

SONNA KODUM



Editor :

R.N. SADASIVAN

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PAJE ! PAJE ! NOWRAN PAJE !

KUSO MARRIAGE BUREAU

PAJE ! PAJE ! NOWRIN PAJE !

32nd GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA

2nd 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 conducted 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:

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.

HOMAGE TO SRI S.R. RADHA

S.R. Radha, former Minister and one of the founding members of the AIADMK, died at the Rajiv Gandhi Government General Hospital on Tuesday after a brief illness. He was 86. He is survived by two sons and two daughters.

Born in Kumbakonam, Thanjavur district in August 1934, he was associated with the Sourashtra Sabha and weavers' organisations. At a young age, he was drawn to the Dravidian movement led by E.V. Ramasamy and later joined the DMK and subsequently, the AIADMK.

Mr. Radha, first elected to the Assembly from Kumbakonam, later became a member of the Legislative Council. When M.G. Ramachandran was Chief Minister, he was made, in July 1983, Fisheries Minister and later given the Housing portfolio.



In March 1985, Sri Radha was appointed deputy general secretary of the AIADMK. After winning from the Madurai (East) Assembly constituency as a candidate of the unified AIADMK in March 1989, he became the Leader of Opposition in the Assembly later that year in the wake of the resignation of Jayalalithaa from the post.

Four years later, he was expelled from the AIADMK. In January 1998, he returned to the DMK briefly before going back to the AIADMK.

His death was condoled by AIADMK coordinator and Deputy Chief Minister O. Panneerselvam and co-coordinator and Chief Minister Edappadi K. Palaniswami.

Courtesy : **The Hindu** 9-12-2020

SR Eradha (87), a close associate of AIADMK founder MG Ramachandran, passed away here at Rajiv Gandhi Government General Hospital on Tuesday due to illness. Radha's wife predeceased him and he is survived by two sons and two daughters.

Eradha's mortal remains were taken to his native place Kumbakonam for public homage and they would be handed over to the Thanjavur Medical College authorities on Wednesday as per the wish of the departed leader.

Eradha's family members told The New Indian Express that since Eradha remained a rationalist and sincere follower of Periyar throughout his life, he had already told his family members not to perform any religious last rites.

Born on August 9, 1934, in Kumbakonam, Eradha was attracted to Periyar's rationalist ideas at the young age of 16. Even when leaders like CN Annadurai distanced themselves from



Periyar after his marriage with Maniammai, Eradha continued his association with his leader.

Eradha was one of the founding members of the AIADMK and one among those who signed the party document when it was launched in 1972 by MG Ramachandran after his expulsion from the DMK. In 1983, Eradha became a minister in the Cabinet headed by Ramachandran and he held the portfolios of Public Works, Environment, Pollution Control, Fisheries, Housing, and Slum Clearance.

After MGR's death, Eradha supported Jayalalithaa's leadership. Later, Jayalalithaa appointed him as Leader of the Opposition after she decided to boycott the Assembly following the violent incidents in the House in 1989. Eradha served in that post between December 1989 and January 1991.

However, Eradha was expelled from the party along with G Viswanathan and Azhagu Thirunavukkarasu in 1993.

Condoling the death of Radha, Chief Minister Edappadi K Palaniswami and Deputy Chief Minister O Panneerselvam, said Eradha was one of the foundation members of the AIADMK and remained loyal to the party.

DMK president MK Stalin said Radha was a legislator who gave importance to the democratic principles and concentrated on the service to the people of his constituency.

DK president K Veeramani recalled Radha's involvement with Periyar's ideologies.

CPI state secretary R Mutharasan also condoled Eradha's death.

Courtesy : **The New Indian Express**

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

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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

