

SONNA KODUM

Editor :
R.N. SADASIVAN

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A report on **32nd GLOBAL SOURASHTRA JADHAGA PARIVARTHANAI MELA 2nd E-MELA**

2nd e-Mela - the 32nd Global Sourashtra Jadhaga Parivarthanai Mela, which was scheduled to take place on Sunday, the 18th April 2021.

This 2nd e-Mela was held through Google Meet video conference from KUSO office at 11.00 am with the support of Sourashtra parents and their children.

Everyone was informed through WhatsApp and Facebook. Thus there was no difficulty in getting everyone involved. All parents-participants enjoyed and co-operated well with KUSO.

Sri J.K. Vijikumar, Astrologer, Sri Aadhiyandha Prabhu Astrology Research Centre, Madurai, joined in the e-Mela and told briefly about the zodiac benefits and Disadvantages for the Sourashtra new year by video conference from his home. He gave a brief lecture on the process of matching the horoscopes for marriage and also briefed about dosham on various stars.

He said strongly about the "Sevvai dosham", because a groom announced himself that he has the "dosham" and need a bride to him.

Sri R.K. Sridharan, Vice President, KUSO, initiated the Mela functions. Lighted the lamp by Smt. Shanthi Baskar and then started the subsequent events.

Sri T.A. Pattabiraman briefed to the parents-participants, how the e-Mela was going to be held.

Later, Sri R.R. Baskar, Joint Treasurer

and Sri R.K. Sridharan, Vice President, KUSO, read out the details horoscopes of Nowrin and Nowran. When they read the horoscope notes according to the

sequence number, they introduced the people belonging to that horoscope and made them speak.

Most members did not attend due to the spread of the corona virus. Ravi G Vidi helped to organize this e-Mela from his home.

Sri R.K. Sridharan- Vice President, Sri K.K. Devadass Babu- Treasurer, Sri R.R. Baskar- Joint

Treasurer, Sri T.A. Pattabhiraman-Secretary and Smt. Yogeshwari-Assistant Internet & Computer assembled in the KUSO office to organize e-Mela.

President Sri V.G. Gopalakrishnan, Advisor Sri K.V. Pathy and Committee Member Sri N.R. Vishwanath attended from their home.

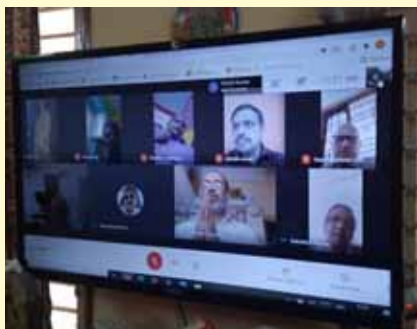
Sri V.G. Gopalakrishnan, President, KUSO, requested again and again to the parents to minimize the scrutiny of horoscopes in order to speed up the matching process and insisted to conduct simple marriages.

We highlight the remarkable services rendered by Internet Computer Operator Sri Ravi G Vidi, Assistant Internet Computer Operator Smt. Yogeshwari Nagarajan and Assistant Internet Computer Operator Sri T.R. Rajesh Kanna for more than a month in connection with the success of this e-Mela.

Sri T.S. Krishnamurthy one of the participant from Andaman congratulated KUSO for its efforts and advised on making the e-Mela even better.

This Mela advertisement telecasted by SCT and STV Cable TV by Sri. S. R. Sudarson and Sri.R.K.Balayogi from Madurai.

With the vote of thanks by Sri K.V. Pathy, Advisor, KUSO, the second e-Mela came to an end.



AN APPEAL

DEAR SONNA KODUM ADVERTISERS

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

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

Sevvai Dosham

In female and male horoscopes, if Janma Lagnam, Chandra Lagnam and Sukra Lagnam have Mars in 2nd, 4th, 7th, 8th, 12th place, they can be considered as having Mars defect.

Good if both have a Sevvai Dosham when looking for a match. If only one of the two has Sevvai Dosham, will be harmful.

Although Sevvai Dosham is found in some horoscopes, for some reason that Dosham is removed and auspicious.

