

# SONNA KODUM

Editor :

**R.N. SADASIVAN**

News Magazine of KUSO

ENGLISH MONTHLY

**Vol. 8 Pages-12**

**MARCH 2021**

**Rs.5.00 Issue-7**

## **SOURASHTRA MADHYA SABHA ELECTION**

The Sourashtra Madhya Sabha Election was held on 15.2.2021 from 10.00 am to 2.00 pm at the Sourashtra Madhya Sabha Office in Chennai. Chennai High Court Advocates Shri T.R. Janarthanan, Shri P.R. Gopinath were appointed as the election officers.

Only 21 people filed nominations for the 21 responsibilities, so all of them won without an election. The executives of Saurashtra Madhya Sabha for 2021-2024 are as follows:



President  
Dr. V.R. Rajendran



Chief General Secretary  
Sri R.B.R. Ramasubramanian



General Secretary  
Sri M.S. Shankaral



Additional General Secretary  
Sri K.R.S. Murthy



Additional General Secretary  
Sri T.R. Prakashkumar



Deputy General Secretary  
Sri S.V. Ramamurthy



Deputy General Secretary  
Sri N.T. Seenivasan



Treasurer  
Sri T.S. Ravisan



Public Relation Officer  
Sri S.S. Premkumar



Minister of propaganda  
Sri Kuppal G. Devadoss



Chairman of the Political Committee  
Sri B. Aathi Madhavan



### **Vice-Presidents :**

Sri T. Seshadry, Dr. M.R.V. Manivannan, Sri T.S.A. Kannan, Sri S.A. Sureshkumar, Sri N.N. Radhakrishnan, Sri C.M. Ravichandran, Sri S.N. Jayaram, Sri M.S. Kannanan and Sri K.R. Krishnasamy

### **Secretaries :**

Sri N.D. Gengadharan, Sri R.S. Janardhanan, Sri S.M. Sivakumar, Sri R.K. Baskaran, Sri B. Ramamurthy, Sri J.M. Bhoopathy, Sri B.N. Kannan and Sri N.K. Govindan

Congratulations to all newly selected members from KUSO Office Bearers and Executive Committee Members.

## 32nd GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA

# 2<sup>nd</sup> E-MELA

## on SUNDAY, 21st March 2021

**KUSO MARRIAGE BUREAU** announces with pleasure that the 32nd GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA will be conducted as **E-MELA** on **SUNDAY, 21st March 2021** at 11.00 A.M.

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

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

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

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

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

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

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

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

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

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

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

**Sri Ravi G. Vidi - 9448270410/ 9902264195**

**Smt. Yogeshwari Nagarajan - 7892216211**

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

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

### POWER EQUIPMENT SYSTEMS



MFRS OF : M.V. DOUBLE BUSBAR, CHANGE OVER PANEL, POWER CONTROL CENTRE, MOTOR CONTROL CENTRE, DESK, DISTRIBUTION BOARDS, LT AND HT BUSDUCTS, GENERATOR, CONTROL PANEL, RELAY AND CONTROL PANEL, PLC CONTROL PANEL

Plot No. V-5, KSSIDC Industrial Estate, Kumbalgodu, Mysore Road, Bangalore - 560 074. Phone : 080-28437779, 28437790  
info@powerequipmentsystems.com

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

**KUSO MARRIAGE BUREAU** accepts the responsibility of forwarding the horoscope details to the parents of alliance seekers only. The genuineness of the horoscope and the other information furnished therein should be verified by the parents concerned. The applicants should quote the Reference Number mentioned in all the horoscope details published in this issue, on the left hand top corner of the envelope which will enable us to locate and send them a particular horoscope without much delay. For further details, please contact **Sri T.S. Jayabalan**, General Secretary, **KUSO Mobile : (0) 9902264195**.

**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 **31st Global Jadhaga Parivarthanai Mela (E-Mela)** (Sunday, the 11th October 2020) in instalments

### NOWRIN

- ⊛ **G** Sounaga Rishi **H** Maluvathu **N** Utthirattathi **P** 4  
**R** Meenam **D/B** 27.03.1998 **O** Salem. DBS Final Year std, height 5'1" Fair girl seeks suitable alliance from well educated boys of any origin anywhere in India/abroad. Horoscope match is the must. **RefNo.:KMB/G/31/020**
- ⊛ **G** Maareesha Rishi **H** Gujuluva **N** Karthigai **P** 3  
**R** Rishabam **D/B** 12.12.1997 **O** Madurai. B.E. (CSE) std, height 150cm Wheatish coloured girl Works as Software Engineer in a private sector at Bengaluru with a salary of Rs.25,000p/m seeks suitable alliance from boys of BE/BTech/MCA std. Paramakudi Origin living in Madurai working in Central / State Govt. at Bengaluru. with min height 155cm. **RefNo.:KMB/G/31/021**
- ⊛ **G** Athreya Rishi **H** Duruvas **N** Swathi **P** 1 **R** Thulam  
**D/B** 16.10.1993 **O** Madurai. BE Bio Medical std, height 5'2" Fair girl Works as Sr. Scientist in a private sector at Chennai with a salary of Rs.60,000p/m seeks suitable alliance from boys of BE / MBA / MS / MBBS / MSc / MCA / CA std. any Origin living and working in India / abroad. with min height 5'9". **RefNo.:KMB/G/31/022**
- ⊛ **G** Dadheesha Rishi **H** Jaguva (Pottalu)  
**N** Mirugaseersham **P** 4 **R** Mithunam **D/B** 21.11.1994  
**O** Madurai. BE (ECE)-(TCE) std, height 5'3" Fair girl Works as Sr. Software Engineer in a private sector at near Chennai with a salary of Rs.55,000p/m seeks suitable alliance from boys of BE std. Madurai Origin living and working in Chennai / Bengaluru. with min height 5'6". **Ref No.:KMB/G/31/023**
- ⊛ **G** Bharathwaja Rishi **H** Sinna Kavedi **N** Magam **P** 4  
**R** Simmam **D/B** 10.01.1996 **O** Madurai. BA, (MA-Psychology) std, height 5'6" Fair girl Works as Clerical Marking in BC in a private sector at Noida with a salary of Rs.23,000p/m seeks suitable alliance from boys of Graduate / PG in Science / Technology std. any Origin living and working in anywhere in India / abroad. with min height 5'9". **RefNo.:KMB/G/31/024**

