

SONNA KODUM

Editor :

R.N. SADASIVAN

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Rs.5.00 Issue-8

27th ANNUAL DAY CELEBRATION

On 16-02-2020 Sunday

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SPECIAL INVITEES:

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Sri K.B. Arun Karthik

Indian Cricket Player

All our people are requested to attend the celebration along with their family and friends without fail and also inform our community people who are not aware of this function and bring them with you. There will be attractive ten 'Early Bird' prizes by draw from KUSO to those who arrive at the auditorium up to 8.00 AM (except KUSO Committee Members and their Families).

Owing to some pressure of works and unavoidable circumstances, we could not meet you personally and extend the invitation. Kindly treat this as a personal invitation and attend with family and friends. We request you to make the function a grand success. We encourage all patrons to arrive sharp 7.30 to 8.00 AM to utilize all facilities including morning breakfast.

PLEASE NOTE: Those who are interested to participate in outdoor games (Rangoli, Lemon Spoon Running etc.) are required to be present in the function venue at 8.00 AM sharp. Others are welcome to encourage the participants. All those who are interested to participate in various competitions are requested to give their names to any one of the following Committee Members well in advance. Gifts are given to all participants.

Sri R.R. Baskar : Cell : 9343736556
Sri R.K. Sridharan : Cell : 8088506655

Sri P.M. Balaji : Cell : 9538277727
Sri K.K. Gopinath : Cell : 9035775910

Mini Breakfast 8 to 9 AM ★ Lunch 2.00 PM ★ Tea 4.00 PM

PROGRAMME : Invocation (Prayer Song & Dance), Lighting the Lamp, Introducing Committee Members, Welcome Speech, Calendar-Sonna Kodum Advertisers & Sponsors, Speech by Chief Guest, Guest of Honours, Santhoor Music Program by Master Adithya Vishwanath, Prizes Distribution, Vote of Thanks.

CULTURAL PROGRAMME : Fancy Dress (Children), Musical Chair (Children), Group Dance, Kolattam, Dance Competition, Musical Chair (Women), One Minute Play (Men).

FREE MEDICAL CAMPS : Free Medical, Dental & Eye Checkup Camps are going to be conducted in this function. All are requested to use the camp facility.

BLOOD DONATION CAMP : Those who are interested to donate blood can utilize this opportunity.

Sourashtra Madhya Sabha Conduct
MEGA
Jadhaga Parivarthanai
MELA-MJP 2020
On 04-01-2020, Saturday
Venue : RAYA MAHALL (A/C)
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For more betails Contact :
T.R. Surendran : 94442 95946

divaa puje



The 73rd 'divaa puje' was held on Wednesday, 11th December 2019, at 06:00PM at KUSO Office, C/o. Pharma Associates, S-1859, 1st 'G' Main, 'D' Block, M.K.K. Road, Rajajinagar 2nd Stage, Bengaluru - 10, with the participation of large number of KUSO members family.

In this function, Vice President, KUSO, Sri R.K. Sridharan performed the rituals. Smt. Santhi Baskar and Smt. Yogeshwari Nagarajan had organized the pooja events.

Those who are interested to participate are requested to contact Smt. Santhi Baskar (9342014615), Smt. Ramila Devadoss Babu (9379681716) and Smt. Yogeshwari Nagarajan (7892216211).



THE ASTONISHING AMARNATH CAVE

Even if we were to grow up in science today to artificially create mankind, I would have no idea that before the great power of nature, we are bowing down to its infinite potential.

Can you imagine if there were still unanswered questions in today's modern science, even in this time of great development of science?



One of such questions is what we are going to see today. This is where the Amarnath Cave Temple, the most sacred place of Hindus for over

5,000 years, is located.

Before we get to the question that science cannot answer, first let us know the location of the temple.

The Amarnath Cave is located approximately 12,756 feet above sea level, about 141 kilometers from Srinagar in the Indian state of Kashmir.

According to the mythological legends of the Hindus, it is here that Shiva, the source of life, taught his wife, Parvati, the secrets of life. According to legends and legends of the Hindus, the temple is considered to

be one of the most important places of worship for the Hindus.