Reasons why the Sevvai Dosham does not affect:

- ★ If Mars, Aries, Cancer, Libra and Capricorn are in the same places from 2nd, 4th, 7th, 8th and 12th, the will be removed.
- ★ Even if Mars is in 2nd, 4th, 7th, 8th, 12th place and Mars, Guru, Mercury, Venus and Moon are with them or have the view of the above planets, the Sevvai Dosham will not be harm.
- ★ In Dosham's Mars zodiac, Dosham will always be beneficial, whether it is in the ruling house, the supreme house, the neecha house, or the swanamasam in the navamsa.
- ★ For those born in the lunar and solar signs of Cancer and Leo, Sevvai Dosham will bring good and no harm.
- ★ The zodiac head of Mars, in places 1, 4, 5, 7, 9, 10 for the zodiac he is in, is not flawed by that Mars planet.
- ★ There is nothing wrong with being in the fixed zodiac signs of Mars such as Leo and Scorpio.
- ★ If Mars is in 2nd place for lagna then there is nothing wrong with male and female horoscopes with Gemini Virgo zodiac signs.



- ★ If Mars is in 4th place for lagna then there is nothing wrong with male and female horoscopes with Aries Scorpio zodiac signs.
- ★ If Mars is in 7th place for lagna then there is nothing wrong with male and female horoscopes with Capricorn Cancer zodiac signs.
- ★ If Mars is in 8th place for lagna then there is nothing wrong with male and female horoscopes with Sagittarius Pisces zodiac signs.
- ★ There is nothing wrong with having Mars in Leo and Aquarius.
- ★ There is nothing wrong with having Mars in the place of Sagittarius and Pisces, the house of Guru - the friend of Mars.

Sevvai Dosham is worth exploring as there are different opinions among the astrology books. And Sevvai Dosham will be predicted and viewed as paavakasyuda.

Astrologer **Sri J.K. Vijikumar**

JOKES

Mannen dho : kayii, kaal souram kellunaathak 'face recognise' ID creat kereyo, hindho shave kelle haal morE phone lock open hOreni, phiir thaadi hodarengu rhakkunO sOnse.

Bhavi : morE phone khallett thurE thOne kOnak oppulai. mullo kannadi thaili kongO phone meni savO.

Sasu : doctor, morE bhoundik co-vaccine Thounaathak rhaathO musaiyyaa? kagO menathi horaat hoyi avevELrhii morEjOI chokkan challarthE sivi Thoveth ethinchathe shakthi vEn hoyi mallathO harmam keraiyaa meni Dhaak kerares.

Ravi G Vidi

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

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

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

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

Note: We have pleasure to present the details of fresh horoscopes of Nowrin / Nowran registered for the **2nd e-Mela - 32nd Global Jadhaga Parivarthanai Mela** (Sunday, the 18th April 2021) in instalments

KUSO MARRIAGE BUREAU



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

NOWRIN

◆ **G** Jabali Rishi **H** Moorthyamma **N** Kettai **P** 1
R Viruchigam **D/B** 29.05.1991 **O** Paramakudi. MBA,
Spanish Language Proficient std, height 5'6" Fair girl
Works as Journal Manager, Chennai with a salary of
Rs.55,000/pm seeks suitable alliance from boys of
Engineers / Doctor / MBA (from reputed institution)
std,, any Origin anywhere with min height 5'6".
RefNo.:KMB/G/32/001.

NOWRAN

✿ **G** Bharathwaja Rishi **H** Somangali **N** Moolam **P** 4
R Danush **D/B** 11.02.1991 **O** Paramakudi. BTech std.
5'6" height fair Boy Works as Senior Analyst in
Private Company, Hyderabad with a salary of
Rs.70,000/pm seeks suitable alliance from Girls of
std any degree, Madurai origin and living in and
working anywhere with min height of 5'.
RefNo.:KMB/B/32/101.

✿ **G** Bharathwaja Rishi **H** Laguduva **N** Visagam
R Thula **D/B** 14.12.1990 **O** Bengaluru. BCom std.
5'8" height fair Boy Works as E-Commerce in
Amazon, Pune with a salary of Rs.50,000/pm
seeks suitable alliance from Girls of std any
degree, any origin and living in and working
Mumbai / Pune / Bengaluru with min height of 5'3".
RefNo.:KMB/B/32/102.

