

SONNA KODUM

Editor :
R.N. SADASIVAN

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divaa puje

The 67th 'divaa puje' was held on Saturday, 17th June 2019, at 11:00AM 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 (9141335308, 9379365178).



BINDULAA KHENI

Bindulaa Kheni - Madurai Sargu (Silapathikaram - Madurai KaanDam) book authored by Sri Surya S.D. Ganeswar was released on Sunday, 19.05.2019 between 5.30 to 8.00 pm at Solai Murugan Thirumana Mandapam, Madurai. Sri G.R. Ravindran was Chair person for the function. Sri R.R. Sathyamoorthy welcomed the gathering.

Book released by Smt. R. Chithra and copy received by Sri T.R. Damodaran. In appreciation of efforts of Sri Ganeswar, Sri G.R. Mahadevan, Sri L.R. Govardanan and Sri R.N. Sadasivan made a brief. Surya Ganeswar welcomed and thanked for comments expressed. Vote of thanks by Sri S.R. Kumaresh.



jenjam thinnal

KUSO conducts the "jenjam thinnal" - "sounal" (Avani Avittam). It will be held on Thursday, 15th August, 2019 at KUSO Committee Member Sri Rajkumar BKM New Office, "the_G Scape", No.1039/77, 2nd Floor, 'F' Cross, Next to Golden Heights Mall, Dr. Rajkumar Road, Behind SJR Primary School, 4th 'M' Block, Rajaji Nagar, Bangalore - 560 010.



Please inform us your willingness to participate in this function and bring a plate, two tumblers and a spoon. Breakfast is arranged by KUSO.

SAURASHTRI VOCABULARY PROGRAMME

The Central Institute of Indian Languages (CIIL), Mysore, had arranged a second programme at Madurai, in continuation of the earlier programme at Mysore.

Ten Resource Persons (Dr. T.R. Damodaran, Dr. L.R. Govardhanan, Sri O.S. Subramanian, Sri Rani Satyamoorthy, Er. K.V. Pathy, Sri N.S. Viswanathan, Sri Dwaraganath, Smt. Geetha Bharathi, Sri S.D. Gnaneshwar and Sri Konda Senthil Kumar), Nine from Madurai and one (myself) from Bangalore, gathered at the Natana Gopala Nayaki Gita Mandir on the West bank of the picturesque Teppakulam, Madurai.

The Semantically classified Vocabulary which had been compiled at Mysore by the scholars in sections was thoroughly reviewed jointly and each word was finalised, putting the combined knowledge and experience of the ten hand-picked experts (and also Dr. Prem Kumar of CIIL).

The 'group of ten' worked tirelessly from 8-30 a.m. to 5-30 p.m. with short breaks for lunch and tea.

Due to the excellent schedule meticulously worked out by the CIIL representative Dr. Prem Kumar, the sessions went on with clock-work

precision. Maximum number of words were finalised (leaving some more to be completed by the nine experts of Madurai in the following days).

All the participants, with their enthusiasm and love for their Mother Tongue, Sourashtri, made their best contribution.

All of us expressed our gratitude to the Director of CIIL for arranging these programmes and to Dr. Prem Kumar for making this happen.

We dispersed with the hope that the Vocabulary will be released soon for the benefit of our language scholars, students and community.

K.V. Pathy

Advisor and Past President, KUSO



KUSO TRADE EXPO-2

We have conducted Sourashtra Trade Exhibition and Sales for 2 days on 30-09-2017 and 01-10-2017 (Saturday and Sunday) with massive support and participation by Sourashtra Traders and Business men. We wish to conduct similar Trade Expo & Sale this year also.

