

SONNA KODUM

Editor :
R.N. SADASIVAN

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27th ANNUAL DAY

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IN
NEXT ISSUE

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WHAT DOES Sri O.S. SUBRAMANIAN SAY ON Dr. NORIHIKO UCHIDA ?

Dr. Norihiko Uchida, a Japanese Indologist and linguist, has proved himself to be a folklorist too by virtue of his book "Oral Literature of the Saurashtrians."



While doing research on 'Historic Grammar of Saurashtra Language' under the auspices of Annamalai University, Dr. Uchida found that many oral literatures of Saurashtrians are on the verge of extinction. He could not resist his enthusiasm from recording them and bringing out this volume for posterity. Many features of Saurashtra social life which otherwise might have gone into oblivion have now been recorded. This is really a timely gesture which will be remembered for ever by the community.

His unflinching effort, which has produced this volume, clearly shows the endurance and perseverance of the Japanese people. Under the scorching sun of 40 C, he used to walk alone one mile, not being able to afford any conveyance to Thiruvalluvar Colony in Madurai where the Saurashtra Ramayan Pandit lived. His frequent visits to Madurai and other places in Tamilnadu for collecting the data virtually made him to lead a frugal life which he adopted with great strain. Despite the various hurdles, he has produced this book, which is really a commendable task. His free mingling with all sections of the people of Tamilnadu elevated him as an unofficial envoy of his country.

Some four decades ago chance brought Dr H.N. Randle (Librarian, India Office, White Hall, London) in contact with a book in Saurashtram. It challenged his inquiry because the script was quite unfamiliar. Fascinated by the script, Dr H.N. Randle studied the Saurashtra language and wrote articles in the Journal of the Royal Asiatic Society, London. He also translated in English the 'Saurashtra Niti Sambu' written by the Saurashtra Grammarian Prof. T.M. Rama Rai. The same chance brought Dr Uchida to read the articles of Dr H.N. Randle while he was in Heidelberg and

providence blessed him to go to India to do research on Saurashtra language.

In this volume, samples of oral literature like lullabies, marriage songs, satirical songs, devotional songs are well recorded.

Puberty songs, which are meant to impart sex education, are now extinct since the practice of child marriage has gone into oblivion. MADHAVUDU GITH is a long discourse held when a person of ripe old age slowly sinks. It narrates the rewards one gets for his past deeds and describes the path leading to MUKTHI. Folk tales, proverbs and similes are also reported. Betrothal and marriage ceremonies are well briefed. Time has brought many changes, with the result that certain custom has become obsolete. Urban mechanical life has shortened the duration of many ceremonies to few minutes.

It is hoped that this publication will evoke interest among the research scholars to bring out similar works pertaining to other communities and enrich the study of folklore.

The above is the FOREWORD written by Sri O.S. Subramanian, M.A., Secretary, Sourashtra Vidya Pitham, Madurai, on October 11, 1978 for the book titled, 'Oral Literature of the Saurashtrians' authored by Dr Norihiko Uchida. Mr Subramanian was closely associated with Mr Uchida in his field works. Even your Editor also accompanied both of them in one or two occasions in recording folklore songs in small villages and towns. Modern days electronic Audio/Video digital cameras were not available on those days. Ordinary black and white film cameras and tape recorders were used. With much difficulties Dr Norihiko Uchida succeeded in bringing out this book in 1979 which you may observe from his 'PREFACE' to this book wherein he had promptly thanked Sri K.L.N. Krishnan for having rescued him several times when he was stranded in Madurai.

I have to state that the majority of the sourashtra people do not know that there is a book titled, 'Oral Literature of the Saurashtrians' which very interestingly compiles the almost forgotten folk songs of the Sourashtrians reflecting their centuries old traditions and culture.

R.N. Sadasivan, Editor

divaa puje



The 72th 'divaa puje' was held on Tuesday, 12th November 2019, at 06:00PM at Joint Treasurer Residence Sri R.R. Baskar, # S-1860, 1st 'G' Main, 'D' Block, MKK Road, Rajajinagar, 2nd Stage, Bengaluru - 10, with the participation of large number of KUSO members family.

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

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

SOURASTRA HIGHER SECONDARY SCHOOL

CENTURY OLD OUR ANCESTORS' ARCHITECTURAL STONE BUILDING SOURASHTRA HIGH SCHOOL, MADURAI

As per Tamil poet, Subramanya Bharathi our ancestors has kept the slogan, "Live for Others" to the school building to serve for poor and down trodden people to avail benefits and to enhance their livelihood they started their service of education in the year 1886 at Madurai where the Tamil had flourished initially.