✿ **G** Janhu Maharishi **H** Kuduva **N** Karthigai **P** 1
R Mesham **D/B** 03.11.1990 **O** Madurai. B.Com, MBA
std. height 5'9" Fair Boy Works as Software Engineer
in Accenture, Bangalore with a salary of
Rs.50,000/pm seeks suitable alliance from graduate
girls of Madurai origin living in Madurai / Coimbatore /
Chennai / Bengaluru with min height 5'.
RefNo.:KMB/B/32/103

✿ **G** Janhu Mahrishi **H** Kuduva **N** Chithirai **P** 3 **R** Thula
D/B 16.12.1987 **O** Madurai. BCom, MBA std height
5'8" Wheatish coloured Boy Works as Asst. Manager
in Private Company, with a salary of 1,00,000/pm
seeks suitable alliance from
Graduate Girls of Madurai origin
living in Madurai / Coimbatore /
Chennai / Bengaluru with min height
5'. **RefNo.:KMB/B/32/104**

✿ **G** Kashyaba Rishi **H** Vaithya
N Kettai **P** 3 **R** Viruchigam
D/B 05.06.1993 **O** Ayyampettai.
MBBS, MD (Int Med) std height
5'11" Fair Boy studying New Jercey
USA seeks suitable alliance from
BE with MS / Doctor with Residency

of USA Girls of any origin with min height of 5'3".
RefNo.:KMB/B/32/105

✿ **G** Jabali Rishi **H** Patanam **N** Poosam **P** 3 **R** Kadagam
D/B 25.02.1983 **O** Salem. M.Pharm std height 5'6"
Fair Divorcee Boy Works in Private Company,
Chennai, with a salary of 7 Lac/pa seeks suitable
alliance from Graduate Girls of any origin and living
Tamilnadu, Karnataka with min height 5'. Unmarried
or Divorced with no girl child. **Ref No.:KMB/B/32/106**

✿ **G** Jamathaggini Maharishi **H** Setty **N** Sadayam **P** 3
R Kumbam **D/B** 08.10.1992 **O** Madurai. BSc, (MBA in
HR) std. height 5'6" Fair Boy Works as Aviation
Professional in Bengaluru Airport with a salary Rs.6
Lac/pa seeks suitable alliance from graduate Girls of
any Origin and Living and working in Bangalore /
Tamilnadu with min height 5'. **Ref No.:KMB/B/32/107**

✿ **G** Kashyaba Rishi **H** Paaragiri **N** Sadayam **P** 3
R Kumbam **D/B** 22.03.1974 **O** Salem. MBA MD
(Fashion Tech) std. height 5'4" wheetish coloured
Boy Works as Merchandising Manager in a Private
Company, Tirupur with a salary Rs.55,000/pm seeks
suitable alliance from graduate Girls of any Origin
and Living and working in anywhere with min height
5'. **Ref No.:KMB/B/32/108.**

**Those who are to need matching
of horoscopes or any doubt in
your son / daughter horoscope
kindly requested you to contact :**
Astrologer Sri J.K. Vijikumar,
BSc, PGDMM, Dip in Astro, M.A.
Astrology, Sri Athyanthaprabhu
Jothida Aaraichi Mayyam,
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Amazing Health Benefits of Turmeric Milk!

Turmeric Milk, commonly known as 'Haldi ka Doodh' is one of the best remedies passed on to us by our ancestors. It is also called 'Golden Milk' due to the color turmeric imparts to milk when mixed in it.

Spices like clove, cinnamon, cardamom, black pepper, and ginger can also be added to it for additional health benefits.

Be it cold, cough, flu, wounds, joint pain, etc. turmeric milk is the best choice to make. Let us see the innumerable effects turmeric milk has on our health :

Anti-Inflammatory:

Turmeric contains curcumin. Research has shown curcumin to be highly effective in reducing inflammation.

The anti-inflammatory effect of curcumin is most likely mediated through its ability to inhibit cyclooxygenase-2 (COX-2), lipoxygenase (LOX), and inducible nitric oxide synthase (iNOS).

This effect of turmeric makes turmeric milk highly beneficial in reducing pain, swelling, etc.

Powerful Antioxidant:

Curcumin present in turmeric milk is also a powerful anti-oxidant. It protects our body from damage caused by free radicals. It thus reduces the risk of cancer, diseases of heart, etc.

Immunity Booster:

Turmeric also boosts immunity levels. Its anti-bacterial, anti-viral, and anti-fungal properties protect us from a variety of infections.