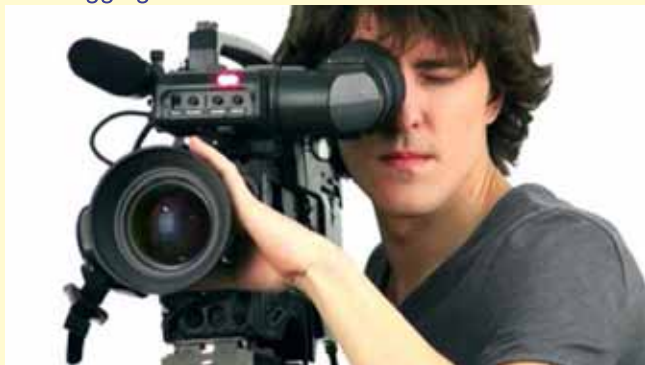
We expect from our traders, businessmen, supporters and advertisers to let us know immediately as to when the said Trade Expo could be conducted at the convenience of the participants.

Small Business Ideas with Low Investment

75. Blogging

Blogging is among one of the best online business ideas. In this business, you need to show your expertise by sharing unique information. You just need a domain name and hosting space. To make money online from a blog you need to gain large amounts of traffic from a specific niche. You can make money from the direct advertisement or by Google AdSense.

76. Vlogging



Vlogging meaning making a video on various topics and sharing online. A person making videos and publishing is known as a vlogger and platform used for sharing is known as a vlog. You can start uploading videos to youtube and embed in your vlog. You can earn money from Youtube Channel Partner program.

77. Youtube Channel

Another interesting and creative online business idea is starting own youtube channel. Youtube offers a lot of money on advertisement for youtube channel partner. In this business, you need to shoot/make unique videos and upload it to youtube channel on a regular interval. After gaining popularity you need to apply for youtube channel partner program. This program is for placing an advertisement on the video uploaded by you.

78. Freelance writer

A freelance writer is next business or career option. If you are good at generating quality content (writing) you can make a lot of money. You need to tie up with bloggers or websites looking for content. However, in order to become successful in this field, you have to be extremely good.

79. SEO Expert

Search Engine Optimization (SEO) is science. It involves a lot of techniques and tactics. A task or SEO Expert is helping a website to increase the ranking. If you are very good at Search Engine Optimization you can set up your own business for providing SEO Consultancy.

80. Hosting Paid Webinars

The next online business idea is hosting paid webinar online. If you are a highly skilled person with extraordinary domain knowledge you can host a paid webinar. The webinar is web-based seminar presentation or video hosted on the internet. It requires unique skills to build successful webinar. In order to host webinar online, you should be an owner of the website which is well known, with good traffic ranking.

81. App Development

The next business idea is App development and building an app. In order to build the app, you should have technical knowledge about android programming. Once your app is ready you can place it online or on google play store. Earning from an app is possible by the making it paid product.

82. Affiliate Marketing

The next part-time job is Affiliate Marketing. Affiliate marketing means promoting others product on your website and help them to increase the sale. On every product sell, you will get a commission. There are multiple websites that provide affiliate marketing program. You need to enroll in the program and place banner or link on your website. You need not worry about product shipment, customer handling etc.

83. Products Sell on Facebook

The next online business idea is selling product on Facebook. Facebook provides facility to make your own store or group online. Other like-minded people can become a member of this store or group and you can carry out marketing for product sell.

84. Domain Flipping

Domain flipping or buying and selling domain is next job cum business idea. This idea requires an investment of small amount. In this job, you need to purchase a domain at a low price and sell it at a high price. There are multiple websites that provide domain auction facility online.

85. Sell Photos Online

If you are creative and good at clicking photographs. You can sell photos online and generate a lot of money. There are many companies, agency, and individuals who are looking for unique photographs. They are ready to pay money for new and unique photos.

86. Stock Market Trading

One of the most profitable business is stock market trading. You can start this business from the moderate capital. However, this business demands a lot of knowledge and expertise. You have to be extremely good in trading to make a profit.

87. Data Entry

This is prototype job in which you need to engage yourself in doing a job of entering data or filling the form as per requirement. Your typing speed and efficiency is important while doing data entry job. You will find multiple website offering data entry job. However, you need to be careful and select a legitimate website for data entry jobs.

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6 Best Profitable business ideas

88. Restaurant

A restaurant is a food-based best profitable business idea. This business requires intensive investment and meticulous planning. In addition to this, you require a good chef for cooking food. The time requires for getting success in the restaurant business is high.

