

SONNA KODUM



Editor :

R.N. SADASIVAN

News Magazine of KUSO

ENGLISH MONTHLY

Vol. 8 Pages-12

AUGUST-SEPTEMBER 2020

Rs.5.00

Issue-1

PAJE ! PAJE ! NOWRAN PAJE !

KUSO MARRIAGE BUREAU

PAJE ! PAJE ! NOWRIN PAJE !

31st GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA **First E-MELA** on **SUNDAY, 20th SEPTEMBER 2020**

KUSO MARRIAGE BUREAU

announces with pleasure that the **31st GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA** will be conducted as **E-MELA** on **SUNDAY, 20th SEPTEMBER 2020** at 10.00 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 unable to conduct the **31st MELA**.

The Global Jadhaga Parivarthanai MELA, in the future, will be held **ONLINE**. The participants need not come to Bengaluru to attend the E-Mela. Participants can attend the E-Mela from their homes.

The 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 prepare 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:

T.S. Jayabalan (Gen. Secretary) - 9341477954

Ravi G. Vidi - 9448270410 / 9902264195

Smt. Yogeshwari Nagarajan - 7892216211

The details of your Horoscopes will also be published in our official Monthly E-Journal, **"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.

KNOW OUR SOURASTRIAN

Sourastrian R.V. Chauli, who interviewed the first Prime Minister of India.



R.V. Chauli was born in 1921, the son of Venkatarayalu and Seethaiyammal. Born in Paramakudi, R.V. Chauli was a stalwart in the field of justice and journalism at that time. He completed his primary education at Paramakudi and his undergraduate studies at the American College, Madurai.

He has mastered English typing and has completed the Shorthand Training (Higher) skillfully. He first joined the Chennai High Court in 1942 as a Bench clerk due to his typing skills. He then studied law at the Chennai Law College and obtained a law degree.

In 1947 he joined The Hindu as a reporter for the English language newspaper. 147 people are



participating in the interview for this job. The Hindu press management selects only two. It is noteworthy that one of those two is our R.V. Chauli.

At the age of 47 he is being sent to European countries as chief correspondent by the Hindu press management. He began by interviewing international politicians and international leaders and rose to prominence by his versatility.

Prominent political leaders interviewed by our R.V. Souli include Jawaharlal Nehru, Morarji Desai and Indira Gandhi.

He graduated in 1978 after 37 years in journalism. Translates Ramakaviyam into Saurashtra language. He has been doing community service since he was a member of the Linguistic Minority Committee in the Central Council of Saurashtra. Due to his experience in the field of journalism, MGR has been introduced to the Chief Ministers of Tamil Nadu as an artist. R.V.Souli has a daughter Premakumari and a son Amarnath R.Souli.



V.S.Suresh, is still working in the Chennai High Court today, writing, speaking and advocating on traffic laws, participating in frequent press and television events on motor vehicle accidents. Notably, he is the cousin of R.V. Chauli.

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SRI SUGANTHA DHOOPA SWAMI WONDER OF SOURASHTRA

Sri Dhathathreya son of Sri Venkatalyer and Smt. Padmavathi was born on Thiruvona Natchatram of Panguni Tamil month in the the year 1551 in Ayyampettai, Thanjaur District. He learnt Vedas from his father. He learnt Adharvana Veda form Acharya Lakshmanalyer, Vedantha Madam, Paramakkudi.

During the period of the Thanjaur King Achuthappa Naickar, there was a severe draught. There was no rain for the 4 years. The King invited various priest (purohithars) from across the kingdom, to perform Yagna the Lord Varuna, the Rain God. So that the land receive rain.

The priests performed Yagna continuously for 7 days with no sign of rain. Everyone was worried.

Then one priest suggested to the King, that he invite Sri Dhathathreya, who was just 20 years at that time. Sri Dhathathreya was famous for his "Sugantha Dhoopa Kainkaryam" to Lord Aranganathar, Sri Rangam, Thiruchchirappalli. His singing was revered across the kingdom. Most of the priest opposed the idea. But the King went ahead and ordered Sri Dhathathreya to invite.

Sri Dhathathreya invited to Yagna. He instead offered to do his prayer in the middle of the Cauvery River. His only demand was a pot (Kumbam) full of water. His demand was met and then he proceeded to perform VarunaJeba with Lord Aranganathar in his heart, in the middle of the Cauvery river, with the pot on his head, morning he started to sing songs with Megaraga Kurunji Raaga in his mother tongue Sourashtra.

