

Tamil Arasi

JULY 1999 Rs.5



தமிழர் அரasi - தமிழர்
அரasi, 1999, 1999, 1999

126

Tamil Arasi

JULY 1999 Rs.5



தமிழர் அறிவு & கலைகள்
செப்டம்பர், 1999 ரூ. 5

126



**நமது அன்றாட
பழக்கவழக்கங்களால்,
எய்ட்ஸ் வராது.
அதற்கு நீங்களே
ஒரு உதாரணம்.**

காலையில் எழுந்தது முதல் ராத்திரி படுக்கப் போகும் வரை நீங்கள் எத்தனையோ பேரைச் சந்திக்கிறீர்கள். ஒட்டலுக்குச் செல்கிறீர்கள், சினிமா பார்க்கிறீர்கள், நெரிசலான பஸ்ஸில் பயணம் செய்கிறீர்கள், பலருடன் கை குலுக்குகிறீர்கள்.

இவர்களில் யாருக்காவது எச்ஐவி/ எய்ட்ஸ் பாதித்து இருக்கலாம்.

சாதாரண பழக்கவழக்கங்களின் மூலம் எய்ட்ஸ் பரவுவதாக இருந்தால், உங்களையும் எய்ட்ஸ் பாதித்திருக்க வேண்டும்.

ஆனால் அப்படி இல்லையே...

ஏனெனில், கை குலுக்குவதாலோ, உணவைப் பகிர்ந்து கொள்வதாலோ, தொடுவதாலோ, தும்மலினாலோ, கழிப்பிடத்தை அனைவரும் உபயோகிப்பதாலோ, எய்ட்ஸ் பரவுவதில்லை.

எனவே எய்ட்ஸ் பாதித்தவரைக் கண்டு நீங்கள் ஒதுங்க வேண்டியதில்லை. உங்களுக்கு எந்த ஆபத்தும் இல்லை.

அவர்களும் நம்மைப் போன்றவர்கள்தான். அவர்களுக்கு எப்பொழுதும் போல நாம் அன்பும், ஆதரவும் காட்டுவோம்.

**சிறிதளவு ஆதரவு பெருமளவு
சுமையைக் குறைக்கும்.**

**குழந்தை பிறப்பைத் தடுப்போம்
எய்ட்ஸ் வந்தோரைக் காப்போம்**



மேலும் விவரங்களுக்கு அனுக வேண்டிய முகவரி :
தமிழ்நாடு எய்ட்ஸ் கட்டுப்பாட்டு அமைப்பு
417, பாந்தியன் ரோடு, சென்னை - 600 008.
தொ.பே.: 8255467, 8255261, 8254917.
24 மணிநேர தொ.பே.: 8256882, 8256864.

Mudra:TNSACS:6259:98

TAMIL ARASU

Magazine of the Government of Tamil Nadu

THIRUVALLUVAR YEAR 2030

AAN-AADI

JULY - 1999

Verified
M

தமிழ் அரசு
சென்னை
4 ஆகஸ்ட் 1999
சென்னை 600 002

In this issue...

- ★ Kargil is a challenge to our nationalist commitment, democracy and secularism. Let us unitedly meet the challenge2
- ★ The Government is committed to the welfare and economic development of the Adi-dravidars4
- ★ Master Health Check-up Scheme 16
- ★ Tamil Keyboard Standard and Tamil Glyph encoding Schemes launched 17
- ★ Wear your positive attitude 20
- ★ Bananas can check hypertension 22
- ★ Fight against drug abuse 24
- ★ Let us Ponder! - World Population Day 27
- ★ Thirukkural - The code of conduct for the mankind 28
- ★ The cup that cheers 30
- ★ Naladiyar 32

I - WRAPPER

Hon'ble Chief Minister Kalaignar M.Karunanidhi, handed over a cheque for a sum of Rs.15 crores on behalf of Tamil Nadu to the Hon'ble Prime Minister Thiru A.B. Vajpayee, the first instalment of the Kargil Defence Personnel Relief Fund, on 7-7-1999.

An amount of Rs.41 crores has been collected so far, towards this fund.

Editor and Publisher: G.Muthusamy, I.A.S., Director of Information & Public Relations, Government of Tamil Nadu
Office: 'Tamil Arasu', Omanthurar Government Estate, Anna Salai, Chennai - 600 002. Phone: 5368926, 5368927
Printed at: Tamil Arasu Press, Chennai - 600 002. Phone: 5364906

22/11/91
 JL
 12/11/1991
 N 22

"At the outset, I would like to thank the Hon'ble Prime Minister for convening this Conference of Chief Ministers, for a discussion on the Kargil issue. Our valiant soldiers are fighting at grave risk to their lives in a difficult terrain. Tamil Nadu joins the rest of the country in paying its tribute to our brave Army and Air Force Personnel. I congratulate our Army for recapturing Tiger Hills. I am sure that our Army will be successful in recapturing the remaining areas.

We are indeed proud of our Officers and Jawans, who sacrificed their lives in Kargil for the noble cause of defending our Nation.

At this hour, we should send out two messages from this Conference. Let us pledge our unanimous support to our valiant defence services personnel and express our admiration and indebtedness to them. Secondly, let us tell our enemies that this Nation is united as a rock, against threats to our basic values of democracy and secularism. Even as we prepare for our elections, we should pledge that we shall put National Security above petty partisan politics and shall not say or do anything that will adversely affect the morale of our men and women of the defence services.

There is a demand for convening a special session of Rajya Sabha to discuss the Kargil conflict. I honestly feel that consultation with the Chief Ministers of all States and the leaders of all recognised political parties is constructive, representative and more appropriate.

Hon'ble Prime Minister has categorically assured in the All Party meeting that there would be no further talks with Pakistan till the intruders withdraw from our territory. The Prime Minister has also declared that India is not for any mediation by a third country for the resolution of Kargil conflict. This stand should be welcomed and endorsed by this Conference.

It is unfortunate that Pakistan has not learnt any lesson from History. Pakistan has failed to honour the Taskhent Declaration and the Simla

**Kargil is a
 challenge
 to our
 nationalist
 commitment,
 democracy
 and
 secularism.**

**Let us
 unitedly
 meet the
 challenge.**

**The Hon'ble Chief Minister, KALAINAR
 at the Chief Ministers' Conference
 on Kargil Issue at New Delhi on 7-7-1999.**

Agreement.

We are very happy that international opinion recognises the principled stand taken by India on Kargil conflict. The recent summit of G-8 countries and leaders of various other countries have also endorsed the Indian view point.

It is the first time in our history that Pakistan has been internationally isolated, thanks to the diplomacy and dexterity of our Prime Minister. The problem with Pakistan is not likely to go away till that country stops encouraging terrorism. Therefore, our security problem in relation to extremists threat is going to be a long drawn one. There is a need to be united and vigilant, and to expedite the modernisation of our armed forces and the National Security decision making

structure. These efforts have to be undertaken, without in any way hampering our economic development.

In times like this, internal security also assumes greater importance. It is quite likely that those who have created problems on our borders will also try to create disturbance and

- ☐ Free education upto Graduate level; and
- ☐ Reservation of seats in Engineering and Medical Colleges in the State.

I would like to mention here that the Government of Tamil Nadu has constituted a Kargil Relief Fund. The response of people from



violence within the country. It is, therefore, extremely important that the Agencies of the Government of India, as well as various State Governments, share intelligence on a regular basis. The Government of India and the State Agencies need to work in close co-ordination.

We share the grief and sufferings of the bereaved families. It is our duty to take care of their requirements. We are giving the following relief package in Tamil Nadu:

- ☐ Grant of Rs.2 lakhs;
- ☐ An HIG Flat worth Rs.7 to 11 lakhs to the next of kin;
- ☐ Government Job to one of the family members;

all walks of life has been tremendous. This vast country having more than 90 crores of people has now risen as one Man, forgetting all their individual identities. They are unitedly supporting the action of Government of India in defending our country. I have presented a cheque for Rs.15 crores for the National Defence Fund to the Prime Minister. On behalf of Tamil Nadu, I would like to suggest that the relief fund constituted by all the State Governments should be granted 100% exemption under section 80 (G) of the Income Tax Act.

In this conflict we want victory, victory in spite of all difficulties. Kargil is a challenge to our nationalist commitment, democracy and secularism. Let us unitedly meet the challenge."

★ ★ ★

The Government is committed to the welfare and economic development of the Adi-Dravidars

The Tamil Nadu Government under the guidance of the Hon'ble Chief Minister have formulated and implemented through Adi Dravidar and Tribal Welfare Department several welfare schemes for the welfare and economic development of the weaker sections of the society viz., Adi Dravidars and Scheduled Tribes.

To create a new society without caste and religious conflict and inequality so as the people to live cordially and harmoniously, with love and affection, the Hon'ble Chief Minister founded the '**Periyar Ninaivu Samthuvapuram Scheme**' which is being implemented all over Tamil Nadu. This is an ideal scheme for emulation by other States.

As per the 1991 census, against the State's total population of 5.59 crores, the population of Adi Dravidar is 1.07 crores constituting 19.18% and that of Scheduled Tribe is 0.06 crore constituting 1.03% of the total population.

This Government assign top priority to the task of improving the socio-economic conditions of the Adi Dravidars and Tribals. There is a nexus between the economic plight and social disparities. This Government is therefore very keen in formulating a strong economic scheme which pave way for the uplift of Adi Dravidars and Scheduled Tribes.

To achieve the goals for the betterment of Adi Dravidars and Tribes within a definite time frame, besides the efforts and resources of the Adi Dravidar and Tribal Welfare Department, the resources and efforts of other Sectoral Departments are mobilised and channelised.

The Government is pursuing the following multipronged approach for the development of Adi Dravidars and Scheduled Tribes.

- ★ Educational Development of Adi Dravidars / Scheduled Tribes.
- ★ Economic Development of Adi Dravidars / Scheduled Tribes.
- ★ Provision of basic amenities like housesites, houses, drinking water etc.

Education

For the upliftment of Adi Dravidars and Scheduled Tribes education is the most important one. Hence, out of the total allocation of this department, 61% is spent towards education. This department is running 1,258 schools.

- ★ Computer Education was started in High/Higher Secondary Schools. Totally Computer Education is taught in 60 Schools.
- ★ Computer training is imparted to the teachers working in 55 High Schools and 57 Higher Secondary Schools functioning under this department.

For pursuing post graduate studies in Medicine, Engineering, Agriculture, Veterinary - Rs.5,000.

For Law studies, CA, MBA, Bio Sciences - Rs.5,000.

Assistance for studies abroad

The State Government gives Rs.3 lakh per student to 10 students per year, ie. to Adi Dravidar/Tribal students for their studies in foreign universities under student exchange programme with foreign universities from 1998-99.

Eligibility : They should have obtained the admission in foreign university. Annual income should not exceed Rs.1 lakh.

Exemption for paying entrance and registration fees

From 1999-2000 onwards the entrance and the registration fees are exempted in graduate, post graduate studies, Medicine, Engineering, Agriculture and Veterinary Sciences.

Periyar Ninaivu Samathuvapuram Scheme

During the last two years, it was decided to form 100 Samathuvapurams at a cost of Rs.35 crores all over Tamil Nadu with a view to create a casteless and non-religious society. It has been proposed to

form Periyar Ninaivu Samathuvapurams in 50 more places during 1999-2000. A sum of Rs.18.31 crores has been allocated for this purpose.

In the Samathuvapurams, basic amenities such as drinking water, electricity, community hall, school, burial ground etc. have been provided so as to share the same cordially by the Adi Dravidars, Backward Classes, Most Backward Classes and Other Communities.

House Site Pattas

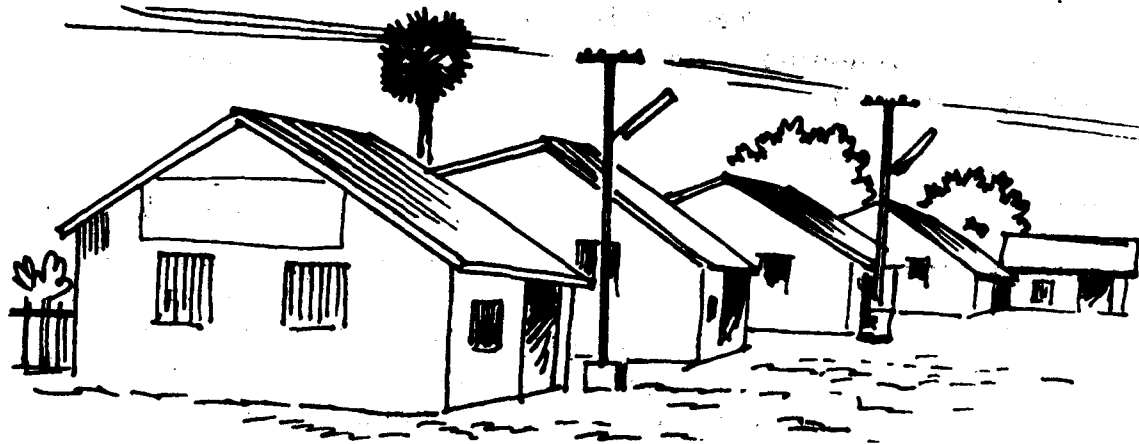
The aim of this scheme is to issue house site pattas to the poor Adi Dravidars who do not have any house site.

During 1998-99, 68,499 house site pattas have been issued at the cost of Rs.18.79 crores. In addition a sum of Rs. 3.63 crores has been incurred towards enhanced compensation. During 1999 - 2000, a sum of Rs.18.69 crores has been allocated.

Housing

The scheme of construction of houses, is implemented for provision of houses to the Adi Dravidar and Scheduled Tribe families, who do not have sources to find shelter for themselves. This scheme, is implemented under 'Jawahar Vela Vaippu Thittam' through the Rural Development





Department, with the financial assistance of Central and State Governments. During 1998-99, a sum of Rs.33.59 crores has been spent. In 1999-2000, a sum of Rs.47.29 crores has been allocated.

Abolition of Untouchability

The year 1999 is observed by the Tamil Nadu Government as the year of abolition of Untouchability and Religious harmony.

A post of Special Public Prosecutor has been created in each district. By filling up the post, the Government have taken steps to take action against those who commit atrocity against the members of Adi Dravidars/Scheduled Tribes vigorously.

Four Additional Sessions Courts have exclusively been established and functioning at Triunelveli, Madurai, Thanjavur and Tiruchirappalli to expedite the cases of atrocities.

For the total eradication of discrimination in supplying tea in separate tumblers to the members of Adi Dravidars/Scheduled Tribes, stern action is pursued in coordination with the Inspector General of Police (Human Rights and Social Justice) and District Collectors.

For the Adi Dravidars/Scheduled Tribes victims of atrocities and caste clashes, the

Government have sanctioned a sum of Rs.1.06 crores as monetary relief in the last year. For this year, a sum of Rs.1 crore has been allocated.

Abolition of Bonded Labour

The State of Tamil Nadu stands as an example in the matter of abolition of the system of bonded labour. Efforts taken by this State have been commended and cited as example by the Supreme Court of India. Action has been pursued to rehabilitate 25,008 bonded labourers identified by the voluntary organisations. A sum of Rs.3.62 crores was spent during the year 1998-99.

Rehabilitation of Scavengers in Unclean Occupation

In line with the humanitarian principles adopted by this Government, the demeaning practice of manual scavenging has been abolished. Rehabilitation schemes for the thousands of manual scavengers will continue to be undertaken by way of providing them with employment opportunities and assistance for self employment. During the past three years, 7,012 scavengers have been rehabilitated and a sum of Rs.8.38 crores has been sanctioned to them as subsidy and margin money.

Reservation in Appointments to Adi Dravidars and Scheduled Tribes

This Government is taking special care in the Reservation Policy. The High Level Committee constituted under Chairmanship of the Hon'ble Minister for Adi Dravidar and Tribal Welfare has convened and reviewed the matter with all the Secretaries to Government and Heads of Department.

The Committees of the Adi Dravidar and Tribal Welfare Department and the Backward Classes and Most Backward Classes Welfare Department have examined the appointment of Adi Dravidars and Scheduled Tribes as well as the Backward Classes and Most Backward Classes in Government services and submitted their reports. They are being examined by a committee consisting of the Ministers and the Secretaries of respective department. The Government will take decisions on the basis of the recommendation of this committee.

Employment Oriented Training

A novel one month EDP (Entrepreneur Development Programme) through 'SIPCOT' by Industries Department to encourage entrepreneur of Engineering Graduates and Post Graduates has been started. Eight such trainings are given at a cost of Rs.12 lakhs per year. With the financial assistance of this department, various placement guaranteed trainings are successfully conducted for self employment to those who have sufficient educational qualification.

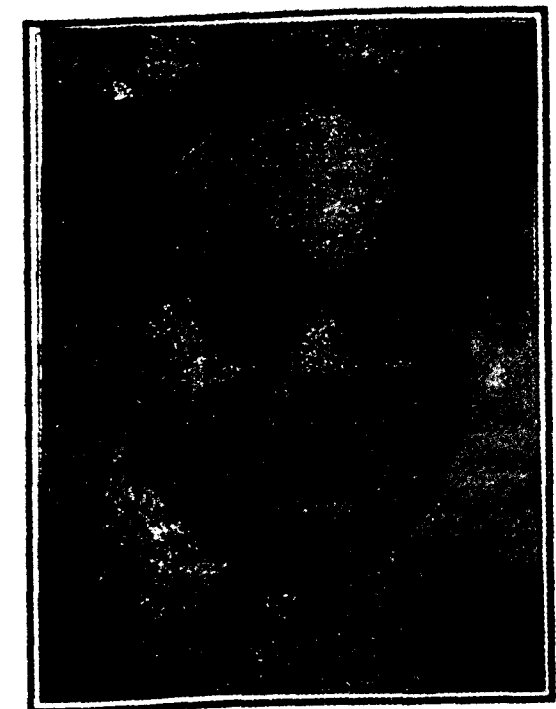
There are two training centres at Chennai, one for Adi Dravidars and Scheduled Tribes and another for Backward Classes and Most Backward

Classes for coaching the candidates appearing for the competitive examinations for All India services. Merger of these two institutes and their upgradation with improved facilities, so as to enhance the standard of coaching given and thereby to increase the number of candidates selected from our State is being examined.

During the current financial year, a sum of Rs.5 lakhs will be sanctioned as grant to the Pre-examination Training Centre which is under the control of Adi Dravidar and Tribal Welfare Department.

Dr. Ambedkar Mani Mandapam

The work relating to the construction of Dr. Ambedkar Mani Mandapam was



inaugurated by the Hon'ble Chief Minister on 23.12.98. The Anna University will give technical advice on the proposed construction of the Dr. Ambedkar Mani Mandapam, for which a sum of Rs.3 lakhs has been sanctioned. The Government

have accorded administrative approval for a sum of Rs.5 crores for the construction of Mari Mandapam and the park around it. The construction work is in progress.

Tribal Sub Plan

The Government of Tamil Nadu has adopted the Tribal Sub-plan concept to help the tribals to improve their socio-economic conditions. The Tribal concentrations have been identified in nine areas in seven districts.

The Integrated Tribal Development Programme is being implemented in these areas to provide comprehensive developmental service to the Tribal population. In tune with the traditional Tribal occupations, schemes relating to Horticulture, Animal Husbandry, Soil Conservation and Sericulture are being implemented under the Tribal Sub Plan.

LAMP Co-operative Societies have been formed not only to market the produce of the Scheduled Tribe people by eliminating middlemen but also to provide short and medium term loans and to supply essential consumer articles to Tribals at fair prices. There are 16 such societies catering to the needs of the Integrated Tribal Development Programme areas and two LAMPS are functioning outside the Integrated Tribal Development Programme areas. Apart from improving the economic standards, the Tribal Sub Plan Provides for schemes in education, health, electrification, drinking water and other basic amenities in the Tribal areas. Special care has been taken to assist six groups of identified primitive Tribes.