Many doctors highly recommend taking a teaspoon full of turmeric in a glass of warm milk every day to keep the common cold and flu at bay.

Delays Diabetes:

Curcumin present in turmeric delays the onset of type 2 diabetes mellitus. It inhibits the formation of inflammatory cytokines, thus having a favorable effect on blood glucose levels.

Reduces the Risk of Heart Diseases:

The antioxidant property of curcumin found in turmeric may prevent heart diseases and diabetic cardiovascular complications. Curcumin also reduces serum cholesterol levels and protects against the pathological changes occurring with atherosclerosis.

Reduces Risk of Cancer:

Curcumin present in turmeric interferes with the growth and development of cancer cells and prevents

their spread at the minutest molecular level (metastasis). Thus, it effectively reduces the risk of new cancerous growth.

Helps in Treatment of Alzheimer's Disease:

Alzheimer's disease is caused due to build-up of protein tangles called amyloid plaques. Curcumin in turmeric helps in clearing these plaques.

Helps Patients with Depression:

Curcumin in turmeric boosts BDNF (brain-derived neurotrophic factor) levels in the brain, thus helping patients with depression.

Curcumin also boosts the brain's neurotransmitters serotonin and dopamine.

Anti-aging Effects:

Anti-oxidant properties of curcumin in turmeric prevents damage of cells and thus slows down ageing. It effectively prevents the formation of fine lines and wrinkles.

Improves Digestion:

Curcumin in turmeric reduces bloating and brings the digestive system on track. It stimulates the gallbladder to produce bile. It also helps in preventing and treating pancreatitis.

Treatment of Glaucoma and Cataract:

The anti-oxidant property of turmeric helps in treating glaucoma and cataract. Regular consumption of Turmeric halts the progression of glaucoma and prevents vision loss too.

Good for our Skin:

Turmeric has anti-inflammatory, antimicrobial, and antioxidant properties that can help to:

- Heal wounds
- Prevent acne and breakouts
- Fight eczema and psoriasis
- Reduce scars
- Lighten dark circles
- Give a natural glow
- Improves Bone Health:

Curcumin in turmeric reduces pain and improves joint functioning in patients of rheumatoid arthritis. It also safeguards bone tissue and prevents bone loss.

Our body gets calcium, phosphorus, potassium, proteins, vitamin K, vitamin D by drinking milk. All these nutrients keep our bones strong and healthy.

Drinking milk lowers the risk of fractures and osteoporosis.

Loads of Nutrients from Milk:

Milk is loaded with proteins and linoleic and omega-3 fatty acids which are beneficial for good health.

Milk is rich in calcium, vitamin D, vitamin B2, vitamin B12, potassium, phosphorus and selenium. It also contains vitamin A, zinc, magnesium and vitamin B1.

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FASHION CREATORS IN SILK SAREES

PV Narasimha Bharathi

PV Narasimha Bharathi was born on 24-03-1923 to Venkatajalapathy Iyer - Bhagyalakshmi couple in a poor Saurashtra family who weave silk. He was one of



the few salesmen who came to the acting industry from the Saurashtra community. He made his film debut in 1946 with Krishna Vijayam and when his friend TM Saundharajan was looking for an opportunity to sing in the films he was recommended him to

composer SM Subbaiah Naidu to play playback in the same film. TM Soundarajan was born at next to his house. He acted Krishna Vijayam Abhimanyu, Valmiki in 1946, Muyarchi, Puthuyugam, Kudumba Vizhakku in 1949, Ponmudi, Digambara Samiyar in 1950, Thirumbippaar in 1954, En Thangai in 1955, Nagarjuna, Madana Mohini, Mappillai, Thozhan in 1958. He has acted over 50 films like in Sampoorana Ramamayanam, Naan Kanda Sorgam in 1962.

Narasimha Bharathi is a popular actor among women. Not only with actor Shivaji, but also with future Chief Minister actors MGR, M. Karunanidhi, NTR. He also acted with Kannada Super Star Rajkumar, Madhuri Devi, Pandari Bai and Jamuna. He is one of the forgotten actors though he has acted as the protagonist in 9 films and co-supporting roles in 15 films.

