

SONNA KODUM



Editor :

R.N. SADASIVAN

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YOGA

June 21st is the international yoga day.

About this soundpronunciation), Sanskrit for "yoking" or "union", is a group of physical, mental, and spiritual practices or disciplines that originated in ancient India. Yoga is one of the six orthodox philosophical schools of Hinduism. There are a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism and there are four paths or types of yoga: Karma yoga, Kriya yoga, Bhakti yoga, and Jnana yoga. Research studies have shown that traditional yoga systems that include breathing exercises and asanas or postures, chants, and meditation can reduce stress and improve immunity and lung functions. Traditional forms and modern methods of yoga are practiced worldwide.

The practice of yoga has been thought to date back to pre-vedic Indian traditions, possibly in the Indus valley civilization around 3000 BCE. Yoga is mentioned in the Rigveda and also referenced in the Upanishads, though it most likely developed as a systematic study around the 5th and 6th centuries BCE, in ancient India's ascetic and Śramaṇa movements. The chronology of earliest texts describing yoga practices is unclear, varyingly credited to the Upanishads. The Yoga Sutras of Patanjali date from the 2nd century BCE, and gained prominence in the West in the 20th century after being first introduced by Swami Vivekananda. Hatha yoga texts began to emerge sometime between the 9th and 11th century with origins in tantra.

Yoga gurus from India introduced yoga to the West following the success of Vivekananda's adaptation of yoga without asanas in the late 19th and early 20th centuries. The term "yoga" in the Western world often denotes a modern form of hatha yoga and yoga as exercise, consisting largely of the asanas. Outside India, it has developed into a posture-based physical fitness, stress-relief and relaxation technique. Traditional yoga, however, includes physical exercise, meditation, and spirituality. Yoga has its own epistemological method, which assumes the ontology

and metaphysics of the closely correlated Samkhya darsana.

Etymology

A statue of Patañjali, the author of the core text Yoga Sutras of Patanjali, meditating in Padmasana.

The spiritual sense of the word yoga first arises in Epic Sanskrit, in the second half of the 1st millennium BCE, and is associated with the philosophical system presented in the Yoga Sutras of Patanjali, with the chief aim of "uniting" the human spirit with the Divine spirit. The term kriyāyoga has a technical meaning in the Yoga Sutras, designating the "practical" aspects of the philosophy, i.e. the "union with the supreme" through performance of duties in everyday life.

According to Pāṇini, the term yoga can be derived from either of two roots, yujir yoga (to yoke) or yuj samādhau ("to concentrate"). In the context of the Yoga Sutras, the root yuj samādhau (to concentrate) is considered by traditional

commentators as the correct etymology.] In accordance with Pāṇini, Vyasa who wrote the first commentary on the Yoga Sutras, states that yoga means samādhī (concentration).

Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a yogi (may be applied to a man or a woman) or yogini (a woman).

Goals

The ultimate goal of Yoga is Moksha (liberation), although the exact form this takes depends on the philosophical or theological system with which it is conjugated.

In the classical Astanga yoga system, the ultimate goal of yoga practice is to achieve the state of Samadhi and abide in that state as pure awareness.

According to Jacobsen, Yoga has five principal traditional meanings:

- ☞ A disciplined method for attaining a goal.
- ☞ Techniques of controlling the body and the mind.
- ☞ A name of a school or system of philosophy (darśana).



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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☞ With prefixes such as "hatha-, mantra-, and laya-, traditions specialising in particular techniques of yoga.

☞ The goal of Yoga practice.

According to David Gordon White, from the 5th century CE onward, the core principles of "yoga" were more or less in place, and variations of these principles developed in various forms over time:

A meditative means of discovering dysfunctional perception and cognition, as well as overcoming it to release any suffering, find inner peace and salvation. Illustration of this principle is found in Hindu texts such as the Bhagavad Gita and Yogasutras, in a number of Buddhist Mahāyāna works, as well as Jain texts.

The raising and expansion of consciousness from oneself to being coextensive with everyone and everything. These are discussed in sources such as in Hinduism Vedic literature and its Epic Mahābhārata, Jainism Praśamaratiprakarana, and Buddhist Nikaya texts.

A path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality. Examples of this are found in Hinduism Nyaya and Vaisheshika school texts as well as Buddhism Mādhyamaka texts, but in different ways.

A technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments. These are, states White, described in Tantric literature of Hinduism and Buddhism, as well as the Buddhist Sāma?aphalāsutta. James Mallinson, however, disagrees and suggests that such fringe practices are far removed from the mainstream Yoga's goal as meditation-driven means to liberation in Indian religions.

White clarifies that the last principle relates to legendary goals of "yogi practice", different from practical goals of "yoga practice," as they are viewed in South Asian thought and practice since the beginning of

the Common Era, in the various Hindu, Buddhist, and Jain philosophical schools.

History

There is no consensus on its chronology or specific origin other than that yoga developed in ancient India. Suggested origins are the Indus Valley Civilization (3300–1900 BCE)[45] and pre-Vedic Eastern states of India, the Vedic period (1500–500 BCE), and the śrama?ā movement. According to Gavin Flood, continuities may exist between those various traditions:

This dichotomization is too simplistic, for continuities can undoubtedly be found between renunciation and vedic Brahmanism, while elements from non-Brahmanical, Sramana traditions also played an important part in the formation of the renunciate ideal.

Pre-philosophical speculations of yoga began to emerge in the texts of c.500 – c.200 BCE. Between 200 BCE and 500 CE, philosophical schools of Hinduism, Buddhism, and Jainism were taking form and a coherent philosophical system of yoga began to emerge. The Middle Ages saw the development of many satellite traditions of yoga. Yoga came to the attention of an educated western public in the mid 19th century along with other topics of Indian philosophy.

Pre-Vedic India

Yoga may have pre-Vedic elements. Some state yoga originated in the Indus Valley Civilization. Marshall, Eliade and other scholars note that the Pashupati seal discovered in an Indus Valley Civilization site depicts a figure in a position resembling an asana used for meditation, Mulabandhasana. This interpretation is considered speculative and uncertain by more recent analysis of Srinivasan and may be a case of projecting "later practices into archeological findings".

From Wikipedia

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KUSO MARRIAGE BUREAU



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

NOWRIN

◆ **G** Bharathwaja Rishi **H** Laguduva **N** Ayilyam
R Kadagam **D/B** 24.1.1997 **O** Salem. B.E. std, height
5' Fair girl Works at Amazon Development Centre,
Taurus, seeks suitable alliance from boys of MSc / BE
/ MBA std, Origin Bengaluru / Coimbatore / Chennai,
Working in MNC / Govt with min height 5'8".
RefNo.:KMB/G/32/001.

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'.
RefNo.:KMB/B/32/113.

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Astrology, Sri Athyanthaprabhu
Jothida Aaraichi Mayyam,
Madurai.

uttaraayano !

raamanamamu... jabituu... yE! manujaa...!

- 1) sukketi allOs shonTi !
suTTunaa jelummu shOthOr
vekketi abbunaa vignaana
vidhyaan dEtte vEdunu
sikketi nandadde sengunu
seraaDi cherattak sikkeniinaa...
ikkedi jivtiyo, egardim
ichchega raamanamam igeninaa.
- 2) tenguDum enguDum theTkesi,
tETki Etki thekinjeni,
rengunum hOnaatte rhiidinum
rittaga jivlet rhiDiyo;
pungavun likeya potinum
pustavunum aasto poDeninaa...
konkigu abbunaa kushaalumu
khobbimu raamanamam koreninaa.
- 3) veshamun tailikin veedunum
vrutha aayush visiresi,

keshanum murgatte kenDaam
khEsm singaraal keresi;
dasaLun semattak daardaar
dhamidhami jaattak dhakkeninaa...
losanum ambuLaa loshToga
IOtum raamanamam lubbeninaa !

Courtesy: From 'GnanasarOvar' authored by
thaaTaa Subrahmayam, Sahitya Academi Awardee and
published by thaaTaan pirasuram, 88A, Bhagath Singh
Colony, Kaittari Nagar, Nilaiyur, Madurai-625005.
Copies can be had from the above address.

"Soundarya sourashtri bhaashaak abbe dhuv
motinum hechchu hoye moti iyE grandu. isaan grandun
angun sasare ThaaTaa subrahmanyam likkuno. tiyego
dEv tenko monnu bolim, sagala sowbhagyun deno meni
nandaresh".

-: Dr. T.R. Damodaran, M.A., Ph.D., Prof. of
Sanskrit, Sourashtra College, Madurai in his 'nandini'
(like Preface) to this book.

SONNA KODUM

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What are steroids?