The Department of Adi Dravidar and Tribal Welfare is running 241 Government Tribal Residential schools in 16 Districts (including 8 High Schools and 9 Higher

Secondary Schools) for the benefit of Tribal Children. The strength of boarders of these schools is 15078. The children studying in these schools are provided with free boarding and lodging. Woollen blankets are also supplied to the students in the Government Tribal Residential Schools and Hostels.

Two Government Tribal Residential schools at a cost of Rs.9.48 lakhs will be opened in the Non-Integrated Tribal Development areas during the current financial year.

Tamil Nadu Adi Dravidar Housing and Development Corporation

The Tamil Nadu Adi Dravidar Housing and Development Corporation was started on 15.2.1974 by the Hon'ble Chief Minister. The Corporation receives Share Capital of 51% from the State Government and 49% from the Central Government.

Special Central Assistance

Funds have been released every year by the Government of India under the special Central Assistance Scheme, to strengthen the schemes implemented by the State Government under the Special Component Plan.

Technical Works

The construction of school buildings, laboratories, Boys/Girls Hostels, Teachers quarters, community halls etc., have been executed by the Technical wing.

Economic Development Schemes

Since 1980-81, the Corporation has embarked upon the programme of formulating and implementing need based comprehensive package of assistance separately and in co-ordination with other departments, with a thrust of economic

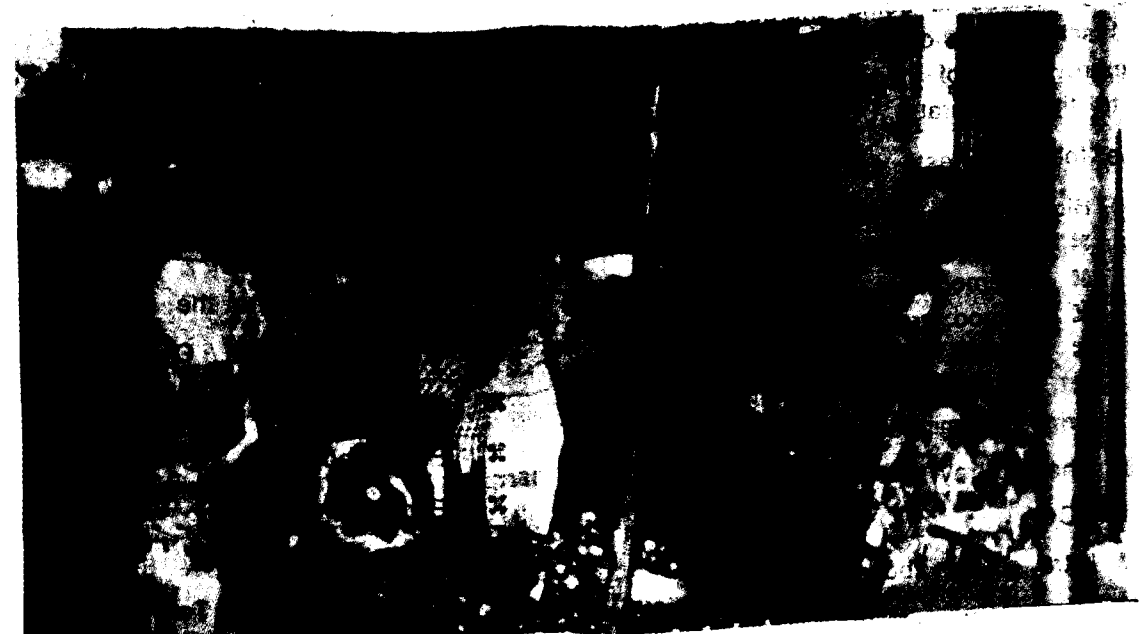
development of the poor and the down-trodden Adi Dravidars of the State. TAHDCO has obtained from Central Government a sum of Rs.319.41 crores for this purpose from the year 1980-81 to 1998-99.

Schemes executed by TAHDCO

a. Agriculture and allied schemes

With a view to improve the standard of living of Adi Dravidars whose mainstay is

Money Loan of a maximum of Rs.1,25,000. The scheme encompasses a vast spectrum of income generating economic activities such as purchase of Lorry, Tractor with Trailors, Oil tanker, Mini-van, Ambassador Cars, Auto-rickshaw, Dairy farm, Poultry unit, Poly clinic, Tannery, Chemical Industry, Computer Centre, Xerox Machine, Brickkiln, Centering equipments, Fish farm, Provision Store, Export Garment etc.



agriculture, TAHDCO has embarked on the implementation of schemes viz., digging filter point and artesian wells, supply of Diesel Motors (5 H.P.) Electric Motor (7.5 HP) for pump sets, supply of pneumatic tyre cart with a pair of bullocks, power sprayer with one bicycle at 50% subsidy.

b. Individual Entrepreneur Scheme

This Scheme envisages providing assets worth upto Rs.5 lakhs for bringing up entrepreneur among the Adi Dravidars in this State. TAHDCO provides financial assistance by way of subsidy upto a maximum of Rs.25,000 from out of the Special Central Assistance and Margin

Petty Trade Loan

The Government have entrusted the implementation of Petty Trade Loan Scheme to the Tamil Nadu Adi Dravidar Housing and Development Corporation. Under this scheme, 31 trades such as shoe-making, motor mechanism, grocery shop, leather training etc. have been identified. The maximum unit cost for a project is Rs.10,000, of which, a maximum amount of Rs.5,000 is given as subsidy, 25% as Margin Money from Tamil Nadu Adi Dravidar Housing and Development Corporation and the remaining 25% from Bank loan. ★

Master Health Check-up Scheme

With the blessings of the Honourable Chief Minister the Master Health Checkup Scheme was inaugurated at Government General Hospital, Chennai by the Honourable Minister for Health in May 1997. Within the period of two years (May '97 to May'99) 17,157 patients have been evaluated under this scheme, which includes 10,157 male patients and 7,000 female patients. A fee of Rs.250 is being charged per person in this scheme out of which Rs.150 is used for the improvement of the scheme and Rs.100 is paid to the Hospital.

The following tests are carried out

- 1) Blood tests
 - * Cell, Count, ESR
 - * Hemoglobin percentage
 - * Blood grouping & Rh Typing
 - * Sugar, Urea, Creatinine Cholesterol
 - * VDRL
- 2) Urine Examination
- 3) Chest X-ray
- 4) ECG
- 5) Ultra sound abdomen

Over the past 2 years the scheme has gained popularity not only among the residents of Chennai and its suburbs, but also among people from various District of Tamil Nadu and adjacent States. People from various walks of life have benefited from the scheme. Owing to its 2 years of committed scheme and recommendation from various sources it has become mandatory to improve the scheme further. Hence an additional set of investigations (necessity of which will be decided by the doctors) have been proposed to be carried out in the scheme. However, the already existing fee of Rs.250 may not be sufficient for the additional investigations. Hence additional charges will have to be collected for the additional investigations.

The following suggestions/recommendations have been proposed to carry out under the improved scheme.



- * X-ray related to the affected areas.
- * CT Scan - Brain / Chest and abdomen.
- * EEG
- * Endoscopy
- * Echocardiogram
- * Tread Mill Test
- * Thyroid Function Test
- * Pap smear and screening for moniliasis
- * GTT
- * Mantoux

Similar investigations in a private hospital may cost the patient around Rs.5000 whereas the charge collected in this scheme is very nominal for the benefit of the people living in the rural areas.

The scheme functions from 7 a.m. to 1 p.m. on all working days. For the convenience of the public an advance booking facilities is available under which they can fix an appointment a day or two earlier by paying an advance of Rs.50 which will be added to the total amount, paid late.

The General Public are requested to utilize the scheme and benefit from it.

TAMIL KEYBOARD STANDARD AND TAMIL GLYPH ENCODING SCHEMES LAUNCHED

The Hon'ble Chief Minister Kalaingar M. Karunanidhi launched the universally accepted Tamil Keyboard and encoding scheme for use in information technology on 13.6.99. Internet in the rural areas can be useful for the people only if the content is available in Tamil. To encourage this, the Government initiated several steps. The main initiative was the convening of 'Tamil Net 99' in February 1999, an International Conference and Seminar on Tamil in IT. This conference recommended standards for Tamil Keyboard and for coding of Tamil Scripts. Based on the Conference' recommendations, final standards in these areas have been notified by the Government. This is the final result of an international endeavour of Tamil users in which Governments, scholars, technologists and linguists participated.

The Government will make the new standards available to the users through various forums.

The Chief Minister, releasing the internationally accepted Tamil Keyboard Standard and Tamil Glyph Encoding Schemes, in his speech said, the Conference 'Tamil Net 99' decided to put the Tamil Keyboard on the website for 100 days and invite suggestions. Accordingly, the draft standard for the Tamil Keyboard was put on the website for 100 days and suggestions were invited from all over the world. These suggestions were sent to the international technical committee, and the final standard keyboard - Tamil Keyboard layout, Monolingual scheme, Bi-lingual scheme were evolved. The Chief Minister believed that this will give a boost to the manufacturers of software for DTP and E-mail.

He said, steps had been taken to implement the announcements made by the Government at 'Tamil Net 99'. As announced in the Conference, the Tamil virtual University will be headed by Dr. V.C. Kulandaisamy, former Vice Chancellor of Indira Gandhi National Open University. To encourage the Tamil Software industry an order has been issued to setup a corpus fund of Rs.5 crores and the details have been put on the website. An International Tamil research Centre as announced in the Conference, a high level committee headed by Dr. M.Anandakrishnan, former Vice Chancellor of Anna University, had been formed, he added. This Committee have received detailed suggestions from Anna



University, Bharathiar University and Internet Community College in Muttukadu. The Committee will soon submit its report. The Chief Minister said the Government of Tamil Nadu had become an associate member in Unicode Consortium, USA, to facilitate the submission of a revised coding standard for Tamil to Unicode.

And as announced in the Conference three research chairs have been formed in Anna University, Bharathiar University and Regional Engineering College, Trichy, he added.

The Chief Minister also announced that, Thiruvallur District had been selected for total computerisation of pilot projects, on experimental basis. And efforts would be on to extend the benefits, by the committee headed by the Chief Secretary.

He also announced that IT will be introduced in the public distribution, Registration and Commercial Tax Departments, for which a special IT officer had been appointed in these Departments.

He said, that as announced in the Budget Estimate, Computer Education is being introduced for 9, 10, 11 and 12th class students in 695 schools in the first phase.

Before concluding his speech, the Chief Minister said the project of establishing Community Internet Centres was yet to begin because the London based World Tel, which was chosen to implement the project was not able to match the pace of the Government. If World Tel failed to implement within three months, alternative arrangements would be made, he concluded.

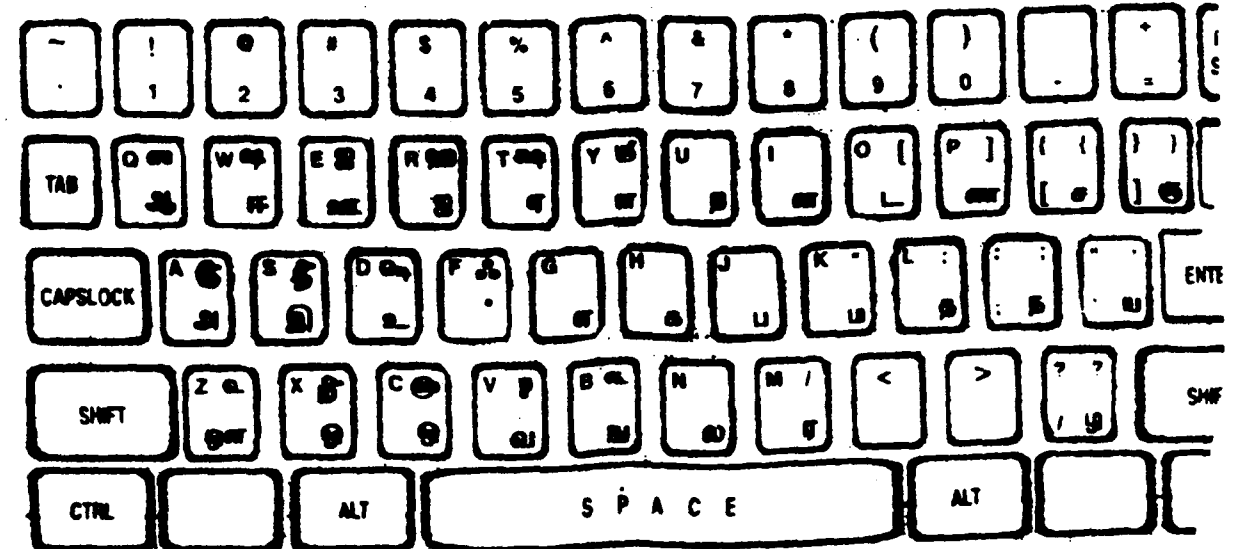
Former Union Minister for Industries and the Chairman of the Reception Committee, Thiru Murasoli Maran in his welcome address said, the Chief Minister had announced innovative schemes of introducing computer education at school level and establishing community internet centres throughout Tamil Nadu. The people in villages cannot benefit from internet, if the content is in English. It had to be in Tamil and that was why the Chief Minister had convened a Conference, 'Tamil Net 99' to evolve a uniform coding of Tamil

the left and the consonants positioned to the right. The shift key positions were used for "grandha" letters. The monolingual glyph coding scheme for Tamil will be useful for software development for desktop publishing and printing. Here the fonts would have "TAM" prefix, an abbreviation for Tamil. The bilingual encoding scheme would be useful for simple applications like text processing and e-mail. The fonts would have "TAB" prefix. The schemes could be used in operating systems like Windows, Macintosh and Unix.

LEFTHAND - ENGLISH

TAMIL KEYBOARD

RIGHTSIDE-ENGLISH



scripts. And we have been successful in our endeavour, he said. He thanked Prof. M. Anandakrishnan who had toiled day and night for this work, on behalf of everyone.

Hon'ble Minister for Education, Prof. K. Anbazhagan, Hon'ble Chief Minister of Pondicherry, Thiru R.V. Janakiraman, Thiru P. Chellapan, IT Secretary, Thiru D. Prakash also spoke.

Explaining the features of the standard Tamil Keyboard, Dr. Anandakrishnan said its speciality was that all the 31 Tamil Characters can be typed without using the shift keys. The input for this came from Thiru Govindasamy's "Kanian" keyboard. The standard keyboard had vowel keys on



WEAR YOUR POSITIVE ATTITUDE

By Francis C. Assisi

Imagine that you are holding a ripe lime in your hand. Hold the picture in your mind till you can smell the lime. Imagine slicing off a thick juicy wedge and taking a bite. As the tartness of the lime hits your taste buds, your cheeks curl and your lips pucker.

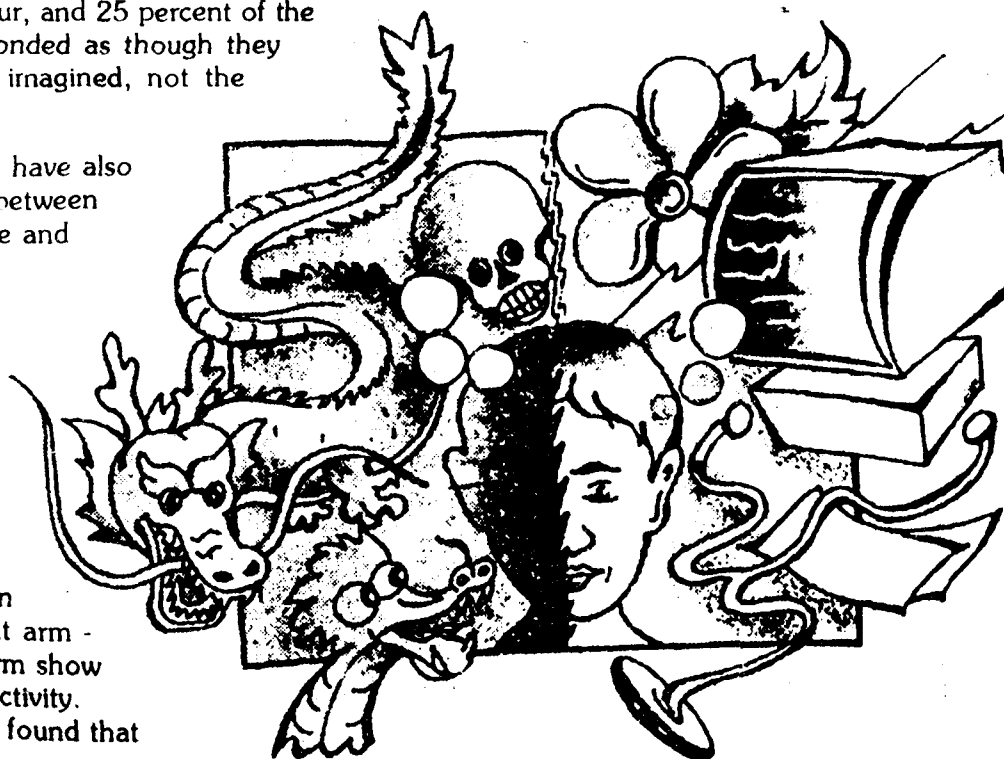
Let the image fade. What remains? Your mouth is actually primed with saliva. This simple demonstration of the power of the imagination is impressive, but consider a study conducted by Robert Kunzendorf, a cognitive psychologist at the University of Lowell in Massachusetts. Kunzendorf attached electrodes to the eyes of 20 subjects, five of whom were capable of producing vivid mental imagery and had them look at coloured lights that were flashed in front of them.

Kunzendorf discovered that each colour affected the retina differently. Red produced an electrical pattern different from that of green and so on. He then asked the five subjects to imagine the colours one by one: he found that their imagined colours produced the same effects on the eye. More amazing, when Kunzendorf flashed a coloured light at this subjects and asked them to imagine it to be of another colour, they regularly reported seeing the other colour, and 25 percent of the time their eyes responded as though they were perceiving the imagined, not the flashing colour.

Other researchers have also charted connections between what people fantasise and the biological mechanisms involved in actually performing those activities. As far back as the thirties, Edmund Jacobson found that if you visualise yourself doing a particular action - say, lifting an object with your right arm - the muscles in the arm show increased electrical activity. Other scientists have found that

imagining an object moving across the sky produces more eye movements than visualising a stationary object.

Recently, several researchers have begun examining how the images influence one's health. One of the first doctors to use imagery as part of a therapeutic programme was Carl Simonton, a radiation oncologist in Dallas. By combining relaxation with personalised images, he has helped terminal cancer patients reduce the size of their tumours and sometimes experience complete remission of the disease. His patients might visualise their white blood cells as white knights, the forces of good that triumph over the dark force of cancerous cells. Other doctors, including Bernie Siegel, author of the best-selling *Love, Medicine and Miracles*, have also successfully helped cancer patients improve their health with imagery exercises. An increasing number of main stream medical scientists are beginning to recognise mental imagery or creative visualisation as a factor in the process of healing and making visible on the physical plane our human and divine potential.



As everyone has a different ability to produce vivid images, some people benefit more from positive-imagery techniques than others. Nevertheless, health practitioners have found them useful in treating a wide variety of problems and disorders, including depression, insomnia, sexual dysfunction, asthma and fibroid tumours. Despite the success of imaging in healing, however little is known about why or how imagined pictures affect the immune system. Jeanne Achterberg, a psychologist at the University of Texas Health Science Center, suggests that emotions may form the link between mind and immunity.

"Many of the autonomic functions associated with health and disease," she explains, "are emotionally triggered".

Positive attitudes generate the powerful emotions of faith, hope, courage, happiness and belief. Similarly, negative ones generate fear, hostility, helplessness and despair, which are equally powerful. So attitude is not something to consider superficially; the difference between positive and negative attitudes, so far as they affect the body's ability to survive a crisis, is like having two different diseases. One we pronounce curable, the other incurable.

The images we produce may subtly change our emotions, creating an effect positive or negative - on our immunity. As evidence of this, researchers J.K. Kieco ki-Glaser and the late physician Hans Selye documented the lowering of immunity in people suffering from depression and/or stress. The killer T cells, which fight infections, are less active during depression and periods of emotional stress, enabling illness to gain a foothold. For many people, engaging in "coping imagery" during stressful times has helped bolster their immunity.