Priests and people gathered to watch Sri Dhathathreya srituals. In the evening, to the amazement of the people gathered, dark rainy

clouds burst opened and rain started to pour. Priest and people started celebrating in joy, as Sri Dhathathreya returned to shore.

The rain lashed out on for 3 to 4 days continuously. All the wells, ponds, lakes and rivers were filled with water quickly. But the rain not stopped, people worried that if the rain continued, there would be massive floods. Hence they requested Sri Dhathathreya to make rain stop. Accepting the people request he return to his rituals spot in the middle of the Cauvery River and begun sinking songs in his mother tongue Sourashtra for the rain to stop. Immediately the clouds cleared and the rains stop.

The King bring Sri Dhathathreya, his rewards filled with Gold Coin and other

riches. But he politely declined the King's offer. The King Achuthappa Naicker removed his Rathna Mala from his neck and put it on Sri Dhathathreya.

Sri Dhathathreya took the Rathna Maala to Sri Rangam Aranganathar temple and told high priest to offer the Rathna Maala to Lord Aranganathar. Upon hearing the humbleness of Sri Dhathathreya, the King visited the Sri Rangam temple and ordered that the Brahma Tulasi Theertham the first early morning prayer of the day should be given to Sri Dhathathreya. The king ordered deed, that after Sri Dhathathreya's death, the first Brahma Tulasi Theertham of Viswaroopa Dharsan should be offered it there is a Sourashtian present in the gatherings'. This was done to keep Sri Dhathathreya's memory and honour alive.

Ref. Sri Nithyasuri Suganda Dhoopa Theerthaarya Swamy History

Sri N.S. Perumal, Paramakkudi



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JOKES

POLICE: thumi Red Signal see meLLi kago bondi hibbhi rhaanatho jaaraas?

MANNEN: thungo siyeni saar.



BHAVI: kaayi kaal thumi konki onte bedki seraadi sinima jiyeyo mena, nijjanya sanguvo.

MANNEN: atho avariyo sinima aski family bolli jaathe sOn sEyaa

Ravi G Vidi

AN APPEAL

DEAR SONNA KODUM ADVERTISERS

Owing to COVID-19 we, office bearers could not meet you personally for collection of Advertisements charges / Donations 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:

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CHESS DAY

The International chess day has been celebrated on July, 20 in the whole world since 1966.

This celebration is held by the decision of FIDE the International chess organization (founded in 1924).

The name of the game originates from Persian: checkmate the king is dead. India is a birthplace of chess.

The chaturanga game which is the ancestor of the chess game appeared in the V century. On the territory of Russia, chess appeared in IX-X centuries approximately.

Chess is a board game on the 64-checked board, where 32 pieces are placed (16 black and 16 white pieces). Two partners play the game.

The purpose of the game is to mate the opponent's king.

Almost every city has its own chess club (sometimes there are several clubs), gathering the admirers of this kind of sport.

And tournaments and entertainments are held in these clubs on the International chess day. ★



INDUSTRY READY

Many expect engineering graduates to use it immediately, like dosa flour sold in stores.

Engineering students are no exception and laments are widespread that they are not told what they need in the workplace. Complain that even a tube light pan does not seem to fit.

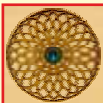
Must have read ITI for this. Degrees need to understand something. A Diploma Carr is looking through the skin to take your place. The friend has to behave according to what the hand has to do to see the eye. It is not acceptable to expect someone to obey. The classroom needs humility and listening, knowing and patience.

It is noteworthy that Ratan Tata first got accustomed to the industry and then accepted high responsibilities only from small positions. At first the students did not study the lesson completely. Shut out the exam point of view. This is not enough. Content books given by the college for each subject.

Many colleges offer the opportunity to receive an Industrial Training for something on each semester leave. Students can try this for themselves and train through college.

The drain on this is the opportunity to associate with a friend called the Government Act Apprenticeship. Internship is a system in corporate company and abroad.