Anabolic-androgenic steroids (AAS) are a synthetic form of testosterone, which is the primary male sex hormone. They affect various parts of your body, such as your muscles, hair follicles, bones, liver, kidneys, and reproductive and nervous systems.

Humans naturally produce this hormone.

In men, its levels increase during puberty to promote the development of male sex traits, such as body hair growth, a deeper voice, sex drive, and increased height and muscle mass.

Though traditionally thought of as a male hormone, women also produce testosterone but in much smaller amounts. It serves several functions for women, primarily promoting bone density and a healthy libido.

Normal testosterone levels range from 300–1,000 ng/dL for men and 15–70 ng/dL for women. Taking steroids raises levels of this hormone, which causes effects such as increased muscle mass and strength.

Main uses and potential benefits

When you think of steroids, the first thing that may come to mind is their use in body building to promote muscle gain. While this is a common application, AAS are used for several other purposes.

The main potential benefits associated with anabolic steroids are the following:

Increases in muscle tissue due to enhanced protein synthesis, Decreased body fat percentage, Increased muscle strength and power, Enhanced recovery from workouts and injury, Improved bone mineral density, Better muscle endurance, Increased red blood cell production.

These potential effects may benefit various groups of individuals. Athletes looking to improve speed and power output. In the world of sports, athletes are constantly looking for ways to get an edge over the competition.

While advanced strength and conditioning exercises, as well as nutrition, go a long way in this regard, some athletes take it a step further by taking performance-enhancing drugs (PEDs).

AAS are one of the major PEDs used by athletes. They have been shown to increase muscle mass, which leads to increased speed and power output.

Athletes using AAS can experience strength gains of 5–20% and weight gains of 4.5–11 pounds (2–5 kg), which may be due to an increase in lean body mass.

In competitive sports, steroid dosing tends to be fairly conservative to avoid detection. Muscle mass is not the main concern here, as they're used more for recovery and increased power output.

Though most sporting federations ban AAS, some athletes feel the risk of getting caught is worth the benefits. Strength athletes looking to increase muscle mass and strength.

When it comes to strength sports, including bodybuilding, power lifting, and Olympic weightlifting, anabolic steroids are widely used to increase muscle mass, strength, and power output. In these sports, muscle strength, size, and power directly relate to overall performance.

While the goal of bodybuilding

Steroid Drugs is maximum muscle mass in a given category, strength and muscle size are

closely related, though other factors are at play as well.

The dosing of AAS in strength sports tends to be more liberal, as many federations don't test for these and other substances. While more potent effects may be seen at higher doses, the risk of side effects increases as well.

Many users in this category also utilize a strategy called "stacking," which is a slang term for mixing multiple types of AAS. Some athletes also include other synthetic hormones, such as growth hormone and insulin.

Those with muscle-wasting diseases

Several conditions can lead to muscle loss, including AIDS, chronic obstructive pulmonary disease (COPD), cancer, and kidney and liver disease. While not as common, AAS can be used in these populations to help preserve muscle mass.

Loss of muscle mass has been closely linked to mortality in these diseases and preventing it can improve therapeutic outcomes and extend lifespan.

While AAS use is not the only method to preserve muscle mass, it may benefit these populations. Still, potential side effects must be taken into consideration.

Possible side effects

Despite their potential benefits, AAS have several possible side effects, whose severity varies depending on the extent to which you use these substances. Individual genetics also affect how you respond to AAS.

The anabolic-to-androgenic ratio varies between different types of AAS, which may affect adverse reactions as well. Anabolic refers to muscle growth properties, whereas androgenic refers to the promotion of male sex traits. The main side effects associated with AAS use are the following:

Increased risk of heart disease. AAS used in combination with resistance exercise can increase the size of the left ventricle of your heart, as well as blood pressure. This may increase your risk of heart disease and related death.

Can increase aggressive behavior. Steroid use has been associated with increased aggression and impulsivity in male teenagers and adults.

Can affect body image. AAS use and dependence are classified as a body image disorder in the diagnostic manual for mental disorders.

Can cause liver damage. AAS, specifically those taken orally, have been shown to increase your risk of liver dysfunction.

May cause gynecomastia. Defined as swollen male breast tissue caused by a hormone imbalance, gynecomastia may occur when you stop taking AAS.

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Decreased production of testosterone. Steroid use is associated with hypogonadism, which is characterized by the shrinking and decreased function of the testes. Can cause infertility. Due to its potential to decrease sperm production, steroid use may cause infertility.