Medical researchers now believe that if mental imaging can help people overcome disease, it may also help healthy individuals keep their immune systems in good shape. Practising daily positive-imaging techniques may, like a balanced diet and a physical exercise routine, enhance one's health.

Says Anees Sheikh, an authority on Mental Imagery, "The Power of positive thinking is a cliché. Researchers are discovering that having hope can produce physiological changes that make and keep us healthy." Anees Sheikh is Professor and Chairperson of the Department of Psychology at Marquette University in Milwaukee and is one of the leading researchers in mental imagery. He

is the founding editor of the *Journal of Mental Imagery*. His books include *The Potential of fantasy and Imagination*, *Imagination and Healing*. Sheikh says that stress and depression tend to weaken the immune system. "When we focus on unpleasant events in our past, we often become pessimistic and our immunity suffers." Sheikh has developed a repertoire of techniques that are suitable for mental imaging and which are being experimented by researchers at the American Imagery Institute in Milwaukee, Wisconsin.

In a series of studies, Sholomo Breznitz, Director of the Center for the Study of Psychological stress at the University of Haifa in Israel, discovered, for instance that soldiers who knew that the end of a long march was in sight (and therefore had hope) had far less prolactin and hydrocortisone - hormones released in response to stress and anxiety in their bloodstream - than those who didn't know how much farther they would have to hike. That first group of hopeful soldiers was also far more likely to finish its march than the second more pessimistic group. By focusing on the positive, we may be able to bolster our immunity to disease and gain the strength that's needed to achieve our goals.

Evidence is forthcoming to the point that minor infections and viruses may be avoided or made less severe by employing techniques similar to those used by cancer patients who have successfully shrunk tumours through imaging. The hypothesis is that imaging can create the same physiological changes in the body that a real experience can. For instance, at the World Conference on Imaging, Carole Fajoni reported that people who used this imagery technique to heal wounds recovered more quickly than those who did not.

Scientists Dr. Deepak Chopra and Norman Cousins conclude that imagery or creative visualisation is not just a technique but a state of consciousness in which we realise that we are the continuous creators of our universe and we take responsibility for that at all moments. That there is no separation between the human and the divine within us; we are divine expressions of the creative principle on this level of existence. There can be no real scarcity; there is nothing we have to try to achieve or attract; we contain the potential for everything within us.

Courtesy :
Science Express

Eat bananas everyday and keep hypertension at bay is the new mantra of nutritionists. Ripe bananas are a rich source of potassium which keeps a tab on high blood pressure.

Recently, a group of scientists found that bananas inhibit the enzyme angiotensin converting enzyme (ACE), which constricts blood vessels causing high blood pressure. The inhibition of this enzyme by the constituents present in banana can be a big boon to people suffering from hypertension. However, further research needs to be done to fully elucidate the beneficial effects of banana. Apart from its therapeutic properties, banana fruits, leaves, stem and flowers have various other uses also.

Varieties

Among the table varieties Poovan in Tamil Nadu (also known as Karpura chakkara kelli in Andhra Pradesh), Champa, Amrit Sagar in West Bengal; Basrai, Safed Velchi, Lal Velchi and Rajali in Maharashtra, Champa in Orissa and Assam; Sirumalai, Kadali, Ney Poovan and Pacha Nadan in South India are very popular.

The terms 'banana' and 'plantain' need clarification. Banana refers to all the members of the genus *Musa*. Plantains are a defined group within the genus *Musa* which have the AAB genome and are characterised by the orange-yellow colour of both the compound tepal of the flower and the fruit pulp after ripening.

The major differences between bananas and plantains are:

1. The pulp in plantains contain lower moisture percentage compared to ripe bananas.
2. The solids in ripe plantains contain lower sugar concentration compared to ripe banana; and
3. The plantain is typically larger than the common banana. The edible portion of plantain has more starch than banana.
4. Plantains are a much richer sources of betacarotene.

Chemical Composition

Starch constitutes the major carbohydrate of green, unripe banana. As the fruit

ripens, the starch is rapidly hydrolysed into soluble sugars and the percentage of total sugars increase from 1-2 in green banana to 15-20 in the ripe fruit.

The characteristic aroma of bananas has received considerable attention with more than 350 volatile compounds having been identified. The major constituents appear to be amyl and iso amyl esters of acetic, propionic and butyric acids. Bananas contain comparatively large amounts of two physiologically important compounds, namely, serotonin and norepinephrine. Serotonin inhibits gastric secretion and stimulates smooth muscle of intestine. Norepinephrine is a mediator of autonomic function and is used widely as a

vasconstricting agent. The therapeutic uses of banana may be due to the presence of these active principles.

Banana in health

Ripe bananas are considered by to be a nutritious, near complete food if taken in combination with the protein rich milk. They are favoured as food for young babies and elderly persons because they are easily digested and very nutritious. They are excellent for people with stomach complaints, particularly, ulcers and are ideal for those preferring diets with low levels of cholesterol, fats and sodium salts. They are also recommended in the treatment of infant diarrhoea and coeliac disease (intestinal disease with defective digestion of fats).

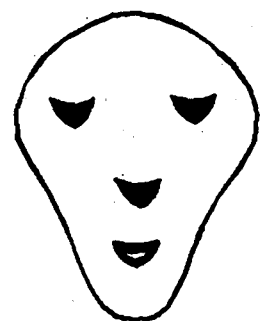
A major feature of the edible portion is its high sugar to acid ratio (100:180) compared with 7:10 for citrus. If we assume 22.2 percent of the fresh banana pulp is sugar and 75.7 percent water, then 83 percent of the dried solids are sugar. This is the reason why sports persons prefer bananas. Its high carbohydrate content helps in releasing required energy rapidly thus facilitating better performance in vigorous sporting events. The sugars present are almost entirely glucose, fructose and sucrose. The potassium content in banana depends upon the variety of the fruit consumed. It may range from about 90 mg to about 400 mg/100 g of fruit. Plantain flower and green plantain have higher amounts of potassium than ripe banana.

Courtesy : Nutrition

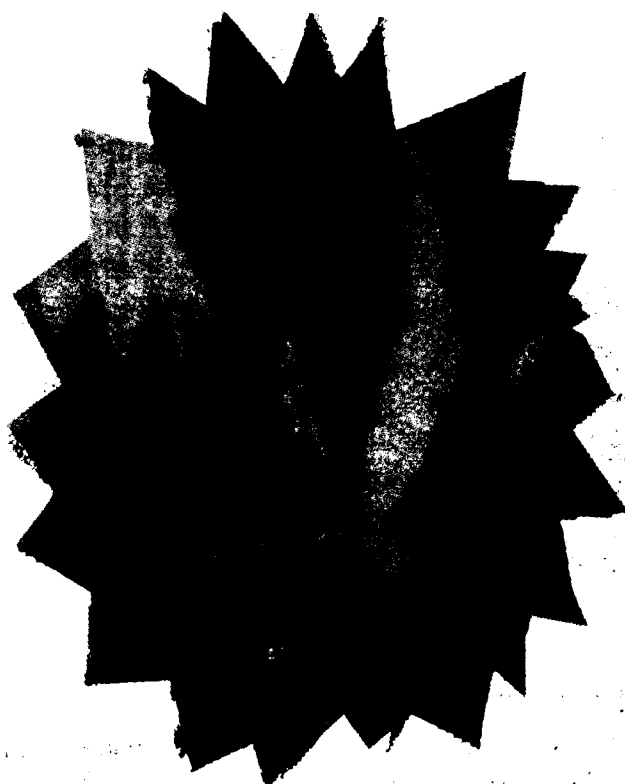


On the eve of the 73rd birth anniversary of Kavignar Kannadasan on 24-6-1999 the Hon'ble Ministers Thiru Arcot N. Veerasamy, Thiru V. Mullaivendan and His Worshipful Mayor Thiru M.K. Stalin garlanded his statue at Thiagarayanagar, Chennai.

FIGHT AGAINST



DRUG ABUSE



CHALLENGE

- Drug Abuse problem has become a global challenge.
- From a transit country, India is fast becoming a major consumer of different kinds of drugs.
- According to studies, the problem has spread amongst all the segments of the society. It is particularly serious amongst slum dwellers, transport workers, commercial sex workers, in the opium growing regions and in the North-East States of India.
- According to rough estimates there are about 3 million addicts in the country including alcoholism.
- Drug addiction destroys individuals, families and communities.
- The threat of drug abuse has assumed a serious dimension on account of the rise in Intravenous Drug Use leading to HIV/AIDS especially in the major Metropolitan cities and the North-East States.

APPROACH

- Drug Abuse is a psycho-socio-medical problem.
- Can be best handled through, community based interventions.
- Objective is the whole-person-recovery of the addict.

STRATEGY

- Building awareness and educating people about ill effects of drug abuse.
- Dealing with the addicts through programme of motivation, counselling, treatment, follow-up and social reintegration of cured drug addicts.
- To impart drug abuse prevention rehabilitation training to volunteers with the view to build up an educated cadre of drug abuse control operators.

ACTION PLAN

- Delivery of services through the network of Non-Government organisation.

- Under a unique programme of Government-NGO collaboration Scheme for Prevention of Alcoholism and Substance (Drugs) Abuse shall provide funds to the extent of 90% of the expenditure to the NGO for providing awareness, counselling, treatment, aftercare, follow up and vocational rehabilitation Centres.
- The NGOs shall mobilise the community support for the social reintegration of the addicts.
- Under the Scheme a network of Drug Awareness Counselling Centres and Treatment-cum-Rehabilitation centres are being run all over the country.

ACHIEVEMENTS

- Under the Scheme for Prevention of Alcoholism and Substance (Drugs) Abuse has been provided to 339 NGOs for running 193 Drug Awareness, Counselling and Assistance Centres and 228 Treatment-cum-Rehabilitation Centres in 1998-99. More than, 70 Treatment-cum-Rehabilitation centres were set up in the year 1998-99.
- In these centres during 1998-99, more than 2.25 lakh addicts registered themselves with these Centres for treatment and rehabilitation
- The budgetary allocation under the grant-in-aid Scheme has increased from Rs.4.6 crores in the year 90-91 to Rs.20 crores for 1999-2000, thus making a four fold rise in financial support to the NGOs.
- The scheme titled as "Scheme for prevention of Alcoholism and Substance (Drugs) Abuse" has been revised recently, based on the feedback received from the implementing agencies, to provide thrust on the complete rehabilitation on the whole person recovery of the addict. The broad changes in the revised Scheme are as under :

- the involvement of the Panchayat institutions and local bodies in awareness generation programmes.
- Flexibility in the eligibility conditions of NGOs;
- Raising the extent of financial support to NGOs in the North-East, Jammu&Kashmir and Sikkim from 90 to 95 percent of the expenditure.
- Broadening the scope of Workplace Prevention Programmes by soliciting greater involvement of NGOs and enterprises.
- Providing the entire treatment and rehabilitation services under the redesigned Treatment-cum-Rehabilitation centres.

Say 'Yes' to life
'No' to drugs.

- Encouraging innovative interventions for rehabilitation.

FUTURE TASKS

- Making provision for encouraging alternative systems/Indian systems for treatment
- A national survey on drug addiction in the country.
- Framing a cogent national policy on drugs.
- More intensive involvement of state government in drug abuse prevention programme.
- Greater focus on rehabilitation and social reintegration of addicts into the society.
- Stepping up of training of service providers.
- Effective utilisation of existing institutions such as Panchayat, Primary Health Centre, Sub-Centre, Zilla Parishad, Anganwadi channels to disseminate information and create awareness.

- Project based approach to deal with drug abuse in the North-East, States.
- Thrust on prevention initiatives in the work place settings with greater involvement of corporate sector.

TURN ON MUSIC TURN OFF DRUGS

Geographically, India is flanked on the west by the "Golden Crescent" countries comprising Pakistan, Afghanistan and Iran, on the East by the "Golden Triangle" comprising Myanmar, Thailand and Laos, world's two most important source of supply of illicit opiates and on the North by Nepal, which is an important source of cannabis. Due to this geographical position, since the Eighties, the country had been increasingly facing the problem of illicit trafficking of drugs originating from the said areas destined for the illicit market in the West.

Government of India in order to deal effectively with the drug trafficking in the country repealed the age old Opium Acts and the Dangerous Drugs Act and enacted the Narcotic Drugs and Psychotropic Substances Act in 1985. The NDPS Act provides for stringent punishments including the death sentence in certain cases of repeated offences and forfeiture of property. It empowers a number of Central and State Government Agencies to enforce the provisions of the Act. This Act is also in consonance with the single Convention on Narcotic Drugs, 1961, the UN Convention on Psychotropic Substances, 1971 and the United Nations Convention Against Illicit Traffic in Narcotic Drugs and Psychotropic Substances, 1988. Some amendments of the NDPS Act, 1985 to make the penal provisions more rational are under consideration. Government of India has also enacted the Prevention of Illicit Traffic in Narcotic Drugs and Psychotropic Substances Act, 1988 which provides for detention of persons to prevent them from indulging illicit drug related activities.

The Narcotics Control Bureau in the Ministry of Finance, besides enforcing the provisions of the NDPS Act through its field units located at Mumbai, New Delhi, Calcutta, Chennai, Varanasi,

Jodhpur, Ahmedabad, Jammu, Chandigarh, Imphal and Tiruvananthapuram also coordinates the efforts of all State and Central enforcement agencies as well as foreign and international organisations.

All the enforcement agencies, both Central and State have over the past many years done a commendable job of controlling drug trafficking in the country. The performance of the Indian drug enforcement agencies such as the International Narcotics Control Board (INCB) in their reports:

On the occasion of International Day Against Drug Abuse and Illicit Trafficking I call upon the enforcement agencies to continue the good work and help the country get rid of this evil and request everyone to join us in our war against drug abuse. I also call upon the public to share information about drug trafficking with the Narcotics Control Bureau. Liberal cash rewards are paid by the Government and the identity of the person giving information is also kept secret.

Information about drug trafficking may be conveyed on any of the following telephone numbers:

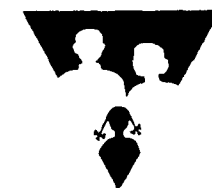
- ☎ Delhi 6186283
- ☎ Mumbai 2621593/2616019
- ☎ Chennai 49127181
- ☎ Calcutta 2474589
- ☎ Imphal 223940
- ☎ Jammu 592142
- ☎ Varanasi 348574
- ☎ Jodhpur 434190/431860
- ☎ Ahmedabad 7489602
- ☎ Chandigarh 743922
- ☎ Trivendrum 329262

Narcotics Control Bureau

Source : davp

★ ★ ★

LET US PONDER!



The Population of India was 36 crore in 1951. It is likely to cross the 100 crore mark by the end of the present millennium. Can we really afford continued growth on this scale?

The health of the nation is the sum total of the health of all families living in our country. The health of the individual, the family and the community depends on the wealth produced by the soil, water and air of our land.

All of us have seen how unchecked Population growth exerts almost unbearable pressure, even on the seemingly boundless resources of nature. The shrinking living space, the fast disappearing forests and trees, the scarcity of drinking water, lack of basic amenities and the scourge of illiteracy and ill-health - are not all these realities being experienced by each of us everyday?

Only a small family can get its due share of the wealth of our Nation. Only a small family can take good care of the health of every member, especially the health of its women and children which guarantees the Nation's good health.

On the threshold of a new century and a new millennium, we must resolve to stabilise the population of the country. Each of us must play a part in this endeavour by keeping our own family small, so that every child born can expect good health and a prosperous life in the years to come.

World Population Day - July 11, 1999

Source : davp



THIRUKKURAL

The Code of Conduct for the mankind

அரங்கின்று வாட்டாடி யற்றே நிரம்பிய
நூலின்றுக் கோட்டி கொளல்

Arangindri Vatadi yatre nirambiya
nulintri koti holal.

'A man without deep learning attempting to take part in the councils of the learned scholars is like playing the game of ball without marking the boundary line on the ground.'

COMMENTARY

Playing ball without laying out a field will be an erratic game. It will be just striking the ball in a hysteria. Similarly, a person without culture speaking in a learned assembly would be aimless and erratic like the rantings of a hysterical patient.

★ ★ ★

கல்லா தவரும் நனிதல்லர் கற்றார்முற்
சொல்லா திருக்கப் பெறின்.

kalladhavarum naninallar katrarmut
jolla dhiruka perin.

'Even illiterate persons may appear respectable if they maintain silence in the presence of the learned.'

COMMENTARY

If an illiterate person keeps silent in a learned assembly, he may keep up a

respectable appearance even though quite ignorant. But the moment he opens his mouth he will be discovered to be a thorough blockhead.

★ ★ ★

கல்லாதா னெட்பம் கழியநன் றாயினும்
கொள்ளா ரிவடையார்

kalladha notpan gaziyanan drayinun
golla rarivudai yar.

'Even if an illiterate person is very useful as a friend, learned persons may not seek his friendship.'

COMMENTARY

Friendship with an illiterate person for a learned man would be an encumbrance and a liability.

★ ★ ★

கல்லா வொருவன் றகைமை தலைப்பெய்து
சொல்லாச் சோர்வு படும்.

kalla voruvan drahaimai dhalaipaidhu
sollada sorvu badum.

'An illiterate man's conceit about his own intelligence will vanish the moment he begins to hold conversation with a learned person.'

COMMENTARY

An illiterate man may entertain false notions of his own capacity. His pride will be

shattered if a learned scholar engages him in conversation for a few minutes, when his ignorance will be fully exposed.

★ ★ ★

உளரென்று மாத்திரைய ரல்லாற் பயவாக்
களரணையர் கல்லா தவர்.

Ulaennu mathiraiya rallat payava
kalaranaiyar kalla dhavar.

'The only satisfaction about illiterate men is that they are alive. But from the point of view of usefulness, they are like a barren field with saltish soil.'

COMMENTARY

Nothing could be grown in a field with saltish soil. Hence it must remain barren without producing anything. Similarly, an illiterate person will be of no use to the general public though he is alive like any other animal.

★ ★ ★

நுண்மா னுழைபுல மில்லா னெழினல
மன்மான் புனைபாவை யற்று.

nunma nuzhaibula milla nezinala
manmaan bunaipavai yatru.

'A person devoid of valuable knowledge obtained by the study of books dealing with subtle subjects, being beautiful in body and decked with ornaments will appear like a wooden toy made beautiful by ornaments.'

COMMENTARY

What is really valuable in man is his inner beauty of intelligence. The external beauty of the body decked with ornaments would make

him quite identical with a beautiful wooden statue without life and intelligence.

★ ★ ★

நல்லார்கட் பட்ட வறுமையி னின்னாதே
கல்லார்கட் பட்ட திரு.

nallarhat patta varumaiyi ninnadhe
kallahat patta dhiru.

'Fortune in the hands of an illiterate person will be a greater evil than poverty in the case of learned men.'

COMMENTARY

A learned man though in the grip of poverty will never degrade himself by an unbecoming conduct. But wealth in the hands of an illiterate person will make him a menace to society.

★ ★ ★

விவங்கொடு மக்க ளனைப ரிலங்குநூல்
கற்றாரே டேனை யவர்.

vilangodu makka lanaiya rilangunul
katro denai yavar.

'Man by nature is distinctly superior to lower animals. The same amount of superiority will be present in the learned when compared to the illiterate.'

COMMENTARY

Men and lower animals are not of the same kind. Similarly it is erroneous to group together both the learned and the illiterate as of a same class.

★ ★ ★

TEA! No sooner the word is uttered, your nostrils can actually smell the brewing beverage, and wow! it gives a refreshing touch to the tiresome daily routine. Who would have guessed way back in the 19th century that tea would become such a vital part of every Indian household! The mystery of this hot beverage was unravelled as early as 3000 BC.