KUSO MARRIAGE BUREAU



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

NOWRIN

- ❖ **G** Shalisa Rishi **H** Vaidhyalingam **N** Rohini **P** 3 **R** Rishabam **D/B** 08.06.1994 **O** Chennai. B.Com (Hons), MBA std, height 5'5" Fair girl Works in a Private Company, Chennai seeks suitable alliance from boys of MBA/CA/PG in Engineering std. Origin and living anywhere. Working in India/Abroad. with min height 5'6". **RefNo.:KMB/G/31/013**
- ❖ **G** Vyasha **H** Thasma **N** Thiruvonam **P** 2 **R** Makaram **D/B** 26.06.1994 **O** Madurai. MA (French) std, height 5' Wheatish coloured girl Works in a Private Company, Delhi with a salary of Rs.30,000 p/m seeks suitable alliance from boys of any origin anywhere in India. **RefNo.:KMB/G/31/014**
- ❖ **G** Bhargawa Rishi **H** Thilla **N** Uthiraadam **P** 1 **R** Simmam **D/B** 31.10.1994 **O** Kumbakonam. BDS, MDS (Final) std, height 154 cm girl seeks suitable alliance from boys of any origin anywhere in India. **RefNo.:KMB/G/31/015**
- ❖ **G** Sounaga Rishi **H** Srirangam Vettiyan **N** Magam **P** 4 **R** Simmam **D/B** 01.09.1997 **O** Trichy. M.Sc. (Comp. Tech) std, height 5'5" Fair girl seeks suitable alliance from boys of BE/B.Tech/PG std. Origin and living anywhere. Working in India/Abroad. with min height 5'5". **RefNo.:KMB/G/31/016**

NOWRAN

- ❖ **G** Koundinya Rishi **H** Potti **N** Kettai **P** 1 **R** Viruchigam **D/B** 01.10.1992 **O** Paramakudi. B.Sc (CS), M.S std, height 5'10" Wheatish coloured boy Works in a Private Company, Chennai, with a salary of Rs.11.7 Lac/pa seeks suitable alliance from girls of Any degree, origin Madurai / Paramakudi, living and working in Chennai with min height 5'4". Horoscope seen been by Bride's parents is enough. **RefNo.:KMB/B/31/121**
- ❖ **G** Saliga Rishi **H** Angiya **N** Kettai **P** 2 **R** Viruchigam **D/B** 18.06.1989 **O** Kumbakonam. BE (EEE) std, height 5'6" Wheatish coloured boy Works in a Private Company, Australia, with a salary of Rs.1 Lac/pm seeks suitable alliance from girls of Any degree, origin and living anywhere with min height 5'2". **RefNo.:KMB/B/31/122**
- ❖ **G** Jhenu Rishi **H** Kuttuva **N** Uthiraadam **P** 3 **R** Makaram **D/B** 15.11.1988 **O** Madurai. M.S (System Engineer) std, height 5'8" Wheatish coloured boy Works in a

Private Company, Bangalore seeks suitable alliance from girls of Any degree (UG/PG), origin Madurai, living in Madurai. working in Bangalore Preferred. **RefNo.:KMB/B/31/123**

- ❖ **RefNo.:KMB/B/31/124** Settled.
- ❖ **G** Ubamanyu Rishi **H** Kuttan **N** Uthiram **P** 2 **R** Kanni **D/B** 22.02.1989 **O** Madurai. BE (CS) std, height 5'11" Wheatish coloured boy Works in a Private Company, Bangalore, with a salary of Rs.1,37,000/pm seeks suitable alliance from girls of BE/MCA/CA std, Origin and living Tamilnadu, working in Bangalore. with min height 5'3". **RefNo.:KMB/B/31/125**
- ❖ **G** Kashyaba Rishi **H** Kenchi **N** Pooram **P** 2 **R** Simmam **D/B** 13.07.1994 **O** Madurai. B.Tech (IT) std, height 5'8" Wheatish coloured boy Works in a Private Company, Madurai, with a salary of Rs.48,000/pm seeks suitable alliance from girls of any Degree, Madurai Origin and living Tamilnadu, working in Bangalore. with min height 4'8". Horoscope match is must. **RefNo.:KMB/B/31/126**
- ❖ **G** Agasthiya Rishi **H** Borutta **N** Poorattathi **P** 3 **R** Kumbam **D/B** 22.03.1993 **O** Trichy. MCA std, height 5'6" Fair boy Works in a Private Company, Bangalore, with a salary of Rs.45,000/pm seeks suitable alliance from girls of Any degree and Graduate, origin and living any where, Doing Fashion Business. with min height 5'. **RefNo.:KMB/B/31/127**
- ❖ **G** Jabali Rishi **H** Thirukonda **N** Hastham **P** 2 **R** Kanni **D/B** 14.04.1984 **O** Madurai. DECE std, height 172 cm Fair boy Works in a Private Company, Madurai, with a salary of Rs.30,000/pm seeks suitable alliance from girls of +2 or Any degree, Origin Madurai or anywhere, living in Madurai in any where. with min height 150 cm. **RefNo.:KMB/B/31/128**



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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.