May cause male pattern baldness. The androgenic effects of AAS may cause or worsen male pattern baldness. This effect may vary depending on the specific drug used.

Side effects for women

While the above side effects can occur in men and women alike, women should be aware of additional ones, including:

Deepening voice, Facial changes and hair growth, Enlarged clitoris, Irregular menstrual cycles, Decreased breast size, Infertility.

Can be dangerous

AAS use comes with several risks, making them potentially dangerous for most people. While certain methods can minimize some of these risks, they cannot be fully avoided.

Frequent blood work is important

AAS use can affect several lab values, making frequent blood work important to avoid major complications. Steroid use can affect the following lab values:

Can increase hemoglobin and hematocrit. These blood markers play an important role in oxygen delivery throughout your body. Increased levels can thicken your blood and increase your risk of heart attack and stroke.

Can reduce HDL (good) cholesterol and raise LDL (bad) cholesterol. HDL and LDL cholesterol should be within healthy ranges. Lower HDL and higher LDL levels may increase heart disease risk.

Can increase liver markers. AAS use has been associated with increased aspartate transaminase (AST) and alanine transaminase (ALT), two markers of liver function. Elevated levels may indicate liver dysfunction.

You should consult your medical provider before beginning a regimen that alters your body's natural hormone levels.

Risk of infection

When taking AAS, the risk of infection can be fairly high. This is because many steroids are produced in illegal labs that don't follow the same procedures as commercial labs.

For steroids that must be injected, there is an increased risk of contamination and infection. When procuring AAS on the black market, there is a chance of mislabeled or counterfeit substances, further increasing your risk of infection.

Illegal in most places

The legal status of AAS varies by country and region, though they're classified as illegal in most places if used for non-therapeutic purposes. Anabolic steroids are classified as a schedule III drug in the United States. Illegal possession can carry a maximum penalty of 1 year in prison and a minimum \$1,000 fine for the first offense.

The only way to obtain and use AAS legally would be to have them prescribed by a medical professional for a certain condition, such as low testosterone or a muscle-wasting disease. People who choose to use them illegally put themselves at risk of legal consequences.

May be mentally addictive

Though AAS are not classified as physically addictive, continued use may be associated with mental addiction that can lead to dependence. A common psychological side effect of AAS use is muscle dysmorphia, in which users become preoccupied with having a muscular physique.

Is there a safe dosage?

While lower, well-calculated doses of AAS can be significantly safer than uncontrolled doses associated with abuse, no studies have compared the safety of different steroid doses. Synthetic testosterone is also used to treat individuals with low testosterone, which is referred to as testosterone replacement therapy (TRT).

TRT is generally safe for men with low testosterone levels when administered by a medical professional. Data to determine the safety of TRT for women is insufficient. The higher doses commonly used in competitive athletics and strength sports are linked to an increased risk of side effects and cannot be deemed safe. Regardless of the dose, taking AAS always has a level of associated risk. People respond differently to AAS due to variations in genetic makeup. Therefore, it's difficult to know exactly how your body will react.

Other types of steroids

While AAS are the most commonly talked-about type of steroid, there is another variety called glucocorticoids or corticosteroids. These are naturally occurring hormones produced in the adrenal glands located on top of your kidneys.

They serve as a feedback mechanism in your immune system, which regulates inflammation. Synthetic versions are often used to treat certain conditions caused by an overactive immune system, including: allergies, asthma, autoimmune diseases, sepsis.

While they work well to regulate certain illnesses, they can cause several side effects, such as elevated blood sugar levels and weight gain. For this reason, they're reserved only for moderate to severe inflammatory conditions.

The bottom line

Anabolic-androgenic steroids (AAS) are a synthetic form of testosterone used to increase muscle mass and strength.

While their health risks vary by the type and amount taken, they can be dangerous and cause side effects at any dose. Plus, they're illegal in most places.

Using AAS is a very serious decision, and the risks generally outweigh any benefits.



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Ancient Indian Health Tips

Ajeerne Bhojanam Visham : If previously taken Lunch is not digested, taking Dinner will be equivalent to taking Poison. (We can certainly know and feel ourselves if the earlier food is digested. Hunger is one signal that the previous food is digested.)

Ardharogahari Nidhraa : Proper Sleep cures half of your Diseases.