Tea is the most popular and oldest known beverage relished by over two-thirds of world's population. It is the cheapest hot beverage liked by the poor and the rich alike due to its refreshing taste, stimulating and fatigue relieving action. Since the last few years, scientists have been working to unravel its disease preventing, therapeutic properties.

Tea Plant and Types of Tea

Tea is a perennial plant with a lifespan extending over 100 years. It is a shade-loving plant, requires a humid climate and well-drained soil. Tea essentially signifies two or three leaves and the terminal apical bud of the shrub *Camellia sinensis*. The fresh young leaves are picked by hand. They are dried in hot air for a day, then rolled to crush the plant cells. This releases natural enzymes that ferment the leaf, forming the tannins which turn it from green to brown.

In order to stop fermentation, it is then dried by bringing into contact with hot air in automatic machines. Consequently, the colour of the tea turns from brown to black. Black tea constitutes 78 percent of the total tea manufactured in the world. In India, almost all the tea consumed happens to be black tea.

For green tea, fresh leaves are steamed in a blanching bed. This kills the enzymes, so there is no fermentation and no change of colour. It is mostly consumed in Japan and China. Green tea constitutes 20 percent of the total production.

Oolong, also called Ponchong or Red Tea is half-fermented and is neither black nor green,

but somewhere in between. It forms only two percent of the total tea production.

Most of the tea we buy are blends, mixed from different pure teas. This ensures that we always get the same flavour. Specialist tea-tasters blend the teas as per the market demand. And practice maketh a man perfect. Now, there is also a Tea-Taster's Academy which has recently come up in Coonoor in the Nilgiris.

Varieties of Tea

Green, orthodox and CTC (crush, tear, curl) are the main varieties of tea available globally. China is the largest producer of tea which produces mostly the orthodox variety, whereas the African countries produce only CTC tea. India produces both orthodox and CTC varieties. While leaf is more popular in Northern India, dust is popular in the south. Central India has almost an equal consumption of both varieties.

The Cup That Cheers

Chocolate, jasmine, mandarin orange peel, bergamot and other sweet herbs are only a few of the flavours available in some countries. In India, cardamom and ginger flavours are popular.

Recent Trends

'Tea bag' is perhaps the best innovation entering into the tea industry in this century. It was created by a tea merchant way back in 1905 as a high class convenience product - a silk bag, tied at the neck with a string. His customers were intended to open the bag and empty the weighed quantity of tea into their teapot, then fill up with water as usual. But it did not take long to see that the whole bag could be put in boiling water. And

Dr. A. SAIBABA

the tea bag had been invented. We now find this 'Cinderella of the tea industry', dressed in paper instead of her silken gown in every super-market.

Increasing trend towards tea consumption has led to the introduction of a large number of tea brands at competitive rates in the consumer market, all of which employ the same technique for preparing the tea beverage.

The preparation involves addition of water, milk, tea leaves or dust and sugar, boiling for some time and then filtering it. Making tea has become easier with products like value-added teas such as ready-to-drink or instant type or complete tea powder. Complete tea powder is ready for reconstitution tea, devoid of lengthy process of mixing several ingredients, as it already contains all these basic ingredients viz. milk, tea solids and sugar.

Recently, a leading tea manufacturer developed 'Chicory tea'. It comprises 70 percent tea, 20 percent chicory and 10 percent tapioca. However, it may need clearance from the authorities concerned to establish its conformity to Prevention of Food Adulteration Act (PFA) before its release into the market.

Nutrient profile

The nutrient composition of the leaf varies due to varietal differences, environmental effects, method of processing and mode of preparation. The composition of compounds identified in unprocessed tea leaf include 20 percent protein, 30 percent carbohydrates, 2 percent lipids, 33 percent polyphenols, 5 percent caffeine, 7 percent vitamins and minerals. The availability of minerals like iron, copper and fluoride is too low to have any effect on health. However, five cups of tea supplies 25 percent and 10 percent of the

daily requirements of minerals like manganese and zinc respectively.

History

The Chinese used tea as a medicinal tonic as early as 3000 BC. Initially, they made it into cakes of pressed leaves and ate it. By the 6th Century AD, tea had become a popular drink associated with the exalted spiritual values of Taoism. The Chinese also invented fine porcelain, known as Chinaware, to drink tea. The decorative tea-pots and cups made tea consumption more pleasurable.

The taste of tea spread to Japan in the 11th Century. Drinking tea became a ritual, precisely

orchestrated to achieve a purity of spirit and an aesthetic perfection. The earliest mention of the use of milk in tea appeared in a book of travel by Dutch author, Jean Nieuhoff, who observed this practice in Canton area of China in 1655.

Tea arrived in Europe in the 17th Century. In Britain, it gained immense popularity. By 1834, the Britishers introduced tea in India and Sri Lanka and British planters started growing it in

these countries. Later, they began to compete with China for the top slot in tea production. The history of tea production in India spans more than 160 years. The rapid expansion of its cultivation in Assam was followed by the establishment of plantations in Darjeeling, Tarai and Dooars regions of Northern Bengal and the Nilgiris and is often referred to in relation to the places where it is grown. This beverage is also known as *chai* in India. The word *chai* is derived from a Cantonese word *chah*. Orange Pekoe Tea from Sri Lanka, Lapsang Tea, Sonchong Tea, Earl Grey Tea from China, etc are quite popular.

- Courtesy : Science Express



NALADIYAR

அன்புடையார் சொல்லும் அறநெறிகளை அறிவுடையார் அன்றி அறிவிலார் பயனுள்ளதாகக் கொள்ளார்.

அருளின் அறம்புகைக்கும் அன்புடையார் வாய்ச்சொற் பொருளாகக் கொள்வர் புலவர்; - பொருள் அல்லா ஏழை அதனை இகழ்ந்துகொள்ளும் பற்கூழை முழை கவையனா தாங்கு.

Only the wise value the wise

Men of Sense receive as a reality the words from the mouth of the loving ones who graciously teach virtue. The (ignorant) wretch, himself unreal, speaks (of virtue) with contempt. Just so the ladle distinguishes not the flavour of the rice boiled in milk.

★ ★ ★

மேலோர் கூறும் நன்நெறிகளைக் கீழோர் கௌதிகழுவார்

அவ்வியம் இவ்வார் அந்தா நுகர்க்கும்பார் செவ்வியர் அவ்வார் செவிகொடுத்தும் பேசுவார்; கவ்வித்தோ நின்றுப் குணங்காநாய் பற்றோற்றிக் செவ்வி கொளநேறா தாங்கு.

Foolish people hearing hear not.

When men of ungrudging soul declare the way of virtue, those who are not rightly disposed, although they give ear, hear not.

Even so the currier's dog seizes on and devours leather, not appreciating the flavour of milk and rice.

★ ★ ★

அறநெறிகளை அறிவுமறிலிலாத கீழோர் இருக்கினும் இறப்பினும் பயனில்லை

இமைக்கும் அளவிற்றம் இன்னுயிர்போ' மரக்கம் எனைத்தானுத் தாங்கன் புருத்தும் - தினைத்துணையும் நன்றி புகின்ன நாவின் மயங்கக் கொன்றின்ன, கொன்றக்கால் என்?

Useless in life and unmourned in death

What matters it whether they live or die - the shameless stupid people who do no good, not even as much as a grain of millet, though they see by

every species of example the way in which their life so sweet to them, passes away in the twinkling of an eye?

★ ★ ★

புல்லறிவினோன் பலரோடும் பகைகொள்ளுவன்

உளநான் சிலவால் உயிர்க்கேமம் இன்றால் பலர்மன்னுந் தூற்றும் பழியால் - பலருள்ளும் கண்டாரோ டெல்லா' நகாஅ தெவன்ஒருவன் தண்டித் தனிப்பகை கோன்?

Since being's days are few, and life no safeguard owns, and guilt by many blamed is rife, mid many men, why, laughing not with all they see, should any sulk apart, and nurse a sullen hate?

★ ★ ★

புல்லறிவினோன் பிறரை இகழ்ந்து பேசுவதையே தனக்குப் பயனாகக் கொள்வான்

எய்தி இருந்த அவைமுன்னர்ச் சென்றென்னி வைதான் ஒருவன் ஒருவனை; - வைய வயப்பட்டான் வானா இருப்பானேல், வைதான் வியத்தக்கால் வரலும் எனின்.

The evil tongue

A man has gone before the assembly that had gathered together, and contemning another has reviled him. Now, if the reviled one remain silent, the reviler is to be wondered at if he survive; (for abuse is his very life, and the patience of the reviled one has closed his mouth.)

★ ★ ★

புல்லறிவினார் நற்கருமங்களைச் செய்யாது செல்லப்பெருக்கத்தினால் மதிமயங்கி விணான் கழிப்பார்

தாமையும் இன்புறார், தக்கார்க்கு நன்றாற்றார், ஏமஞ்சார் நன்னெறியுஞ் சேர்க்கார், - தாமயங்கி ஆக்கத்து ழங்கி அவத்தமே வாழ்தானைப் போக்குவார் புல்லறிவி னார்

Wasted lives.

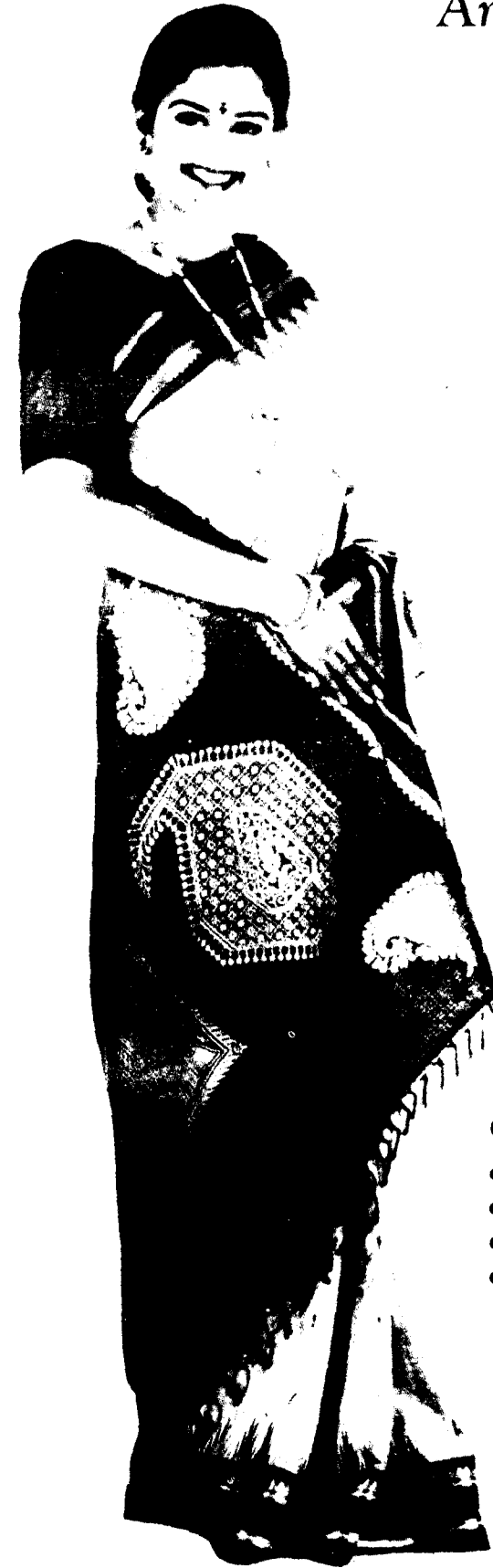
Men of scanty wisdom are those who do not themselves enjoy any sweets of life, bestow no benefactions on worthy persons, draw not nigh the good path that safeguards (the soul), but infatuated and absorbed in the acquisition of wealth, pass away their days of life in vain.

★ ★ ★

Any Festival... Any season...

Any time...

Co-optex



Co-optex ranges:

- Cotton, Silk, Polyester and Blends
- Sarees • Dress Material • Suitings
- Shirts • Lungis, Towels, Dhotis
- Furnishings, Bedsheets

Co-optex
TAMILNADU HANDLOOMS

• Visit your nearest Co-optex Showroom.

Tamil Arasu

Regd. No. M. 867

சென்னை

98

AL

Tamil Arasu

AUGUST 1999

சிந்தித்து
தமிழ்நாடு ஆண்டு
மற்றும் வரலாற்று ஆராய்ச்சி
28 ஆக 1999
தமிழ்நாடு ஆண்டு
மற்றும் வரலாற்று ஆராய்ச்சி

தமிழ்நாடு ஆண்டு
மற்றும் வரலாற்று ஆராய்ச்சி



Periyar Memorial Samathuvapuram
Arumpathu - Villupuram District.

Periyar Memorial Samathuvapuram
Thekkalur - Coimbatore District.



**நமது அன்றாட
பழக்கவழக்கங்களால்,
எய்ட்ஸ் வராது.
அதற்கு நீங்களே
ஒரு உதாரணம்.**

காலையில் எழுந்தது முதல் ராத்திரி படுக்கப் போகும் வரை நீங்கள் எத்தனையோ பேரைச் சந்திக்கிறீர்கள். ஓட்டலுக்குச் செல்கிறீர்கள், கினிமா பார்க்கிறீர்கள், நெரிசலான பஸ்ஸில் பயணம் செய்கிறீர்கள், பலருடன் கை குலுக்குகிறீர்கள்.

இவர்களில் யாருக்காவது எச்ஐவி/ எய்ட்ஸ் பாதித்து இருக்கலாம்.

சாதாரண பழக்கவழக்கங்களின் மூலம் எய்ட்ஸ் பரவுவதாக இருந்தால், உங்களையும் எய்ட்ஸ் பாதித்திருக்க வேண்டும்.

ஆனால் அப்படி இல்லையே...

ஏனெனில், கை குலுக்குவதாலோ, உணவைப் பகிர்ந்து கொள்வதாலோ, தொடுவதாலோ, தும்மலினாலோ, கழிப்பிடத்தை அனைவரும் உபயோகிப்பதாலோ, எய்ட்ஸ் பரவுவதில்லை.

எனவே எய்ட்ஸ் பாதித்தவரைக் கண்டு நீங்கள் ஒதுங்க வேண்டியதில்லை. உங்களுக்கு எந்த ஆபத்தும் இல்லை.

அவர்களும் நம்மைப் போன்றவர்கள்தான். அவர்களுக்கு எப்பொழுதும் போல நாம் அன்பும், ஆதரவும் காட்டுவோம்.

**சிறிதளவு ஆதரவு பெருமளவு
சுமையைக் குறைக்கும்.**

**குழந்தை பிறப்பைத் தடுப்போம்
எய்ட்ஸ் வந்தோரைக் காப்போம்**



மேலும் விவரங்களுக்கு அணுக வேண்டிய முகவரி :
தமிழ்நாடு எய்ட்ஸ் கட்டுப்பாட்டு அமைப்பு
417, பாந்தியன் ரோடு, சென்னை - 600 008.
தொ.பே.: 8255467, 8255261, 8254917.
24 மணிநேர தொ.பே.: 8256882, 8256864.

Mudra:TNSACS:8259:98

TAMIL ARASU

Magazine of the Government of Tamil Nadu

THIRUVALLUVAR YEAR 2030

AADI - AAVANI

AUGUST - 1999

In this issue...

- ★ Victory to India! Long live Tamil Nadu! 2
- ★ The Slum Clearance, improvement and resettlement policy to give a social uplift and make self-dependent 4
- ★ The STEP to increase the self reliance of women 9
- ★ Thirukkural - The code of conduct for the mankind 17
- ★ 'Chew' water for good health 19
- ★ Art and Architecture in Kumari continent 23

I & IV WRAPPERS

The Hon'ble Chief Minister Kalaignar M.Karunanidhi hoisted the National Flag and distributed sweets to the Children on the occasion of the Independence Day, at the ramparts of Fort St.George on 15-8-1999.

Editor and Publisher: G.Muthusamy, I.A.S., Director of Information & Public Relations, Government of Tamil Nadu
Office: 'Tamil Arasu', Omanthurar Government Estate, Anna Salai, Chennai - 600 002. Phone : 5368926, 5368927
Printed at: Tamil Arasu Press, Chennai - 600 002. Phone : 5364906

Victory to India! Long live Tamil Nadu!!

- The Hon'ble Chief Minister, Kalaingar while hoisting the National Flag at the Ramparts of Fort St. George on 15th August, 1999.

"We celebrate the Independence Day every year; we have been forced to celebrate the election mela also every year.

This hard-earned freedom we got after thousands of our countrymen suffered in the prisons, and were subjected to torture and shed their tears and blood to drive away the foreign domination.

To-day is the day when we take the vow - to safeguard the hard-earned freedom - to protect every inch of our land from foreign invasion - to make this a great nation in the world, to strengthen and glorify this country.

To-day we have witnessed the fighting in the Kargil sector and have seen success made by our forces; we are marching ahead without conceding an inch to the enemy infiltrators.

We pay homage with tears in our eyes to the martyrs of our country who have laid their lives in this great task in the snow ranges of the Himalayas.

We particularly salute the great Heroes from Tamil Nadu who had gone to the Kargil-front and had sacrificed their lives for this great country.

- ★ Major Saravanan from Bhima nagar, Trichy,
- ★ Naik R. Kamaraj from Thanjavur
- ★ Chopper Jayavelu from Kattukkanallur, Thiruvannamalai
- ★ Gunner Palani from Oosimalaikuppam, Thiruvannamalai
- ★ Lt. Col. Raghavan from Tambaram
- ★ Senthil from Karianampatti - Theni
- ★ Basker from Trichy
- ★ Havildar Safiyullah from Kaveripattinam
- ★ Abdul Sathar from Coonoor, The Nilgiris

- ★ Mukilan from Kotur, Sivagangai and
- ★ Prasad from Paingulam, Kanniyakumari.

They are the Heros of the 'New Pura Nanooru' of Tamil Nadu.

People like them have left their near and dear in the hope that we and the country will take care of them. The State and Central Govern.nents have taken up this responsibility of providing a decent life for the families of the martyrs.

Rupees 5 lakhs have been given as cash relief to each of the 11 families of the deceased heroes:

Orders have been passed,

- allotting a higher income group flat worth Rs.7 to 11 lakhs to each of the bereaved families;
- providing Government jobs on compassionate grounds to the legal heirs of these families;
- meeting the educational expenses of the children of these families till they complete their graduation.

Orders have also been issued providing reservation of seats in engineering, medical and Arts Colleges for these children.

A senior officer of the Ex-serviceman Welfare Board has been appointed as Special Officer to visit each and every one of the families of those who died or injured in the Kargil Sector, to ascertain the family circumstances and to provide immediate relief from the State and Central Governments and to get the other requirements of these families fulfilled by the Government.

I am handing over another Rs.25 crores from these funds tomorrow to the Prime Minister.

Our Country has seen many achievements after independence; still we have to show many more achievements.

Nobody can forget that it is we who got the State Chief Ministers the freedom to hoist the National Flag on the Independence Day from the Ramparts of the Fort.



A huge amount has been received for the Kargil Defence Personnel Relief Fund established by us for this noble cause. Tamil Nadu stands first and has set an example for other States in raising the Kargil Defence Personnel Relief Fund.

I am proud to say that the liberal contributions from the people of Tamil Nadu to the relief fund in response to the appeal made by the State Government in the last week of June have exceeded rupees fifty crores i.e.Rs.50 crores and 43 lakhs in 52 days.

This awakening is a symbol of the unbounded patriotism shown by the people of Tamil Nadu.

I have earlier handed over Rs.15 crores to the Prime Minister from the Kargil Defence Personnel Relief Fund on behalf of the people of Tamil Nadu.

To-day is Independence Day. Ours is a free Country. Yet there is no freedom on this Independence Day for us to explain the plans and achievements of the Government, or to announce new schemes. This is due to the orders of the Election Commission; and this is because of the problem of frequent Elections.

For starting the schemes already announced, and for implementing the schemes started, there should be a stable Government at the Centre and the continuance of the peaceful rule in the State.

We will take a pledge on this Independence Day to ensure this, and complete the task.