89. Readymade Namkeen Breakfast Shop

The concept of readymade Namkeen and breakfast is very famous today. People are fond of Namkeen. They usually prefer readymade Namkeen and breakfast instead of cooking at home. This makes Namkeen shop lucrative business idea. You need to do a moderate investment in this business.

90. Mobile Sales and Repair



Mobile phone sales and repair is a profitable business option. Mobile phone business is growing exponentially. Every common man today prefer the smartphone. The increasing smartphone usage offers a good business opportunity for sale and repair of smartphones. You need skill and capital in order to start this business.

91. Health Club

Starting a health club is one of the most profitable business ideas. Health is wealth and people are ready to spend money to maintain good health. For a daily workout, they prefer to go to gym or health club. If you have money and suitable place you can start health club. A chance of getting success in this business is very high.

92. Package Drinking Water

Pure drinking water is in demand today. Nowadays people prefer package drinking water not only at outside but also at home. This is because of increase in health awareness. So, starting a package drinking water supply business is a successful business idea. However, you need to make a considerable investment for establishing water filtering and package drinking plant. However, you need to get approval from multiple agencies like BIS, pollution control, water test report etc.

93. Jewelry Production & sale

Jewelry Production and sale is a profitable business option. This business demands extensive skill, training, and investment. A profit margin associated with this business is very high. You can start this business from home.

94. Dairy

The next small profitable business is Dairy serving milk, sweet and related products. These types of products are always in demand. You can earn good profit from these products. You need small shop and small capital in order to establish a dairy business.

95. Commercial and Industrial Machinery Equipment Rental

Commercial and Industrial Machinery Equipment Rental is a business idea that requires massive capital investment. In this business, you need to purchase equipment like cranes, earth movers etc and give it on rent. You can earn a massive profit over a long run.

96. Travel Agency

If you love traveling and enjoys helping other in travel, you can plan to start travel agency. You need small shop, computer and contact with various hotel and travel company that's it. You may need experienced manpower to run this business.

97. IT Hardware shop

IT Hardware Store is profitable business idea. In this business, you need to sell IT Hardware items such as laptops, desktops, servers, hard disks, network devices, mouse, speaker etc. The success of this business depends on demographic and demand.

7 Big Investment Business ideas

98. Textile Unit

Textile unit is business idea that demands lot of investment. In this business, you need to produce a raw fabric or other textile products to sell to individual or business. This business requires space and machinery. In addition to this, you need to evaluate market before starting this business.

99. Rice Mill

Rice Mill is next big investment business. There is a large marketplace for rice in India and abroad. Rice is an essential food of majority population in India. You need to undergo with series of approval for establishing this business. After approval, you need to purchase and install machinery for rice mill.



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To Be Continued

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 **29th Global Jadhaga Parivarthanai Mela** (Sunday, the 17th March 2019) in instalments

NOWRIN

- ★ **G** Koundinya Rishi **H** Dhumatti **N** Swathi **P** 4 **R** Thulam **D/B** 15.5.1992 **O** Madurai. BTech std. Fair girl works at Amazon, Chennai seek suitable alliance from graduate boys of any origin anywhere in India **Ref.: KMB/G/29/006.**
- ★ **G** Mandabala Rishi **H** Sarva **N** Karthigai **P** 3 **R** Rishabam **D/B** 18.8.1995 **O** Madurai. MCA std. height 5'2" Fair girl works at Novigo parner P LTD. With a internship salary of Rs. 10,000/pm seek suitable alliance from BE/BTech/MCA std. boys from Madurai origin, working in Bangalore. **Ref.: KMB/G/29/007.**

NOWRAN

- ★ **G** Markandeya Rishi **H** Solukussan **N** Uttara Bhadrappa (Uttirattadi) **P** 4 **R** Meenam **B/D** 14.12.1983 **O** Bangalore. MSc (BioTech) std 5'9" height wheatish coloured boy works at ICON Clinical Research Center, Bangalore with a salary of Rs.80,000/pm seek suitable alliance from PUC (+2) or graduated girls of Karnataka / Tamilnadu origin with a min height 5'. **Ref.: KMB/B/29/116.**
- ★ **G** Vasista Rishi **H** Kuruva **N** Uttiradam **R** Magaram **B/D** 12.07.1987 **O** Adoni (AP). BTech std 5'7" height wheatish coloured boy works at Amazon Development Center India, Bangalore with a salary

of Rs.30,000/pm seek suitable alliance from graduate girls of any origin with a min height 5' .