Someone slapped Shivaji on his cheek during the shooting of Thirumbippaar film. He played the protagonist of the film, P.V. Narasimha Bharathi. Man is the hero who has given successes like 'Ponmudi', 'En Thangai', 'Mappillai', 'Madana Mogini' respectively. Modern Theater President D.R. Sundaram's one of favorite actor. The hero choice of Ellis R. Duncan.

Artist NS Krishnan was stage performing the short story 'Ethirpaaratha Mutham' by the revolutionary Bharathidasan. Modern Theater Sundaram, who was good friends with Bharathidasan, wanted to make it into a film. Bharathidasan said that even if the story is written in verse, it is enough to give a name only to the story. Sundaram hired Ellis R. Duncan as director. Duncan, who read the screenplay, said he wanted a handsome protagonist. Sundaram lined up MGR, Shivaji and more than ten actors, including Narasimha Bharathi, in the studio. Duncan stared at each one. Looking at Narasimha Bharathi, "Who are you?" Said in English. Narasimha Bharathi replied majestically in English, "I am a lion." "Can a lion speak a love verse?" Narasimha Bharathi said, "When the love verse is spoken, I am the Inseparable golden deer" "This is my hero," Duncan said.

The shooting of 'Ponmudi' was in full swing. Producer Sundaram created a huge beach set by pouring sand into a cart at the Modern Theater Studio in Salem. In it, Duncan filmed the duet song love scene as the hero Narasimha Bharathi and the heroine

Madhuri Devi were resting in the sand. The release of the film caused a great deal of controversy and famous. "A white director is corrupting Tamil culture by filming love scenes as in Western culture," voices of protest were raised. Many magazines denounced the way in which lovers' intimacy was filmed as 'indecent'. But the film was a huge success. "Narasimha Bharathi and Madhuri Devi have acted like real lovers," he said. Gossips started circulating about Narasimha Bharathi joining Madhuri Devi. The protagonist of the film Narasimha Bharathi has become a favorite actor of women.

Narasimhan and Soundarajan have been friends since childhood. When he was 11-year-old fourth-grader at Saurashtra Primary School in Madurai, has been



added by his father to the 'Boys Company' drama troupe of Vallikunram Zamindar. Seeing Narasimhan's beauty, Zamindar cast him in minor girl child roles from the age of 12. He will disappear at 5 pm on the days when Zamindar gave him rest. No one knows where he is going. That was the time when silent films were coming. Silent films were screened at 'Tent Theater', which was set up next to the 'Navapath Kana' hall, which was converted into a school from the music hall of King Thirumalai Nayakkar on South Kumasi Road, Madurai. famous for plays those days.

The Boys Company was then conducting a Saurashtra play called 'Pathi Bhakti'. The person who played Saraswati has contracted a high fever. Zamindar then called Narasimhan without thinking. But he was not there. The accountant flew in the bicycle to pick up Narasimhan. No guy at home either. TMS who was playing in the street. "Where is your friend?", replied in Saurashtra language, "Tendu kottai" without guessing. With a sigh of relief, the accountant who had bought the ticket and entered the tent theater and heard Narasimhan's whisper. Narasimhan was commenting on the scenes of the silent film that was running on the screen there.

To be continued...

T.R. Baskaran

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WALKING ON BARE FEET



Benefits of walking barefoot without shoes. In those days they walked barefoot without any fear of the jungle. It was also the best exercise for them. But now there is the shame of walking

around the house wearing shoes.

Usually walking on bare feet can be without tension. Similarly, standing on the ground normally secretes more than 70% of the water in the body.

Each of the nerves located under the feet, from the toes to the heels, is in direct contact with organs, including the brain, heart, and kidneys.

Running barefoot and walking a short distance are essential for good blood circulation and a healthy life.

Walking on bare feet reduces stress. Increases sleep. Walking barefoot on rough areas provides direct pressure to the foot and promotes body functions.

Increases blood flow. This prevents heart problems. The nervous and skeletal system is also strengthened.

Modern medicine has recently revealed that walking for a short time on bare feet is essential for proper blood circulation and healthy living.

Nature will give us free acupuncture treatment for free if we walk barefoot for a short time a day barefoot on stones, mud and grass.

DRINKING HOT WATER

Not only warm water after your meal, but also about heart attack. The Chinese and Japanese drink hot tea with their food, not cold water, and maybe it's time to stick to their drinking habits when we eat. For those who like to drink cold water, this article is for you.