Victory to India. Long Live Tamil Nadu". ★

The slum clearance, improvement and resettlement policy to give a social uplift and make self-dependent

Slums have become the landmark of every Metro, Urban cities and towns. The migration of unskilled labourers into city in search of employment causes new slums. Due to lack of required skill and their sufficient income, they occupy vacant Government/Poramboke/Private lands near their work spots by putting up mushroom like hutments. The poor people live in such hutments, which lack sanitation facilities resulting in unhygienic environment. Those slums continue to proliferate further due to natural population growth as well as continuous migration from rural areas.

Due to over crowding in small piece of land the slums become dense. These slum dwellers need to be rehoused in proper settlements with all basic infrastructures to protect them from vagaries of monsoon, fire and flood. Keeping in mind the cost overrun and continuous maintenance cost, an immediate remedy has to be thought of to benefit more families within a time frame and budget by providing all necessary basic infrastructure simultaneously.

The slum dwellers squatting on objectionable areas are to be necessarily rehabilitated in alternative places with the required infrastructure nearer to city limits due to inability to take up neither clearance nor improvement programmes

in those areas. In order to facilitate desilting operation and improve Cooum/Adyar river, Buckingham canal and Otteri Nullah under the Chennai Flood Relief Project, it has become necessary to resettle the slum dwellers elsewhere not only to protect them from flood but also to prevent pollution.

The slums are the manifestation of urban poverty. The slum clearance, improvement and resettlement policy addresses to give a social uplift and makes them self-dependent through education, vocational training, health and employment generation programmes. Unless drastic and time bound measures are taken, the slum population will assume mammoth proportions, leading to a total disarray of urban development. It is in this context, the role of Government in tackling the slum issue becomes pertinent. Taking stock of the situation, the Tamil Nadu Slum Clearance Board was established in 1970 by the Hon'ble Chief Minister Dr. Kalam with the following objectives, for the clearance and improvement of slum areas so as to mitigate the pathetic conditions of the slum dwellers as well as to provide a better urban development with tenurial rights to the erstwhile slum dwellers.

Objectives

- ★ To resettle and rehabilitate the slum dwellers located in flood prone and other vulnerable areas of the urban centres in an environmentally clean atmosphere at the periphery of the city by ensuring all basic facilities.
- ★ To safeguard the tenants in private slums and to provide security of tenure.
- ★ To provide basic amenities like drinking water supply, roads, storm water drain, public conveniences, sewer lines, street lights etc. to all the slums.
- ★ To improve their standard and ensure better quality of life to all the slum dwellers.

Policy on Slums

- In view of the pressing need for redressing the problems of slums, within the limited financial resources, the emphasis will be on clearance and improvement of slums.
- It aims at providing good shelter to the slum dwellers at affordable cost.
- It promotes participation of the slum dwellers in clearance and improvement of slums.
- Wherever in-situ development is possible, such slums shall be taken up for in-situ improvement and basic facilities provided.
- The slums located in congested unhygienic areas of the urban centres shall be cleared and tenemental schemes put up.
- Wherever neither tenemental schemes nor in-situ development is feasible, rehabilitation through sites and services approach shall be followed. Under this approach, the cost of

development of sites will be kept at a limit affordable to the slum dwellers.

Tamil Nadu Slum Clearance Board has been adopting the following concepts to convert the above policies into programmes:

- The families living in hutments in congested unhygienic areas of the urban centres are rehoused in multistoreyed tenements constructed in the same area.
- The slums are significantly improved with basic infrastructure and conferment of land tenure and make it a good habitat.
- The slum families encroached in areas required for further urban developments like MRTS, pavements, road margins and water course areas are being resettled and rehabilitated near city limits in storeyed tenements.

The Tamil Nadu Slum Clearance Board is the official machinery of the Government for



implementing the policy on slums. The Board is governed by a Chairman, Managing Director and 10 members representing various departments of the Government. The Board formulates various programmes as detailed below, keeping in mind the motto "We shall see God in the smile of the poor".

Slum Clearance Programme

More than 35% of the city population in Chennai are living in slums and 50% of them are in dense slum areas. These areas are devoid of basic amenities and a single hut is being shared by 2 to 3 families. The families living in these habitations are affected by frequent fire accidents and seasonal floods. In view of the dense nature, these slums cannot be improved in situ. Hence TNSCB has programmed to resettle the slum families living in dense areas in multi storeyed tenements.

The slum clearance programme envisages the construction of multi storeyed tenements with adequate infrastructure like water supply, sewerage, roads, street lights etc. The eligible slum families are enumerated and persuaded to move to alternate temporary shelters in nearby locations during the period of construction. TNSCB constructs multi storeyed tenements with adequate infrastructure on those vacated land. The tenements so constructed are allotted to the genuine slum families who are living there earlier through drawal of lots. TNSCB constructs adequate number of tenements so as to accommodate all in that particular locality. HUDCO is providing 70% loan assistance to this programme which will be repayable over a period of 15 years. The remaining 30% is provided by the Tamil Nadu Government as margin money. The cost of tenement at present works out to Rs.1 lakh. TNSCB make sure that the temporary shelters put up earlier are cleared to resettle the slum families soon after the allotment. Only those families who have the documentary evidence in the slum are eligible for allotment. TNSCB has

constructed 66,014 storeyed tenements at the cost of Rs.98.50 crores in the following metros and urban centres.

Name of the City/Town	No.of tenements
Chennai	59590
Erode	1882
Kumbakonam	206
Trichy	927
Madurai	604
Salem	784
Coimbatore	750
Karur	256
Sankarankoil	48
Thuthukudi	160
Thirunelveli	532
Nagapattinam	117
Thanjavur	50
Tiruppur	108
Total	66014

Environmental Improvement of Urban Slums

Tamil Nadu Government have a committed policy to have rapid development with utmost concern for environment. They should go hand in hand and not in isolation to one another. Keeping this in view TNSCB has given a new thrust to improve the general environment condition of unhygienic slums. To make the area a good habitat, an environmental improvement programme is implemented by providing physical infrastructure on a "As is where is" basis at an average cost of Rs.2000 per family on the following standards.

1. One bath for 10 families
2. One toilet for 10 families
3. One public fountain for 20 families
4. One street light at 40m interval of road

This programme is being implemented out of the budgetary support provided by the Government every year. This programme aims to provide basic infrastructure to all the needy sections of the urban slum families within a time frame. The slum improvement works have been carried out to 2,27,000 families living in hutments at a cost of Rs.29.34 crores.

The slum improvement works like roads, street lights, public fountains will be provided to benefit 30,000 families living in slums in Chennai and other towns at a cost of Rs.6 crores during 1999-2000.

Rehabilitation and Resettlement of the Slum families living in objectionable areas in Chennai City

Chennai is the fourth most populous metropolitan city in the country. The vacant sites of water course margin, road margin, along the alignment of MRTS are encroached by the migrant poor. There are 69,000 families living in such objectionable areas. These habitations are devoid of the minimum basic amenities and subjected to the onslaught of annual flood and frequent fire accidents. As the areas occupied by them are to be retrieved to hand over to the land owning department for future development activities, a special programme has been drawn up to resettle and rehabilitate these slum families living in highly objectionable areas near the periphery of the city. This scheme is being developed as massive housing complex, with required common facilities like ration shops, milk booths, dispensary, bus terminal, schools, community hall, police station, fire station, commercial complexes, parks etc. The scheme area is filled up to a depth of 2 Meters to prevent inundation during monsoon. It is proposed to construct 2 storeyed basic shelter units having a plinth area of 150 sq.ft. with adequate infrastructure like roads, street lights, water supply, sewerage arrangements, land scapping and tree planting. Soon after the completion of the project, the slum families living in

objectionable areas in Chennai city will be rehabilitated and resettled in shelter units. TNSCB has spent Rs.8.91 crores for this scheme.

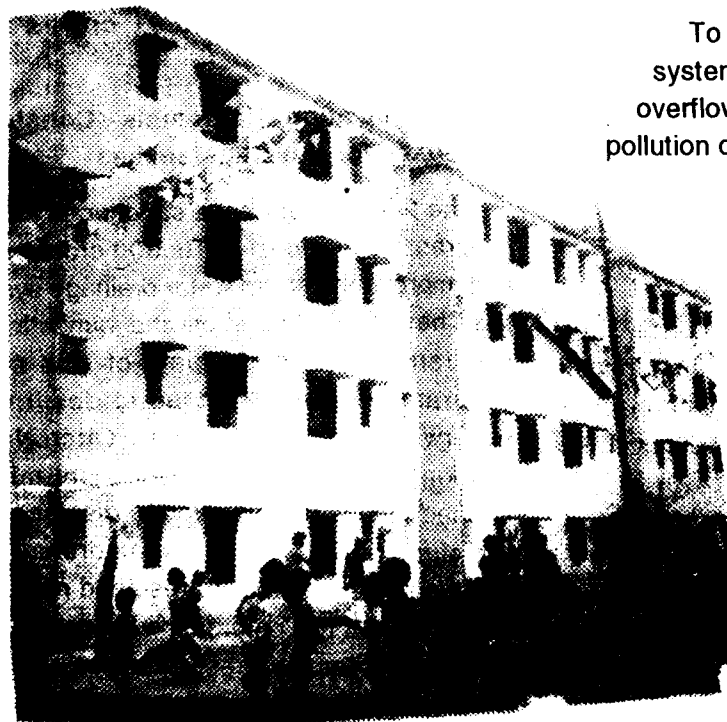
Flood Alleviation Programme - Construction of houses for the slum families

The Government have sanctioned a massive programme at a cost of Rs.300 crores to desilt and improve the storm water drainage systems in the Chennai city to prevent the inundation of the residential areas. As part of this massive programme, it is proposed to desilt the city waterways like Adyar, Cooum, Otteri Nalla and Buckingham canal. Keeping in mind the consequences on this sudden displacement of the slum families which are hindrances to the desilting operation will be resettled near the city limits. TNSCB has programmed to construct 3000 houses to resettle these families at a cost of Rs.37.50 crores. The required shelters for this Rehabilitation and Resettlement programme will be constructed at Okkium Thuraipakkam under Phase II.

Providing A.C. Sheet Roof to Slum Families

The benefits of the shelter and other programmes implemented for the slum families could not be extended to all the needy sections within a time frame due to resource constraints. The slum families migrating to Chennai city are not able to construct good shelter on their own and put up temporary huts near their work spots, with cheap building materials susceptible to frequent fire accidents and inclement weather. The Hon'ble Chief Minister has announced that the Government will bear the cost of providing A.C. Sheet roof for the slum families living in Metros of Chennai, Madurai, Trichy, Thirunelveli, Salem and Coimbatore. During the year 1998-99, TNSCB has successfully completed the programme of providing A.C. sheet roof for 7936 families at a cost of Rs.5 crores. The funds required for this programme was provided in the budget.

It is identified that 50,025 slum families are living in unobjectionable areas in Chennai.



spent Rs.70 lakhs and the works are nearing completion.

To systematise the existing sewerage system in tenemental areas, to avoid the overflow of the sewage and to prevent the pollution of city waterways, it is programmed to spend Rs.75 lakhs under part II scheme to upgrade the existing sewerage infrastructure in 4 slum tenemental areas in Chennai.

Community Development Activities

A Community Development Wing is functioning in TNSCB and carrying out the following activities.

Employment and Training Programme.

Community planning and participation.

Project on "control of diarrhoeal diseases through water and sanitation with British Airways assistance."

Child labour elimination project.

Health and sanitation programme.

During the year 1999-2000, about 250 persons from the slum areas in Chennai are expected to be trained in trades like Nursing, Data entry operator and Cooking and House keeping assistants, Lab-technicians, Electricians and other technical trades at a cost of Rs.3 lakhs.

Employment and Training Programme

The main objective of this programme is to upgrade the skills of slum youth through formal and informal courses. These training courses are being organised in co-ordination with Governmental, Non Governmental and private institutions. Under this programme, so far about 10,000 persons have been trained in 40 types of trades. An evaluation of this programme reveals that 70% of the youth who have been trained have found gainful employment. ★

Madurai, Coimbatore, Trichy, Tirunelveli and Salem Corporation areas. AC sheet roof to 7,936 families has been implemented last year.

The work of providing fire proof AC sheet roof with side walls and doors to the remaining 42,089 families living in unobjectionable areas will be provided at a cost of Rs.52.60 crores. Such houses will be constructed in the next two years. Under this programme such houses will be constructed for 22,000 families at a cost of Rs.27.50 crores during the current financial year.

Improving the Sewerage Infrastructure in the tenemental areas in Chennai City

To systematise the sewerage operations and to improve the sanitation in 12 tenemental areas, TNSCB has programmed to connect the sewerage network provided within the existing tenemental schemes to the metro sewer line for ultimate disposal. During 1998-99, the Government have sanctioned Rs.70 lakhs for this programme under part II scheme. TNSCB has

Support to Training and Employment Programme for Women (STEP)

The STEP programme aims to increase the self-reliance and autonomy of women by enhancing their productivity and enabling them to take up income generation activities. It provides training for skill upgradation to poor and assetless women in the traditional sectors viz. agriculture, animal husbandry, dairying, fisheries, handlooms, handicrafts, khadi and village industries, sericulture, social forestry and wasteland development.

Objectives

- ★ To mobilise women in small viable groups and make facilities available through training and access to credit.
- ★ To provide training for skill upgradation.
- ★ To enable groups of women to take up employment-cum-income generation programmes by providing backward and forward linkages.
- ★ To provide support services for further improving training and employment conditions of women.

Implementing Agencies

The scheme is implemented through Public Sector Organisations, District Rural Development

**The STEP
to
increase
the
self-
reliance
of
women**

Agencies, Federations, Co-operatives and Voluntary Organisations registered under the Societies Registration Act, 1860 or under the Corresponding State Acts. Recipients of financial assistance under STEP are required to be bodies, organisations or agencies working in rural areas, although their headquarters may be located in an urban area.



Target Group / Beneficiaries

The target group to be covered under the STEP programme includes marginalised, assetless rural women and the urban poor. This includes wage labourers, unpaid daily workers, female headed households, migrant labourers, tribal and other dispossessed groups, with special focus on SC/ST households and families below the poverty line.

Pattern of Assistance

a) 100 per cent assistance

- ★ Project staff and administrative cost;
- ★ Training-stipend, training of trainers, skill upgradation reinforcement, training-cum-production centres and raw material for training;
- ★ Support to members for formation of co-operative societies, producers, workers co-operatives leading to formal legal organisations;
- ★ Support services - education, general awareness, health care, sanitation, nutrition/creche facilities for dependent children. Wherever convergence of these services are not available, will be provided as part of the project cost;
- ★ Marketing support - marketing/sales personnel, stock provision and buyers credit, godowns, marketing outlets, quality control and managerial support;

b) 50 per cent assistance

Construction of individual worksheds and production centres not related with training - 50 per cent of the total cost on this component will be borne by the Government of India and 50 per cent will have to be borne by the implementing agency.

c) Working capital/raw material requirements

Financial assistance will be provided for working capital and raw material in a phased

manner starting with 100 per cent during the first year, 50 per cent in the second year and 30 per cent in the third year of the project.

In percentage terms funding pattern will be restricted in the following manner of the total project cost

(in percentage)

★ Administration and project staff cost	6
★ Training-technical skill training and orientation of beneficiaries & project functionaries	20
★ Infrastructure including marketing support quality control and managerial support	25
★ Raw material for training including equipment and other material required for training	25
★ Establishment of developmental co-operatives wherever required - mobilisation and strengthening of field level set ups where such support is not available through the existing set up	10
★ Support services	8
★ Overriding cost	6

Under this Programme, upto 90 per cent of the project cost is given by the Government of India. The remaining 10 per cent will have to be borne by the implementing agency from its own sources or through sources other than Government of India. Grants are released to the implementing agencies in two instalments each year. The project should cover at least 500 beneficiaries and the maximum could be 10,000 beneficiaries.

Eligibility conditions

- ★ The implementing agencies must be registered at least for 3 years.
- ★ Experience/existence in the sector concerned.



- ★ To identify and set up link agencies which would facilitate the implementation of the project through their expertise, resources and experience.
- ★ While selecting a non-governmental organisation as an implementing agency, it would be ensured that the selected organisation has adequate infrastructure and technical expertise in the sector.
- ★ Its financial position should be sound and it should have facilities, resources, experience and administrative capabilities for undertaking the project.
- ★ The project will be for a period of 2-4 years depending upon the nature, kind of activities and the number of beneficiaries to be undertaken.

Procedure for Applying

The proposal in the prescribed format should be sent through the State Government to

The Deputy Secretary (STEP)
Deptt. of Women and Child
Development,
1st Floor, Jeevandeep Building,
Sansad Marg, New Delhi - 110 001
Tel. No. 011 - 3362519,
Fax No. 011 - 3348521

Documents to be enclosed along with the application

- i) A copy of Registration Certificate
- ii) Article of Association & Constitution of the organisation
- iii) List of members of the Executive Committee with their occupation and background
- iv) Audited statement of accounts i.e. Receipts & Payments, Income & Expenditure and Balance Sheet for the last 2 years
- v) A copy of the latest Annual Report
- vi) Map of the project area
- vii) State Govt. recommendation

Application Form**Support to Training and Employment Programme for Women (STEP)****Part - I Organisational Details**

1. Name & Address of the Organisation with date and year of Registration, Telephone, Telegram & Fax numbers, if any
2. Nature of Organisation (PSU or Vol. Org.)
3. Registration No. & Date
4. Articles of Association & Constitution of the Organisation.
5. Objectives of the Organisation
6. List of members of the Executive Committee with their occupation and background
7. Audited statement & Statement of Receipts & Payment for two years
8. Audited Balance Sheet for last year
9. Copy of the latest Annual Report
10. Major Programmes of the Organisation under implementation at present.

Part-II Organisational Capabilities

11. Background of the Org. (Nature of Activities)

12. Experience in income generating Project

13. Experience in the sector

14. Infrastructure available in terms of the Organisational Management.

15. District/Block being covered at present

16. Existing marketing capabilities

Part-III Project Proposal

17. Duration of the Project and year of initiation

18. Project Area

19. Sector

20. Development objectives of the Project

21. Proposed physical activities

22. Selection of Beneficiaries

23. No. of Beneficiaries

24. Provision for benchmark survey

25. Details of backward linkage

26. Details of forward linkage

27. Link agencies proposed

28. Other Developmental Programmes in the project area (both Govt. & Voluntary Sector)

**Part-IV Project Cost Structure**

29. Cost components (year-wise)

Non-Recurring (Rs. in lakhs)

Details	I year	II year	III year	Total
Government of India's share				
Org. share				
State Govt. share				
Others				
Total				

Recurring (Rs. in lakhs)

Details	I year	II year	III year	Total
Government of India's share				
Org. share				
State Govt. share				
Others				
Total				

30. Cost sharing details

Non-Recurring & Recurring (Rs. in lakhs)

Details	I year	II year	III year	Total
Government of India's share				
Org. share				
State Govt. share				
Others				
Total				

31. Per Capita Cost

32. Mechanism for mobilisation and organising Women (Organising women producers formal groups including details of awareness generation activity proposed).

33. Provision for Orientation Training of Functionaries

34. Provision for Orientation Training of beneficiaries

35. Provision for support services (like creches, reducing drudgery etc.)

36. Linkages with Adult Education Agencies.

37. Provision for Health Education.

38. Expected results in terms of increase in income vis-a-vis income before commencement of the project.

Date

(Signature)

Place

Organisation's
Rubber Stamp

(To be filled by the State Government in respect of State level or local organisations)

Recommendations of the State Government

The application from _____
(institution/organisation) is forwarded duly
recommended to the Department of Women &
Child Development, Government of India with the
following comments,

categories of women as envisaged under the
Scheme.

i) That a Senior Officer of the _____
Department has visited the institution/
organisation and a copy of the report is
attached/has not visited the institution/
organisation.

v) That the work of the institution/organisation
has been reported (wherever such reporting is
necessary) as satisfactory during the last two
years by the District authorities.

ii) That the institution/organisation is recognised
and/or registered (under Indian Societies
Registration Act, 1860).

vi) That the institution/organisation is not run for
profit to any individual or a body of individuals.

iii) That the application has been examined and
that it is found to be covered under the
Scheme.

vii) That assistance has/has not been given by the
State Government. In the former case, details
of grant sanctioned during the last five years
for the purpose may be given.

iv) That the scheme for which the application is
being recommended is absolutely essential for

The State Government recommends that the
following grants may be given by the Department
of Women & Child Development, Ministry of
Human Resource Development.