### NOWRAN

- ⊛ **G** Mauthkalya Rishi **H** Pandan  
**N** Uttirattathi **P** 3 **R** Meenaam  
**D/B** 30.08.1996 **O** Pudukottai. height 5'4" MSc Counseling Psychology doing PhD with Styfund Rs.30,000+rental increase Rs.15,000 seeks suitable alliance

### KUSO MARRIAGE BUREAU



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

from girls of Graduate / PG any Origin and working and living anywhere in India. with min height 5'. **RefNo.:KMB/B/31/136**

- ⊛ **G** Duranvasa Rishi **H** Baswan **N** Chiththirai **P** 1  
**R** Kanya **D/B** 19.08.1977 **O** Bengaluru. height 5'4" PUC (+2) std medium coloured boy doing own jewellery design business with an income of Rs.35,000/pm seeks suitable alliance from girls of PUC / any std any Origin and working and living anywhere in India. with min height 5'. **RefNo.:KMB/B/31/137**

- ⊛ **G** Duranvasa Rishi **H** Baswan **N** Ashwini **R** Mesham  
**D/B** 04.04.1979 **O** Bengaluru. height 5'6" SSLC std medium coloured boy doing own jewellery Works in saree shop at Bengaluru with with a salary of Rs.20,000/pm seeks suitable alliance from girls of PUC / any std any Origin and working and living anywhere in India. with min height 5'. **Ref No.:KMB/B/31/138**

**Dear Parents,**

**You have so far read the details of horoscopes of Nowrin / Nowran registered in the 31st Global Jadhaga Parivarthanai Mela held on 11-10-2020 as well as those horoscopes registered by person or by post till 28-02-2021.**

**Please attend the (32nd Mela) 2nd E-Mela to be held on 21-03-2021.**

**KUSO MARRIAGE BUREAU**



**CHIRANTARA FOOD PROCESSING & SERVICES PVT. LTD**  
(SOURASHTRIAN FOOD AT YOUR DOOR STEPS)

We serve Sourashtrian (Palkar) Foods for all occasions such as Marriage, Gruhapravesham, Birthday Parties, all Poojas (from 20 to 5000 Meals per day)

**Contact: KUNGA SATHYAMURTHY SRINIVASAN**  
**Ph No. : 9901491225 / 080-23241936**

No. 103, 104, Balaji Nagar 1st Cross,  
Opp. Narayana e-Techno School, Mallathahalli, Bangalore 560056.  
GSTIN: 29AAGCC4052K1ZH www.chirantarafoods.com



## AN APPEAL

### DEAR SONNA KODUM ADVERTISERS

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

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

## A WARNING

Do you sleep with a 10 foot by 10 foot room door lock and windows locked?

Then you must read ....

Kidney Disease - Why Does It Occur? - How to prevent?



If you sleep with the door locked 10 feet by the window, then you have KIDNEY FAILURE, RHEUMATOID ARTHRITIS (neck, elbow, forearm, lower back, lower back, back Bone pain, heel pain), kidney stones, all of which are likely to occur. This is called rheumatic diseases.

According to ancient Tamil biology, if an adult sleeps with the window closed, the air will be polluted. What do you think? The science of acupuncture explained this.

The kidney in the acupuncture is called the second lung. If you lock the room door 10 feet by 10 feet and lock the windows and only one person sleeps, the amount of oxygen in the air inside the room (Oxygen, OXYGEN, O<sub>2</sub>) will decrease within 3 or 3 1/2 hours. This is what the elder says.

Normally the amount of oxygen in the air is 21%. But in a locked room the amount of oxygen in the room decreases by 10% due to the rapid increase in the amount of breath during normal sitting (15 breaths while sitting normally and 64 breaths during sleep).

Then when the lungs are not able to keep the level of oxygen in the blood properly, the kidneys try to do that essential work to increase the need for oxygen to save life in the body. It does the job of taking the oxygen in the water from our body and giving it to the body (water contains two parts oxygen and one part hydrogen, which in turn dissolves oxygen in the water). That is why the kidney is called the second lung.

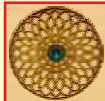
As soon as the kidneys start doing the above work, the work of filtering and purifying the working blood which is doing that till then is stopped.