Having a cold drink / water during a meal can be very harmful. Because, cold water will solidify the oily products you are consuming. This will slow down digestion. Once this 'waste' reacts with the acid, it breaks down and is absorbed by the gut faster than solid food. This will align the bowel. Very soon, it turns into fat and can lead to cancer. It is better to drink hot soup or warm water after meal.



Very soon, it turns into fat and can lead to cancer. It is better to drink hot soup or warm water after meal.

JOKE

Bedo : amba ikke avsarkan solohOnathikkaam kOT jaarthe?

Ambo : bo solabhaar khaathak dhoura pongal paje maniyaas. thelle anathak dhuraak jaarthe ba.

★★★

Mannen dhO phone-um 'sanghi dha' meni mennaathikkam bhavi avi raakkan 'kOn thena Sangeetha menathe bidki' meni doLO mhodO keraraas.

Hemavathy Sudarsan Chennai



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NEWS IN BRIEF

Sri Rama incarnation Holy Day is scheduled to be held on Wednesday 21.04.2021 at Walajapet, Rayaji Kulakkarai Street, Sri Rama Anjaneyar Temple on Sri Ramanavami festival. At 9 am, a marriage ceremony will be held for Sri Rama, Seetha, Ilayaperumal Lakshmanar and little Thiruvadi Anjaneyar and a theertham / offering will be given. At 6 pm, recitation of Srivishnu Sahasranama, Deeparadhana, veneration and honoring of the beneficiaries will be held and theertham / offerings will be given. Therefore, on behalf of the administration, we kindly request all the devotees and devotees to come to the temple wearing masks and make it special. You will worship Sri Rama. You will live well and prosperous.

B.M. Narasimhaiya, President



All India Police News Public Relationship Legal Awareness Association awarded 'Covid-19 Hero Award 2021' to Sri J.M. Bhoopathi, (Consumer Voice, Salem) Social Worker, for his exceptional contribution, dedication in the chosen field and social service to be imprinted with the Organisation 18th April 2021.



One of KUSO's founder late M.S. Vinosh son Sri M.V. Vishal marriage held on 15.02.2021.

Smt. Rekha Vinosh donated Rs.5,000 to KUSO for her son marriage was arranged by KUSO's 31st Global Sourashtra Jadhaga Parivarthanai Mela as well as first e-Mela. Both of groom and bride were registered in the same mela.

The Sourashtra Chamber of Commerce arranged Corona Vaccine Camp on Friday 23.04.2021 at Gita Natanagopal Nayagi Mandir. Many people got vaccine with free of cost.

On 18.04.2021 Bhoomi Puja was held for the construction of Mahatma Elders Home at Madurai. The function was attended by former Madurai MP Sri A.G.S. Rambabu, Madurai South Assembly Constituency winning candidate Sri S.S. Saravanan MLA, Sreeman Nayaki Movement President and Mahatma's Trust Chief Adviser Sri R.B.R. Ramasubramanian and social figures.



On behalf of the Karnataka United Sourashtra Organisation, Bangalore, we would like to congratulate Sri Kuduva K. Prem was elected by the Lions dignitaries with a large majority in the consensus election approved by the International Lions Director.

The great son of our Community Sourashtra is an example of the proud knowledge and ability of us and our community to advance and take on an important responsibility globally.



Former Treasurer Sri T.R. Surendran (Babu) of the All India Sourashtra Madhya Sabha, worshipped at Sri Kothandarama Swami Temple Brahmothsavam, Thirubhuvanam.