Item	Recurring	Non Recurring
	(Rupees in lakhs)	
a)		
b)		
c)		

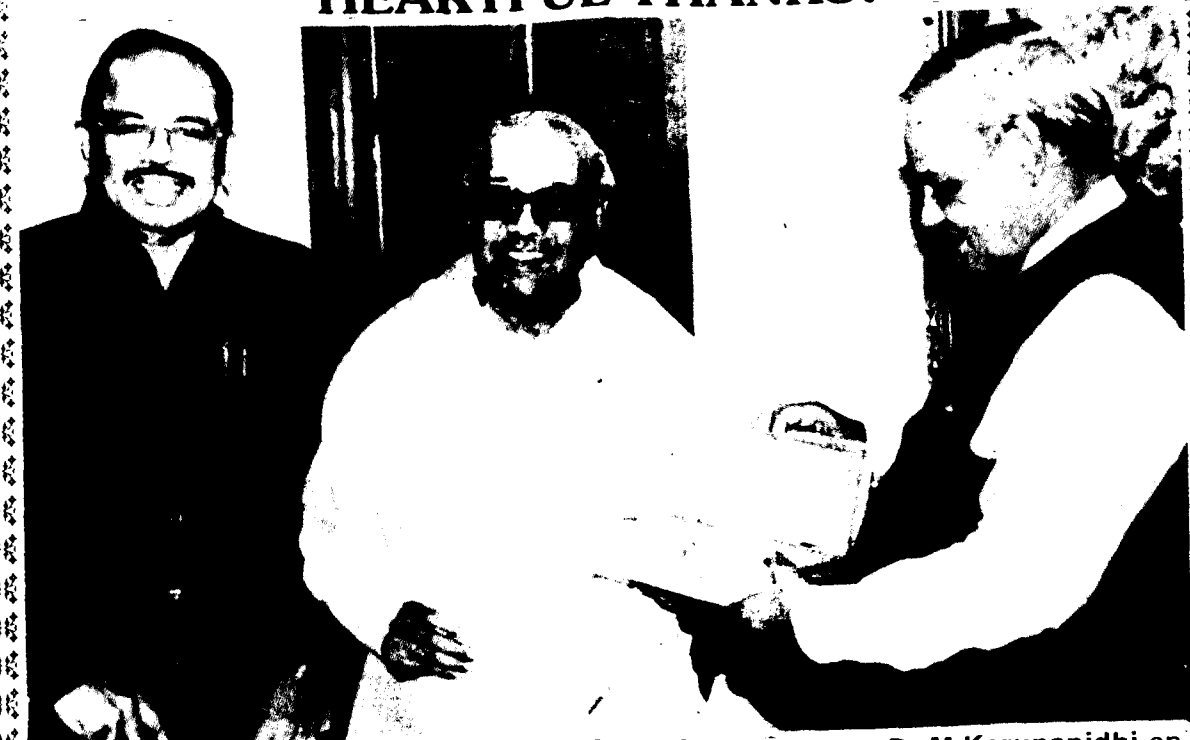
Signature
Designation - Official Seal

Courtesy : **SCHEMES FOR ASSISTANCE**
- A Hand Book - Department of women and child development,
Ministry of Human Resource Development, Government of India - 1999.

50 CRORES OF RUPEES

to
"Kargil Defence Personnel Relief Fund"
liberally contributed
by the people of Tamil Nadu.

**Tamil Nadu Government expresses
HEARTFUL THANKS!**



In response to the appeal made by Hon'ble Chief Minister Dr.M.Karunanidhi on
24-6-1999 to contribute liberally to the "Kargil Defence Personnel Relief Fund",
contributions from Government Employees, Teachers, Entrepreneurs, Labourers, Students,
Business Community, Doctors, Lawyers, Judiciary, Cinema Industry and Common Public
have exceeded **Rs.50 crores**.

The people of Tamil Nadu have contributed with all their passion and fervour for this
cause, which has been unsurpassed by any other State in India.

**The Government of Tamil Nadu derives immense pleasure
in profusely thanking the people.**



The Hon'ble Chief Minister, Kalamannur announced that July 17 every year would be observed as 'Martyrs' Day to mark the birth anniversary of Perunthalaivar Kamarajar. On 17th July 1999, the Chief Minister, Ministers, The Worshipful Mayor of Chennai Thiru M.K. Stalin paid floral tributes to the portraits of freedom fighters at the Martyrs' Memorial in Chennai and also garlanded the statues of freedom fighters, Sankaralingam and Arya alias Bashyam. Tmt. Bashyam also participated in the function and garlanded the statue. His son Thiru Narasimhan and daughter Tmt. Lakshmi also participated in the function.



THIRUKKURAL

The Code of Conduct for the mankind

செவியுணவிற் கேள்வி யுடையா ரவியுணவி
னான்றாரோ டொப்பர் நிலத்து.

seviyunavit kelvi yudaiya raviyunavi
nandraro dopar nilathu.

'Persons who have nourishing food for their intellect obtained through their ears, though mortals living on earth, are like the Devas who eat the rich sacrificial oblations'.

COMMENTARY

Persons who carefully listen to the wise words of great scholars will enjoy happiness just like Devas in Swarga are enjoying it.

கற்றில னாயினுங் கேட்க வஃதொருவற்
கொற்கத்தி னூற்றாந் துணை

katrila nayinun getka vahdhoruvat
kotkathi nutran dhunai.

'Though a person is without scholarship, if he obtains knowledge through instruction obtained from great men this will stand him in good stead in moments of weakness as a staff to lean on.'

இழுக்க லுடையுழி யூற்றுக்கோ லற்றே
யொழுக்க முடையார்வாய்ச் சொல்

izuka ludaiyuzhi yutruko latre
yozhuka mudaiyarvai sol

'Words of wisdom proceeding from the lips of those that walk the righteous path will be as useful to man as a staff in the hands of a person who has to walk on a slippery ground'.

எனைத்தானு நல்லவை கேட்க வனைத்தானு
மான்ற பெருமை தரும்.

enaithanu nallavai ketka vanaithanu
mandra perumai dharum

'Let each man learn good things as much as he can. Though what he learns is small, it is bound to yield him great benefit, by increasing his dignity.'

★ ★ ★

பிழைத்துணர்ந்தும் பேதைமை சொல்லா
ரிழைத்துணர்ந்

தினடிய கேள்வி யவர்.

pizhai thunarndhum bedhaimai solla
rizhaithunarn

dhindiya kelvi yavar.

'Those with a clear understanding who acquire learning through instruction will not utter any foolish word even through erroneous appreciation of things.'

COMMENTARY

A person may not be able to have a correct appreciation of things. Even in such a situation if he is well equipped with learning acquired by listening to lessons given by wise masters he will be very careful not to give vent to his opinion which may be foolish, being erroneous.

★ ★ ★

கேட்பினுங் கேளாத் தகையவே கேள்வியாற்
றோடகப் படாத செவி

ketpinun gela thahaiyave kelviya
trotka padadha sevi.

'A person whose ears are not open to the wise teachings of the master is a case where a man has his ears but does not hear'

COMMENTARY

The function for auditory sensation is to acquire through hearing valuable knowledge about things and persons through instruction to supplement what one acquires through one's own study. A person who is not in the habit of listening to such

wise instruction may have the organ of hearing but it is as good as his being deaf since his ears serve no useful purpose.

★ ★ ★

நுணங்கிய கேள்விய ரல்லார் வணங்கிய
வாயின ராத லரிது.

nunangiya kelviya rallar vanangiya
vayina radha laridhu

'Those who do not listen to wise discourse are incapable of polite and modest speech.'

COMMENTARY

A Person who often comes in contact with learned men and listens to their wise conversation will be able to appreciate correctly his own intellectual stature and will always adopt a certain amount of humility in addressing others but a person who has not this privilege will not be able to appreciate another's point of view on account of immodest self-conceit. He is bound to be overbearing in his conduct as well as in speech and dealing with others.

★ ★ ★

செவியாற் கவையுணரா வாயுணவின் மாக்க
ளவியினும் வாழினு மென்.

seviyat juvaiyunara vayunavin maka
laviyinum vazhinu men

'If a person is incapable of appreciating through his ears the pleasures derived from listening he may enjoy the tastes of the tongue, but what matters whether such a person is alive or dead'.

COMMENTARY

What ought to be appreciated through hearing is of two kinds: beauty of language and value of the things expressed through language, beauty of language, various aspects of rhetoric through which language is employed to express the various emotions such as love, laughter, mercy, courage, wrath, fear, surprise and peace. These emotional aspects constitute beauty of language and one must be able to appreciate all these aspects of beauty when listening to discourse. The second object of listening is to understand and appreciate the meaning of words which refer to some object of reality. These objects of reality must be clearly understood as they really are and must be discerned to find out what are useful and

what ought to be avoided. Thus equipped with the discriminative knowledge one is expected to adapt himself to such an environment and pursue one's ideals undaunted. Such is the value of learning through instruction.

★ ★ ★

அறிவற்றங் காக்குங் கருவி செறுவார்க்கு
முள்ளழிக்க லாகா வரன்

arivatran kakun karuvi seruvarku
mullazhika laha varan

'Reason is an instrument for warding off error. Besides this it is an inner fortress which can never be destroyed enemies'.

COMMENTARY

Taking a decision only after rational examination of facts is a necessary condition to avoid mistakes. This is an essential characteristic of a ruling chief. He cannot take risks by hasty conclusions. Therefore the cautious attitude dictated by reason will serve as an inner fortress for him to take refuge in moments of crisis, a fortress which no enemy can approach, much less destroy.

★ ★ ★

சென்ற விடத்தாற் செலவிடா தீதொரீடு
நன்றின்பா லுய்ப்ப தறிவு

sendra vidathat selavida thidhori
nandrinba luipa dharivu

'Reason is that faculty which inhibits both mind and body from their vagaries, enables the person to discriminate between good and evil and directs him towards the good'.

COMMENTARY

Just as a chariot horse is carefully controlled by the driver who holds the reins firm, similarly reason is the charioteer which controls the reins of the mind and directs its activity towards the safe and useful path. Hence reason is an important and valuable possession for all living beings. In this connection it is worth remembering Plato's description of reason as a charioteer who controls the horses which are the vagaries of sense pleasures.

★ ★ ★

'Chew' Water For Good Health

Stress and Depression

Stress is the term used for any emotional, physical, social or other factors that require a response or change. Dehydration is also a type of stress and therefore this stress mobilises body reserves to deal with the stress. As a result, some of the body reserves of water are also used up. Thus, dehydration causes stress and stress can cause further dehydration.

Depression is the term used to describe an abnormal emotional state that results in exaggerated feelings of sadness, dejection, worthlessness, emptiness and hopelessness. These feelings are not inappropriate and out of proportion with reality. Inadequate water in the brain can precipitate depression. The brain generates electrical energy from the water present in it. Decreased water in the brain leads to inadequate production of the electrical energy. Thus, the functions of the brain that depend on this type of energy become inefficient. When the normal functions of the brain are affected, depression can set in.

What are the effects of stress on water regulation

Any type of stress results in secretion of several hormones. These hormones continue to be in higher concentration till the stress is relieved. Since the body is not able to distinguish between different types of stress, dehydration also results in secretion of higher amount of these hormones. Detailed below are some of the hormones secreted in large amounts during any type of stress.

Endorphins : These hormones are secreted by a small gland in the brain called pituitary gland. They act on the nervous system to reduce pain. Excessive secretion of endorphins may affect the normal pain reaction in the body.

Cortisone : It is a chemical compound produced by liver and can also be produced synthetically. During emergencies, the cortisone begins the process of breakdown of fats and proteins for releasing energy and formation of new proteins and chemical substances for use by the muscles respectively. Thus, cortisone promotes utilisation of some of the body reserves. Prolonged action of cortisone may therefore reduce specific body reserves.

Prolactin : Prolactin is a hormone secreted by the pituitary gland. It ensures that a woman continues to produce milk after child-birth even when there is dehydration or stress that can cause dehydrations. Thus, prolactin secretion increases during stress or dehydration in order to maintain the normal water content of the breast milk. Research studies have indicated that long-term increased prolactin secretion can lead to breast tumours in mice. Some medical practitioners therefore believe that the risk of breast tumour may be higher in women who have increased prolactin secretion due to chronic dehydration.

Vasopressin : Vasopressin, a hormone secreted by the pituitary gland, is one of the hormones that is involved in the rationing and distribution of water as per the priority of the vital organs. In case of dehydration, the nerve cells produce more vasopressin as compared to other cells of the body.

What is the effect of alcohol on water regulation?

Alcohol adversely affects water regulation because of two main reasons (a) It suppresses the secretion of vasopressin and (b) It leads to chronic dehydration in some parts of the body.

Alcohol suppresses the secretion of vasopressin from the pituitary gland. Decreased

vasopressin can adversely affect the body's natural compensatory mechanism of water regulation. This adds to the stress and results in excessive secretion of other hormones such as endorphins, which are naturally addictive.

Regular intake of alcohol and caffeine (in coffee, cola drinks etc.) can lead to chronic dehydration in some organs of the body. In such situations, whenever the nerve requires more water, the blood circulation along the nerve increases. Increased blood circulation results in increased release of histamine from the cells lining the nerves.

Persistently, high histamine can cause inflammation - like reaction that may damage the lining of the nerves over a period of time. When the rate of damage exceeds the rate of repair, nerve disorders can set in.

High Blood Pressure

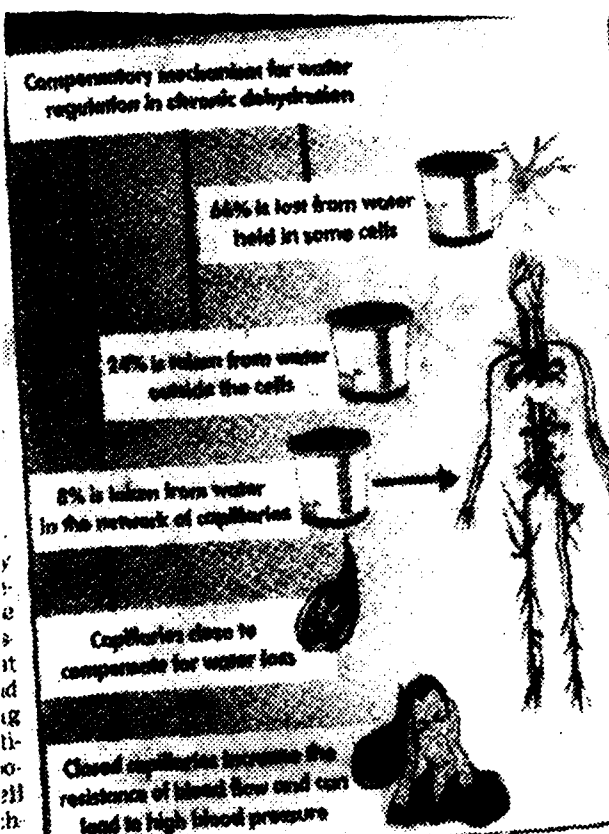
Whenever there is water shortage in some parts of the body, the compensatory mechanisms takes 65 percent of the additional requirement from the water normally present in the cells, 26 percent from the water outside the cells and eight percent from the blood volume.

In order to maintain the normal blood volume, some capillaries close down and pour their water content in the blood. Thus, the extent of activity in the capillaries in different parts of the body ultimately determines the volume of the circulating blood. Closed capillaries increase the resistance of blood flow around them. Increased resistance to blood flow leads to high blood pressure.

It is important to remember that drinking more water alone cannot prevent or control high blood pressure. This is because there are several other important factors that contribute to it. Adequate water intake can delay the onset of high blood pressure or reduce its severity. The role capillaries in high blood pressure is shown in the figure.

High Blood Cholesterol

High blood cholesterol indicates that the cells of the body have lost the ability to allow adequate water to travel through the cell wall. This is because cholesterol is like natural cement that fills the gaps of the cell walls and prevents water from passing through it. Some medical practitioners opine that excessive deposition of



cholesterol in the cell walls is a natural protective mechanism against dehydration of the cells. This is because during dehydration, the normal quality of water to form an adhesive lining to bind the cell walls together is lost.

Several weeks after increasing the daily water intake, the water content in the cells will become normal. Thus, the flow of water through the cell walls will also become normal. As a result, the need for cholesterol defense mechanism against passage of water across the cell walls will gradually decrease. Hence, the body will produce less cholesterol.

Obesity

The brain is very sensitive to low energy levels available for its functions. Low energy levels cause thirst and hunger sensations. Normally, hormones are necessary to mobilise energy from the stored fat. Since this process takes some time and the brain requires energy urgently, it depends on the blood sugar for the energy. It also uses water to produce electricity and transport its messages to various parts of the body. Thus, the sensation of thirst and hunger are felt together to indicate the brain's needs for more instant energy.

Drinking adequate water before the meal will reduce the intensity of the thirst and therefore help prevent overeating. In case the water intake is inadequate, you are likely to feel more "hungry" and eat larger portions of food at more frequent intervals in order to supply necessary sugar to the brain.

It is important to note that only 20 percent of the energy from the food reaches the brain. The energy from food that is not used by any other parts of the body is stored. On the other hand, if the brain derives more energy from water, the unused water is excreted as urine. Thus, the risk of weight gain is greatly reduced.

Asthma and Allergies

Asthma is a disease of the respiratory system that causes repeated attacks of difficulty in breathing, wheezing because of constriction of the air passages, coughing and thick secretions of the air passages. It is often due to allergy.

People with asthma have increased histamine in the lung, which results in contraction of the air passages. Since lungs help in the removal of water, contraction of the air passage will lead to decreased loss of water. This is also one of the defense mechanisms of the water in case of dehydration.

Histamine also plays an important role in the body's natural defense mechanism against disease-causing agents. When the histamine-level increases, the defense mechanism becomes exaggerated. Some studies on animals have indicated that increased water intake reduces histamine production after one to four weeks of appropriate water regulations. They, therefore, are less prone for allergic reactions. This is why some medical practitioners opine that drinking adequate water may help control asthma.

It is important to remember that drinking excess water will not control asthma immediately. Drinking about 10 glasses of water per day for a few weeks can lead to adequate water in all cells of the body. This is when the healing powers of water can be experienced.

What is the normal daily requirement of water?

It is very difficult to quantify the exact amount of water each person requires to maintain normal functioning of all the organs of the body. This is because the quantity of water required for the body functions depend on several factors such as age, climate, season, physical activity, type of food consumed, amount of condiments and spices used for cooking, the water content in the food, salt intake etc.

Normally, our daily diet provides about two-third of the body's requirement of water. Some health practitioners suggest that you drink about eight to ten glasses of water every day to meet the remaining one-third of the body's requirement. You also need to drink a lot of water when you are tired or sweating profusely.

It is also important to learn when not to drink water. It is desirable that you avoid drinking water while eating food, as it will adversely affect chewing of the food and secretion of the saliva. The water leaves the stomach within five

3L
Vidya, Nisha
Nag
22/11/91

to ten minutes of drinking it, and therefore some of the food is also likely to leave the stomach along with the water.

Thus, digestion of the food is likely to be adversely affected. Water also dilutes the digestive juices in the stomach, thus leading to indigestion. It is desirable that you drink water on empty stomach or three hours after food or one to one-and-a-half hours before food.

One of the ways to ensure that you are drinking adequate water is to observe the colour of your urine. If it almost white, it means that all parts of your body are hydrated. Yellowish tint in the urine indicates that the kidneys have to work harder to remove the waste products because of inadequate water in the blood.

How should you drink water?