This increases the accumulation of dirt in the kidneys, as well as dirt in the blood, such as uric acid, which builds up in the joints as uric acid forms.

Effect Uric acid builds up in the kidneys and causes stones to form in the kidneys. Thus the heart becomes more prone to overwork.

Joints are eroded by uric acid forms. This causes pain in the joints. This is why the A / C room thirsts for more water when sleeping. There is pain in the joints

Do not sleep in a ventilated room that can cause so many problems. Share things like this with friends that are fundamental to a healthy life



# SHAHASRALAYA

## Bharathanatyam Online Classes

FOR LADIES AND KIDS

Shahasralaya Presents Bharathanatyam Online Classes

Join our customised sessions from your home conveniently



**7619673606**



SRB Kishorilal  
SRB Mothilal

**SRB BOUTIQUE**

135, 2nd East Main Road, Anna Nagar, Madurai-625001  
Ph : 0452-4961990 / 98433 79499

**SRB SILK**

158, South Masi Street, Madurai-625001  
Ph : 0452-2329536 / 4362111

FASHION CREATORS IN SILK SAREES

## AL RAGHAVAN

A singer who soothed a generation with a variety of songs

Raghavan was born to a Saurashtra Brahmin family in Ayyampettai near Thanjavur to Lakshmana Bhagavathar. Raghavan entered the film world as a child artiste in the film Krishna Vijayam. He was married to the veteran actress M.N. Rajam. He died on 19 June 2020 due to cardiac arrest.



Songs like Oh my lady, cut body (Vietnam Veedu), Seettukattu Raja (Vettaikkarar), Nadagamey Indha Ulagam (Saadhu Mirandaal), Ulagathil Siranthathu yethu (Pattanathil Bootham) and Gubu Gubu Gubu Naan Engine (Motor Sundaram Pillai) became not only chartbusters, but also stress-busters.

Raghavan had the unique ability to sing in female voice and was highly skilled in pronouncing English words.

Popular playback singer of the 60s, AL Raghavan, breathed his last in Chennai on June 19 due to cardiac arrest. He was 87 and is survived by actress wife MN Rajam, a son and a daughter. He had sung more than 500 songs in Tamil and Malayalam.

Born in Tamil Nadu's Thanjavur in 1933, Ayyampettai Lakshmanan Raghavan followed in his father's footsteps to become a stage actor. He then entered the film industry through Jupiter Pictures and sung a song in Tamil movie Krishna Vijayam (1947).

Raghavan had the unique ability to sing in female voice and was highly skilled in pronouncing English words. In the film Vijayakumari (1950), he lent his voice to Kumari Kamala.

In the 60s, many youth had yearned for a government employment. They believed that having a command over English would get them what they desired. So, they followed western music. and developed an interest in cricket.

This was evident in the song Nadodi Nadodi in MGR-starrer Anbe Vaa (1966) penned by lyricist Vaali. It had lines like '...twist dance theriyuma .test match puriyuma..' (Do you know twist dance? Do you understand test match), which apparently mocked who were not exposed to these trends. It's no wonder Vaali was referred to as Vaaliba Kavignar (youth poet).

Raghavan had sung the song along with his contemporary TM Soundararajan. While Raghavan gave voice to the extras, who mock MGR on screen, Soundararajan lent his voice to MGR.

Another song Once a pappa met a mamma from the same film was based on Sri Lankan 'Bailla' genre. Raghavan had sung the song, peppered with mischievous tone.

His stylish pronunciation of English words and skill in making funny sounds during interludes between songs gave him the opportunity to sing a number of songs for comedian-actor Nagesh.

Every line of these songs had rhyming English words.

It was a trend then. For example, the song Gubu Gubu Naan Engine goes like this: .aanaa lovvula successu, aagaatti pona diversu (if all goes well, on will succeed in love. Or else, once will end up in divorce).

Coupled with Nagesh's quirky reactions and comical dance movements, the humorous tempo by Raghavan, the songs had become instant hits among college students.

However, Raghavan was and will be remembered if not for any other songs, but one. An iconic pathos song - Engirunthaalum vaazhga from the film Nenjil OorAalayam (1962) - on love failure.

Directed by CV Sridhar, the film dealt with a love triangle. In the song, penned by poet Kannadasan, Raghavan lent his voice to actor Kalyan Kumar. It became one of the memorable love failure songs.

Later in his career, Raghavan also tried his hands in acting and producing films. He along with TM Soundararajan produced a film, titled Kallum Kaniyaagum (1968). Both played the lead roles. But the acting was not their cup of tea," writes film writer RP Rajanayahem in his blog.

Journalist Sudhangan, in his column Oru Penaavin Payanam wrote that Raghavan-Rajam couple had to sell their house due to the losses they faced in the film industry.

"The film Kannil Theriyum Kathaigal (1980) directed by Devaraj and Mohan had five different music directors, Ilayaraja, Shankar-Ganesh, GK Venkatesh, KV Mahadevan and Agathiyan. But it was a flop" he wrote.