KUMBABHISHEKAM

Sri Maha Ganapati Temple

In our thriving city of Coimbatore, which is next to the capital of Tamil Nadu-Chennai, our community people who started their life in Coimbatore about 60, 70 years ago for professional reasons, started moving to



Coimbatore for employment, job, study, medicine etc. They decided to live here permanently due to the climate and many amenities. More than 1000 of our community families living here are members of our Coimbatore Saurashtra Association. In the goodwill of many of them to own a house, we set up a layout

called "Saurashtrapuram" with 203 houses in Kannampalayam Municipality and bought and built it for our community people. In our lay out with all the recognition

like DTCP Approval and Individual, the Absolute First Goddess Sri Aishwarya Maha Ganapati Swami has risen in the temple to bless all of us. Due to the donations and contributions received from our community loved ones and devotees, the Kumbabhishekam ceremony was held on 10-12-2020 in a very special way.

The festival went very well with the help of the people of our community.

Our heartfelt thanks to His Excellency T.D. Eeswaramoorthy and other donors for their generous donations to the temple. Mrs. who also received a large donation. We would also like to express our personal gratitude to Logeswari Sivakumar.

Donors are welcome for the expenses of the Kumbabhishekam ceremony at the temple and for the construction and development of the temple.

On behalf of the Temple Task Force
V.G. Rajaram

PALABHISHEKAM

On the eve of Vaikunta Ekadasi, KUSO's administration office bearers offered Palabhishekam, Puspha Alangaram and Archana worship on behalf of KUSO to Lord Ganesh at a temple near KUSO office.



KUSO President Sri V.G. Gopalakrishnan, Vice President Sri R.K. Sridharan, General Secretary Sri T.S. Jayabalan, Treasurer Sri K.K. Devadass Babu, Treasurer Sri R.R. Baskar, Secretary Sri T.A. Pattabiraman, Secretary Sri S.K. Varadarajan and family, Committee Members Sri P.M. Balaji and family, Sri L.S. Narasimman, Sri T.H. Desikachari, Sri B.K.M. Rajkumar and family, Service Incharge Sri V.G. Gridharan and Smt. Uma Gridharan, Smt. Ramila Devadass Babu, Smt. Santhi Baskar and many others attended the function.

K.K. Devadass Babu, Treasurer



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FASHION CREATORS IN SILK SAREES

T.M. SOUNDARARAJAN

by **Sachi Sri Kantha**

Lip-synched by a villager. But, TMS's name did not appear in the credit roll! The entry on Manthiri Kumari movie in the Encyclopedia of Indian Cinema (1999), refers to this song, as "It is also a landmark in playback singer T.M.Soundararajan's long career."

When MGR and Sivaji Ganesan were the heroes of Tamil movies, from 1950s to 1970s, TMS was the lead singer chosen by the producers as well as film distributors to represent their voices. MGR focused on delivering policy songs (KoLhai padal) and inspirational songs (Unarchi padal) in his movies.

Vira (heroic) rasam was dominant in all songs belonging to these categories. Songs such as Achcham Enpathu Madmaiyada (Cowardice is only foolish) in Mannathi Mannan (1960), Naan Aanaiyidal athu Nadanthuvidal (If I command, and if it happens) in Enga Veetu Pillai (1965), Naadu – athai Naadu (The State – would you reach it?) in Nadodi (1966) brim with vira rasam. The songs for Sivaji Ganesan were mostly self-reflective songs that were filled with bibhatsa (disgust) rasam. Songs such as, Poonaal Pohattum Poda (Let it go Why care) in Palum Pazhamum (1961), Yaarai Nambi Naan Poranthaen (Was I born relying on others?) in Enga Oor Raja (1968), Naalai muthal kudikka maadaen (From tomorrow I'll not drink) in Neethi (1972).

In an interview to the Hindu daily merely a month before his demise, TMS had commented on his singing style to different actors as follows.