Hence our elders started the century old Sourashtra boys high school with architectural building. The gates are decorated with roaring lions on both sides to show valorous Romapurlans' signs, two flying horses remembering greeks' signs and four eightsided Pillars to show the world the Indian culture and greek's culture.

The big gates with 41feet width to facilitate to enter two elephants at a time and with two gates to enter are kept with beautifully. Those students who enter this big gates and get educated herein this school will become good scholar with all good characters of a good human being and he would travel all sides of the world to get fame and wealth.

Anybody who sees this as palace like stone building with height of 17 metres and width of 71 metres with Goddess Saraswathi on her forehead above goddess Mahalakshmi with aim of the wordings "Live For others"

The centre parts of the building was built with dravidian architecture and with mixture of Mugalayan and British arches held by 56 feet stone pillars with multi foliated arches between them. It looks very attractive to everyone.

The building is with ground floor and first floor beautified with lancet arches and cusp arches each Pillars are sculpted with lord Sivalingas.

The front building are with 16 British's lancet

arches, 38 mughal's cusp arches with 10 flowering multifaceted arches looks like temple of education of Madurai for palkars.

Even the eastern parts of building was also built with good architecture with 4 twin arches in the ground floor also with 8 Vishnu chakras.

Backside of the building are built with European type windows of sizes of 8'x12 and 6'x8' with semi circular arches and flat soldier arches made all with stones only.

Inside the building comprised with office rooms, laboratory halls, computer rooms and many class Rooms with 18ft height with big doors of 11ft and 8ft windows in each class rooms of 20'x22' sizes.

All windows are semi circular ones the building with two sides wide stairs with elephants trumps.

In the first floor there is very big hall of 90'x43' with

good Trivandrum architecture and big stage are built very beautifully.

This stone building school shows the mixture of Indo—Saracenic European cultures. This building construction was started in the year 1917 and completed in the year 1929 with hard work of our Sourastrian elders during first world war period for present generation to avail benefits of good Education. Even Madurai collector office was also built with stone in the year 1916 but not with this much architectural designs.



This building was architected by Sri S.T.Piers Durai with our elder, Sriman L.K Thulasiram BA BL and supervised by Sri J.Ramayyar BABL.

Even after 100years old this school building stands as a good heritage centre of this old city of Madurai nowadays all our Sourastrian festivals, seminars, meetings and exhibitions are held here in this school.

This building's architecture news was given by Madurai Thiagarajar Engineering College Architectural Department.

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Holy Wedding of DHARMASASTHA WITH PUSHKALA DEVI



The Wedding of Ariyankavu Annadhana Prabhu Lord Sri Dharmasastha and Sri Pushkala Devi will be held on Tuesday 24.12.2019 at Ariyankavu, Kerala. The detailed program of the wedding festival is given below:

Tuesday 24.12.2019

Morning Manamagal Alaippu

(Jyothi Ruupa Darisanam, from Mampalathurai)

Wednesday 25.12.2019 Evening

Pandiyan Mudippu

(Nichayadhartham)

Thursday 26.12.2019

Celestial Wedding (Thirukkalyanam)

Friday 27.12.2019

Mahamandalabhishekam

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



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

Contact for more detail :

S.J. Rajan : +91 9842152328

MAN BECOMING LESS INTELLIGENT?

Brain Power Diminishing As It Is Not Needed For Survival Anymore !

Humans are losing intellectual and emotional capabilities because we no longer need intelligence to survive, a new study has claimed. Researchers from Stanford University claim the intricate web of genes which endows us with our brain power is particularly vulnerable to mutations -- and these mutations are not being selected against our modern society because we no longer need intelligence to survive.

However, we shouldn't lose any sleep over our diminishing brain power -- as by the time it becomes a real problem -- technology will have found a solution making natural selection obsolete, the 'Daily Mail' reported.



"The development of our intellectual abilities and the optimisation of thousands of intelligence genes probably occurred in relatively non-verbal, dispersed groups of peoples before our ancestors emerged from Africa," said Gerald Crabtree, lead author.

In this environment, intelligence was critical for survival, and there was likely to be immense selective pressure acting on the genes required for intellectual development, leading to a peak in human intelligence.