**T.R. Baskaran**

Cell : 09443917400  
09842145662



**TRB Diamonds & Silvers**

Designer Diamond Jewellery Supply of Loose Diamonds Job Works

No. 28-A, Palmal Cross Street, Panthadi 6th & 7th Cross,  
Near Thirumalai Naickar Palace, Madurai - 625 001.  
E-Mail : trbdiamonds@yahoo.com Website : trbdiamonds.com

**KARNATAKA UNITED SOURASHTRA ORGANISATION®**

UNITY IS OUR STRENGTH

# 66, 6th Main, 4th Block, Rajajinagar, Bangalore - 560 010. Cell : 9902264195

**APPLICATION FOR MEMBERSHIP**

Name	: Smt./Sri	Affix Your Photo Here
S/o./D/o.	:	
Origin	: _____ Gothram : _____ House Name : _____	
Present Address : (for communication)	: _____ _____ _____	
	Pin : _____	
Working at	: _____	
Phone	: Cell : _____ Phone : _____ (Please write with STD code)	
E-mail ID	: _____	
Membership for : <input type="checkbox"/> Life (Rs.500) <input type="checkbox"/> Patron (Rs.1,000) (Please tick your choice of membership)		
I hereby declare that the particulars furnished above are true to the best of my knowledge.		

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.



caad

# CHENNAI ACADEMY of Architecture and Design

(Approved by Council of Architecture, New Delhi &  
Affiliated to Anna University, Chennai, Tamilnadu, India)

No.516, Kannigaipair, Near Periyapalayam Amman Temple  
Chennai to Tirupati Highway, Chennai - 601 102. TN.

Cell : 98430-64009, 72999-31525.

E-mail : enquiries@caad.ac.in, Web : www.caad.ac.in

5 Years Degree Programme

# B.A.R.C.H.

Advt.

Counselling  
Code : **1152**

- Excellent infrastructure & Hostel Facilities
- Ac Bus Facilities
- International Faculty & Global Student Exchange Programmes



**Prof. Dr. V.R. Rajendran** - Smt. V.R. Roopa Rajendran  
VICE-CHANCELLOR  
Arumigu Nayagi Swamigal Sourashtra  
Educational Trust

# NEWS IN BRIEF

## M.V. Vishal Weds N. Aashika

The wedding of Chi.Ry. M.V. Vishal, B.E. (ECE) son of Late M.S. Vinosh (one of KUSO founders) and Smt. M.V. Shashirekha, Bengaluru with Chi.Sou. Aashika, B.Sc. (CS) daughter of



Smt. K.N. Jeyanthi and Sri K.S. Natesan was held on Monday, 15th February 2021 at Sri Rajabala Thirumana Mahal, Madurai. KUSO President Sri V.G. Gopalakrishnan, Vice President Sri R.K. Sridharan, Treasurer Sri K.K. Devadoss Babu, Joint Treasurer Sri R.R. Baskar, Sonna Kodum Editor Sri R.N. Sadasivan, Madurai Committee Member Sri M.V. Mohanram, Smt. Uma Gridharan, Smt. Ramila Devadoss Babu, Smt. Santhi Baskar, Smt. Savithri Sadasivan and Smt. Sangeetha Prasanna were attended the marriage at Madurai.

The marriage reception held at Priyadarshini Grand, Basaveshwara Nagar, Bengaluru on Sunday the 21st February 2021. KUSO Committee Members Sri B.V. Srinivasan, Sri N.R. Vishwanathan,



Sri T.H. Desikachari, Sri P.M. Balaji, Sri G.R. Govindan, Sri K.M. Narendran, Sri K.K. Gopinath, Smt. Yogeshwari Nagaraj, Smt. Valli Vasudevan and Sri Arun, Smt. Neha Arun, Sri Kailash of Sri R.K. Sridharan sons were attended with their family. KUSO President, Treasurer and Joint Treasurer with family also attended the reception and greeted the newly married couple.

General Secretary Sri N.S.R. Santaram was honored with the Social Worker Award and Former Chairman Dr.S.R. Sriramsekar was honored with the Social Reform Thinker Award at the Sourashtra Madhya Sabha Awards Ceremony held on 20-02-2021 at Kumbakonam.



On behalf of Tiruchirappalli Sourashtra Youth Association, 4 grams of gold thali, brass jug, saree, fruits and plastic items were donated by our donors on 21-02-2021 in the evening at our association office.



## SAD DEMISE

Sri Anna A.M. Subramanian aged 81 expired on 16-02-2021 at Madurai. He is the co-brother of KUSO President Sri V.G. Gopalakrishnan. One of his son Sri A.S. Venkatesh Babu worked for KUSO, at the time it was started. Another son A.S. Kumaresh Babu also well wisher of KUSO. He is survived by his wife Smt. A.S. Prema, 2 sons, a daughter and 5 grand children.