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- ▶ வளாக கட்டமைப்பு : கல்லூரி வளாகம் பசுவைக் கழுவியும் ஒவ்வொரு பாடப்பிரிவின்றும் தனித்தனி வளாக கட்டமைப்பை தன்னுள்ளே கொண்டுள்ளது. **மேற்காசியாந்தம்** : அனைத்து மேற்காசியாந்தம் உயர் கல்விக்குத்ததும் மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▶ வேலை வாய்ப்பிற்கான சிறப்புப்பயிற்சி : இன்போசில், எட்மோட், லிண்டெக்ஸ், என்ஜ் லேபரேரியூ, அகடமி போன்ற பல முன்னணி நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதிபுடன் ஆன்லைன் சென்ட்.
- ▶ 2015 - 16 வேலைவாய்ப்பு பெற்றவர்கள் 90 விழுக்காடு
- ▶ ஆதாயச்சி மற்றும் வளர்ச்சி : இக்கல்லூரியில் பல துறைகள் அண்ணா பங்கலைக்கழகத்தால் ஆதாயச்சி புப்பிற்கு அங்கீகரிக்கப்பட்டவை. இன்றோ நிறுவனத்தின் மூலம் ஆதாயச்சி 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 உயர்த்து வசதிபுடன் கடித தனித்தனி விடுதிகள்.
- ▶ உணவகம் : மாணவர்கள் மற்றும் ஆசிரியர்கள் ஒரே மேற்றத்தில் ஆயிரத்திற்கும் மேற்பட்டோர் உணவருந்தும் வகையில் காரதாரமான பிறப்பாண்ட உணவுக்கடம்.
- ▶ போக்குவரத்து : நகரின் அனைத்து பகுதிகளில் இருந்து 40 க்கும் மேற்பட்ட கல்லூரிப் பேருந்துகள் இயக்கம்.

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PARIJATHA



The Wonderful Divine Tree of Indian Mythology The Barijata Tree.

The only barren tree in the world that is five thousand years old !!!

The asuras stood on the head of the snake and the gods on the tail, dragging the Meru hill with the mata and the Vasuki snake with the rope to get the nectar across the milky way. Then five trees like

Karbhaka tree, Parijatham, Harisandhanam, Sandalwood, Mandaram etc. emerged from the ocean of milk. These are called famines.

The Parijata tree is one of such famines. The Mahabharata states that this Parijata tree in Amravati, the capital of Indra, was brought to the world by Arjuna. The Mahabharata also states that it was used for the worship of Shiva.

Barabanki is one of the four districts in the Faizabad Zone of Uttar Pradesh. Its capital is also called by this name. The Barabanki is the gateway to the Purvanchal area.

It is known as the place where many yogis and Rishis performed penance in ancient times. Kintur, the birthplace of Kunti, is located here.

This fruit is the only barijata tree in the world that is proud of Kintur. There are references to this tree in the Mahabharata. The Mahabharata also states that Lord Krishna brought another Parijata tree from Indraloka and planted it in Dwarka for his wife Bama Rukmini.

Botanists have named the Barijata tree Adansonia digitata, because it is an Adansonia class of trees. Adansonia class of trees There are eight trees in the world. But in the world of barren wood it is one.

Tourists from all over the world come here in large numbers to pay homage to the Hindu religion, especially the Parijata tree, which is one of the most revered sacred trees of the newlyweds.

The Government of Uttar Pradesh and botanists are paying special attention and conservation.

The Central Government has issued a special postage stamp to highlight its significance. Due to this, its popularity has spread abroad. The best time to visit Kintur and visit the Barijata tree is from July to October, when we can see the Barijata flowers.

Ashtami - Navami

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

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. That's why Monday is the month of the month. (Moon if Monday)

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 until Ashtami and Navami.

SAD DEMISE

Sri Narasimhaiah B.K. aged 76 passed away on Saturday 17.04.2021 at Bengaluru. He worked in ITI. He is survived by his 2 sons, a daughter 2 grand daughters and 2 grand sons. His wife late Gajalaksmi. He is co-brother of KUSO committee member Sri B.V. Srinivasan.



Sri C.R. Sathyakumar aged 48 passed away on Thursday 22.04.2021 due to



Covid-19 attack at Bengaluru. He was Former Committee Member of KUSO. He sung devotional and prayer songs at all KUSO functions. He was unmarried and living with his brother.

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

SONNA KODUM

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Body - Language

- ☛ Body - Language that asks for food - Hunger
- ☛ Body - Language that asks for water - Thirst
- ☛ Body - Language that asks for rest - Fatigue, Headache
- ☛ Body - language that cleanses the lungs - sneezing, cold, cough.
- ☛ Body - the language that says I expel waste from the top to the bottom - fever
- ☛ Body - Language that tells you not to eat food during the flu - mouth_bitter and love
- ☛ Body - I cleanse the Body during the flu, the language that tells you not to do any work - Body_property
- ☛ Body - the language that tells me I'm expelling undigested food - vomiting
- ☛ Body - The language that says I excrete waste in the intestines - Diarrhea
- ☛ Body - The language that says I excrete toxins in the blood through the skin - Sweat
- ☛ Body - the language that says I am going to regulate the temperature and break down the toxins in the blood - sleep
- ☛ Body - the language that says I'm expelling the broken toxin - urin_drinking
- ☛ Body - the language that breaks down the nutrients in the food and mixes it with the blood and expels the sugary - s defecation



So we all know Body language and if we have any physical abuse do not immediately ban it with medicine or pill.