The expectation in the industry is to be fundamentally refined, ready to learn and ready to work with perceived energy. ★



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MONEY

Lessons that make money difficult

Who has no desire to make money? Everyone just wants to make money. But for some it is only a matter of wealth. Is it self-defeating for many? Everyone must be rich if thinking is to happen! Why do so many of us lack money? Doesn't deep power, affirmation, and positive thinking all work in monetary terms?

Can you analyze those who complain that there is no money before answering this?

Fear of money

"What kind of money does a tree bear?" "Money will bring peace of mind", "Our zodiac sign will slip by the knee", "No one can be trusted with money" "Do not covet too much", "The next expense will be correct" ", "Everything will be fine with a jackpot base" "Debt just has to be repaid" - look at what they are talking about so much. Understand the reason.

Fear and greed for money are more likely to lead to wrong decisions than the goal of making money.

Tadal solution

People who are in financial trouble often think of solving any financial need by doing something. Need money? Arrange to buy or mortgage or sell something somewhere. Do something and flip the money. The urgency and the thought that led to the decision without considering anything: "Let's deal with this now. Let's see what comes next!" That's it.

This thought and action will continue over time. Then it is a way of life.

A friend said: "I owe Rs 16 lakh. The loan to be paid is 12 lakhs. But since I did not arrive on time, I have to pay the property loan." Rotation has become like a Tamil word. This is Nair's favorite tiger tail story. Borrowing from another new person to repay the first loan. The cost will not go down in any period. Can't borrow. I know many families who are in debt.

Cash overview

Misconceptions about money are the cause of many wrong decisions, such as spending over credit, investing in an unknown business, not cutting back on any expenses for not having money, having the courage to borrow somehow, making the wrong economic decisions, and signing bail for others' debt. Misconceptions about money, despite the desire for money, can lead to bad decisions.

Look at the crowd of the world's richest people. Whether they are Jews, whether they are Marwaris, whether they are Chettiars. They have some basic perspectives on money.

Work, career money.

Thrift is important. Small budgets also need to be accounted for. The relationship should be right in terms of money though.

The social value of reserve property is greater than the value of wasteful ostentation. Must work at all ages. To live a simple life. Investments should not be made in unsecured businesses. Above all, "making money is very important. Making it effective is the only way to rise."

The victims of all economic frauds such as meter interest and ticket company fraud are from ordinary families.

The thought of "doing something and making money quickly" pushes them into the abyss. Those who think that only good work and good business can make money will think more about the work and business that causes it than counting money. Wealth abounds as the industry improves.

Deficiency mood



Money comes when you do your favorite with confidence. this is the truth. Money comes when there is no fear of money. Wealth does not come when there is anger, hatred, jealousy, etc. with the thought of money. Lack of money will always be less when fighting for money in a deficient state of mind.

Be happy and grateful when you give money and when you buy. Just like welcoming Lakshmi when she comes, greet her when she leaves, thank her and pray that she will come back.

Lessons that pay off

"I have no money ...!" Don't lament that there is no money left. Money also helps you achieve your life needs and ambitions. Getting it right, saving better, investing, and making the right economic decisions requires healthy thoughts about money.

Want to join the money? "I always get the wealth I need!" Come to say that. Keep everything from the wallet to the purse clean. Think more about your skills without spending your thinking on borrowing and making money at a crossroads.

Want to join the money? "I always get the wealth I need!" Come to say that. Keep everything from the wallet to the purse clean. Think more about your skills without spending your thinking on borrowing and making money at a crossroads.

Stop lamenting with strangers about money shortage and just learn its lessons. Lack of money is trying to teach you some lessons. They will continue to haunt you until you learn those lessons .. !!



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| 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.



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DO YOU KNOW THAT

- Ants never sleep!
- When the moon is directly overhead, you will weigh slightly less.



Alexander Graham Bell, the inventor of the telephone, never called his wife or mother; because they were both deaf.

- An ostrich's eye is bigger than its brain.
- "I Am" is the shortest complete sentence in the English language.
- Babies are born without knee caps – actually, they're made of cartilage and the bone hardens, between the ages of 2-6 years.
- Happy Birthday (the song) is copyrighted.
- Butterflies taste with their feet.
- A "jiffy", is an actual unit of time for 1/100th of a second.
- It is impossible to sneeze with your eyes open.
- Leonardo Da Vinci invented the scissors.
- Minus 40° Celsius, is exactly the same as minus 40° Fahrenheit.
- Shakespeare invented the words "assassination" and "bump".
- Stewardesses is the longest word typed with only the left hand.
- Elephants are the only animals that cannot jump.
- The names of all the continents end with the same letter that they start with.
- The sentence, "The quick brown fox jumps over the lazy dog" uses every letter in the English language.
- The shortest war in history was between Zanzibar and England in 1896. Zanzibar surrendered after 38 minutes.