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

e, Flats Interior, Office, Factory, Garden  
Acros

### the\_G Scape

Raj Bhajji Kuduva  
Madhu Thoppe  
☎ 94498 13289 & 90354 44267  
✉ [raj@the-g.pro](mailto:raj@the-g.pro)  
www.the-g.pro

Interior @ E-City  
Landscape at Uttarahalli  
Factory at Bidadi  
Gimkar Ashrama at Kengeri  
Our Team In Action

No.1039/77, 2nd Floor, F, Cross, Next to Golden Heights Mall, Dr. Rajkumar Road, Behind SJR Primary School, 4th 'M' Block, Rajaji Nagar, Bangalore - 560 010



# DHANALAKSHMI COLLEGE OF ENGINEERING

## TAMBARAM, CHENNAI - 601 301

Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai: An ISO 9001:2008 Certified Institution and NBA Accredited Courses



**Counselling Code 1405**

### COURSES OFFERED

- ★ B.E. ● MECHANICAL ● CIVIL ● ECE ● EEE ● CSE
- ★ M.E. ● COMPUTER SCIENCE AND ENGINEERING
- EMBEDDED SYSTEM TECHNOLOGIES



**Dr. V. P. Ramamurthi, Ph.D.**  
Founder and Managing Trustee,  
Former Professor of Anna University

### We Care for Quality Education

- Infrastructure**  
75+ acre Green Campus, 5,00,000 sq.ft. built up area, Wi-Fi enabled campus, 200 KW solar power, 60 KW Thermal water heater for canteen, RO plant
- R&D Labs**  
Labs for IoT, Mobile Apps, Cisco, TI, Automation, Nano, Big Data & Cloud  
Anna University Recognized Research Centers
- Centre for Excellence**  
Industrial Automation, Yaskawa Robo, Cisco Academy, Free scale semiconductor, Cloud Computing, Oracle, NI LabVIEW, IoT, Embedded Lab, Robotics
- Library**  
31,000 titles, 100+ Journals  
Video Gallery & Digital Library, e-journals
- Online Exam Center**  
20,000 sq.ft. Centre, 300+ Systems
- Innovative Events**  
Annual Open House Exhibitions, Innovative projects, DCE-Science Talent Search Program
- Sports**  
Two cricket grounds, 400 m track, Indoor games, Gyms for boys and girls  
Zonal, State and National level Sports activities
- Social and literary clubs**  
NSS, NCC, YRC, Robotic club, Rotaract club  
Inspire club, Music club

**90% Placement in 2015-16**

### Academia - Industry Initiatives



### கல்னூரியின் சிறப்பு அம்சங்கள்

- ▶ வளமா கட்டமைப்பு : கல்னூரி வளமாக புவமைக் கழுவில் ஒவ்வொரு டாடப்பிரிவிற்கும் தனித்தனி வளமா கட்டமைப்பை தன்னுள்ளே கொண்டுள்ளது.
- ▶ பெறாசிரியர்கள் : அனைத்து பெறாசிரியர்களும் உயர் கல்விக்குத்ததியும் மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▶ வேலை வாப்பிடுகளை சிறப்பிப்பதில் : இன்போசிரிஸ், எர்டுமூட, வினெக்ஸ், என்ஜி லேப்சியூ, அகடமி பெர்ஹி லஸ் முன்னனி நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிபுடன் ஆன்லைன் லென்ட்.
- ▶ 2015 - 16 வேலைவாப்பிடு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆறாப்பசி மற்றும் வளாச்சி : இக்கல்னூரியில் லஸ் தலைவர்கள் அனைவரால் பல்வேலைக்குத்ததால் ஆறாப்பசி புப்பிற்கு அங்கீகரிக்கப்பட்டவை. இல்பெர் நிறுவனத்தின் மூலம் ஆறாப்பசி திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம் : கல்னூரியின் நூலகத்தில், முப்பத்தாறுநூல்களும் பெறப்பட்ட நூல்கள் நூலகத்தில் 50 க்கும் பெறப்பட்ட அதிவேக இணையதள வசதிபுடன் கடிய கணினிகள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விடுதி : மாணவர் மற்றும் மாணவிகளுக்கு உயர்ந்த வசதிபுடன் கடிய தனித்தனி விடுதிகள்.
- ▶ உணவகம் : மாணவர்கள் மற்றும் ஆசிரியர்கள் ஒரே பெறத்தில் ஆயிரத்திற்கும் பெறப்பட்டேர் உணவகத்தும் வகையில் காரதாரமான பிற்பாண்டி உணவுக்கடம்.
- ▶ பெருக்கலுரத்து : நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் பெறப்பட்ட கல்னூரி பெருந்துகள் இயக்கம்.