To reach this temple, we must first reach Pahalgam, located at the foothills of the Himalayas, which is located at a distance of 95 km from Srinagar. There are road access to the daylong road. It is located at an altitude of 7,200 ft above sea level.

From the foothills of the Himalayas, to the Amarnath Glacier from Dayalgam, you have to travel about 40 kilometers between steep glaciers. The parakadas often go from daylight to session, three or four days by foot. Those who cannot walk travel on horses, teeth, and dolly.

The water from the upper part of the mountain is poured into the middle of the rock at the back of the cave, which is about 150 feet high and wide. No wonder, then, that water is frozen and turned into ice. But here, at certain times of the year, it is the linguistic form of water that is the most elusive wonder. There is no science or artificiality involved.

Another miracle awaits you here, no animals and birds to be found in the snow-capped session. The reason is that no organism can live there.

This is where our science is still unable to respond. Only a couple of mountain peaks have ever lived in the Amarnath Cave Temple, which is still unfit for life, and the question of how it survives has not yet been answered by modern science.

Amarnath pilgrimage is not complete with the miraculous Panlinga darshan.

The pilgrims believe that the Amarnath pilgrimage will only be completed if they see the pair of pigeons living in the cave. It is the unwavering belief of the devotees that God and God are present in the form of doves. One of the few spots where science fails. The truth is.

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History of

ARYANKAVU DHARMASTHA

In Sabarimala, we are all worshiped as a Brahmacharya, a devotee of the Dharmastha. Iyyappan shows up as a family man in Pandalam as a child, as a child in the pond, as king in Achankovil and as a hunter with arrows in his hand at the volcano. That is the Aryankavu Iyyappan temple.

The Kalyana Utsavam is celebrated every year during the month of (Margali) December, to Iyyappan and Pushkala Devi. The royal family of Travancore, the members of the Sabarimalai Iyyappan Devaswam Board, invite and invite the Saurashtra people for this festival.

The Aryankavu Iyyappan Temple is the first of the six important Iyyappan temples which are considered to be the sixth houses of Ayyappan. The Aryankavu Temple is one of the most important pilgrimage centers for Iyyappan, just as Lord Murugan, Thiruparankundram is the first battalion of six houses.

Swami Iyyappan as a Brahmachari at Sabarimalai and as a young boy in Kulathupuzha. Though the temple is in Kerala style, all the festivals are celebrated in Tamil Nadu. It is because of the marriage of Aryankavu Iyyappan, a Saurashtra woman from Madurai, Pushkala Devi. The Aryankavu Iyyappan Temple is the first temple that most devotees see on their way to Sabarimala. Only men are allowed to enter. Similarly, women between the ages of 10 and 50 are not allowed. At the same time, the couple is allowed to come and visit the sannidhi.

Aryankavu Dharmastha Iyyappan Temple is one of the five Ayyappan shrines created by Parasurama in Kerala called Parasurama Bhoomi. It is here that Iyyappan Pushkalai is married to a Saurashtra woman who is blessed with devotees in the royal look. In this temple, the Kalyana Utsavam is celebrated annually, in the month of December, in the month of Dhanur (Dhanur month). During the Kalyana festival, the culture of Tamil Nadu is followed along with the Malayalam rituals.

There is also a talapurana about the Iyyappan-Pushkala Devi Kalyana festival held annually. That is, some of the Saurashtra society members were in Madurai to weave the clothes for the Travancore royal family.

One of them once wore clothes for the royal family of Travancore and accompanied his adolescent daughter Pushkala. The only way to go is because of the dense forest path and night time. He handed over his daughter Pushkala to the priest of the nearby Aryankavu Dharmastha temple priest, to give the necessary clothes for the royal family and leaving them to be taken care of until he arrived.

Pushkala, until the arrival of her father, was engaged with the devotional work of the Dharmastha Iyyappan Pooja. At one point, Dharmastha got with her. At this time the weaver who went to the palace of the Travancore Palace was returning to Aryankavu with the satisfaction of his work. Then an angry elephant ran to attack the weaver.

There is a beautiful young man who unexpectedly appeared there, chasing the elephant and saving the weaver. The weaver, like to offer something to the young man. Immediately, The young man told to marry his daughter to him and disappeared. Then, a surprise awaited the weaver who returned from Aryankavu.