It was downhill from there on in as, from that point, it's likely that we began to slowly lose ground, researchers claim. According to researchers, with the development of agriculture, came urbanisation, which may have weakened the power of selection to weed out mutations leading to intellectual disabilities.

Based on calculations of the frequency with which deleterious mutations appear in the human genome and the assumption that 2,000 to 5,000 genes are required for intellectual ability. Crabtree estimates that within 3,000 years -- about 120 generations -- we have all sustained two or more mutations harmful to our intellectual or emotional stability.

Recent findings from neurosciences suggest that genes involved in brain function are uniquely susceptible to mutations, the report said. Crabtree argues that the combination of less selective pressure and the large number of easily affected genes is eroding our intellectual and emotional capabilities.

JOKES...

Singayith Mannen : Sigarate phuveth cancer avaira mogo kalaye koddhi Sigarate phuveth khobbim dhuumuus avai.

★★★★

Beil : raath choddo avi mogo dhakkadathvEL thumi kago gOs hotheyo?

Ambulo : thogOs ikkE door dhkkadares meni mii dhakkethemam vatho aveni.

Ravi G Vidi



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FASHION CREATORS IN SILK SAREES

Sourashtri - Language and Script

The Sourashtrians, who migrated from the Saurashtra region of the present Gujarat State almost a thousand years back and settled in South India speak as their Mother tongue the Sourashtri language.

According to the Sourashtri scholar of 19th century, Sri T.M. Rama Rai, this language is a descendent of Sauraseni Prakrit which was written in Prakrit/Devanagari scripts.

During their long migration the Sourashtrians, while speaking their Sourashtri language, could not preserve their literature in written form. However, during their stay in Vijayanagar (700) years back, they used Telugu script.

In due course, Kavi Venkatasuri prepared his own script. Later, around 1876 A.D. Sri Rama Rai, with the help of the Sanskrit scholar Pandit Lakshmanacharya, made another script (which is considered a descendent of Devanagari script).

Medhavi Rama Rai devoted his life and property for propagation of his script. Many people learnt it. He was honoured by the community.

With passage of time, the use of his script declined. In 1920, the visionary Rashtra Bandhu L.K. Thulasiram felt that for the future development of Sourashtra language the Devanagari script was better suited. Its adoption will also help the community to progress. A resolution was brought in the Sourashtra Sabha and it was passed, thereby making Devanagari the official script.

The disciples of Sri Rama Rai, starting with his chief disciple, Sri T.S. Venkatachala Sarma, re-wrote the books, including school text books in Rama Rai script into Devanagari script. Other scholars like Sri T.R. Padnanabhaiyer wrote new literature including Sourashtra Bhagavad Gita in Devanagari script. Recently new literatures ('MET VAAK, SHIL VAAT' and 'Damar'..... by Sri A.K.R. Subramanian, 'Kadambari' by

Sri K.R. Ravindranath, many text books by Sri T.R. Bhaskar and Sri K.C. Chandirasekar) have been written in Devanagari. Sri Thoguluva Rama Moorthy is writing vyaakhyaanam to Gita daily in Devanagari.

In Rama Rai script, 'Bhaashaabhimani' magazine edited by Sri T.V. Kubendran was published for many decades. He also published 'Jaapaali' for some time, but stopped due to lack of patronage.

In 1981 a Joint Agreement of the two groups, in the presence of Government Official was arrived at 'to preserve Rama Rai script and to propagate Devanagari for all purposes'. In 2008/2009, at the request of 'Sourashtri Prachar Sabha', the Central Institute of Indian Languages (CIIL), Mysore prepared a 'Varnamala' for Sourashtri based on the 1991 Unicode- 'Devanagari-Extended' (Parivartith).

CIIL held three workshops in Mysore (2) and Madurai (1) and trained 53 teachers (consisting, the 'Bhaasha Sammaan' awardees, Doctorates and other scholars of Sourashtra language to train them in teaching the new script.

The Sourashtri Prachar Sabha printed a new Text book and held classes with the trained teachers at several locations. Certificates were issued to all those (1500) who participated. The 'Saraashi Academy', Dindigul also is conducting classes and issuing certificates.

On 8th August, 2009, a large Convention of around 4000 Sourashtra representatives was held at Palayamkottai. The Director of CIIL with other officials, Sourashtra scholars, Political Leaders, Central and State Government Officials participated in the Convention.