Mudhghadhaali Gadhavyaali : Of all the Pulses, Greengrams (In Tamil, 'Pachcha Payaru' or 'Payatham Paruppu') are the best. It boosts Immunity. Other Pulses all have one or the other side effects.

Bagnaasthi Sandhaanakaro Rasonaha : Garlic even joins broken Bones.

Athi Sarvathra Varjayeth : Anything consumed in Excess, just because it tastes good, is not good for Health. Be moderate.

Naasthimoolam Anoushadham : There is No Vegetable that has no medicinal benefit to the body.

Na Vaidhyaha Prabhuraayushaha : No Doctor is Lord of our Longevity. Doctors have limitations.

Chinthaa Vyaadhi Prakaashaya : Worry aggravates ill health.

Vyayaamascha Sanaihi Sanaihi : Do any Exercise slowly. Speedy exercise is not good.

Ajavath charvanam Kuryaath : Chew your Food like a Goat. Never Swallow food in a hurry. Saliva aids first in digestion.

Snaanam Naama Manahprasaadhanakaram Dhuswapna Vidhwasanam : Bath removes Depression. It drives away Bad Dreams.

Na Snaanam Aachareth Bhukthvaa : Never take Bath immediately after taking Food. Digestion is adversely affected.

Naasthi Meghasamam Thoyam : No water matches Rainwater in purity.

Ajeerne Bsheshajam Vaari : Indigestion can be addressed by taking plain water.

Sarvathra Noothanam Sastham Sevakaanne Puraathanam : Always prefer things that are Fresh. Old Rice and Old Servant need to be replaced with new. (Here what it actually means in respect of Servant is: Change his Duties and not terminate.)

Nithyam Sarvaa Rasaabhyaasaha : Take complete Food that has all tastes viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent).

Jataram Poorayedhardham Annahi : Fill your Stomach half with Solids, a quarter with Water and rest leave it empty.

Bhukthvopa Visasthandraa : Never sit idle after taking Food. Walk for at least half an hour.

Kshuth Saadhuthaam Janayathi : Hunger increases the taste of food. (In other words, eat only when hungry.)

Chinthaa Jaraanaam Manushyaanaam : Worrying speeds up ageing.

Satham Vihaaya Bhokthavyam : When it is time for food, keep even 100 jobs aside.

Sarvaa Dharmeshu Madhyamaam : Choose always the middle path. Avoid going for extremes in anything.



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NEWS IN BRIEF

The Saurashtra Educational Forum has come forward to provide school fees of 6 to +2 to the poorest students in Madurai. Applications are welcome from poor students for scholarships.



A donation of Rs.4000 was given at Saibaba temple, Vandiyur, Madurai to bride Gunia G. Nandhini who lives in Prasanna Colony, Madurai by TMS

Sabha on behalf of Sri Thiyaganattamai T.R. Mothilal family and Sri Neelamegam N.K. Ethindran family. The Saibaba temple administrators Sri Lawyer Jenardhanan presented a brass kodum and Sri Muthukumarasamy presented a stainless steel handa to the bride for her marriage held on 28th June 2021.

The dinner was served freely to elder people on 18.06.2021 by IPS Trust at Prasanna Colony, Avaniyapuram, Madurai on behalf



of Smt. M.V. Jeyanthi for the memory of her husband Late Musuvathi M.R. Vasudevan.

The dinner was served freely to elder people on 19.06.2021 by IPS Trust at Prasanna Colony, Avaniyapuram, Madurai on behalf the series sponsor is Sri K.R. Ravindran.



The lunch was served freely to elderly people on 23.06.2021 by IPS Trust at Prasanna Colony, Avaniyapuram, Madurai on behalf

the sponsor is Sri Kumba K.B. Surendranath and Smt. Ramila on the birthday celebration of their grandson Sri K.S. Vishwasena (son of Sri K.S. Suthir and Smt. Sutharsana Keerthi).

The dinner was served freely to elder people on 23.06.2021 by IPS Trust at Prasanna Colony,



Avaniyapuram, Madurai on behalf the sponsor is Er. Loddiya Sundareshwaramurthy on the birthday celebration of his son Sri L.S. Karthik.

The dinner was served freely to 40 elder people on Thursday 24.06.2021 by IPS Trust at Prasanna Colony, Avaniyapuram, Madurai on behalf of Smt. Aishwarya Lakshmi and Sri Nattamai Sethuraman from America.