"I closely follow the voice of the actors and their tonal modulations when I sing for them. For each actor, I sang in a voice that matched his voice, his persona and the character he played in that particular film. On some occasions I had to bring a melancholic mood, in others, romantic situations, tragedy, comedy. Sometimes I had to make my choice sound masculine, sometimes very youthful or aged. I have done it all according to the situation and the actor. A film singer has to be sensitive to all these things; it's not just a matter of singing in front of a mike. In many instances, I literally used to 'act' while I sang many songs; many of the actors used to come and watch me sing to get a feel of my acting so that they could use it in front of the camera!

I think playback singing involves the element of acting too. Most importantly, the actors admired my songs and had great faith in me.

My songs helped to lend character to their roles, adding to their charm and intensity, the reason why great actors such as Sivaji and MGR insisted on my singing for them."

I have compared the voice of TMS to that of bugle, the simplest brass instruments without valves or other pitch-altering devices. All pitch control was done by the player's embouchure. The dictionary defines embouchure as the use of facial muscles and the shaping of the lips of



the mouthpiece in playing a brass instrument. As revealed above, TMS did use embouchure techniques to alter the pitch and tone of his songs to suit the voice of the actor. This unusual technique made him an exceptional singer.

TMS hit the bull's-eye in 1954. That year, three memorable Tamil movies were released. Malai Kallan (Mountain Thief), an MGR starrer, featured the ever popular song of TMS for MGR, 'Ethanai kaalam than emaruvar intha naddile' (How long these guys will be cheating us?). Then, Koondukili (Caged Parrot) – the only movie

MGR and Sivaji Ganesan starred together, had a lilting sad melody, Konjum killiana pennai koondu kili aakividdu, keddi melam thatuvathu sariya tappa (Is it right or wrong to make a loving gal parrot into a caged parrot?) set in Sindhu Pairavi raga. Sivaji Ganesan, who played the villain role lip-synched for this song. Then, the songs of Thooku Thooki movie, a Sivaji Ganesan starrer, heralded the arrival of TMS triumphantly and permanently.



Sivaji Ganesan had remembered the songs of this particular movie, as follows:

"The story was based on certain premises and proverbs which went like this: A father is a father when you bring home something. A mother is a mother whether you bring home something or not. A sister is a sister when you lay out the gifts. A wife could possibly kill you. But a friend would lay down his life for you. The story was first made into a play and later made into a film.

To be continued...

T.R. Baskaran

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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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NEWS IN BRIEF

☉ Sri R.S. Naganath Babu has been appointed as State Assistant Secretary for the Indian Center for Cultural Preservation.



☉ On the occasion of the 138th birth anniversary of Mahakavi Bharathi on 11th December 2020, Southern Constituency Member Dr. SS Saravanan visited Sethupathi High School, North Masi Road, Madurai and garland at the Bharathi statue.



☉ Darasuram (Nelli) Ramesh's son Hariprasad has been selected for the Thiruvarur Medical College Hospital on the basis of a public consultation with a score of 575 in the NEED examination.



☉ Karthik lives in Bharat Jyoti Colony, Nilayur Handloom Nagar, Madurai. He is studying MBA at Namakkal Pavai Engineering College.



His uncle Siddhappa Kumaran, who lives in the same area, is an excellent weightlifter. Siddhartha Kumaran looked after them and Karthik grew up. At the age of 12, he began to engage in weightlifting. The first year, he participated in the competition and won the prize.

At the age of 17, he participated in a competition organized by the Government of Tamil Nadu and won first place and was subsequently selected for the state competition.

At the initiative of Madurai Nilayur Handloom Nagar Gym Secretary Sri Anand Kumar and Weightlifter Sri Sivanath and Senior Weight Lover Sri Sekar, he joined BBA at Namakkal-Muthayammal College through Sports Quota. On behalf of the college, he participated in the state-level weightlifting competition and won first prize for three consecutive years. In 2017, the National Level Competition was held in Mohali, Chandigarh. Attended on behalf of the University.

Now he is an MBA student, he competed for his college at Anna University. For two consecutive years the college took second place. Weighing in at 73kg, he lifted a record 118kg in the competition last month.

Courtesy **KR Rajkumar**, Facebook

☉ IPS The 3rd year ceremony of the Trust started, Friday at 12.00 noon on 18.12.2020. Worship was held at Perumal Temple. Prominent personalities who came were Sri T.D. Eeswaramoorthy, Er. Malli.MR. Subramanian, Sri KR. Modi Babu, Sri T.D. Santhamoorthy, Sri Opula Ravikumar, Sri Lottia Jayaram, Sri TS Ramakrishnan, Nava Lakshmi Silks Sri Kannan, Kaiser Sri Chandrasekhar, Sri MPT Santaram, Sri Yuvraj P.R.