A Historic 'Declaration' adopting Devanagari as the Script of Sourashtra language was made. As of today both scripts are being taught to those willing to learn.

K.V. Pathy

BELIEVE YOU ARE VEGETARIAN

People do not eat non-vegetarian foods on specific days. If you are, please read this article. Because some of the foods we think are vegetarian are actually non-vegetarian. Can't believe what? In fact, we have used animal fats or meat products in foods that we think are vegetarian. Here's a list of those non-vegetarian foods that are sold as vegan. Read it and be vigilant.

Soup : Indians love soup. If you like Vegetable Mansou soup, be careful. Because it's non-vegetarian. Sauces made in hotels are made from fish. So think before you order a vegetarian meal at hotels next time.

Chord : Chord is one of the most popular in North India. It is now widely consumed by many in South India. But

do you know that this chord, which you think is vegetarian, is actually anime? Yes, to make the chord softened, flour is added to the flour.

Cheese : Currently, many foods are added to cheese. But many people may not know that cheese is actually an immovable substance. In fact, the cheese is mixed with enzymes derived from the intestines of animals. You may have heard that some juices contain high levels of vitamin D. But that juice contains the linoleum derived from sheep.

Sugar : Wondering how to add sugar to non-vegetarian foods? Refined using natural carbon. Well, natural carbon is derived from? Carbon is derived from charcoal bones. These charred bones are animallike. So is the sugar you consume on a daily basis? Non-vegetarian? Tell yourself.

Jelly : The main ingredient in making jelly is gelatin. It is derived from animals. So not only is the jelly sweet, but also animated.

Potato Chips : You just can't believe it. Potato chips are non-vegetarian, though. And a lot of chips, especially the chicken fat, are added to the barbecue flavor. So the next time you buy a packet of chips, check the items mentioned in the back of that packet.

T.R. Baskaran

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

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

Note: We have pleasure to present the details of fresh horoscopes of Nowrin / Nowran registered for the **30th Global Jadhaga Parivarthanai Mela** (Sunday, the 13th October 2019) in instalments

KUSO Marriage BUREAU



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

NOWRIN

★ **G** Viyasa Rishi **H** Niilam **N** Chiththirai **P** 4
R Thulam **D/B** 23.01.1995 **O** Paramakudi.
B.E.(ECE), height 165cm, girl Works as System Engineer, in TCS, Chennai. with a salary of Rs.28,000/pm seeks suitable alliance from BE/MCA/B.Tech std boys of any Origin working in Chennai, any city, with min. height of 167cm
Ref:KMB/G/30/004.

★ **G** Sharabhanga Rishi **H** Samapagin **N** Bharani **P** 2
R Mesaham **D/B** 14.01.1992 **O** Bangalore. B.C.A.
M.B.A. height 5'3" girl works in Project Management, in Accenture, Bangalore with a salary of Rs.25,000/pm seeks suitable alliance from equal graduate std boys of karnataka / any origin working in professional with max. height of 5'9".
Ref:KMB/G/30/005.

NOWRAN

★ **G** Mandavya Rishi **H** Somalinga **N** Punarpusam **P** 4
R Kadagam **D/B** 08.08.1991 **O** Madurai. B.Tech (ECE), height 5'8" Boys Works as Senior Engineer, in Ericsson India Global Services., Bangalore with a salary of Rs.7.2 Lacs p.a. seeks suitable alliance from BE Graduate std girls of Madurai, Chennai Origin, with min. height of 5" **Ref:KMB/B/30/109.**

★ **G** Savanagha Rishi **H** Pattabi **N** Poosam **P** 3
R Kadagam **D/B** 10.07.1994 **O** Ammayappan.
M.B.B.S.,MS(ENT), height 5'8" Boys Works as Doctor, in Kannan Clinic, Tiruvapur, with a salary of Rs.40000/pm. seeks suitable alliance from M.B.B.S. std girls of any Origin Tamilnadu, working Tamilnadu, with max. height of 5'4"
Ref:KMB/B/30/110.

★ **G** Vyasa Rishi **H** Muddan **N** Sathabisha **P** 4
R Kumba **D/B** 01.05.1989 **O** Bangalore. B.E.,(IT), height 6'1 Boys Works as Senior Software Engineer, in Nevioton Soft Tech P.Ltd., Bangalore with a salary

of Rs.8 Lacs p.a. seeks suitable alliance from educated any Graduate std girls of any Origin, Living in Preferably Bangalore, with min. height of 5".
Ref:KMB/B/30/111.