The lunch and dinner was served freely to elderly people on 26.06.2021 by IPS Trust at Prasanna Colony, Avaniyapuram, Madurai on behalf of Smt. Priya Rajinikanth and Sri Rajinikanth from Muscat on the anniversary day of her father Late Pidugu Muthuraman.



BVK Group of Company Chairman Sri Bala Kuttin presents Corona financial assistance of Rs 25 Laksh to Chief Minister of Tamil Nadu Stalin.

Sri Sudarshana & Sri Dhanvantari homa was held For the good of the world and the people of the world to get relief from corona disease at Trichy Sourashtra Youth Sangham buiding, Trichy. This homa was arranged by Trichy Sourashtra Youth Sangham and Srimat Natana Gopala Nayagi Swamigal Jayanthi Committe



SAD DEMISE



Smt. Valli V. Devan (aged 65) passed away on 28th June 2021 morning at Bengaluru. She is wife of Late Prof. N. Vasu, Past President and one of the founders of KUSO. She is survived by 2 daughters, 2 sons, 2 grand daughters and a grand son.

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

Children and Smart Phone

For the kind attention of the parents. Now all the children may need to use smart phones for new teaching methods in the new curriculum of Online Class, Android apps like 'cam scanner, Diksha, MX Videoplayer, ES file manager' and 'You tube'. There may also be some occasional sexy advertisements while doing so. So as a precaution to do on the phone:



Go to Play store and turn on the Parent control 'option in Settings. Click on Apps and Games below it and tick '12 + '. Next, click on Films and tick U.

Similarly, in YOU TUBE go to 'settings and click GENERAL then turn on Restriction mode. Now, on our children's smart phone, it is safe to use without interfering with unwanted advertising and video.

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கல்னூரியின் சிறப்பு அம்சங்கள்

- ▶ வளம் கட்டப்பட்ட: கல்னூரி வளம் படைக்கக் கூடிய ஒரு வளம் கட்டப்படுவதற்கும் தனித்தனி வளம் கட்டப்படும் தன்னுள்ளே கொண்டுள்ளது.
- ▶ மேற்காணும்: அனைத்து மேற்காணும் உயர் கல்விக்கூற்ததும் மிகுந்த அனுபவம் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்புகளை சீர்ப்புயிற்சி: இன்போசில், எர்டுமூட், வினெக்ஸ், என்ஜி லேப்சி, அகமதி மேன்ஹி லேஸ் உள்ளிட்ட நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிகள் ஆன்லைன் லைவ்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆரம்பிக்கும் மாண்பு: இக்கல்னூரியில் லேஸ் தலைவர்கள் அனைத்து பல்-கலைக்கூற்ததும் ஆரம்பிக்கும் புதியதாக அங்கீகரிக்கப்பட்டவை. இல்-பீரர் நிறுவனத்தின் மூலம் ஆரம்பிக்கும் திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம்: கல்னூரியின் நூலகத்தில், முப்பத்தாறு நூலகம் மேற்பட்ட நூல்கள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விருதி: மாணவர் மற்றும் மாணவிகளுக்கு உயர்ந்த வசதிகள் கடின தனித்தனி விருதிகள்.
- ▶ உணவகம்: மாணவர்கள் மற்றும் ஆசிரியர்கள் ஒரு மேற்கூற்தில் ஆயிரத்திற்கும் மேற்பட்டோர் உணவகத்தில் வசதியில் காணாமல் பிறப்பாண்டி உணவுக்கூற்தம்.
- ▶ மொத்தவர்த்து: நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்னூரி பெருந்தலை இயக்கம்.

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GROUNDNUT

In the field where groundnut is cultivated in our country there will not be as many rats in the field until it is the season for nuts. But after the groundnut fruiting season, the rats can be seen to have overgrown.

A good example of this is the peanut-eating goats, cows, dogs, and birds all around the field at the same time.

Growing faster because peanuts are high in folic acid. Therefore, women who regularly eat peanuts have a smooth pregnancy and not only do not develop uterine tumors and cysts, but also with childbirth.

Preventing Diabetes:

Groundnut is rich in manganese. Manganese plays an important role in the conversion of nutrients and fats. Calcium from the food we eat is also used to get to our body. Women in particular can protect themselves from osteoporosis if they eat peanuts regularly.