Ref.: KMB/B/29/117.

- ★ **G** Mouthkalya Rishi **H** Bhavan **N** Uttariram **P** 3 **R** Kanni **B/D** 11.11.1982 **O** Nagercoil. BE, Dip in Mech std 5'6" height fair boy works at Vijay Arabia Fire & Security Systems, Qatar with a salary of Rs.1,20,000/pm seek suitable alliance from graduate girls of any origin with a min height 4'8" . **Ref.: KMB/B/29/118.**
- ★ **G** Chiyavana Rishi **H** Gillan **N** Poorattadi **P** 2 **R** Kumbam **B/D** 22.01.1988 **O** Salem. MBA(Fin) std 6'2" height fair boy works at First American India (FAI), Bangalore with a salary of Rs.50,000/pm seek suitable alliance from educated girls of any origin with a min height 5'3" . **Ref.: KMB/B/29/119.**
- ★ **G** Markandeya Rishi **H** Solkuvan **N** Pooradam **P** 3 **R** Dhanush **B/D** 17.04.1990 **O** Walajapet. Diploma std 5'8" height wheatish coloured boy works at Philips, Bangalore with a salary of Rs.30,000/pm seek suitable alliance from graduate girls of Walajapet/Bangalore origin with a min height 5'4" . **Ref.: KMB/B/29/120.**
- ★ **G** Duruvasa Rishi **H** Basuvan **N** Avittam **P** 2 **R** Magaram **B/D** 07.07.1993 **O** Bangalore. Diploma, BArch std 5'4" height fair boy works as Project Manager in MIPL Global P Ltd, Bangalore with a salary of Rs.5 Lacs/pa seek suitable alliance from graduate girls of any origin with a min height 5' . **Ref.: KMB/B/29/121**

- ★ **G** Jabali Rishi **H** Patanam **N** Poosam **P** 3 **R** Kadagam **B/D** 25.02.1983 **O** Rasipuram. MPharm std 5'6" height fair boy works at Orchid Pharma, Chennai with a salary of Rs.50,000/pm seek suitable alliance from graduate girls of Karnataka / Tamilnadu origin with a min height 5' . **Ref.: KMB/B/29/122.**

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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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Elon Musk - The Journey of a Visionary Entrepreneur

While the world has witnessed some of the genius inventors and industrialists who have gone on to change the world, there are very few of them of the caliber of Elon Musk.



We all adore the inventions of Nikola Tesla, Alan Turing, the Wright brothers, Henry Ford and so forth. Their work has inspired and challenged the traditional practices, making way for something that was never conspired before.

When we talk about modern-day visionary geniuses of that stature, there are few of them. One such visionary geniuses to have changed multiple industries is Elon Musk. Elon Musk is the real-life Tony Stark portrayed in the Iron Man Hollywood series. No doubt why Robert Downey Jr approached director Jon Favreau suggesting that they meet Elon Musk for portraying the character of Tony Stark better. P.S. There's also a cameo of Elon Musk in The Iron Man 2 movie!

Let's take a dive into the life of Elon Musk and how this visionary genius has inspired mind-boggling innovations achieving what very few can dream of!

Who is Elon Musk?

His company Tesla is changing the face of electric vehicles and challenged all the notions pertaining to the performance of electric vehicles. While the accomplishments of Elon Musk are monumental, this man is a true inventor and engineer at heart.

Currently on a mission of reducing the costs of space travel by a factor of 100 and colonization of Mars, Elon Musk is the 21st-century inventor. He's also been working on Hyperloop, a high-speed, solar-powered transportation system, capable of transporting from Los Angeles to San Francisco in 30 minutes.