**Ph : 9 283 283 283 / 044-2436 3321**

**Web: www.dce.edu.in**





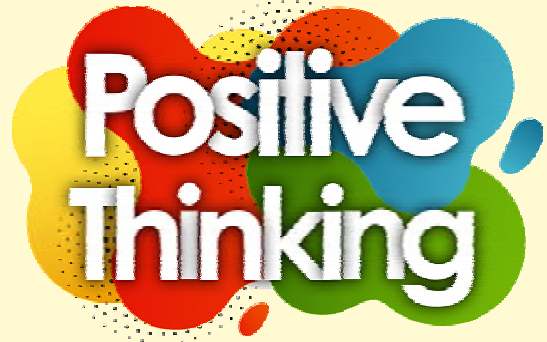
## Yogurt

- ☞ Take a lot of yoghurt in one hand and rub it well on the head to get better sleep.
- ☞ Protein in yogurt is digested faster than protein in milk.
- ☞ Yogurt is a medicine for our body Cooling. Yogurt gives good digestive power.
- ☞ After an hour of eating milk, only 32% of the milk is digested. However, 91% of yogurt is digested within an hour of being eaten.
- ☞ Bacteria that convert milk into yoghurt inhibit the growth of pathogenic bacteria in the gut.
- ☞ Bacteria in yogurt produce beneficial bacteria that increase digestion.
- ☞ Milk contains LACTO. Yogurt contains LACTOBACIL. It is the power of digestion Stimulus corrects stomach upsets.
- ☞ When the stomach is not healthy, doctors will tell you to eat only yogurt porridge.
- ☞ In case of excessive diarrhea, eating 1 cup of dill + yogurt may cause stomach upset.
- ☞ When we eat body-warming foods like biryani, we eat yoghurt 'raitha' so as not to cause much harm to the stomach.
- ☞ Yogurt is very useful for women who are approaching menopause. Yogurt provides most of the calcium the body needs.
- ☞ Add a little yogurt when the butter dies and the ghee will smell.
- ☞ Rubbing fermented yoghurt on the scalp will keep the scalp smooth.
- ☞ If you add small pieces of coconut to keep the yogurt unfermented for 2-3 days, it will not ferment.
- ☞ Add a spoonful of yoghurt while frying the marrow so that the color does not change and does not stick.
- ☞ Banana flower, banana stalk put in water mixed with yogurt will not change color.
- ☞ Wash your hands with yogurt to get rid of the smell of kerosene.
- ☞ Butter milk can be mixed with salt, coriander, curry leaves, apricots and drink.

## Think Positively

Think about what you've got so far by thinking negatively. Unnecessary rubbish like frustration, tension, guilt, inferiority complex, anger ... so why destroy the only life that destroys the body and spoils the mind?

Think positively for a change. Many beautiful magics happen in your life. Modern psychologists recommend that Cognitive Behavioral Therapy, called CBT, help you.



The basic purpose of this therapy is to learn to think, 'Everything will be fine for me and suffering will come for my benefit in the future'. Many researchers firmly believe that when a positive thought is planted in the mind, it has the power to transform into a single voice echoing multiple times in the valley. This will give you many precious treasures such as peace, tranquility, contentment, hope and health.

Well ... how to turn negative thoughts into positive ones?

CBT is the ability to consciously monitor and change one's thinking and actions. This therapy also provides learning to deal with stressful situations successfully. A lot of therapists overseas have developed everything for this. How to think, how to deal with unpleasant events when the session, the class will take place as a session.

For example, you call or text someone. Do not flutter your ponytail immediately if he does not answer your phone in the morning or does not answer the message. Don't let the thought of 'I have no respect' and 'thinks to avoid me' immediately run rampant. Think positively that he might be in a meeting or driving in an environment where he can't pick up the phone.

Researchers have found that this type of thinking technique reduces the severity of the amygdala area of ??the brain associated with negative emotions. They also suggest that it improves good qualities such as patience and temperance.

It is not necessary to go to a psychiatrist and go to a CBT session for everything.

### SONNA KODUM

## Editorial Team

Sri R.N. Sadasivan	
Editor	: 7708432508
Sri V.G. Gopalakrishnan	
Publisher	: 9632540941
Sri T.S. Jayabalan	: 9902264195
Sri R.K. Sridharan	: 8088506655
Sri K.K. Devadoss Babu	: 9341236996
Sri V.G. Ravindranath	: 9448270410
Sri B.K.M. Rajkumar	: 9449813289

## FOR RENT

★ Birthday ★ Sadangu ★ Valaikappu ★ Engagement

Raja Rani Chair, Dining Table, Chairs,  
Screen, Electricity, Inverter,  
Drinking Water, Cleaning Charge,  
Specially Ventilation

Rent  
Rs.4000  
Only  
(Including  
All)

**Keeshtu Hall**

Contact : +91-8144338866  
No.6, Kansamettu Street,  
Nagaikadai Bazaar, Madurai-625001

## DISADVANTAGES OF LIFE-SAVING WHEAT

Healthy living is possible only if the people living in the respective countries have food suitable for their respective climates in their respective countries.

If you think about what kind of effect it would have if a food adapted to the climate of the United States were eaten in India.

Simply put, fish that live in river water will die in seawater. If the fish that live in the sea water is brought into the river then it cannot survive. This philosophy is the basis of food and health.

But there are countless examples of how we have fallen victim to advertising illusions and fraudulent food politics. They put oats and refined oils on our heads believing that the danger of our coconut, the danger of our groundnut, the danger of our traditional rice, all the food that grows on Indian soil is unhealthy.

This chapati scam is a similar scam. It can be understood at the local level that this is North Indian politics targeting Tamils.

William Davis, an American cardiologist, is the author of numerous books on health awareness. His book 'Wheat Belly' has been hotly debated and has recently reached new heights in sales.

The essence of this book is that wheat is a poison.

"I have been doing angioplasty for heart disease. I am deeply saddened by the suffering of the patients who come to me for treatment. Within a few days, I realized that angioplasty was the work of the heart. So, I decided that what I really needed to do was learn how to do it right.

Importantly, the death of my mother from a heart attack gave me great grief. So, for the past 15 years I have been fully involved in research on heart disease. The book I wrote, 'Wheat belly', is the result of so many years of research," says Davis of his book. The highlight was Davis' statement that he was "shocked to learn that wheat plays an important role in the development of disease."

"Wheat, which is added to our diet, is the source of the major diseases that most of us face today, such as diabetes, obesity and heart disease.

Removing wheat from our diet will change our lives. Wheat raises your blood sugar levels dramatically. We think we can eat wheat bread to control sugar levels and lose weight.

