not having a great understanding of it and live a healthy life. It was an advantage he naturally had. One such thing is sleeping on the left side.

Benefits

Snoring is prevented. Pregnant women benefit from a smooth blood flow to the uterus, fetus and kidneys. Provides relief from physical pain as well.

Helps digest food. Relieves back pain and neck pain. It purifies the blood and lymphatic fluid, and the filter helps to flush out toxins and waste.

Easily expels accumulated toxins and prevents serious diseases.

Helps the liver and kidneys to work well. Smooths bowel movements. Reduces the normal workload of the heart. Prevents acidity and heartburn. Gives morning agility. Fat is also easily digested. Affects the brain during sleep.

Delays the actions of Parkinson's and Alzheimer's.

This state of sleep is also revered in Siddha and Ayurvedic systems. Because the heart is on the left side, you will feel refreshed when you lie down and wake up leaning to the right side.

This is because of the balanced blood flow during sleep. The above 15 benefits are in that one benefit. Explaining this further may increase the number of benefits.

On the contrary, when you wake up, you will feel the dissatisfaction of sleeping no matter how you lie on the right side, straight upwise or downwise.

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SuLLO Bhatt

Old rice is enough. Awesome Chennai Stanley Government Hospital. If you have old sorghum every morning, you will get a solution to intestinal problems. Patients who are in a position to undergo surgery without surgery. Doctors at the Government Stanley Hospital in Chennai said that the old rice was being preserved. Due to the lack of minerals, iron, fiber and beneficial bacteria available to the gut by modern modern diets. Various ailments such as intestinal problems, constipation, insomnia, digestive disorders, depression come looking for us and invite us as guests.

Doctors at Government Stanley Hospital.

The government has conducted research on old rice with patients coming to Stanley Hospital for intestinal problems. In that research, they found that the old word we normally think of contained beneficial microorganisms such as lactobacillus, yeast, phytobacteria, stepzo, and sucrose.

They have also found that the lack of beneficial bacteria in our diet causes various intestinal problems. Doctors also said that the bacteria found in old rice had been used to treat many intestinal problems.

They also found that the beneficial bacteria in old rice increased the level of insulin in the blood.



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