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The young man who protected himself from the elephant was in the same form as the Dharmasastra. Immediately the weaver realized that he was the one who saved himself and thought of his daughter. He also told the priest about the incident. At the same time, the weaver agreed to marry his daughter to Iyyappan.

Soon after the matter was announced to the king of Travancore, he too agreed to marry. The weaver arranged the wedding immediately and informed his own friends in Madurai and brought them to Aryanka. According to the Talapuranam, on the day, Dharmastha Iyyappan visited Pushkala in person and fascinated her with her hand.

Because of this, the Kalyana Utsavam is celebrated every year in the month of Makkali by the Dharmastha Iyyappan and Pushkala Devi. The royal family of Travancore, the members of the Sabarimalai Iyyappan Devaswam Board, invite and invite the Saurashtra people for this festival. Similarly, the Aryankavu Devasthan Saurashtra Mahajana Sangham, Madurai, organizes the festival and participates in the festival. They also take their daughter Pushkala Devi.

It is believed that the Aryankavu Dharmastha had another wife, Poorni like Pushkala and a son named Satyaka. The temple is in the Kollam district of Kerala. It is about 23 km from the Red Fort in Tamil Nadu Aryankavu Temple 7 am-11pm.

This year The Wedding of Ariyankavu Annadhana Prabhu Lord Sri Dharmastha and Sri Pushkala Devi



will be held on Tuesday 24.12.2019 at Ariyankavu, Kerala.

On Tuesday 24.12.2019 Morning Manamagal Alaippu (Jyothi Ruupa Darisanam, from Mampalathurai). On Wednesday 25.12.2019 Evening Pandiyan Mudippu (Nichayadhartham).

On Thursday 26.12.2019 Celestial Wedding (Thirukkalyanam). On Friday 27.12.2019 Mahamandalabhishekam

All the Sourashtra devotees of Lord Sri Dharmastha and Sri Pushkala Devi are requested to attend the holy wedding and get blessings.

The devotees may stay at Senkottai, Kuttralam or Tenkasi, conveniently attend the Wedding Ceremony at Ariyankavu. Frequent bus services are available from Senkottai, Kuttralam and Tenkasi to Ariyankavu.

R.B. Sangeetha Weds N.S.V. Prasannakumar



The Wedding of Soubhagyavathi Vidhooshi R.B. Sangeetha, BCA, BA (Bharatanatyam) Daughter of KUSO Joint Treasurer, Sri R.R.Bhaskar and Smt. Santhi Bhaskar Weds Chiranjeevi N.S.V. Prasanna Kumar, BE (ECE) Son of N.S.Vishwanathan and Smt. Roopavathi was held on Friday, the 6th December 2019 Menaka Ramalingam Arangam, Kamarajar Salai, Madurai-9.

K.K.Devadoss babu, Treasurer, T.A.Pattabhiraman, Secretary, S.K.Varadharajan,



Secretary, and Committee Members: T.H.Desikachary, M.V.Mohanram, T.R.Govindan, M.R.Narayanan, N.S.R.Santharam, R.N.Sadasivan, V.N.Sekar, V.N.Bhaskar, R.R.Venkatesan & Tirupathi.Venkatrayalu attended the marriage and blessed the newly married young couple.

JOKE

Avre Mannen dho solObhaar onte souno dekkes. Mahakaali dEv avi thogo kai varam paje sangi devus menis.

Mannen dhO sonthOshkan mogo novvogan singaarkan morE vathan aigi challathe maathiri onte bedki paje thego horaat kelli sonthOshkan jivus menes.

TheveL damaar keru seddhu aigayes. Mannen dhavi "mii coffee ani hudadEth thungo novvagan horaat paie hOrasya?"

ghaam thaye thainim dhaanuk thengo naav meLLi hauden avarani.

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Signature

Note Please send us the above form duly filled in and signed as soon as possible. The names and addresses of those members who had not submitted to us the said form, will be deleted from the mailing list and Sonna Kodum copies will not be sent to them. Those who have registered their horoscopes with us will receive Sonna Kodum copies for a period of 6 months only from the date of registration.