Actually 2 slices of wheat bread, the equivalent of a chocolate bar. Patients who did not eat wheat were able to see the biggest difference in body weight within a month.

Eighty percent of the diabetics who came to me were wheat eaters. After 6 months of testing them to avoid wheat, they found that their blood sugar levels were significantly lower. Not only this, I was amazed to hear so many patients recounting their wheat experiences. 'I threw away my inhalers after I stopped eating wheat,' said one asthma patient.

'I have been taking medication for migraine headaches for 15 years. The pain was gone in three days. I stopped the drugs,' said one.

'I have suffered from heartburn for 20 years. I sleep peacefully after stopping wheat' is another confession.

Similarly, many patients in my study began to say that they were relieved of diseases such as joint pain and cholesterol by avoiding the wheat diet. 'In addition to gluten, wheat also contains harmful substances such as Gliadin and Amylopectin. Foods printed and packaged as 'Gluten Free' can be replaced with processed corn flour, rice flour and potato flour that can raise sugar levels. These are things

that should be avoided," said William Davis.

We asked dietitian Lakshmi about this wheat controversy ...

'William Davis' research has shattered the great illusion of wheat. Whether anyone benefits from this or not, Tamils ?? have a good lesson to learn. By this we can stress that the traditional rice dishes grown in our soil are healthy for the climate of South India. We should avoid rice polished rice. Uncooked rice is the best in that category.

The only good thing about wheat is that it can only be eaten in small quantities because of its fiber content.

The fact that North Indians consume wheat as their main food depends on their climatic conditions and genetic makeup.

We don't have to follow that either. There is nothing to believe. Also know that semolina, maida and semia are made from wheat.

Wheat is the most widely grown crop in our country Location Punjab State. Punjab is the most cancer prone state in our country. Know that the "Cancer Express Train" has been left to go to Rajasthan for cancer treatment due to the high incidence of cancer here. Australia is currently the world's largest producer of wheat and has the highest number of cancer patients.

Wherever urea and chemicals are sprayed, the disease will increase just like in allopathic medicine.

Only on the day you accept the traditional rule that our hometown IR type rice, Nayam Ponni rice will be left, your life, disease-free life will become immeasurable wealth.

Vegetables, fruits, etc. with the traditional rice diet, if taken in equal proportions with the six flavors, we will not suffer from any disease!

Traditional wheat does not have this impact. But it is not cultivated.



S.K. Varadharajan



Ph : +91-80-23122905  
Fax : +91-80-23326527  
Cell : 98450-17837

**MUKUND** Furniture Products

Mfrs. All Types of Chairs, Executive Chairs & Cushions Etc.

No. C-2, 1st Main, Kalappa Block,  
Ramachandrapuram, Bangalore - 560 021.



**ADITYA GROUP OF INSTITUTIONS**  
 Regd. by Govt. of Karnataka. Affiliated To R.G.U.H.S., B.U., P.U. Board. Approved By A.I.C.T.E., P.C.I., K.S.N.C. & I.N.C. New Delhi  
**BUILDING PROFESSIONALS WITH CHARACTER, CALIBRE & VISION**  
[www.adityaedu.net](http://www.adityaedu.net)

ESTD. 1998

**ADITYA ACADEMY OF ARCHITECTURE & DESIGN**

Recognized by Govt. of Karnataka, Affiliated to V.T.U., Approved by C.O.A

**B. Arch.**

**CET CODE : E 243 | COMEDK: E174 | COA : KA-35**

**ADITYA BANGALORE INSTITUTE OF PHARMACY EDUCATION & RESEARCH**

Recognized by Govt. of Karnataka, Affiliated to R.G.U.H.S., Approved by A.I.C.T.E. & P.C.I., New Delhi

**D. Pharm** **B. Pharm** **Pharm. D** **Ph. D**

**CET CODE : B 004**

**M. Pharm**

**ADITYA INSTITUTE OF MANAGEMENT STUDIES & RESEARCH**

Recognised by Govt. of Karnataka, Affiliated to Bangalore University, Approved by A.I.C.T.E., New Delhi

**B. Com**

**BCA**

**BBM**

**B.Sc. Comp. Sc. / Biotech**

**MBA**

**VALUE ADDED COURSES : Tally, SAP Training, Industry Integrated Training & Job Placement**

**ADITYA COLLEGE OF NURSING**

Recognized by Govt. of Karnataka, Affiliated to R.G.U.H.S., Bangalore, Approved by K.S.N.C. & I.N.C., New Delhi

**GNM**

**B.Sc. Nursing**

**P.B.B.Sc**

**M.Sc. (N)**

**ADITYA COLLEGE OF ALLIED SCIENCES**

Recognised by Govt. of Karnataka, Approved by G.R.O.M, G.O.K & R.G.U.H.S

**Bachelor in Medical Imaging Technology (BMIT)**

**Bachelor in Medical Laboratory Technology (BMLT)**

10+2 with Science(Physics, Chemistry, Maths/Biology) 45% Agg.

10+2 with Science(Physics, Chemistry, Maths/Biology) 45% Agg.

**ADITYA COLLEGE OF PHYSIOTHERAPY**

Recognised by Govt. of Karnataka, Approved by G.R.O.M, G.O.K & R.G.U.H.S

**Bachelor of Physiotherapy (BPT)**

10+2 with Science(Physics, Chemistry, Maths/Biology) 45% Agg.