Elon Musk talked in depth about Hyperloop in a 58-page presentation. Being personally involved in all of the development processes of the electric vehicles and spacecraft, Elon Musk is more than just your perception of a regular entrepreneur.

A self-made billionaire and an ingenious innovator of the modern times, here's Elon Musk in the words of Sir Richard Branson:

"Whatever skeptics have said can't be done, Elon has gone out and made real. Remember in the 1990s, when we would call strangers and give them our credit-card numbers? Elon dreamed up a little thing called PayPal. His Tesla Motors and SolarCity companies are making a clean, renewable-energy future a reality...his SpaceX's reopening space for exploration...it's a paradox that Elon is working to improve our planet at the same time he's building spacecraft to help us leave it."

From \$1 a day to Billionaire Industrialist

"I would like to die on Mars. Just not on impact." While a young 17-year-old Elon Musk was working on his first Internet startup, he decided to test his dedication to the mission by limiting himself to \$1 a day for expenditure on food. Here's what he had to say about that experience on the StarTalk

Radio podcast:

"I mean, in America it's pretty easy to keep yourself alive. So my threshold for existing was pretty low. I figured I could be in some cheap apartment with my computer and be okay, and not starve. So I was like, 'Oh, okay. If I can live for a dollar a day — at least from a food cost standpoint — it's pretty easy to earn \$30 dollars in a month, so I'll probably be okay."

Although Elon Musk was concerned about finding a job once he graduated from college, he decided to test himself to see if he had what it takes to survive the technology industry.

Elon Musk identified early on that is the exact perspective that one needs in order to be successful as an entrepreneur. Until a startup gains traction, it is very demanding on the founders, and Elon Musk decided to take on this path to appreciate the true definition of struggle, hard work and the hunger for success.

"If something's important enough, you should try. Even if for you — the probable outcome is failure."

K.D. Vivek Chand

CHEVDI SEE ASUVO

Mannen : haayii, ikke ghedi kOt jeeli avarthe?

Bhavi : shopping jeeli avarthe...

Mannen : kaai kaai khadis?

Bhavi : ontE onte savlo

Mannen : thellego ikke ghediya?

Bhavi : sumar savlo seethe, aski savlaan hollo thaili selfi hedi whatsappum thayi singathin jOI kolle savlo chokkat sE meni pusathak vEL phureni.

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கல்வியின் சிறப்பு அம்சங்கள்

- ▲ வளக்கட்டமைப்பு : கல்லூரி வளக்கூடம் புகழ்பெற்ற கல்வியின் ஒப்பிடுகை பாடப்பிரிவுகளில் தனித்தனி வளக்கூடம் கட்டமைப்பு தனித்தனி வளக்கூடம் உள்ளது.
- ▲ பொருளியங்கள் : அனைத்து பொருளியங்களும் உயர் கல்வியின் ஒப்பிடுகை மிகுந்த அனுபவமும் பெற்றவர்கள்.
- ▲ மேலும் வளப்படுத்தும் சிறப்பம்சங்கள் : இன்டோசோ, எர்ட்ஹாட், மின்சோ, என்ஜ் மேல்சியூ, அகாமி போன்ற பல முன்னணி நிறுவனங்களுடன் புரிந்துணர்வு ஒப்பந்தம், 300 அதி நவீன இணையதள கணினி வசதியுடன் ஆன்லைன் சென்ட்.
- ▲ 2015 - 16 மேலமைப்புப் பெற்றவர்கள் 90 விழுக்காடு
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SOURASHTRAM (SAURASHTRI) & GUJARATI

Sourashtram (Saurashtri) is an Aryan Language, whose speakers are now living in Tamil Nadu and elsewhere. They are said to have migrated, some centuries ago, from the Saurashtra region of Gujarat State. It is the offshoot of Sauraseni Prakrit.

The present Census of Languages in India states that Saurashtri is a dialect of Gujarati. Earlier in 1971 Census it was stated as an independent language!

Hence a comparison of both Sourashtram and Gujarati is warranted to determine the status of Sourashtram.

Now let us analyse the Grammatical Structure of both Sourashtram & Gujarati.