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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 **30th Global Jadhaga Parivarthanai Mela** (Sunday, the 13th October 2019) in instalments

KUSO Marriage BUREAU



NOWRIN

- ★ **G** Bhargava Rishi **H** Giri **N** Revathi **P** 4 **R** Meena **D/B** 11.04.1994 **O** Paramakudi. M.B.B.S., height 5'1" girls studying for postgraduate entrance examination, seeks suitable alliance from M.D/M.S OR BE+MBA std boys of any Origin anywhere working and living or preferably in India. with min. height 5'7". **Ref:KMB/G/30/006**.
- ★ **G** Agathiyar Rishi **H** Dhovlan **N** Bharani **P** 3 **R** Mesha **D/B** 03.04.1995 **O** Madurai. B.Com, height 5'5" seeks suitable alliance from any Degree std boys of any Origin Madurai, Bangalore, Chennai. with min. height 5'5" **Ref:KMB/G/30/007**.
- ★ **G** Mounjaniya Rishi **H** Manikkka **N** Poosam **P** 3 **R** Kadagam **D/B** 30.09.1994 **O** Paramakudi. M.Sc., height 5'6" girl works in Infosys IT Bangalore, seeks suitable alliance from BE any master degree std boys of any Origin anywhere working any where living in any where. height 5'7" **Ref:KMB/G/30/008**.

NOWRAN

- ★ **G** Kaaiyyabha Rishi **H** Bharagiri **N** Anusham **P** 3 **R** Viruchigam **D/B** 14.091991 **O** Salem boy works as handloom with a salary of Rs.20,000/pm seeks suitable alliance from girls of any origin anywhere working in anywhere living in anywhere. **Ref:KMB/B/30/117**.
- ★ **G** Viyasam Rishi **H** -- **N** Pooram **P** 1 **R** Simmam **D/B** 14.07.1983 **O** salem. boy with a salary of Rs.25,000/pm seeks suitable alliance from Girls of any Origin anywhere working in anywhere living in anywhere. **Ref:KMB/B/30/118**.
- ★ **G** Jabali Rishi **H** Keynthapadi **N** Magam **R** Simmam **D/B** 17.03.1973 **O** salem. 8th (2nd marriage) boys doing handloom with an income of Rs.20,000/pm seeks suitable alliance from girls of any origin anywhere working in anywhere living in anywhere. **Ref:KMB/B/30/119**.

- ★ **G** --- **H** --- **N** Ashiwini **P** 2 **R** Mesham **D/B** 05.04.1981 **O** salem. DCE std height 5'4" boy have own G.S.Photo Studio with an income of Rs.35,000/pm seeks suitable alliance from girls of any origin anywhere working in anywhere living in anywhere. **Ref:KMB/B/30/120**.
- ★ **G** Mounjaniya Rishi **H** Manikkka **N** Magam **P** 1 **R** Simmam **D/B** 29.03.1988 **O** Trichy. B.Com, MBA (Pursuing) height 5'9" Boys Works as Credit Officer with a salary of Rs.40,000/pm seeks suitable alliance from girls of any origin working and living in anywhere with min.height 5'3" **Ref:KMB/B/30/121**.
- ★ **G** Mounjaniya Rishi **H** Kondiyan **N** Pooram **R** Simmam **D/B** 07.03.1985 **O** Salem. std 2nd PUC height 5'9" Boy doing Silver Business with an income of Rs.50,000/pm seeks suitable alliance from girls of any origin working and living in anywhere. **Ref:KMB/B/30/122**.
- ★ **G** Mounjaniya Rishi **H** Kondiyan **N** Pooram **R** Simmam **D/B** 07.03.1985 **O** Salem. std 2nd PUC height 5'9" Boy doing Silver Business with an income of Rs.50,000/pm seeks suitable alliance from girls of any origin working and living in anywhere. **Ref:KMB/B/30/123**.
- ★ **G** Maricchari Rishi **H** Login **N** Avittam **P** 4 **R** Kumbham **D/B** 11.04.1991 **O** Nagercoil. std Dip. Computer Science & BCA height 5'11" boy works as sales & service with a salary of Rs.40,000/pm seeks suitable alliance from girls of any origin working and living in anywhere. **Ref:KMB/B/30/124**.
- ★ **G** Sownaga Rishi **H** Aina **N** Visakam **P** 4 **R** Viruchigam **D/B** 31.07.1990 **O** Kumbakonam. std MBA height 5'7" boys works as health care documentation associate Bangalore. with a salary of Rs.35,500/pm seeks suitable alliance from girls of any minimum degree & above origin working and living in anywhere. with minHeight 5'2" **Ref:KMB/B/30/125**.