Sri Malli M.R. Subramanian Rajeswari's family donated Rs. 36,000 and Nava Lakshmi Silk Skannan Rs. 10,000 by check to IPS Trust.

IPS Trust Chairman Sri Malli Premnath performed the inauguration. Sri T.D. Eeswaramoorthy launched the Selarashtra Murasu Online Daily Paper with their hands.

Sri Rupa R. Premnath designed for their paper. Sri R R Subramanian and Sri Naamam Saravanan gave thanks and lunch was served to all. The function ended well with Perumal's Blessings.



☉ State level men's competition held by the Body Building Association in Chennai Ambattur. M.P. Venkatesh from Madurai won the first prize in their 75 kg category.

He was accompanied by South constituency MLA Dr. S.S. Saravanan greeted him wrapped in shawl



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கல்னூரியின் சிறப்பு அம்சங்கள்

- ▶ வளாக கட்டமைப்பு : கல்னூரி வளாகம் பசுவைச் சூழவில்லை என்பதால் பாடப்பிளவிற்கும் தனித்தனி வளாக கட்டமைப்பை தன்னுள்ளே கொண்டுள்ளது.
- ▶ பெயர்சிறப்புகள் : அனைத்து பெயர்சிறப்புகளும் உயர் கல்விக்கூறுகளிலும் மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்பிற்கான தீர்மானப்படிப்பி : இன்போசிரஸ், எர்ட்ஸாட், வினெக்ஸ், என்ஜி லேப்சிடி, அகடமி மேஸ்ஹ் லஸ் முன்னணி நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிகள் ஆன்லைன் டைரெக்ட்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆதாய்ச்சி மற்றும் வளர்ச்சி : இக்கல்னூரியில் லா துறைகள் அனைத்து பல்சமரச்சமூகத்தால் ஆதாய்ச்சி வழங்கிப் படிப்பிற்கு அங்கீகரிக்கப்பட்டவை. இல்யோ நிறுவனத்தின் மூலம் ஆதாய்ச்சி திட்டத்திற்கு நிதி உதவி.
- ▶ நூலகம் : கல்னூரியின் நூலகத்தில், முப்பத்தாயிரத்துக்கும் மேற்பட்ட நூல்கள் மற்றும் நகல்படி எடுக்கும் வசதிகள்.
- ▶ விடுதி : மாணவர் மற்றும் மாணவிகளுக்கு உயர்நிலை வசதிகள் வழங்கி தனித்தனி விடுதிகள்.
- ▶ உணவகம் : மாணவர்கள் மற்றும் ஆசிரியர்கள் ஒரே மேஜைகளில் ஆயிரத்திற்கும் மேற்பட்டோர் உணவுருந்தும் வகையில் காரநாராமனை பிறப்படுத்தி உணவுக்கூடம்.
- ▶ மொக்ரூவர்த்தி : நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்னூரி பெருந்தலை இயக்கம்.

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PEANUT



make you eat fewer calories later in the day. Compared to consuming them with a meal, groundnuts elicited stronger feelings of fullness when eaten as a snack. This will ultimately help with weight loss.

Including groundnut or other nuts in your diet is a great way to enhance palatability & nutrient intake without causing weight gain.

Prevents Gallstones

Consumption of peanuts is also linked to a lowered risk of gallstones. Men having 5 or more units of nuts that include groundnuts in a week had a low risk of gallstone disease. Likewise women who consume 5 or more units of nuts in a week had a reduced risk of cholecystectomy (removal of gallbladder).

Helps Fight Depression

Groundnuts are good sources of tryptophan, which is an essential amino acid that is important for the production of serotonin, one of the important brain chemicals involved in mood regulation. When depression takes place, a decreased amount of serotonin may be released from the nerve cells in the brain. Tryptophan can increase serotonin's antidepressant effects when there is an increased amount of serotonin in the blood.

Boosts Hair Growth

Few researchers believe that as peanuts contain all the amino acids & protein, they could be a good supplementation to a diet for hair growth.

Peanuts Side Effects

It must be noted that peanuts should not be consumed in excess as it can be harmful for the body. Some studies reveal that peanuts might cause allergies to some people.