Dissolving gallstones:

Eating 30 grams of groundnut daily can help prevent the formation of gallstones. This information was revealed in a study conducted for 20 consecutive years.

Heart protection:

We think eating peanuts will put on weight. Not true. Conversely those who think they should not gain weight can also eat peanuts. Groundnut is rich in resveratrol. It protects the heart valves. It also prevents heart disease. This is one of the best antioxidants.

Maintaining youth

It helps greatly in maintaining youth. Groundnut contains an antioxidant called polyphenols. It is used to prevent us from getting sick and to maintain youth.

Increases memory power:

Peanuts are like a good tonic for brain development. Peanuts contain vitamin 3 niacin which is used for brain development. It is very beneficial for brain development and memory. Regulates blood flow.

Depression:

Groundnut is rich in the essential amino acid baryptophan. This type of amino acid stimulates the brain called serotonin. Used to produce biochemicals. Serotonin stimulates the brain nerves. Relieves stress. Relieves stress for those who regularly eat peanuts.

Reduce fat:

Readers of the title may be surprised. But that is the truth. Many of us would have thought that eating peanuts would be high in fat. But that is not true. Instead, peanuts contain fat that is good for humans.

The copper and zinc nutrient in peanuts reduces the harmful fats in our body and increases the good fats. 100 grams of peanuts contain 24 grams of monounsaturated fat. Contains 16 grams of polyunsaturated fat.

These two types of fats are the fats that are good for our body. Peanuts have more beneficial fat than almonds. The omega-3 nutrient in peanuts boosts our body's immune system.

Groundnut that impressed Americans:

India is the second largest producer of groundnut in the world after China. Groundnut is also a major contributor to the population of both countries. The practice of eating peanuts is a barrier to the sale of pediatric medicines in India and some heart medicines cannot be sold.

So they spread misinformation about groundnut to Indians and stopped the use of groundnut and groundnut oils. This has led to an increase in childless couples.

For the last several years the price of groundnut in India has been selling at the same price without any major change. But over the same

period, the share of peanuts in the American diet has increased 15-fold and prices have risen. Misinformation about groundnuts has been spread among Indians that Americans should buy groundnuts at a higher price if all Indians start eating groundnuts.

End of ovarian dysfunction:

Peanuts regulate the normal hormonal growth of women. This prevents women from having premature births and developing breast cancer in women. Groundnut is rich in folic acid, phosphorus, calcium, potassium, zinc, iron, vitamins and crutamic acid which are essential for women. It also prevents women from developing ovarian tumors and cysts.

Almonds are better than pistachios:

We all think that almonds, pistachios and cashews are the most nutritious. That's wrong.

Peanuts are the richest source of nutrients. Peanuts also have the power to build immunity.



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'NITHYASUURI'

srImath sugandha dhuupa thiiirthaarya swamigaL pouS avadaththak gave kiirthano

ragam: mugaari, **thalam:** ruupagam
pallavi: tadiku pouS pani avi taLo hiiru neddi bhori
tandu songo vikkaaDkaa rengaa
anupallavi: pirajulu tuus gati meni rhiyaasi isakanu
tego tEvEL droupathiku thovath
diye soko sri rengaa (tadiku)

charanun
bhaaj jemi jivve meni bhove pirajul ponde gati
baadu isokaa karesi bhooth sogave dugaaLu
bhoi hOru nhiisto chekkur haathOru
kaDitaagi rengaa sri rengaa (tadiku)

dharmu soDi nigili bail dallaanuku sEste
dhaagavadEsina tormonnu mii-tuu menas tenko
aangu merunku sukke bhuugaalu
haadu bhandai bisaasi sri rengaa (tadiku)

dEv soko rhiye munin diinun hoi avikinu
dikku tuus melrhiyaasi rengaa pirajulu havur poDi dekke
bhondam aanjaa menaste khaase iso,
kaa khales sri rengaa (tadiku)

EDiso rheikinu mEtisri rengumu
dhaTikan ninjes te kaai rengaa
bhETi hOru vaidya naaduku tuu miLvi
paripuurNu bhaath devaaDi
rengaa sri rengaa (tadiku)

The above kiirtana was recited by Srimath sugandha dhuupa thirthaarya swamigal as a prayer to Sri Renganatha Swamy, Sri Rangam and as an appeal to bring rain for the welfare of the people who suffer shortage of food because of famine.