★ **G** Jabali Rishi **H** Patnama Khetthalu **N** Chithirai **P** 2
R Kanni **D/B** 24.05.1972 **O** Salem..8th Std height 5" Boys Works as Silver Business with a salary of Rs.25,000/pm. seeks suitable alliance from girls of any Origin anywhere, with min. height of 5"
Ref:KMB/B/30/112.

★ **G** Janhoo Rishi **H** Kunsin **N** Rohini **P** 1
R Rishabam **D/B** 11.02.1984 **O** Salem. S.S.L.C., height 5'7 Boys Works as Silver Business, in Ammapettai, salem, with a salary of Rs.20,000/pm. seeks suitable alliance from Graduate girls of any origin any where, with min. height of 5'5".
Ref:KMB/B/30/113.

★ **G** Jabali Rishi **H** Keththen **N** Pooram **P** 2
R Simmam **D/B** 30.04.1985 **O** Salem. S.S.L.C., height 5'9". Boys Works as Silver Business with a salary of Rs.20,000/pm. seeks suitable alliance from Graduate girls of Origin any where with min. height of 5'5". **Ref:KMB/B/30/114.**

★ **G** Viswamithara Rishi **H** Pittan **N** Thiruvathirai
R Mithunam **D/B** 14.02.1992 **O** Coimbatore. M.sc(Agri) height 170cm., Boys Works as senior Research Associates, UPL (Advanta) Ltd., Hyderabad. with a salary of Rs.50,000/pm. seeks suitable alliance from any degree girls of origin anywhere. **Ref:KMB/B/30/115.**

★ **G** --- **H** --- **N** Thiruvonam **P** 2 **R** Magharam
D/B 31.03.1981 **O** Salem. B.com CA Hindi Bed, Boys Works as Silver Business, Salem with a salary of Rs.30,000/pm. seeks suitable alliance from any Graduate std girls of Origin anywhere.
Ref:KMB/B/30/116.



S.K. Varadharajan



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கல்லூரியின் சிறப்பு அம்சங்கள்

- ▶ வளாக கட்டமைப்பு : கல்லூரி வளாகம் பசுவைக் கழுவியும் ஒவ்வொரு பாடப்பிரிவின்றும் தனித்தனி வளாக கட்டமைப்பை தன்னுள்ளே கொண்டுள்ளது. **மேளாச்சியூரன்** : அனைத்து மேளாச்சியூரன்களும் உயர் கல்விக்குத்தேதியும் மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்பிற்கான சிறப்புப்பயிற்சி : இன்போசில், எர்டுமோட், லினைக்ஸ், என்ஜ் லேப்சியூ, அகமதி மேலாற்ற பல முன்னணி நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிபுடன் ஆன்லைன் சென்டர்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆராய்ச்சி மற்றும் வளர்ச்சி : இக்கல்லூரியில் பல துறைகள் அண்ணா பங்கலைக்கழகத்தால் ஆராய்ச்சி புடிப்பிற்கு அங்கீகரிக்கப்பட்டவை. இவ்வோர் நிறுவனத்தின் மூலம் ஆராய்ச்சி திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம் : கல்லூரியின் நூலகத்தில், முப்பத்தாயிரத்துக்கும் மேற்பட்ட நூல்கள் நூலகத்தில் 50 க்கும் மேற்பட்ட அதிவேக இணையதள வசதிபுடன் கடித கணினிகள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விடுதி : மாணவர் மற்றும் மாணவிகளுக்கு உபயோக வசதிபுடன் கடித தனித்தனி விடுதிகள்.
- ▶ உணவகம் : மாணவர்கள் மற்றும் ஆசிரியர்கள் ஒரே மேற்றத்தில் ஆயிரத்திற்கும் மேற்பட்டோர் உணவருந்தும் வகையில் காரதாரமான பிறப்பாண்ட உணவுக்கூடம்.
- ▶ பொதுவருந்து : நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்லூரிப் பேருந்துகள் இயக்கம்.