How to Eat Peanuts?

You can eat peanuts or groundnuts in many ways – may be raw, fried or roasted. The best way to eat it on daily basis is in form of salad. You can also top your breakfast cereal with groundnuts or add it to frozen yogurt. You may also refer internet for peanuts recipes to enjoy this healthy nut.

Many people nowadays prefer eating peanut butter available in different flavours and brands. Peanut butter contains potassium and protein that lower the risk of high blood pressure, stroke & heart disease. Peanut butter also has fibre for bowel health, healthy fats, magnesium to strengthen your bones & muscles, Vitamin E & antioxidants.

Groundnut, also known as peanut and pignut is one of the best sources of protein. Consuming groundnut is very beneficial for our health.

Peanut contains vitamin E, magnesium, foliate, copper and arginine. Studies reveal that peanuts can even be useful for weight loss and reduce the risk of cardiovascular disease. In addition, the skins have an ample amount of natural antioxidants & a high content of dietary fiber. This is with reference to the different types, be it light-roasted or dark-roasted.

Peanuts Nutrition

Nutrition facts for 100 grams of raw peanuts:

Calories-567, Protein-25.8 grams, Fat-49.2 grams (Saturated-6.28 grams, Monounsaturated-24.43 grams, Polyunsaturated - 15.56 grams), Carbs - 16.1 grams, Sugar - 4.7 grams, Fiber - 8.5 grams, Water - 7%.

Groundnut Benefits

Here Are Some Amazing Benefits of Groundnut Or Peanuts

Promote Heart Health

According to researchers, people who regularly eat groundnuts were far less likely to die of heart stroke or disease. Peanuts and other nuts can also lower the bad cholesterol (LDL) levels. Bad cholesterol can lead to plaque development on the blood vessels & peanuts can prevent this.

Groundnut can also reduce the inflammation that can cause heart disease. The resveratrol in groundnuts also helps fight heart problems.

Boosts Memory

Peanuts contain vitamin B3 or niacin content whose many health benefits include normal brain functioning as well as boosting memory power.

Promotes Fertility

Groundnut also contains a good amount of folate. Several studies have shown that women who had a daily consumption of 400 micrograms of folic acid before & during early pregnancy reduced the risk of having a baby born with a serious neural tube defect by up to 70 percent.

Helps in Weight Loss

Peanuts or groundnuts are called energy-dense foods. If you include them as a snack then it will

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AV Bridge in Madurai

The Vaigai River divides Madurai into two parts, North and South. Cross the river in the 18th century and go both north and south. During that period, the water would always melt in Vaigai. It will not be as dry as it is now. People struggled to cross the river in waist-deep water with the load on their heads and the baby in their arms. Subsequently, the British government selected engineers to build the flyover across the Vaigai. To this end, the UK held a competition between engineers. Of these, engineer Albert Victor chose.



The British government brought him to Madurai to build the bridge. Albert Victor, the engineer who built the flyover with 16 pillars at a cost of 70 thousand rupees, prepared the drawing. Then, Viceroy Dierin laid the foundation stone on Dec. 8, 1886. Before the flyover was built, dams were set up in the Kochadai area and water was diverted to the fields through the canal. Construction of the 12-meter-wide, 240-meter-long flyover with 16 pillars began rapidly in 1889. Engineer Albert Victor completed the bridge work with great difficulty in a mixture of baked brick, lime, egg white, and blackberry.

Then, it was opened to traffic. The bridge was renamed the "Albert Victor Overpass" (AV Bridge) by the engineer because it was built better than expected. Due to the floods in Vaigai and the Meenakshi Amman Temple, Thiruparankundram, a bus stop was set up on the bridge to facilitate the view of the beauty of the hill from one place. At that time the main vehicles of the people were only cow carts and horse carts.

Only the British rulers rode in cars. There is no history of a vehicle colliding with a bridge. Over 135 years, the Albert Victor Bridge bears the majestic view of Madurai.

Thanks -Dinamalar

Kunkum

Women and men receive the indelible grace of Mahalakshmi by putting on Kunkum. Wearing Kunkum as men combine both eyebrows will boost self-confidence and success. Place the Kunkum on the ring finger. The red Kunkum itself is sacred. Kunkum is not included in other colors. Sri Lakshmidivi envelops the Mangalyam, the forehead and the beginning of the head. It is advisable to put Kunkum in all these three places.