**ADITYA PRE-UNIVERSITY COLLEGE**

Regd. by Govt. of Karnataka, Affiliated to Karnataka Pre-University Education Dept.

**Science**

**Commerce**

**Arts**

**Integrated Coaching for KCET, JEE, AIEEE Examinations**

**ADITYA NATIONAL PUBLIC SCHOOL**

Recognised by Govt. of Karnataka

**ICSE Syllabus**

**PRE - KG to 10th Std.**



*Happy New Year* **2021**

**INFRASTRUCTURE SERVICES & AMENITIES**

- 24 x7 wi-fi campus.
- High-end Computer Lab.
- E-Library with an excellent collection of National & International titles, journals, Audio-Video Cassettes & CD ROMs.
- Spacious well-furnished classrooms, equipped with audio-video, LCD projectors & Television.
- Well-furnished A/C, Acoustically treated Auditorium.
- Clinical Training Facilities at highly reputed Multi-Speciality Hospital
- Seminar Hall / Conference Room.
- Health & Fitness Centre.
- Yoga & Meditation Centre.
- Mentoring & Counseling Centre.
- Residential Medical Centre.
- Outdoor & Indoor Sports Arena.
- Cafeteria / Food Court.
- Transport facilitated with GPS
- Separate Hall of Residence (Hostel) for Girls & Boys.



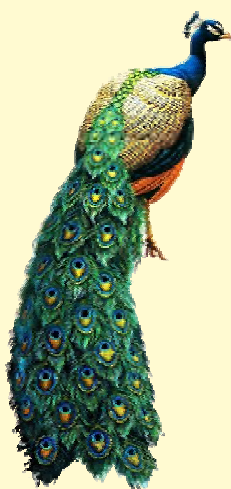
To

Stamp

**IF UNDELIVERED PLEASE RETURN TO : KUSO, C/o. PHARMA ASSOCIATES, S-1859, 1st 'G' Main, 'D' Block, M.K.K. Road, Rajajinagar 2nd Stage, Bengaluru - 560010.**

Printed by V.G. Gopalakrishnan at Chandra Printers, No. 48, Sourashtrapet, 2nd Cross, Akkipet, Bangalore-53 and Published and Owned by V.G. Gopalakrishnan, President, Karnataka United Sourashtra Organisation from # 66, 56th Cross, 6th Main, 4th Block, Rajajinagar, Bangalore-560010. Editor : R.N. Sadasivan

### Peacock feathers



Peacock feathers are not only aesthetic but also spiritual. The peacock feather is associated with Krishna according to Hindu mythology and is considered to be the vehicle of Lord Murugan.

In many homes, we would have seen peacock feather in business establishments. Peacock feather is also considered as a symbol of increasing wealth..!

According to the Puranas, a story is told that Ravana and Indra once had a war. At that moment, a peacock spread its wings and Indra hid behind the hoop. Then somehow the war came to an end.

It is said that Indra gave special powers to the peacock feathers as a gift to the peacock who helped him in due time ..!

The peacock is also considered to be an aspect of Lakshmi. That is why the devotees believe that having a peacock at home will bring the grace of Lakshmi into the house ..!

Although scientifically researched, peacock feathers keep unwanted insects out of the house. In general, the peacock is seen as a protection bird. So hopefully its other features will protect humans ..!

Being in peacock houses is said to protect the house from evil spirits approaching us. In addition, peacocks are considered to be psychologically peaceful birds.

We cannot help but feel joy when we see it. And the beauty and majesty of a bird is a wonderful thing in God's creation. Its aesthetic expression, dancing sin, and sense of rain set it apart from other birds.

According to Hindu mythology, there are indications that Indra became a peacock when he tried to transform himself.

The peacock may even be the national bird as it is an aspect of all aesthetic, spiritual, scientific technique. Peacocks can give not only money but also more happiness ...!

### INJURY

- ⊙ the stomach is injured when you do not have breakfast in the morning.
- ⊙ the kidneys are injured when you do not even drink 10 glasses of water in 24 hours.
- ⊙ gallbladder is injured when you do not even sleep until 11 o'clock and do not wake up to the sunrise.
- ⊙ the small intestine is injured when you eat cold and stale food.
- ⊙ the large intestines are injured when you eat more fried and spicy food.
- ⊙ the lungs are injured when you breathe in smoke and stay in polluted environment of cigarettes.
- ⊙ the liver is injured when you eat heavy fried food, junk, and fast food.
- ⊙ the heart is injured when you eat your meal with more salt and cholesterol.
- ⊙ the pancreas is injured when you eat sweet things because they are tasty and freely available.
- ⊙ the eyes are injured when you work in the light of mobile phone and computer screen in the dark.
- ⊙ the brain is injured when you start thinking negative thoughts.
- ⊙ the soul gets injured when you don't have family and friends to care and share with you in life their love, affection, happiness, sorrow and joy. All these body parts are not available in the market. So take good care and keep your body parts healthy.



With Best Compliments From :



**MAHALAXMI ENTERPRISES**  
**IMPORTERS, BOOK SELLERS & LIBRARY SUPPLIERS**

P.B. No. 5617, # 66, 6th Main, 4th Block,  
Rajajinagar, Bangalore - 560 010. ☎ 23357433