'chOLA naaDu chOruDaittu' - it was a strong belief in Tanjore region but it too suffered with shortage of food grains during famine once. People suffered like any thing and they made fervent appeals to the king Achudappa Naicker who was ruling Tanjore then. They suggested to the king and to his Minister Govinda Diixidar to bring Srimath Suganda dhuupa thirthaarya swamigaL to make a prayer to the Lord to bring rain to the State. Accordingly, Swamigal was summoned to the court of the King Achudappa Naicker. Upon deep observation of the situation prevailing in the country and in response to the appeals of the people who suffer because of acute shortage of food grains, Sri SwamigaL recited the above kiirtana with whole hearted involvement and prayed to Lord Sri Rengaa of Sri Rangam for rain. People witnessed heavy down pour of rain in that region to bring back the happiness on the faces of the people. The King, the Minister and the people praised the SwamigaL and offered gifts in return.

But SwamigaL refused to accept those gifts because it had happened upon God's wishes. With fervent appeals the King Achudappa Naicker garlanded with a 'Navarathna Maala' (which was studded with pearls and diamonds). Upon returning to the sanctum and santorum of the deity Sri Ranganatha Swamy of Sri Rangam, SwamigaL offered the 'Navarathna Maala' to the Lord saying that it was He who was entitled to wear the Navarathna Maala.



I observed in 'Paanchajanyam', a Vaishnava Monthly published from Sri Rangam (May, 2007 issue) wherein I happened to read the list of ornaments and jewellery items used for Lord Sri Ranganatha and in that



list under serial no. 231, the golden 'Navarathna Maala' offered by our Suganda Dhuupa Thirthaarya Swamigal appeared with details of diamonds and pearls studded therein. Sri SwamigaL was a sourashtra naisTiiga bramhaachari involved in Divine Service in the sanctum santorum of Sri Ranganatha Swamy till attaining the Lord's feet. He lived more than 100 years.

By **K.R. Krishnamachary**, Chennai

The above kiirtana was adapted from book, 'Sri dhuupu dEvun' published by Tirubuvanam M.S. Ramani, Sourashtriya Padippagam, Tirubuvanam, Tanjore Dist., Tamilnadu.

Jokes

Bei 1 : novvo bhoundik solo hOnaathikkaam kagO poureth kerarthe?

Bei 2 : mii bedki saatho jeerahtho handav kerathe chokkat kalaai meni menthi, atho hunnopani thouthi serko sijjereskya meni haugaam ani thekkadeth raag avnaayaa?

★★★

Mannendho : mii sENam ghEr janobaa, more beil khaanathO rhakkiEth rhaai...

Singathi : thoo deeTHovethanabaa, more beil evaLaak khaithi rhaai.

Mannendho : isO nhaabaa, miis hanthav kerithegO ghalno.

Ravi G Vidi

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When is the best time?

When is a good time born for him from one's horoscope? If you want to know that you can tell depending on which planet is strong in his horoscope. If the sun is strong in the horoscope it can be assumed that he will be born for a good period from the age of 22 years.

If the Moon is strong in the horoscope it can be assumed that he will have a good period of birth from the age of 24.

If Mars is strong in the horoscope it can be assumed that he will have a good period of birth from the age of 28.

Should remember the things when see the benefits of

If Ragu or Ketu is strong in a horoscope, then the position of the lagnaadipati and Chandralagnaatipati of that horoscope, i.e. even if they are not hostile to Kedama, can be seen to start well ahead of the Jataka.

For example, for a person born in Aries Lagnanam, Ketu is strong, Mars is in Kedama in the horoscope, and the Guru sat Guru in 11, when he finished +2 at the age of 16, sat down in small work, then built his own house at the age of 28, bought a car and settled down in good condition.



If Mercury is strong in the horoscope, it can be assumed that he will have a good period from the age of 32.

If the Guru is strong, it can be assumed that he will be born at a good age from the age of 16.

If Venus is strong, it can be assumed that he will have a good time over 25 years.

If Saturn is strong, it can be assumed that he will have a good time over the age of 35.

If Rahu is strong in the horoscope, it can be assumed that he will have a good period from the age of 42.

If Ketu is strong in the horoscope, it can be assumed that he will have a good period from the age of 48.

Rahu, Ketu is a strong horoscope, lagnaadipati, Chandralagnaatipati, Yogatipati, whichever of the three is strong or two or three of the three are strong, whichever planet is given the lowest age will start a good time for him. This is the general benefit.

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