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- ▶ வளம் கட்டப்பட்ட: கல்வியின் வளம் படைக்கக் கூடிய ஒரு வளம் கட்டப்படுவதற்கும் தனித்தனி வளம் கட்டப்படும் தன்னுள்ளே கொண்டுள்ளது.
- ▶ முன்னேற்றம்: அனைத்து முன்னேற்றங்களும் உயர் கல்விக்குத்தேரியும் மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்புகள்: தற்போதுள்ள நிலைமை, எந்தெந்த, வினாக்கள், எந்த வேலையும், அகமதி முன்னேற்றம் முன்னேற்றம் நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிகள் ஆன்லைன் வசைப்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆரம்பம் மற்றும் வளர்ச்சி: இக்கல்வியின் பல தலைகள் அனைத்து பல்பண்புகளுக்கான ஆரம்பம் புதியதாக அங்கீகரிக்கப்பட்டவை. இன்றைய நிறுவனத்தின் மூலம் ஆரம்பம் திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம்: கல்வியின் நூலகத்தின் மூலம், முயற்சிபெற்றுள்ளதும் மேற்பட்ட நூல்கள் நூலகத்தில் 50 க்கும் மேற்பட்ட அதிவேக இணையதள வசதிகள் கடின கணினிகள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விருதி: மனைவர் மற்றும் மாணவர்களுக்கு உயர்ந்த வசதிகள் கடின தனித்தனி விருதிகள்.
- ▶ உணவகம்: மனைவர்கள் மற்றும் ஆசிரியர்கள் ஒரு நேரத்தில் ஆயிரத்திற்கும் மேற்பட்டோர் உணவகத்தில் வசையில் காணாமலான பிற்பாட்டை உணவகமும்.
- ▶ மொத்தவரத்து: நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்வியின் பெருந்தலை இயக்கம்.

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HEALTHY LIFE

If a person's body weight is 20 percent greater than it should be, that means he is obese.

Elumin Vilin

Is the famous slogan of Swami Vivekananda. Now we are living in a difficult time to combine it with the opium opium. We get the energy we need to survive. The movement of our body, when we eat the right amount of labor, it becomes the full force of the body.

But when consumed in excess, they become fat and stay in the body. It is this fat storage that increases the weight and makes the body obese. Obesity can be caused by eating too many high-fat foods, eating too many in a day, falling asleep with no food, and having no physical activity.



If a person's body weight is 20 percent greater than it should be, that means he is obese. Indians are more likely to gain weight by tradition. Especially the fat around the waist is more likely.

The circumference is 90 cm for men and 80 cm for women. This is the right size to be.

Eat more sugar, starch and processed foods. Frequent crash diets cause the body to overwork and lack of exercise. Legacy causes hormonal changes that cause diabetes to obesity.

Obesity can cause pain and swelling in the knee joint. Narrowing the blood vessels. Can cause heart disease. Increasing blood pressure. Obesity is one of the main causes of diabetes in the body and is often accompanied by indigestion. The body does not cooperate to do any work actively. Obese people may begin to breathe within a short distance. Loss of legs can cause pain and fatigue.

Female infertility. Obesity affects the spine and causes permanent pain in the spine. Immunity is reduced for those who are overweight. These diseases do not cure them easily.

Every pound of fat in our body gets about two to three miles of blood vessel. Since the heart has to pump

blood over this distance, the heart becomes weaker and causes heart disease. Obesity is the leading cause of gastrointestinal disease and the appearance of stones in the gall bladder.

Fat in the blood of obese people is high. This causes the blood vessels to enter the heart, causing the blood vessels to shrink and the blood flow to be greatly affected, causing a heart attack. Possible to cause snoring.

Prevention of obesity: Reduce or eliminate fast food, fatty foods, oiled plates, meats and sweets. Avoid excessive sweet and alkaline foods on festive occasions like Diwali. Avoid butter, ghee, jam, chocolate, cakes and eggs. Reduce the salt content in your diet. It increases the body's weight by increasing the body's weight.