The strongest muscle in the body is the tongue.
The word "lethologica" describes the state of not being able to remember the word you want.

- Camels have three eyelids to protect themselves from the blowing desert sand.
- TYPEWRITER is the longest word that can be made using the letters on only one row of the keyboard.
- Your stomach has to produce a new layer of mucus every two weeks or it will digest itself.
- The dot over the letter "i" is called a 'Tittle'.

SAD DEMISE



Dr. R. Ramachandran, BSc, MBBS, MD, DCH at Madurai on 08-07-2020. He is survived by his wife Dr. Vijayalakshmi, MD a son and 2 grandsons.



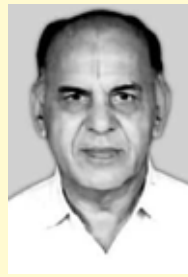
Dr. D.D.R. Dhyanes, MBBS aged 53, at Madurai expired due to COVID 19 on 12-07-2020. He is survived by his wife Dr. Akhila, MBBS and a son.



Sri T.P. Subramanian aged 73, expired on 18-07-2020. He is survived by his wife Smt. Padmini a daughter and a son.



Sri D.S. Balakrishnan aged 76, expired on 18-07-2020. He is survived by his wife Smt. Genga 3 daughters and a son.



Dr. Thathra R. Paranthaman at Trichy expired on 19-07-2020. He is the President of Worriyur Sourashtra Mahajana Sabha.



Sri M.C. Muddukrishnaiah at Bengaluru expired on 23-08-2020. He is the President of Bengaluru Sourashtra Sabha. He is survived by his wife Smt. Geetha 2 sons, a daughter and 3 grand children.

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

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கல்னூரியின் சிறப்பு அம்சங்கள்

- ▶ வளம் கட்டவாய்ப்பு : கல்னூரி வளம் படைக்கக் கூடியவர்களுக்கு வாய்ப்பளிக்கும் தனித்தனி வளம் கட்டவாய்ப்பு தள்ளுவதே கொள்கையாக உள்ளது.
- ▶ மேற்காணும் : அனைத்து மேற்காணும் உயர் கல்விக்கூறுகளும் மிகுந்த ஆளுமையும் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்புகளை தீர்வுப்படுத்தி : இன்போசில், எர்டுமூட், வினெக்ஸ், என்ஜி லேப்சு, அகமதி மேன்ஹை லேஸ் உள்ளிட்ட நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிகள் ஆன்லைன் ஷாப்பிங்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பொற்காலம் 90 விழுக்காடு
- ▶ ஆரம்பிக்கும் மாண்புமிகு : இக்கல்னூரியில் பல தலைமுறைகள் அனைத்து பல்-கலைக்கூறுகளும் ஆரம்பிக்கும் புதியதாக அங்கீகரிக்கப்பட்டவை. இல்-டிரை நிறுவனத்தின் மூலம் ஆரம்பிக்கும் திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம் : கல்னூரியின் நூலகத்தின் மூலம், முப்பத்தாறு நூலகம் மேற்பட்ட நூல்கள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விருதி : மாணவர் மற்றும் மாணவிகளுக்கு உயர்ந்த வசதிகள் கட்டிய தனித்தனி விருதிகள்.
- ▶ உணவகம் : மாணவர்கள் மற்றும் ஆசிரியர்கள் ஒரே மேஜைகளில் ஆயிரத்திற்கும் மேற்பட்டோர் உணவுகூறும் வகையில் கார்போரேட் பிளாஸ்டிக் உணவுக்கூறும் மொடர்னாக்கல் : நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்னூரி பெருந்தலை இயக்கம்.