Present Tense

mii kerarEsi (m.s) mii kerarisi(f.s) ami keraryaasi (m.f.pl) (Sourashtram)

hu~ karu chhu~ hu~ karu chhu~ amE kariyE chhiyE (Gujarati)

tuu kerarEsi (m.s) tumi kerarisi (f.s) tumi keraryaasi (Sourashtram)

tu~ karE chhE tu~ karE chhE tamE karO chhO (Gujarati)

teno kerarEsi (m.s) tino kerarisi (f.s) tenu keraryaasi (m.f.pl) (Sourashtram)

tE karE chhE tE karE chhE tEyO karE chhE (Gujarati)

Past Tense

mii bisesi (m.s) ami bisyaasi (m.f.pl) mii bisesi (f.s) (Sourashtram)

hu~ bETO (m.s) amE bETaa(m.pl) hu~ bETii(f.s) amE bETii(f.pl) (Gujarati)

tuu bisesi (m.s) tumi bisyaasi(m.f.pl) tuu bisesi (f.s) (Sourashtram)

tu~ bETO (m.s) tamE bETaa(m.pl) tu~ bETii (f.s) tamE bETii (Gujarati)

teno bisesi (m.s) tenu/tinu bisyaasi (m.f.pl) tino bisesi (f.s) (Sourashtram)

tE bETO (m.s) tEyO bETaa (m.pl) tE / tEyO bETii (f.s.pl.) (Gujarati)

Future Tense

mii sikkuu (m.f.s) ami sikkuvE (m.f.pl) (Sourashtram)

hu~ shiikhiish (m.f.s) amE shiikhiishu~ (Gujarati)

tuu sikkayi (m.f.s) tumi sikkan (m.f.pl) (Sourashtram)

tu~ shiikhshE (m.f.s) tamE shiikhshO (Gujarati)

teno, tino sikkayi (m.f.s) tenu, tinu sikkan (m.f.pl)

O.S. Subramanian

(Sourashtram)

tE shiikhshE (m.f.s) tEyO shiikhshE (m.f.pl) (Gujarati)

Present Continuous Tense

mii likkilEt sE (m.f.s) ami likkilEt sE (m.f.pl) (Sourashtram)

hu~ lakhii rahyO chhu~ (m.s) hu~ lakhii rahii chhu~ (f.s) (Gujarati)

amE lakhii rahyaa chhiyE (m.pl) amE rah chhiyE (f.pl) (Gujarati)

tuu likkilEt sE (m.f.s) tumi likkilEt sE (m.f.pl) (Sourashtram)

tu~ lakhii rahyO chhE (m.f.s) tamE lakhii rahyaa chhO (m.f.pl) (Gujarati)

teno/tino likkilEt sE (m.f.s) tenu likkilEt sE (m.f.pl) (Sourashtram)

tE lakhii rahyO chhE (m.f.s) tEyO lakhii rahyaa chhE (m.pl) (Gujarati)

tEyO lakhii rah chhE (f.pl) (Gujarati)

Number

ghEr (s) ghErun (pl) phuul (s) phuulun (pl) (Sourashtram)

ghar (s) ghar/gharO (pl) phuul (s) phuulO (pl) (Gujarati)

ghoDo (s) ghoDaan (pl) strii (s) striinu (pl) (Sourashtram)

ghoDO (s) ghoDaayO (pl). strii (s) striiyO (pl) (Gujarati)

Gender

All the three genders, Masculine, Feminine and Neuter are available both in Sourashtram and Gujarati. Abstract nouns are treated as Feminine in Gujarati. For example, umar (G) = orsu(S), Himmat (G) = saahasam (S), haalat(G) = sthiti(S), dhuuL (G) = dhuuLi (S) are treated as Feminine in Gujarati, whereas, in Sourashtram, they are neuter. Some abstract nouns can also be masculine or neuter gender.