When you get Kunkum in the temple you can buy it on the right and not change it on the left. The perfect divine power of Kunkum can be obtained only by receiving the Kunkum in the right palm and then bending the right ring finger and touching the Kunkum to the forehead.

Scientifically, Kunkum is made from a combination of alum, lime water and turmeric. The turmeric added to it will turn into iron over time. Alum is an antiseptic and does not cause skin diseases. Infectious germs do not come close. The nerves that go to the brain do not send too much heat to the brain, the part of the forehead that can control it. Putting Kunkum on that forehead alleviates that heat.

1. The tip of the head of a porter is called the Seemandhra region. The Kunkum in Ambika's vagina will save women.
2. Seemandha region of Sumangali women The location of Srimakalakshmi is in the power Kunkum of Sumangali.
3. Giving Kunkum to the burdens coming home will increase the strength of the mangalya for both the giver and the receiver.
4. Kunkum evokes healthy memories. It is difficult to charm anyone who wears Kunkum.
5. Women should give Kunkum to others only after they have applied it.
6. Lacquered Kunkum is a combination of Shiva energy. Weddings are good to be in maroon.
7. Wearing Kunkum which is divine, soothing and medicinal has many benefits for the face, body and mind.
8. It is special for married women to wear Kunkum in the middle of the forehead and at the beginning of the vagina.
9. Applying Kunkum with the thumb will give a lot of texture.
10. Wearing Kunkum with the index finger (forefinger) promotes priority, management, personality, etc.
11. Applying Kunkum on the thumb (middle finger) will give the cure. Wearing Kunkum is good for divinity, body cooling and self restraint.

Start this good day and gradually tell your home teenagers to wear Kunkum and be even more enchanted.

S.K. Varadharajan



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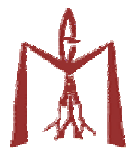
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40 Ways to Live Happily

1. Walk 10 to 30 minutes daily. Go for a smiling face while doing so.
2. Sit quietly with your eyes closed for at least 10 minutes daily, without any thoughts.
3. Get seven hours of sleep daily.
4. Always keep in mind the qualities of kindness, encouragement and compassion.
5. Play something for more time.
6. Read more spiritual and science books.
7. Make room for meditation, yoga, worship, etc. in your daily routine. These will refresh your life.
8. Spend your free time with seniors over the age of 70 and children under the age of six.
9. Dream a lot often, when awake!
10. Eat lots of raw foods that grow on trees and vines.
11. Make at least three people happy every day.
12. Drink plenty of water daily.
13. Realize that the classic energy is implicit within you.
14. Feel like you are a bird flying freely in the sky without any restraint.
15. Make it a habit to create positive thoughts in your mind five times a day.
16. Realize that the life you live is the best in the world.
17. Eat your breakfast like a king; Eat lunch like a prince; Eat dinner like a beggar.
18. Smile well and smile.
19. Understand that the Lord will love you if you live in love with everyone.
20. Take Life as 'Take It Easy'.
21. Do not engage in unnecessary discussions.
22. Thank the Lord for realizing that the Lord has conducted your past life in a very special way.
23. Please do not despise the Lord who created you by comparing your life with the life of others.
24. Never forget that the reason for your happiness and peace of mind is the grace that God shows you.
25. Be willing to forgive anyone, for anything, under any circumstances.
26. Avoid thinking 'what do others think of you'. Never give up the habit of thinking highly of yourself.
27. Realize heartily that the God who has saved you so far will still save you forever.
28. Believe that good will happen.
29. Appreciate all those who share in your enjoyment. Keep in touch with them permanently.
30. Whatever is not pleasing to you, run away from it.
31. Thank the Lord for giving you everything you need more than you need.
32. Believe that the 'excellence' of life has already come to you completely certain.
33. No matter what mood you are in, take a good bath and wear clean clothes.
34. Do things immediately that seem to benefit you.
35. Enjoy talking to family no matter how 'busy' you are.
36. Realize that the 'soul' within you is always blissful, and you too be blissful.
37. Do at least one small act daily for the benefit of others.
38. Know that you have unlimited strength and dare to take any action.
39. Thank God when you wake up in the morning!
40. Thank the Lord for giving you a happy day before you go to sleep.

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