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SRI KRISHNA

- | | |
|--|--|
| <p>1) Krishna was born 5,252 years ago as on 11/08/2020.</p> <p>2) Date of Birth : 18 th July,3,228 B.C</p> <p>3) Month : Shravan</p> <p>4) Day : Ashtami</p> <p>5) Nakshatra : Rohini</p> <p>6) Day : Wednesday</p> <p>7) Time : 00:00 A.M.</p> <p>8) Shri Krishna lived 125 years, 08 months & 07 days.</p> <p>9) Date of Death : 18th February 3102B.C.</p> <p>10) When Krishna was 89 years old; the mega war (Kurukshetra) war took place.</p> <p>11) He died 36 years after the Kurukshetra war.</p> <p>12) Kurukshetra War was started on Mrigashira Shukla Ekadashi, BCE 3,139. i.e "8th December 3139" and ended on "25th December, 3,139B.C".</p> <p>12) There was a Solar eclipse between "3p.m to 5p.m on 21st December, 3,139B.C"; cause of Jayadrath's death.</p> <p>13) Bhishma died on 2nd February,(First Ekadasi of the Uttarayana), in 3,138 B.C.</p> <p>14) Krishna is worshipped as:</p> <p>(a) Krishna Kanhaiyya : Mathura</p> <p>(b) Jagannath : In Odisha</p> <p>(c) Vithoba : In Maharashtra</p> <p>(d) Srinath : In Rajasthan</p> <p>(e) Dwarakadheesh : In Gujarat</p> <p>(f) Ranchhod : In Gujaarat</p> <p>(g) Krishna : Udipi, Karnataka</p> <p>15) Bilological Father: Vasudeva</p> <p>16) Biological Mother: Devaki</p> <p>17) Adopted Father: Nanda</p> <p>18) Adopted Mother: Yashoda</p> <p>19) Elder Brother: Balaram</p> <p>20) Sister: Subhadra</p> <p>21) Birth Place: Mathura</p> <p>22) Wives : Rukmini, Satyabhama, Jambavati, Kalindi, Mitravinda, Nagnajiti, Bhadra, Lakshmana</p> <p>23) Krishna is reported to have Killed only 4 people in his life time.</p> <p>(i) Chanoora ; the Wrestler</p> <p>(ii) Kamsa ; his maternal uncle</p> | <p>(iii) Shishupaala and Dantavakra; his cousins.</p> <p>24) Life was not fair to him at all. His mother was from Ugra clan, and Father from Yadava clan, inter-racial marriage.</p> <p>25) He was born dark skinned. He was not named at all throughout his life. The whole village of Gokul started calling him the black one ; Kanha. He was ridiculed and teased for being black, short and adopted too. His childhood was wrought with life threatening situations.</p> <p>26) 'Drought' and "threat of wild wolves" made them shift from 'Gokul' to 'Vrindavan' at the age 9.</p> <p>27) He stayed in Vrindavan till 14~16 years. He killed his own uncle at the age of 14~16 years at Mathura.He then released his biological mother and father.</p> <p>28) He never returned to Vrindavan ever again.</p> <p>29) He had to migrate to Dwaraka from Mathura due to threat of a Sindhu King ; Kala Yaavana.</p> <p>30) He defeated 'Jarasandha' with the help of 'Vainatheya' Tribes on Gomantaka hill (now Goa).</p> <p>31) He rebuilt Dwaraka.</p> <p>32) He then left to Sandipani's Ashram in Ujjain to start his schooling at age 16~18.</p> <p>33) He had to fight the pirates from Afrika and rescue his teachers son ; Punardatta; who was kidnapped near Prabhasa ; a sea port in Gujarat.</p> <p>34) After his education, he came to know about his cousins fate of Vanvas. He came to their rescue in "Wax house" and</p> |
|--|--|



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- later his cousins got married to Draupadi. His role was immense in this saga.
- 35) Then, he helped his cousins to establish Indraprastha and their Kingdom.
- 36) He saved Draupadi from embarrassment.
- 37) He stood by his cousins during their exile.
- 38) He stood by them and made them win the Kurushetra war.
- 39) He saw his cherished city, Dwaraka washed away.
- 40) He was killed by a hunter (Jara by name) in nearby forest.