Many people have a habit of eating in front of the TV and avoid it. Avoid smoking and alcoholism. Each person should check his body weight and pelvis at least once a month. It is better to avoid bakery foods such as chips and cakes.

When each food item is purchased in the stores, the outward cover will contain a description of how many calories this food contains. (Detail of how much fat is, how much carbohydrate is, and how much sugar is in it) It is best to find them and avoid foods that are high in fat.

Bad food habits mean forgetting our soil foods and eating other kinds of foods.

We have misunderstood the concept of a beauty bar for women, which means women should eat less, but the truth is not! It is true that women should be able to shorten the cooking of food and distribute it to the family members.

It is best to eat a small amount of fruits and vegetables four or five times a day. It is best to fall asleep after spending two hours at dinner. Do not eat more than three times a day. Do not eat crackers in between. We need to remember the principle that we do not live in order to eat to live.

Possible causes include poor diet and poor exercise. Exercising and practicing yoga as per the advice of doctors. Exercise daily This is the best way to prevent obesity. When you combine healthy weight and diet with exercise, there are many benefits. Exercise helps you lose weight and helps control blood pressure, high cholesterol and diabetes. Exercising 150 minutes a week can lead to a healthy body.

Exercise, gardening, housekeeping, walking with your pet are all just like exercise. So you can start your daily routine from simple walks, gardening, etc.

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'Life Time Achiever' Er. K.V.Pathy

Er. K.V.Pathy B.E.(Hons), P.G. (USA), age 87, is a 'Life time Achiever'.

- ☞ He was conferred the 'Life Time Achievement Award' by Sri Raya Govindarajan, Community leader from Kumbakonam, during the 236th Jayanthi Festival of Srimad Venkataramana Bhagavathar held at Thiruvaiyaru on 21st Feb.2017 by the Thanjavur Sabha.
- ☞ Subsequently, The Salem Sourashtra Maha Sabha also conferred the 'Life time Achiever Award'.
- ☞ He also received the coveted BVK Foundation Privilege Award for his Momentous and unparalleled Achievements and services, on 4th August 2019 at Madurai.

A brief Profile-

Er. K.V.Pathy (Krishnaiyen Venkatachalapathy) was born at Kumbakonam on 15th August,1932 in a humble Sourashtra family (Kashyapa Gothra, with family name-'Lambian').

Education-

He completed his Primary and secondary education as well as Intermediate at Kumbakonam, (he had to work as silk weaver's assistant / 'SikiDe pillo' and also spin khaadi to supplement his educational expenses).

Mr. Pathy passed SSLC with First rank in his Town High School and was awarded 'Miller Medal'. He passed Intermediate also with high rank. He had been awarded the Hindu Kasturiranga Iyengar Scholarship and many other prizes.

B.E. Course-

He secured 'Merit' seat in the College of Engineering, Guindy. He studied, staying in the hostel with the help of Central Govt. Scholarship and assistance from a philanthropic Sourashtra family.

He passed the B.E.(Hons) in Mech. Engineering in 1955 with Distinction. He joined his first job with Rs. 100 (One hundred) salary, which was later increased to Rs. 150 (after the results came out).

Then he joined his Alma Mater, the College of Engineering, Guindy, as Asst.Instructor in Mech. Engg. He again changed over to the Tamilnadu Highways Dept. Central Workshops.

Marriage-

In the mean time he got married on Jun 21st, 1956, to a Madurai girl (a inter-city wedding, rare in those days). His bride was a daughter of Sri A.R.P.Sarathy (Founder of Sarathy Handloom Textiles Factory at Madurai).

Steel Industry-

He got selected in 1957 as a Graduate Engineer Trainee for the Roukela Steel Plant (the then Hindustan Steel Ltd.).

He was sent to USA Bethlehem Steel Plant, Pennsylvania to become the First Sourashtrian to set foot on American soil and stay for more than a year. The training in various depts.of the Steel Plant was for 13 months. Simultaneously, he was given theoretical courses in the Lehigh University in Steel Metallurgy, Economics and related subjects.

No doubt it was a most exiting period in my life.