Bhaav (G) = bhaavam(S), buDhaapO (G) = dovrappan (S) are masculine, while baaLpaN (G) = n h a n n a p p a n (S), s v a a s t h y a (G) = sauriyam (S) are neuter. But in Sourashtram these abstract nouns are treated as neuter gender only.

piipaLO (G) = pimpaL jhaaT (S), vaD (G) = ODaa jhaaT (S) – The trees are masculine in Gujarati, whereas they are neuter gender in Sourashtram. bOrDii (the tree that bears nuts is called bOr) (G) and naaLiyErii (G) (the coconut tree) are feminine in Gujarati, whereas in Sourashtram all trees are neuter only.

piiT (back of human body) (G) is feminine in Gujarati, whereas paaT (S) in Sourashtram is neuter.

chhOkro (G) = beTko (S); chhOkrii (G) = beTki (S) ghODO (G) = dallo ghoDo (S); ghODii (G) = beyil ghoDo (S)

In Gujarati to denote masculine, feminine, neuter, gender marker is suffixed. For instance ghODO (G) = dallo ghoDo (S); ghODii

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(G) = beyil ghoDo (S). But to denote the gender of horse, prefix dallo / beyil is used in Sourashtram.

Non-human and inanimate objects are also classified as masculine or even feminine and neuter in Gujarati.

For instance dhartii (G) = bhuyi~ (S) is feminine in Gujarati, whereas it is neuter in Sourashtram. Himaalay (G) = himaalamo (S) is masculine in Gujarati, whereas it is neuter in Sourashtram.

In Gujarati all inanimate things are either masculine or feminine. But in Sourashtram all inanimate things are neuter gender only.

And there is no Grammatical Gender in Sourashtram.

Case Markers

SOURASHTRAM GUJARATI

1.Nominative

mii(s) ami/apul (pl)	hu~ amE/aapaN
tuu(s) tumi(pl)	tu~ tamE
teno/tino/te (s)	tE tEyO
	tenu/tinu/tye(pl)

2.Objective

moko(s) amko(pl)	manE amnE
toko (s) tunko(pl)	tanE tamnE
teko/tiko tenko	tEyOnE
/tinko tEnE	

3.Instrumental

mor haali (s)	mE maarE
avre haali (pl)	amE amaarE
tore haali (s)	tE taare
ture haali (pl)	tamE tamaarE
teka haali(s)	tEnE
tenka haali (pl)	tEmaNE /tEyOnE

4.Dative

moko (s) amko(pl)	manE amnE
toko (s) tunko (pl)	tanE tamnE
teko (s) tenko(pl)	tEnEtEyOnE/tEmnE

5.Ablative

mor toko (s)	maaraathii
amre toko (pl)	amaaraathii
tor toko (s)	taaraathii
tumre toko (pl)	tamaaraathii
teka toko (s)	tEnaathii.
tenka toko(pl).	tEyOthii/tEmnaathii

6.Possessive

more (s) avre (pl)	maarO	amaarO
tore (s) tumre (pl)	taarO	tamaarO
tekeyo (s)	tEnO	
tenkeyo (pl)	tEyOnO/tEmanO	

In the possessive case, the case marker undergoes change according to the gender of the noun. But in Sourashtram no such change occurs.

RamEshu beTo (m)	RamEsh nO diikrO
RamEshu beTi (f)	RamEsh nii diikrii
Rameshu ghEr (n)	RamEsh nu~ ghar

7.Locative.

mor jovaL (s)	maaraa maa~
avre jovaL (pl)	amaaraamaa~
for jovaL (s)	taaraamaa~
ture jovaL (pl)	tamaaraamaa~
teka jovaL(s)	tEmaa~(m.s)
tenka jovaL(pl)	/tEnaamaa~(f.s)
tEyOmaa~(m.pl)	tEmanaamaa~(f.pl)

Active voice mii telle kaam kereyo (S). mE~ tE kaam karyu~ (G)

Passive voice. more haal telle kaam kerni poDeyo (S) tE kaam maaraathii thayu~ (G)

Conditional Clause

povus poDeti, mor haal ture ghEr avaanaa (Sourashtram)

jO varsaad paDshE tO maaraathii taaraa gharE aavshE nahii~ (G)

Affirmative

English	Sourashtram	Gujarati
Yes	haayi	haa
Is	sE	chhE
I will come	mii avus	hu~ aaviish
We will come	ami avves	amE aaviishu~ / aavshu~
He will come	teno avay	tE aavshE
They will come	tenu avan	tEyO aavshE
He came	teno aves	tE aavyO
She came	tino avis	tE aavii
Let him come	teno avandak	tEnE aavvaa dO
They came	tenu avyaas	tEyO aavyaa
They can come	tenu avvaay	tEyO aavii
		shakE chhE
They should come	tenu avnO	tEyO aavvaa ja jOiyE

To be Continued...