Most people tend to drink water in large gulps. Nature cure recommends that you need to "eat liquids and drink solids". This means that you need to take water sip by sip, and "chew" it in the mouth in order to mix it with the saliva. Avoid regular use of straws for drinking water or fluids.

What is the best type of water for drinking?

Nature Cure recommends drinking pure water to which no minerals are added. This is because the minerals may either be rejected or deposited in some parts of the body, thus causing health problems.

However, water from natural sources may contain minerals that can be beneficial to the body in specific conditions due to their reaction and affinity towards the mineral content in the food.

Does temperature of the drinking water affect health?

Yes, the temperature of the water you drink is also important for maintaining normal health.

Cold water from natural sources (which is not cooled in a refrigerator or with ice) is fit for drinking because of six main reasons.

Cold water

1. Lowers of body temperature.
2. Dilutes the blood to the required consistency.
3. Promotes excretion of poisons from the skin in the form of "evaporation".
4. Stimulates the normal functions of the kidneys and therefore increases the rate of removal of "poisons" from the body through the urine.
5. Increases movements of the intestines, thus facilitating formation and passing of soft stools.

Sipping hot water has several benefits too. For example, as soon as you drink hot water, there is instant stimulation of the inner lining of the stomach and contraction of its blood vessels. As a result, there is less blood circulation in the lining of the stomach. This leads to reduced activity of the glands that secrete acids in the stomach.

Thus, you are less likely to suffer from increased acid secretions in the stomach. Hot water cleans the stomach, relieves heartburn, belching, flatulence, acute indigestion, vomiting and cramps in the abdomen.

Drinking hot water is not recommended for those who suffer from ulcers in the stomach. It is important to remember that hot water should be sipped and not gulped.

Health Update, Society for Health Education and Learning Packages (F'ELP), New Delhi

• • •

ART AND ARCHITECTURE IN KUMARI CONTINENT

"The history of India is still concealed in the depths of the soil waiting for the archaeologists who will bring new data to light to reconstruct the history of ancient India" remarked Maulana Abulkalam Azad while he was the Education Minister of India. But the history of South India particularly of Tamil Nadu is hidden not only under the soil but also under the sea.

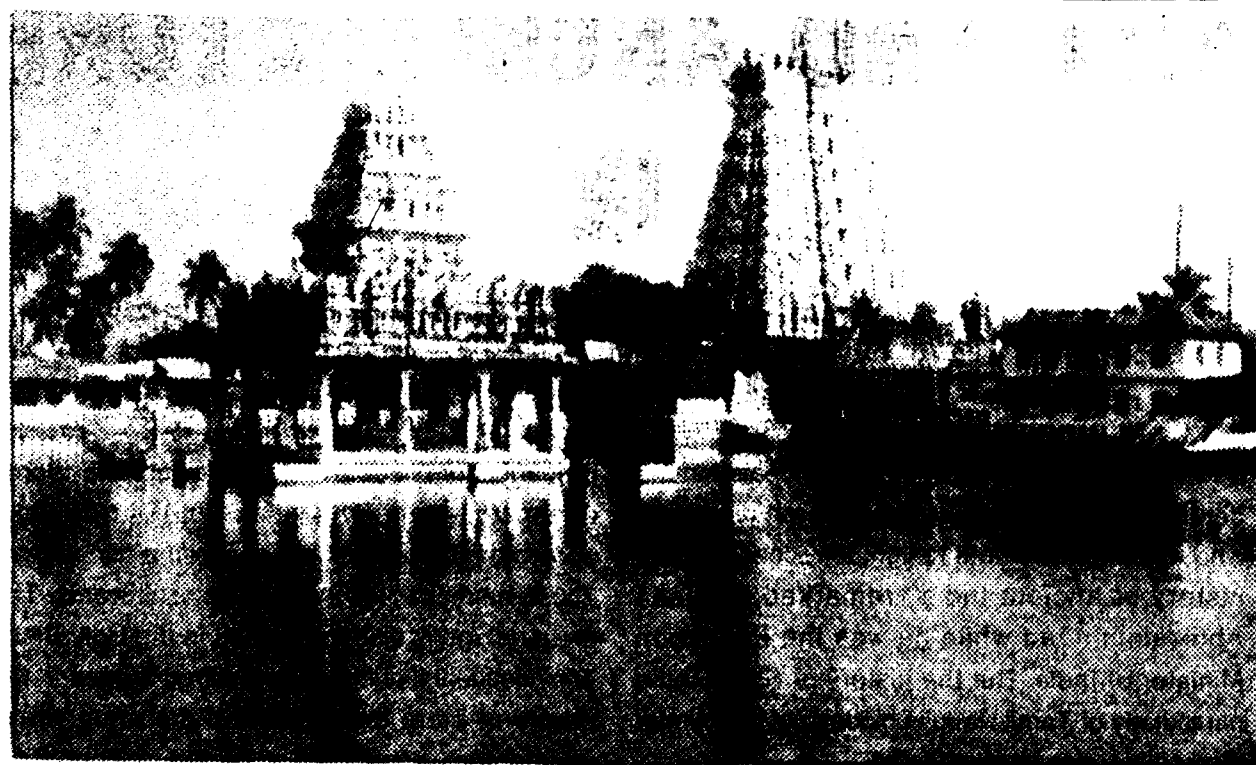
The Lemurian theory which holds the view that there was a large mass of land to the south of Kanniyakumari carries the history of South India to very ancient times. Most of the visitors to Kanniyakumari only know of the confluence of the three oceans, the temple of Devi Kanniyakumari, Gandhi Smarak Mandir and Vivekananda Rock Memorial. How many would know that beneath the Indian ocean lie the remnants of a vibrant and hoary civilization which were submerged by periodical cataclysmic landslips during the remote past? It is interesting to know that the topography of ancient India was different from that it is today. Peninsular India extended beyond Kanniyakumari forming a sprawling continent touching Africa in the West, Australia in the East and Antarctica in the South and occupying a large portion of the Indian and pacific oceans. It was known as Kumari Mandalam, Kumari Nadu and Kumari continent.

From Cilappathikaram one of the twin epics in Tamil literature, we learn that the river Pahruli and the mountain range Kumarikodu disappeared in a great deluge. "Pahruli attudan panmalai adukkathu

Kumarikodum kodum kadal kolla" are the Words Cilappathikaram. The land South of Sri Lanka according to Mahavamsa covered a distance of 700 Kaathams or 4900 sq. miles southwards. The great deluge is also mentioned in the Holy Bible. The continental drift theory of Alfred Wegener, the theory of plate tectonics and the underwater archaeology conducted in recent days confirm these literary accounts. So the facts culled from these literary works cannot be brushed aside as mere imagination and exaggeration. The archaeological findings found at Alagankulam near Ramanathapuram and the oceanic explorations held in Poompuhar confirm the detailed description of the places mentioned in ancient literature. The former Director of Archaeology in Tamil Nadu Government Natana Kasinathan who participated in the oceanic explorations conducted in Poompuhar port remarked. "The artefacts strangely confirm that the city Poompuhar was swallowed by the sea and a number of structures of the lost city are still under the sea. So much so if any excavation in the land and exploration in the sea around Kanniyakumari are undertaken the truth about the Kumari continent will come to light.

In his book "Pre-Aryan Tamil Culture" P.T. Srinivasa Iyengar writes: "There are three lines of

- Dr.S. PADMANABHAN,
General Secretary,
Kanniyakumari Historical and Cultural
Research Centre, Nagercoil.



evidence which can be utilised for constructing a picture of the life of the Ancient Tamils. The first source of information regarding ancient South Indian life is the catalogue of pre-historic antiquities of artefacts, the relics and the graveyards belonging to the Neolithic and early iron ages. The second line of evidence is the pre-Aryan nouns and verbs, for they infer what objects they handle or had observed and what actions they were able to perform. The third line of evidence is the early ancient literary works. The existing specimens of literature, no doubt belong to times later than the times of other two evidences. But, since the life of the people mirrored in their literature is an unbroken continuation of that of the earlier epoch and can be used to confirm the conclusions reached by the other two lines of evidences".

This paper is based mainly on the ancient literary works Aindiram and Tholkappiyam which were released in the first and second Tamil Sanghams respectively held in the lost continent of Kumari. So it can be assumed that the way of life of the people mirrored in Aindiram and

Tholkappiyam is applicable to the people who lived in the lost continent. So the art and architecture found in Aindiram and Tholkappiyam belonged to the people of Kumari continent.

The western scholars call the Kumari continent engulfed by the sea as Lemuria. The word Lemur in Latin means an animal between monkey and man known as ape. This type of animal lives even today in the island of Madagaskar near the eastern coast of Africa. So the continent of Lemuria means the land of apes. But Kumari continent which was swallowed by high seas is a different one. It was a seat of an ancient and flourishing civilization with its own culture and traditions. Kumari continent was the home - land of the ancient Tamils. The Tamils were the pioneers in developing their language through Academies known as Sanghams. They divided their language into three divisions namely Iyal (literature) Isai (music) and Natakam (dance & drama). So Tamil is known as Muthamil (Tri - Tamil). We never find such classification in any language of the world. There is no Tri - English. There is no Tri - Sanskrit. Tamils divided their land into 5 divisions

namely Kurinchi (hilly regions) Mullai (forest tracts) Marutham (Irrigated areas) Neithal (littoral regions) and Paalai (desert tracts) The Tamils were the first to enumerate the scientific theory that the universe is composed of the five elements known as Panchaboothas namely earth, fire, water, air and space. Thus the Tri - Tamil language, the five categories of land and the five-element theory were the inventions of the Tamils who lived in Kumari continent. So the seat of highly cultured and civilised Tamils can never be described as Lemuria, the land of apes. So it is pertinent to call the ancient land as Kumari continent and not Lemuria as mentioned by the western scholars.

Agathiyam and Aindiram

The forefathers of the Tamils lived and thrived on the vast land known as Kumari continent swallowed by sea. Their two Sanghams were held there. In the first Sangham, Agathiyam written by Agathiyar was the authoritative grammar of language and literature while Aindiram, written by Mayan was considered as an authoritative grammar on art and architecture. Though Agathiyam was famous during the first Sangham period it is regrettable to note that only a few fragments are available now. But it is a matter of pleasure and pride to know that the full text of Aindiram which was written by Mayan is available now. Aindiram was published in a book form by the Directorate of Technical Education of Tamil Nadu Government in the year 1986. The text of Aindiram was found from the enormous accumulation of palm leaf records found in the Saraswathi Mahal Library, Thanjavur and also from the oral renderings of one Tamil scholar Veerabadrar. We can safely presume here that the oral instructions given by Mayan, based on his experiences and spiritual insight, must have been passed on from generation to generation and finally found a place in palmyra leaves.

Aindiram of Mayan

According to Pannirupadalam and Purapporulvenbamalai Agathiyar written by Agathiyar was the source book of Tholkappiyam. But in the prefatory verse of Tholkappiyam it is stated that Aindiram written by Mayan was the source book of Tholkappiyam. The verse reads thus : "Aindram Niraintha Tholkappiyar" which means that Tholkappiyar, the author of Tholkappiyam, was well-versed in Aindiram. The commentators of Tholkappiyam Ilampooranar, Nachinarkiniar and Senavaraiyar also confirm that Aindiram was the source book of Tholkappiyam. Dr.K.P. Aravanan, the Vice-Chancellor of Manonmaniam Sundaranar University wrote a book on Aindiram in the year 1974. He concluded the book by saying that more research work is required for identifying Aindiram and its author.

Dr.V. Ganapathi Sthapathi, the doyen of Indian Art and Architecture who made a thorough research in this field introduced Mayan as a human being and not a mythical being as described in the puranas and epics. Mayan was also identified as the author of not only Aindiram, a grammatical work of Tamil language and literature but also Vaastu Sastra a treatise on Indian art and architecture and Surya Siddhanta, the science of Astronomy. He also pointed out the similarities between Mayan of Indian and Maayan of Mexico. So Dr. Sthapathi aptly named the Indian traditional art and architecture as Mayonic Science and Technology.

Tholkappiyam, a grammatical work which was released in the second Sangham throws light on the social history of the ancient Tamils who lived not only during the second Sangham period but also in the first Sangham period. No political history could be gleaned out of it as it is a grammatical work. Tholkappiyam itself bears witness to the existence of not only previous literary and grammatical works but also the grammar of art and architecture. Tholkappiyar

has cautiously acknowledge them in 260 places by mentioning "they say", the learned thus say", "the grammarians say". These references in Tholkaappiyam show that there existed a certain amount of literature in Tamil before its composition. The grammar Tholkaappiyam is a master - piece and could have been composed only when the language had reached its pristine form.

Aindiram and Tholkaappiyam

As already mentioned Tholkaappiyam was released in the second Sangham. Since Tholkaappiyam of the second Sangham period quoted "Aindiram" as the source book it should have been written in the first Sangham period. It may appear, at the outset, that Aindiram is the Tamil version of the Aindra Vyakarana in Sanskrit. Not so at all. Absolutely not so. This is an original work in Tamil as revealed by its author Mayan in the concluding lines of Aindiram "Ayal mozhi saara Tamil oli unarvaal Maya Tamil silpi aliththan Makizhnthe" are the words of Mayan. "Without any foreign element and with the innate Tamil spirit the Tamil architect Mayan contributes his work with joy" (Aindiram verse 1892)

Tholkaappiyar, the author of Tholkaappiyam borrowed the concept of Tri - Tamil, the five classifications of land and the scientific theory of five elements from Aindiram of Mayan. The most interesting aspect of this classification of land is that these are not mere geographical divisions but more to characterise the civilizational growth of the humanity. It reveals the socio - cultural character of the ancient Tamils. The classification of land was also called Thinais in Tamil. These Thinais namely Kurinchi, Mullai, Marutham, Neithal and Paalai were noted for three major divisions each, known as Muthal Porul, Karupporul and Uripporul. Muthal porul is said to be Time and Space. Karupporul denotes the special features of the five kinds of regions and Uripporul means the moods in love characteristic of the five tracts of land. According to Mayan all the objects of the

universe are space turned spacial forms. Time and space are equated in the Vaastu Sastra discovered by Mayan. According to Mayan Time is the creator, sustainer and destroyer "Kaalame Aakkum, Kaalame Kaakkum, Kaalame thudaikkum" are the words of Mayan. (Aindiram verse 283) Tholkaappiyar borrowed the theory of Space and Time from Mayan. Tholkaappiyar says Muthal porul indicates Space and Time. "Muthalena paduvathu Nilam pozhuthu irandin iyalbena Mozhiba" (Porul 1:4) are the words of Tholkaappiyar. Hence it is very clear that Vaastu Silpa tradition was in existence even in the continent of Kumari.

Aindiram authored by Mayan is a multidimensional treatise on Energy and Matter.



Space and Time, Order and Beauty. Absolute time creates life said Mayan in his Aindiram. He added that "Mathematics has its roots in the Time unit and Architecture is the zenithal achievement of mathematics". (Aindiram verse 702-708). Aindiram is an embodiment of the subtle and penetrating theories of five aspects (Aintiram) namely, Moolam (prime existence), Kaalam (Time), Seelam (Rhythm), Kolam (Form) and Gnam (Earth). Mayan views the entire cosmic phenomenon in terms of these five aspects. (Aindiram verse 866) We find that the number "5" is closely associated with the ancient Tamils in the continent of Kumari. The land was divided by them into five namely Mullai (pastoral) Kurinji (mountainous), Marutham (agricultural), Neithal (maritime) and Paalai (desert). This is the basis of Vaasthu Sastra of Indian origin. It will be interesting to note the following pentadic schemes as we find ingrained in our tradition namely panchaboothas (five basic elements) panchavarna (five basic colours). Panchakshara (five vowels), Panchaloka (five basic metals) and Panchendrias or Aimbungalal (five sense organs). This pentadic scheme of things in Nature is an element of Mayonic Science and Technology. Tholkaappiyar borrowed the fundamental theory of Vaastu Sastra from Aindiram.

From Aindiram it is learnt that the work was released in the first Tamil Sangham in the presence of the great Tamil poets during the period of the King Nilan Tharu Thiruvir Pandyan. Mayan is said to have authored several books on art and architecture. They were Oviya Chennool, Sirpa Chennool, Kattada Chennool, Manainila Chennool, Perunada Chennool, Eazhisai Chennool and Tamil Iyal Chennool. The book "Oviya Chennool" is also referred to in the Tamil epic Manimekalai.

Atom

Mayan explained the nature of atom and also the process of knowing the manifested parts of atom and its ultimate purpose. He called his work

Aindiram as Anukalai nool (a book of Atom). In Mayan's heart exists the beautiful form Lord Siva in dancing pose. He created the image of Nataraja, the dancing form of Siva. He called the Lord as Aada vallan (master of dance). The iconographic study of Nataraja is a fascinating one and it explains the importance of Atom in cosmos. "The image of Nataraja is a synthesis of Science, Religion and Art" says the great interpreter of Oriental Art Dr. Ananda Coomaraswami. According to the modern scientists an atom is nothing but a microscopic particle in perpetual motion within a circle. If there is such a motion, there must be a mover. If the mover is immanent, he must be in motion too. In the figure of Nataraja both the mover and the moved are depicted in life - like shape. Here Science is personified in art combined with Religion. The conception of Nataraja is thus a fine example of the artistic genius of Mayan.

Panchaboothas

According to Tamil tradition, the world is made of the five elements in nature namely earth, fire, water, air and space, Aindiram of the first Sangham period and Tholkaappiyam of the second Sangham period and also a few literary works of the third Sangham period including Madurai Kanchi and Thirukkural confirm the theory of Panchaboothas. In the South there are Panchaboothasthalas (five abodes of Siva) corresponding to the five elements. Lord Siva is worshiped as earth at Kancheepuram, as water at Jumbheswaram, as fire at Tiruvannamalai, as air at Kalahasthi and as space at Chidambaram.

Lord Siva in the form of Nataraja and Dakshinamurthi was worshipped by the people of the lost continent of Kumari which was swallowed by the sea. That is why the image of Nataraja and Dakshinamurthy are always placed facing south. The very word Thenpulathaar (people of the southern land) which appears in several ancient Tamil works denotes the ancestors of the Tamils

who lived in the lost continent of Kumari. Mayan in his work Aindiram glorified the land, language, literature, art and architecture of his domicile as Thenpulam, Thennilam, Thenmozhi, Thenchol, Thenkalai, etc. in several places. (Aindiram Verse. 703) He called the people of Kumari continent as "Then thisai" then pula cheeror "the noble men of the southern land". (Aindiram; verse. 699) "Thennadudaiya Sivane potri Ennattavarukkum Iraiva potri" says Manickavasagar which means "Lord Siva is of the South but he is the God of all nations" Here the South denotes not the present day South India but the southern land swallowed by the sea.

Tholkappiyam says that "Arivin Muthalvan Kandathu Muthal Noolaakum" (Porul:640). Here the words Arivin Muthalvan denote God of wisdom. Though different Gods were assigned and worshipped in the specific classification of the land

in Kumari Continent, the people irrespective of the classification used to worship the God of dance named Nataraja and the God of wisdom named Dakshinamurthy. There are people who hold the view that Arivin Muthalvan denotes Mayan and Mudal Nool denotes his work Aindiram. Subsequently South, the direction of Mayan became the direction of Yaman, the God of death.

Mayamatha

Mayamatha, another work written by Mayan in Sanskrit is an important and comprehensive treatise on art and architecture. It is copiously quoted as an authority by subsequent writers on architecture and appears to be the oldest among the extant treatise on the subject in Sanskrit. The major portion of the manuscript of the work was traced out from the Maharaja's palace Library at Thiruvananthapuram along with its Tamil edition. The manuscript in Sanskrit was published in a



book form by the Government of Travancore in the year 1919 through its Department of Publication. The manuscript in Tamil is not yet published and its whereabouts are not known at present. It is not clearly known whether the original Mayamatha was in Tamil or Sanskrit. It is a matter for further research. Mayamatha begins with the invocation to Lord Siva and ends with the installation and traits of Sivalinga. It further deals with the rules and regulations and a detailed guidelines of temple architecture, town planning, construction of forts and palaces, etc. examination of land and sand, selection of stones and other materials, making idols and structures, placement of various deities, measure-ment and method of installation, erection of Gopuram, pillars and mandapams including the modes of rituals and chanting of mantras. Dr. Ganapathi Sthapati said that the iconographical description on the various dance poses of Siva which were available in the first edition of Mayamatha are not found in the second edition. The missing part containing only the different poses of Nataraja is available with Dr. Ganapathi Sthapati who has copied from the first edition of Mayamatha taken from Connemara Library, Chennai.