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UNITY IS STRENGTH - HOW?

onTekan rhaattak sikkulno - elle
nijjam sangeti oppulno.....
kavLaan gumpunu savO.... - tenko
sikkaDi diyaatte kOnu..... (onTekan)

ghEru soDi bharaaT aveti chaare
chalvaayi - telle
chaarE kaLayi chalta kerliyet chokkaT
rhavvaayi....
tego pusikin mogo pusikin konniye
chalaikaa.... telle
ojeno nasatte nasiniku hibbaDan
musaikaa (onTekan)



amre sogan askinaak haTvare monnu paye.... - telle
haTvan avattak monnumu krupo meLLi paye....
sonno sogan guNNu rhiyet sambattu vegLa juNNaa...
elle

kaLaLyette onTejenosOn dEv vegLa juNNaa....
(onTekan)

rotka gheDi varo hanikin hibbi javaayi..... agaasum
miLi avarye mEgun meLLi kalvai javaayi...
kaalilentu chaltatte aski hindo marchavayi... ami
nEr paataamu chali jiyeti sompu ponduvaayi....!
(onTekan)

Picture : AnbukkarangaL (Tamil)
Song : onNaayirukkak kattukkaNum.....
Action : Sivaji Ganesan
Play Back : T.M. Soundararajan.

Composed in Sourashtra by:
Kuuchun K.L. Anantharam

Absent-minded kids more intelligent !

Is your child absent-minded? You should feel happy, for a new study says that it may well be a sign that the kid is intelligent. Researchers have found that children who have wandering minds actually have sharper brains -- in fact, those who are constantly distracted are able to hold far more information than their diligent peers.

The study has shown that those who appear to be constantly distracted have more "working memory", giving them the ability to do two things at the same time, the 'Daily Mail' reported.

Participants in the study had to either press a button in response to the appearance of a certain letter on a screen, or tap in time in their breath. The researchers checked periodically to ask if their minds were wandering.

At the end, they measured the participants' working memory capacity, giving them a score for their ability to remember a series of letters interspersed with easy maths questions. Daniel Levinson of University of Wisconsin-Madison, who led the study, said those with their higher working memory capacity reported "more mind wandering during the simple tasks" even though their performance was not compromised.

The results are the first to show the association with mind wandering and intelligence. It is thought the extra mental workspace is used, for instance, when adding up two spoken numbers without being able to write them down. Its capacity has been associated with general measures of intelligence, like reading comprehension, IQ score.

The Boy who cried 'Wolf'

Once there was a shepherd boy who had to look after a flock of sheep. One day, he felt bored and decided to play a trick on the villagers. He shouted, "Help! Wolf! Wolf!"



The villagers heard his cries and rushed out of the village to help the shepherd boy.

When they reached him, they asked, "Where is the wolf?" The shepherd boy laughed loudly, "Ha, Ha, Ha! I fooled all of you."

I was only playing a trick on you."

A few days later, the shepherd boy played this trick again. Again he cried, "Help! Help! Wolf! Wolf!"

Again, the villagers rushed up the hill to help him and again they found that boy had tricked them. They were very angry with him for being so naughty. Then, sometime later, a wolf went into the field. The wolf attacked one sheep, and then another and another. The shepherd boy ran towards the village shouting, "Help! Help! Wolf! Help! Somebody!"

The villagers heard his cries but they laughed because they thought it was another trick. The boy ran to the nearest villager and said, "A wolf is attacking the sheep. I lied before, but this time it is true!"

Finally, the villagers went to look. It was true. They could see the wolf running away and many dead sheep lying on the grass. We may not believe someone who often tells lies, even when he tells the truth.

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Ashtami and Navami

Why don't our ancestors do good things like Ashtami and Navami? Why?

That is why science is there. The astronomical knowledge of our ancestors shines in it.

Krishna Paramatma Ashtami was born on that day and had to fight a very big battle. Sri Raman was born in Navami and had to spend 14 years of his life in the jungle. Is this the reason? No!!!

We say that one day the earth will revolve around itself. Let us say that the same earth revolves around the sun for a year.

We say a month that the moon revolves around the earth. When the moon revolves around the earth we say one half-round (15 days new moon) and the next 15 days full moon.

Ashtami is the eighth day between the new moon and the full moon. Two ashtami comes in a month. Exactly on Ashtami Day, the earth we live in comes between the sun and the moon.

At that time, the sun's energy and the moon's force pull the earth toward them, causing some sort of vibration. That vibration echoes with all life on earth.