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YOGA DAY 21st JUNE 2019

The benefits of yoga provide both instant gratification and lasting transformation. In the fitness world, both are extremely important. Too much time with too few results can be incredibly discouraging, and monotonous routines week after week can lead to stagnation. Yoga can change your physical and mental capacity quickly, while preparing the mind and body for long-term health.

YOGA IS FOR EVERYONE

Most yoga studios and local gyms offer yoga classes that are open to all generations and fitness levels. It's exciting to enter a room full of young teens, athletes, middle-aged moms, older gentlemen, and even fitness buffs and body builders. Everyone can feel accepted and included and, unlike other sports or classes that focus on niche clients, yoga tends to offer open arms. Whether you like to say "Om" or you can't stand the word "yogi"; whether you are 92, 53, or even 12, yoga can help you.

YOGA ENCOURAGES OVERALL HEALTH AND WELLNESS

Yoga is not just about working out, it's about a healthy lifestyle. The practice of yoga allows students to find stillness in a world consumed with chaos. Peace and tranquility achieved through focused training appeals to everyone.

Yoga's deep breathing and meditation practices help foster an inner shift from to-do lists, kids and spouse's needs, financial concerns, and relationship struggles to something a little bit bigger than the issues you face. Yoga helps relieve stress and declutters the mind, helping you to become more focused.

YOGA HAS MANY FACES

One of the benefits of yoga is that you can choose a yoga style that's tailored to your lifestyle, such as hot yoga, power yoga, relaxation yoga, prenatal yoga, etc. Whether you prefer to practice at home, in a private session, while watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

If you're a yoga beginner, hatha yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's

resistance, power yoga may be right for you. If you're ready for a deeper practice, Bikram, also called "hot yoga," may be just what you're looking for. In Bikram yoga, the room temperature is set to around 105 degrees Fahrenheit, resulting in greater elimination of toxins from the body through the increased production of sweat. No matter your fitness level, fat percentage, or health history, yoga has a style for you.

STRENGTH TRAINING AND FLEXIBILITY

Yoga's focus on strength training and flexibility is an incredible benefit to your body. The postures are meant to strengthen your body from the inside out, so you don't just look good, you feel good, too. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus alleviating back, shoulder, and neck pain.

The digestive system gets back on track when the stretching in yoga is coupled with a healthy, organic diet, which can relieve constipation, irritable bowel syndrome (IBS), and acid reflux. Another one of the benefits of yoga is that stretching and holding postures also causes muscles to lengthen, which gives the body a longer, leaner look.

HOW DOES POWER YOGA BUILD MUSCLE?

Adapted from the basic Ashtanga yoga, power yoga requires increased energy, focus, and strength. Although power yoga evolved from the basics, it certainly is not a basic course.

How does it help build muscle? Most poses are held for five full breaths versus the usual one to three breaths. Muscles are challenged as the mind and body have to work together simultaneously to hold a position without giving up. Breathing, posing, moving, and increasing flexibility happen together at one time, which unearths a new level of discipline in your mind and body.

POWER YOGA AND THE CORE

Isometric exercises are one of the best ways to build core strength. Isometric, stemming from the words "same" and "length," simply translates to holding one position without moving. Power yoga uses isometric exercises along with other postures that are designed to make the core and back stronger. Flexibility and balance stem from your core, so it's important to train this area of the body. In turn, you can increase the strength and health of your entire body. Generally a high-temperature room is used in this practice to help keep the muscles warm and release additional toxins from the body.

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