Only if we allow the Body to do its job smoothly, can we get rid of the disease and live a healthy and happy life.

We all love our Body first, we love the internal organs of our Body, we love ourselves.

We must give importance to the senses and languages of our internal organs as much as we give importance to the external organs. Only then can we be healthy and beautiful.

Not only business but also the sky will be the limit to keep our Body healthy.

Coffee Tea Drinking

Stop drinking coffee and tea for just a month ... What's the difference?

When we wake up in the morning and drink coffee or tea, we start the day off. Then when we are very thirsty in the daytime, we drink the juice as it seems to be good. That is when we sleep in the day and drink a cup of coffee.

We only drink beverages other than water at all times except during meals. But do you know what changes in the body can be caused by drinking water at these times?

A v o i d coffee, tea, soda and drink only water for a month. Surely you can see good change. Here is a look at what changes in the body are caused by drinking water.



The immune system is strong

Yes, drinking too much water can completely eliminate toxins in the kidneys and liver. When the toxins are excreted in the body, the immune system can be strengthened and free from the effects of various diseases.

Reduce calories

Studies have shown that one person consumes 300-500 calories a day through cold drinks, coffee, tea or other beverages. But if you drink only water, you will see a reduction in calories and weight loss.

The joints are healthy

Water is very important in the body. Water is essential for the formation of affected cartilage near the joints. So if you want your bones and joints to be healthy, drink plenty of water.

A healthy heart

Drinking enough water daily will keep blood flow steady and keep blood pressure under control. Experts also say that drinking a little water before bedtime reduces the risk of heart problems.

The energy is constant

When you drink soda or cold drinks, caffeine, your body's energy increases and decreases rapidly. But if you drink too much water, your body's energy will be restored and your body's energy will be stable

Old age will be prevented

Drink enough water every day and look for coffee, tea and alcohol to say 'no'. Your skin cells get the water they need, skin problems are prevented, and the skin stays healthy and youthful for long days.

Lose weight

Drinking water can cause a slight change in body weight as toxins and dirt are removed from the body. If you drink a little water before eating, you can reduce the amount of food you eat and lose weight.

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Pirandai

The excess calcium (calcium) in Pirandai causes the bone marrow to secrete more fluid. In addition, 'Boger Nikandu' is listed as the best medicine for 300 types of diseases that start in the mouth and end up in the anus.



In particular, disorders of the small intestine are immediately remedied by Pirandai. I have realized this in my experience.

About 300mg of Pirandai salt is consumed daily in honey or ghee to flush out wastes from the body. Exhalation of gas throughout the small intestine and stomach can be felt immediately.

For women, the use of Pirandai "thuvayal" for menstrual cramps and abdominal pain will go away without pain. It is an antidote for calcium deficiency in women. As a proper medicine and suitable food for those who have piles. This herb is referred to in Ayurveda as "analgesic". Thus a lot of stomach related ailments are cured by Pirandai. And is high in natural calcium. So why should we take calcium pills unnecessarily and defecate the kidneys

It has been mentioned in Boger 7000 that diamonds are powdered in Pirandai extracts. The hardest material in the world is diamond. When the juice has the ability to break the carbon bond in it. Another name for this is "Vajiravalli" which means something that makes the reservoir diamond.

Dr.M.C. Ramamurthy

Side effects of the mask

The mask should be applied for a period of time. If you wear it for a long time, pay attention.

Oxygen in the blood decreases. Oxygen depletion in the brain. You start to feel weak. Leading to death.



Advice

Don't wear it when you are alone. Do not wear mask in the car when the AC is on and closed windows. Do not use mask at home. Use it only in crowded places and in close contact with one or more people. Minimize its use, often by isolating yourself from the crowd. Always have two masks. Make changes every 4-5 hours. Do not use masks for a long time. So, do not have more than 5 to 6 people in a room (20x20), do not touch each other, do not share food, water and other things, do not stand close.

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