When we travel by bus, we don't write right? Exists. That is why no organism can make a sustainable decision. In that case the decision we make will be unstable. The earth will return to normal after Navami is gone. Only then will the minds of all living beings, including humans, be great.

So our ancestors decided not to make any decisions on Ashtami and Navami.

The poet **Kannadasan**

Urinary Tract Disorders In Body

After separating our body's nutrients into Nutritionally and fat, the body excretes feces and urine.

A healthy person will urinate for at least 7 seconds. If you feel urgently urinating for only 2 seconds, it means that you are infected with something.

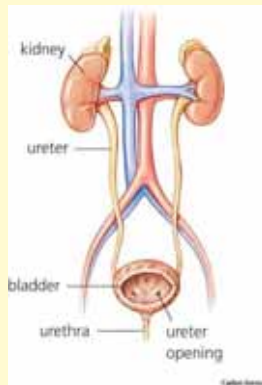
An adult's bladder is 300 - 500 ml. Quantitative urine suppression.

With the color of urine, you can learn about your health. If the urine is white - the water is high. Pale yellow - has enough hydration.

Turmeric - Decreased hydration in the body. Brown - Liver infection, old blood. Red or pink - pure blood is mixed with urine, Kidney Disease, Cancer. Blue or green - Incorrect drug intake, excessive dye mixing in food.

If you smell a sweet odor when you urinate, then you have diabetes and a sign of diabetes. If the urine is very stinky, it means that the glucose and protein are passing out excessively through the kidney.

The urine we excretes contains 3000 types of sodium, potassium and chloride. Eating too much of spicy foods and coffee can change your urine odor.



Do you want a STRESS - FREE Life?

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

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

Gita, which is the yogashastra, teaches the secret of leading a stress free life amidst our multifarious daily problems. The battle field, the birth place of Holy Gita, represents our daily life, full of problems.

"Obey your conscience, which is the inner shrill voice of God". "Keep your conscience clean, you can win the battle of life", is the essence of Gita.

From birth to death, life is a battle, a continuous struggle. Gita shows the way to be free from stress. 'Do your best (karma yoga) and leave the rest to God (Jnana yoga) is the message of Gita. Don't worry, whatever happens is for our good.



Good and bad are only relative terms, In God's view every thing is good. 'Total surrender to Him' is the key to a stress free life.

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

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Awesome.!

Barn swallow, a small bird from Argentina, departs each year in February for 8300 km, arriving in California at the end of March. After the breeding season at the Capistrano church in California, the new generation will depart in October and fly back to Argentina for another 8300 km.

A few thousand km for breeding, flying is a natural thing for birds. What might surprise you?

The Barn swallow bird species, from Argentina to California, flies 16,600 km, with no terrain or terrain anywhere! Must fly over the sea. If so, how do they make noise when hungry? How do they rest when tired?

On their departure from Argentina, they flew into the unit with a small stick. Whenever they are hungry and weary, they fly low over the sea, put a stick on the surface of the sea, and search for prey; Are relaxing.

If a small bird of Barn swallow is 16,600km away, it is the lifeblood of a fly, and the man who has the hands, feet and limbs and heals will have no life to live.



Lesson from giraffe

The giraffe is accustomed to standing and petting. From about eight feet high, the baby begins its life with a strong blow to the earth. Imagine the baby giraffe falling off its mother's womb and falling down.



The cruel thing. Something worse than this will happen next. The mother giraffe kisses her baby's neck gently for a few minutes. Licking the tongue. Then she kicks the cub with his long legs. The cub flies in the air and falls slightly away.

The next blow when the pain that has already fallen is unchanged. The moisture attached to the body did not even hurt when it emerged from the mother's womb. Trying to stand up to the pain and stand up. But then stumbles back down.

Mother kicking again. The cub will try to stand up. But fall back. The mother will keep on kicking until the baby is on her own.

The lion, tiger, and wolf in the forest. A mother who fears that these animals will fall prey to her if she does not walk is taught to walk by her cub.

In a few days, the little giraffe wakes up. Giraffe teaches her little ones on the very first day of birth that they have to endure pain in order to survive with the rest of the world. The rest of the wild will fall prey to the pains that have been caused by the fall of the baby.

But its mother teaches the subtlety of success beyond pain and helps to teach life to the environment.

Let's learn the techniques of making pains successful. We will learn something from each pain.

Our Creator does not give us any hardship for no reason. Understand that all hardship is to pardon us, friends.

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