- 41) He never did any miracles. His life was not a successful one. There was not a single moment when he was at peace throughout his life. At every turn, he had challenges and even more bigger challenges.
- 42) He faced everything and everyone with a sense of responsibility and yet remained unattached.
- 43) He is the only person, who knew the past and probably future ; yet he lived at that present moment always.
- 44) He and his life is truly an example for every human being. ★

BUFFET SECRETS

Whether it's a birthday, a wedding or an office party, today's buffet food is fashion. Someone exchanged for us to sit, and the banquet of four varieties will not end. There are countless varieties, which can be eaten while standing or walking. Whatever the fashion, we don't care about the calories going up overnight. Eating salad, drinking soup, what food to eat first? What not to eat It is natural to have doubts.

Next up is the starter. Eat less of the popcorn fry, mushroom fry, cauliflower fry, non-vegetarian starter.

Eat Satam / Biryani / Bread / Chapati / Dosai dishes after starter. Not to eat too much, except to taste. Finally eat 50- 100 ml water. Juice should not be substituted for water. Should not be taken along with food.



After you have had enough, eat only two or three sweets, including lentils. Finally eat a fruit salad or ice cream and finish the buffet.

It is best to take at least 60 minutes to eat, eat and taste the whole meal. This can help you avoid eating too much.

At buffet dinners, don't always go looking for a favorite dish and eating too much. Keep in mind that the buffet is just a little taste of all the food.

Take any dish with half of a spoon and place it on the tray. Do not fill the plate with food. All foods should be served only after a little taste.

How to Eat

Taste the soup first. Drink the soup for at least 10 minutes, tasting it in a tablespoon. Talk to friends while drinking soup and drink slowly. Only then does saliva in the tongue become more and more hungry. The next 10 minutes after the soup is done, go to the next meal.

After soup, eat a salad of vegetables, finely chop, and then add some papaya / pineapple flavor. This will improve the digestive power.

Some people put a lot of food on the plate and eat it whole, in the hope that it won't go to waste. Therefore, if you want another meal, there is no room for your stomach.

Eat less biryani / pasta / rice rice. Only then can you eat all kinds of foods.

If you don't know what's on the menu, don't shout and ask, 'What food is this?' When you eat non-vegetarian foods first, you can easily stomach upset. Then there is nothing else to eat.

Some people eat very fast, with the desire to taste all the food. This too is false.

When the buffet is over, eat a low calorie diet such as fruit, juice and soup. At the buffet dinner we eat 1500 5000 calories. So, for the next one week, exercise a hard, heavy diet. Let there be at least 7 days between a buffet party and the next. ★

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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

Covid 19 : RT PCR test

Frequently asked questions

- 1. What is the full form of RT PCR?Ans : Reverse Transcription Polymerase Chain Reaction
- 2. Why test is only 67% specific & not 100% ? What are the pitfalls?
Ans: Problem can be at 4 levels : - very low viral load at the time of sample collection- faulty sample collection- improper trans port of the sample & -



- faulty laboratory technique. So test must be repeated in high clinical suspicion.
- 3. How the test is correctly interpreted ?
Ans: Correct interpretation - at least two or more antigens should be tested with same reagents & same laboratory.
- 4. Is there any false positive result ?
Ans: No false positives- positive is certainly positive. It can be false negative. (Repeat the Test- if high clinical suspicion)
- 5. How many types of antigen are present in COVID- 19 virus?
Ans: Covid-19 virus has 6(six) antigens-- E- S- N- ORF 1a- ORF 1 b & - RDRP.

- 6. Which antigen is common to all corona viruses?
Ans: E antigen is common to all CORONAVIRUSES. If E is negative - No Corona. Other 5 are specific to Covid-19.
- 7. Do all countries test same antigens?
Ans: Testing of antigen differ from one country to another.
- 8. What is the implication of it on international travellers?
Ans: As testing of antigen differ from country to country. So person declared negative in one country may test positive elsewhere. It depends on antigen/s being tested.
- 9. Is positive/ Negative report enough?
Ans: No, simply mentioning positive/ negative in certificate has no meaning.
- 10. How can a Doctor certify that patient is non-infectious?
Ans: Along with positive/negative report, Doctor must be able to certify that person is infectious/non-infectious under following conditions.
 - a) Patient demonstrates presence of IgG antibodies with or without presence of antigen.
 - b) Patient is asymptomatic after 10 days without doing antigen test.
 - c) Patient is positive for two weeks and his/ her ESR , CRP are normal
- 11. After how many days in body virus becomes non replicable/ non culturable?
Ans: After 10 days virus is nonreplicable. So test is not required after 10 days.

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