At the end of the training they (the first batch of Trainee Engineers) returned to Rourkela and were engaged in the erection of the Steel Plant along with German engineers.

(When he returned to Kumbakonam after USA training the Sourashtra Sabha and other organizations took me in a procession and felicitated him as he was the first Sourashtra from Kumbakonam to go to USA.) He had learnt Tamil, English and Hindi in my school days.

He learnt German language in the Max Muller Bhavan at Rourkela. Also the Oriya language at the Oriya Association. He was President of the 'Bharati Tamil Sangam' Rourkela. Later he also learnt Kannada, Sanskrit, Sourashtra Rama Rai script etc.

He had been blessed with a son when he was still in USA. After he came to Rourkela, he got his wife and child there. He worked in the Steel Plant and also the Fertilizer Plant attached to the Steel Plant in various capacities till 1971. (15 years.)

He was sent to U.K., Austria, Italy and West Germany for Specialised Training. He had two daughters while at Rourkela.

Later service-

1971to 1976 - Mangalore Chemicals and Fertilizers (Construction, Engineering, Maintenance). Went to Italy for Machinery Inspection for two months.

1976 to 1992 (15 years) - Graphite India Ltd, Bangalore (Works Engineer, Manager-Projects etc.) Retired in 1992.

After retirement - set up an LPG Bottling Plant at Bangalore for a private Co. (as Project Manager).

Then worked as Consultant and Advisor to Engineering Inspection Consultants, Bangalore. Authorised as 'Competent Person' to inspect/certify machinery & equipment under Explosives Act, Factories Act etc. by Govt. of India/ Govt. of Karnataka. Settled in Bangalore. (Built his own Apartment).

Social and Community service-

He is engaged in Social service in various fields. Advisor to KUSO, Bangalore. Served as President for a term.

One son- B.Tech-IIT (Madras), M.S. (USA). Married. Worked in USA, then returned, works at Bangalore. His wife also works in a private MNC.

To be Continued...



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THE TURMERIC

After the use of cosmetic creams on the face, turmeric baths are forgotten today. But researchers have found that yolk showers are less likely to cause cervical cancer.



The yellow coated face has a unique beauty. But today's young women do not understand that it is not just beautiful, it has a lot of medicinal properties.

Many young women today do not know the glory of bathing with soap after bathing with soap and lack of awareness. This is why even the yellow-skinned, girl-smiling girl of the day has forgotten the yellow.

We all know yellow is a disinfectant. But it also controls cervical cancer, the deadliest cancer in women.

The study also found that the yellow papillomavirus eradicates human papillomavirus (HPV), which develops cervical cancer and is somewhat restricted to those with cancer.

Half of women diagnosed with cervical cancer HPV germs were advised to use turmeric. Some people were always given drugs. It was found that the HPV germ effect was correct for those who used turmeric and that the infection was prevented.

When women are bathing, make sure to bathe in the yellow. Women who go to office and school should get yellow on holidays ..

SAD DEMISE



Sri T.M. Surendran aged 72 expired on 26-11-2019. He was past president of Erode Sourashtra Sabha. He is survived by his wife Smt. Lalitha, 2 sons and 2 grandsons.

KUSO office bearers and committee members expressed their condolences to the bereaved families.

EXERCISES

CHILDREN GROW TALLER

Height is one of the most important lives of many. In particular, the act of boosting self-confidence. Even if the height is too high, ridiculers can be knocked over their heads But the problem with height gummy is that. Doing a few exercises can increase the height a little. Well, here are some great exercises to help you gain height.

- When you are swimming, your body is stretching and stretching. This will help you steadily rise. But you need to practice this every day. You have probably heard this and you may have seen why. This is a great workout to help you stretch your body. It helps to stretch your entire body in parallel.
- Lie down and raise your hips only. Raise your hips and keep them in the same position for 20-30 seconds. This training will help you increase your height.
- Skipping can be said to be another great exercise to increase height. You can see a good result by skipping daily.
- Lie on the ground and lift your feet up. This will help you stretch your hips and toes well. It is difficult to do this exercise in a single day, so it is important to practice this daily.
- Pilates training should be performed on the floor, with your feet raised behind your head and muscles touching the floor. This will help your hips, buttocks, and legs become a good stretch. Thus, you can be uniformly tall.

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