Followed by Mayan, the first architect, innumerable authors appeared on the scene. Maanasaara, the book which deals with the art of buildings refer to architectural experts. These architects had gathered their experiences and their works of nature during centuries, made it into books of grammar for art and architecture. It is astonishing to note that majority of the books on this subject are written in Sanskrit based on South Indian art and architecture. Various Tamil words are found in the Art glossary and all the information referred to in the Sanskrit works regarding rules and regulations, cultural aspects, sculptural traditions, etc. have the Tamil spirit behind it. Even though these books are in Sanskrit the architects are only Dravidans particularly Tamils. We find the use of Sanskrit as the

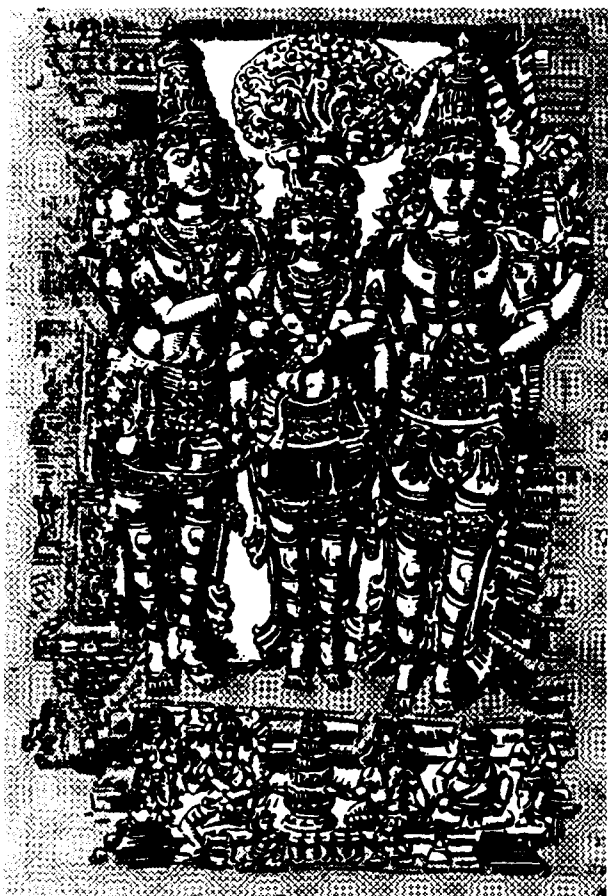
language of official documents and as a language of prestige in ancient days. It is very clear that the various Sanskrit works in circulation were in existence in the Tamil language through traditions. Some of them are still in palmyrah leaves. The Sanskrit book Mayamatha written by Mayan was referred to as Maya nool and Mayaneri in ancient times. The rules and regulations prescribed by Mayan in the field of art and architecture are still green among the artisans of the south.

From Aindiram which was released in the first sangham and Tholkaappiyam which was released in the second Sangham one can surmise the glorious traditions of art and architecture in the lost continent of Kumari. The Tamils in Kumari continent were skilled in art and architecture according to these literary works.

The fine arts of music, dance and drama were well developed in the continent of Kumari, since Tholkaappiyam, a literary work of the second Sangham period speaks of different types of drama and music among other things peculiar to each of the five regions namely Kurinchi, Mullai, Marutham, Neithal and Paalai. (Porul - 20) It makes mention of the existence of male and female singers and dancers and also instrumentalists (Porul - 88). It also makes mention of the difference in the usage of words by the masses, the educated and the dramatists (Porul - 56).

Artisans

The Tamils in Kumari continent had made stone, metal and wooden images and also erected granite forts and fortresses, mansions and palaces with lofty towers. Tholkaappiyar clearly states that warriors were respected by the people during his days. In memory of the brave warriors hero - stones known as Nadukal were erected and worshipped. Tholkappiyam gives a detailed account on the erection of these hero - stones stage by stage namely kaadchi (selection of stone)



kaalkol (to bring the stone in a proper place) Neerpadai (cleaning the stone) Nadukal (engraving the figure of the warrior) and perumpadai Vaalthal (depiction of the brave deeds of the warrior) Tholkaappiyam also refers to carve ! stone pillars (Porul 65) and images of God (Porul 30). The erection of the carved stones clearly shows the development of art in stone (Porul - 63). This also reveals the artistic talents of the stone sculptors in Kumari continent.

Blacksmiths

It is evident that the extraction of the iron ore from the soil was in existence in Kumari continent and it was used for manufacturing implements and weapons of war. In Tholkaappiyam bow and arrow, spear and sword are referred to in various places. If the Tamils in Kumari Continent had not extracted iron ore these iron weapons would not have been in existence. So it is very clear that blacksmiths

were in plenty in Kumari continent. Recently a well-known Archaeologist Iravatham Mahadevan discovered one Tamil Brahmi inscription in Egypt which reveals an astonishing fact that there was a blacksmithy factory in Egypt. It also mentions the name of two Tamil artisans named Kanan (Kannan) and Chathan (Chaththan). The chisels manufactured by them in their factory might have been used for carving purposes to erect the well-known pyramids. It is also interesting to note here that in the ancient site of Adichanallur near Tirunelveli implements of iron and ornaments of gold were found in the graveyards.

Goldsmiths

Just as iron weapons and instruments were manufactured by the ancient Tamils gold was also used by them for making ornaments. The words "Kathonru Kalaithal", "Ulani" (Porul : 258) and "anivithavai thiruthal" (Porul : 256) appeared in Tholkaappiyam, specifically refers to the use of gold ornaments by the ladies in the continent of Kumari. So it is evident that goldsmiths also did their skilled jobs in Kumari continent.

Carpenters

As Tholkappiyar refers to wooden works such as doors, chariots, drums and others it is clear that several carpenters lived in Kumari continent. Thus the artisans in Kumari continent produced agricultural implements, weapons for war, tools for weaving, boats for fishing, ships for maritime trade and houses for dwelling.

Architecture

The yard-stick of a nation's civilization is the type of buildings constructed by the people. The mode and style of construction of the buildings reveal the engineering knowledge and architectural technique of the people of the country. The people in Kumari continent appeared to have been skilled in construction works. They had built big cities, mansions and palaces. They erected forts and

fortresses around the city. The words "Aar Eyil" (Porul 68) reveals the artistic excellence of the forts and the talents of the artisans of the period. So it is evident that the architects in Kumari continent were experts in constructing buildings, forts and fortresses.

Temple - Architecture

In Tholkaappiyam reference is found regarding temple but not temple architecture. As Tholkaappiyam is a science of language and literature absence of such references cannot be taken for granted to mean that temples did not exist during his period. Following the period of Tholkaappiyam came the third Sangham period. The Sangham and post - sangham literature beginning from 2nd century BC speaks of temples as Kottam, Nagaram, Mantram, Koil, Palli and Peedikai dedicated to different deities. Evidently these various names indicate different plans and styles of temple architecture in ancient period.

Ramayana and Kumari Continent

Dr. M.M. Rao, a research scholar in the History Department of Osmania University in his research paper on "Ramayana and Kumari continent" found out several astonishing facts confirming the theory of the lost continent of Kumari.

According to him Asuras lived in the vast land which included Africa, Australia, Antartica and a portion of the present America. It is interesting to note that the language of the aborigines of Africa, Australia, Peru and Mexico resemble that of the Tamils. According to ancient Indian literature the figure of Asuras was gigantic. Dr. Rao showed the persons with an abnormal height of 18 feet in Suku clan of African continent who resemble that of Asuras in appearance described in ancient literature. According to Rao, Kumbhakarna lived in Antartica. The very fact that the people had 6 months night and 6 months day in Antartica is a clear indication of the fact that Kumbhakarna followed the same pattern as sleep for 6 months and kept awake for the other 6 months.

We find image worship and temple architecture in a developed form during the period of Ramayana. The Sanctum dedicated to several deities in the hermitage of Agasthya are described in "Aranyakanda of Valmiki Ramayana". From Sundarakanda it is learnt that there was a temple of Goddess at Nikumbha in Sri Lanka. In Sarge 43 Anjeneya uprooted a pillar of the sanctum sacred to the guardian deity of Sri Lanka and demolished the lofty edifice with fire. The Tamils of Sri Lanka used to travel in the mid-sea and throw coconut assuming it as a token offer to the temple under the sea.

Literary works of North and South paid glowing tributes to Mayan, the pioneer in art and architecture. Like Agathiyar, the pioneer in Tamil grammar and literature Mayan has been referred to as a founder of art and architecture in the first epic Ramayana of Valmiki. From the Ramayana of Kamban it is learnt that Mayan constructed the City Amaravathi for Indra and Alakapuri for Kubera. After destruction of the capital City of Ravana by Hanuman it was reconstructed by Mayan, the father - in law of Ravana. In the Mahabharata, Mayan is said to have erected for Pandavas the Maya-Sabha in Indraprastha. The artistic tradition of Mayan is praised by the author of Cilapathikaram. The influence of Mayan tradition in North India is mentioned in Cilapathikaram. Manimekalai points out that the Buddha peetha at Kaverippoompattinam, the Sakkaravaalakottam and Kanthir paavai were erected by Mayan. Manimekalai also talks about the crystal hall in Chakravalakottam built by Mayan according to the Silpa Sastras. The palinkarai mandapa (crystal hall) is so arranged that a person standing outside can see the happenings inside but cannot hear what is spoken within. The walls are made of transparent materials like our modern day glass house but sound proof. Even thousands of years ago light and sound technology was known to the architects as derived from the tradition of Mayan.

Australia

Dr. Rao added that the name Australia is derived from the word Austra and Aalaya which denote the store - house of weapons belonged to the Asura kings. Ancient literature also speaks of the great advancement in the art of warfare as well as the condition of transport founded by Mayan. Ravana used a weapon designed and made by Mayan bearing his name in the battle with Rama. It was known as Mayan padaikalam (weapon designed by Mayan). In Pavishya purana Mayan destroyed a Yantra namely Brahmi which was installed on earth to prevent the movements of the inhabitants from one continent to another. In Ramayana there occurs a reference to the Pushpak Vimana, the flying vehicle decorated with flowers and was operated by Ravana. Yet another worthy work of Mayan was the Peacock shaped Vimana of air borne vehicle which was a fore-runner to the modern helicopter. Mention of it is made in the Jeevaka Chinthamani how the king minutely explained to his beloved the intricacies of the devices. Perhaps Mayan referred to in various works of different periods, may not be one and the same person as in the case of Agathiyar who appeared in different periods. We have references to Mayan tradition and also the extraordinary skill he had in building architecture, sculpture, mode of transport and equipments of warfare in ancient literature. In so far as South India and Tamil Nadu in particular is concerned a tradition has firmly being built primarily for religious architecture which after all was the chief subsidizing agency for art throughout its long and glorious history. No doubt Mayan was the founder of their age old tradition.

Mayan, the pioneer in art and architecture lived in the lost continent of Kumari and the influence of Mayan had spread all over the world. Father Hiras in his Proto - Indo Mediteranean Culture, has postulated the theory that the original home of man is to be found in the lost continent of Kumari. He has further ventured to suggest that culture has

spread to all the corners of the world only from this lost continent. He has also adduced many anthropological factors and archaeological evidences to support his theory.

Mayan, who participated in the first Tamil Sangham, which was held in the last continent of Kumari is said to have lived on Mahendra mountain which is now in the present Kanniyakumari District. According to Valmiki Ramayana Anjeneya jumped over to Lanka from the top of the Mahendra mountain. Kamban calls this Mahendran mountain as Mayendram. In Kerala the names Negendran, Narendran, Devendran, Ramendran, Balendran, Surendran, Suchindran and Mannendran are very common. Similarly Mayan became Mayendran. The nomenclature of the word Mayendra is a confirmatory piece of evidence that Mayan lived in the Mahendra mountain. It is also interesting to note here that there is a place named **Mayan parambu** nearly 5 miles from the peak of Mahendragiri, and the Naadu Kaani pass divides Mahendragiri and Mayan parambu.

From the age old Tamil literature one can find the glorious heritage of the Tamils in Kumari continent in the field of art and architecture. It is regettable to note here that in the southern end of India no sincere attempt has been made so far in the field of archaeological excavation and underwater exploration. The history of South India can be woderfully recovered if any excavation in the land and scientific research under the sea around Kanniyakumari are undertaken. Undoubtedly the archaeological treasure lying buried in the area will throw light on thousands and thousands of years of human history. It is the prime duty of the State and Central Governments with the help of UNESCO to carry out the underwater archaeological exploration in the Indian Ocean and bring out the hidden history of the Kumari continent. ★

Any Festival... Any season...

Any time...

Co-optex

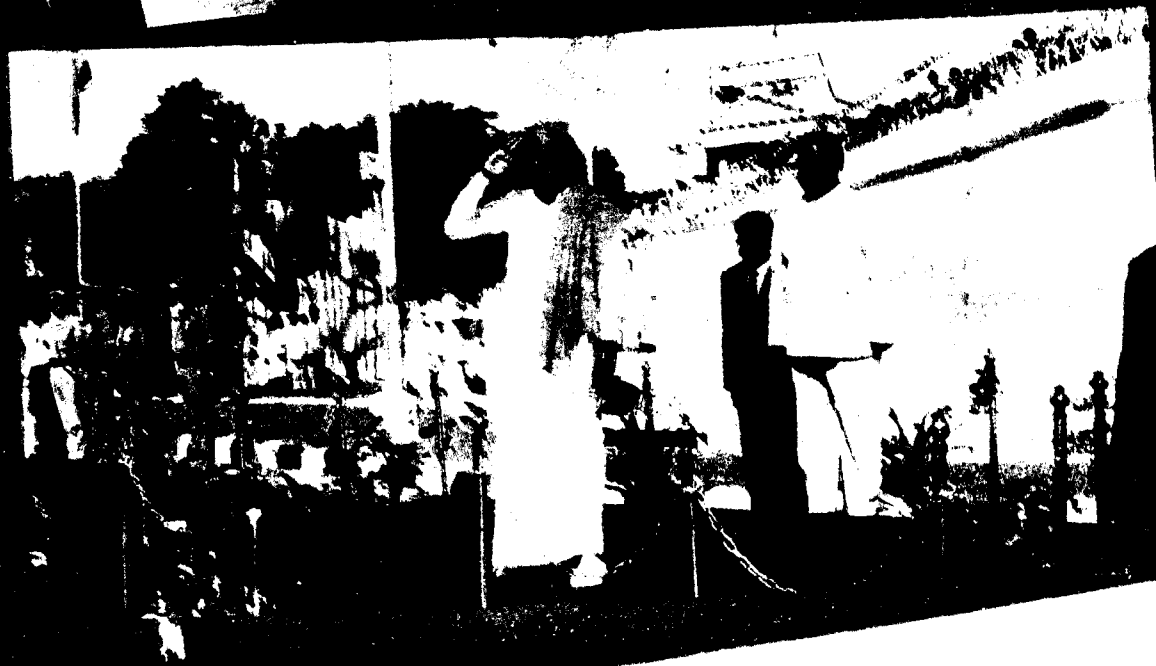


Co-optex ranges:

- Cotton, Silk, Polyester and Blends
- Sarees • Dress Material • Suitings
- Shirtings • Lungis, Towels, Dhotis
- Furnishings, Bedsheets

Co-optex
TAMILNADU HANDLOOMS

• Visit your nearest Co-optex Showroom.





**நமது அன்றாட
பழக்கவழக்கங்களால்,
எய்ட்ஸ் வராது.
அதற்கு நீங்களே
ஒரு உதாரணம்.**

காலையில் எழுந்தது முதல் ராத்திரி படுக்கப் போகும் வரை நீங்கள் எத்தனையோ பேரைச் சந்திக்கிறீர்கள். ஒட்டலுக்குச் செல்கிறீர்கள், சினிமா பார்க்கிறீர்கள், நெரிசலான பஸ்ஸில் பயணம் செய்கிறீர்கள், பலருடன் கை குலுக்குகிறீர்கள்.

இவர்களில் யாருக்காவது எச்ஐவி/ எய்ட்ஸ் பாதித்து இருக்கலாம்.

சாதாரண பழக்கவழக்கங்களின் மூலம் எய்ட்ஸ் பரவுவதாக இருந்தால், உங்களையும் எய்ட்ஸ் பாதித்திருக்க வேண்டும்.

ஆனால் அப்படி இல்லையே...

ஏனெனில், கை குலுக்குவதாலோ, உணவைப் பகிர்ந்து கொள்வதாலோ, தொடுவதாலோ, தும்மலினாலோ, கழிப்பிடத்தை அனைவரும் உபயோகிப்பதாலோ, எய்ட்ஸ் பரவுவதில்லை.

எனவே எய்ட்ஸ் பாதித்தவரைக் கண்டு நீங்கள் ஒதுங்க வேண்டியதில்லை. உங்களுக்கு எந்த ஆபத்தும் இல்லை.

அவர்களும் நம்மைப் போன்றவர்கள்தான். அவர்களுக்கு எப்பொழுதும் போல நாம் அன்பும், ஆதரவும் காட்டுவோம்.

**சிறிதளவு ஆதரவு பெருமளவு
சுமையைக் குறைக்கும்.**

**குழந்தை பிறப்பைத் தடுப்போம்
எய்ட்ஸ் வந்தோரைக் காப்போம்**



மேலும் விவரங்களுக்கு அணுக வேண்டிய முகவரி :
தமிழ்நாடு எய்ட்ஸ் கட்டுப்பாட்டு அமைப்பு
417, பாந்தியன் ரோடு, சென்னை - 600 008.
தொ.பே.: 8255467, 8255261, 8254917.
24 மணிநேர தொ.பே.: 8256882, 8256864.

Mudra:TNSACS:6259:98

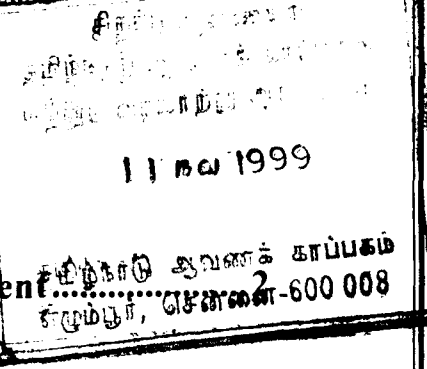
TAMIL ARASU

Magazine of the Government of Tamil Nadu

THIRUVALLUVAR YEAR - 2838

AAVANI - PURATTASI

SEPTEMBER - 1999



In this issue :

- ★ Golden Era of Rural Development..... 16
- ★ State Bank of India and Self Help Group concept in Tamil Nadu 16
- ★ Tackling the problems of power 18
- ★ Setting up of employment-cum-income generating units for women (NORAD) 22
- ★ Decentralised District Planning - Methodology and Scope 26
- ★ Anger - Most destructive force on Earth..... 28
- ★ Thirukkural - The Code of Conduct for the Mankind..... 30
- ★ Naladiyar 32

WRAPPER - I

PERARIGNAR ANNA

WRAPPER - IV

Hon'ble Chief Minister Kalaignar M. Karunanidhi garlanding the Statue of Arignar Anna on the occasion of Anna's 91st birth anniversary (15.9.1999)

Editor and Publisher : G.MUTHUSAMY, I.A.S., Director of Information and Public Relations, Government of Tamil Nadu
Office : Tamil Arasu, Omanthurar Government Estate, Anna Salai, Chennai - 600 002. Phone : 5368926/5368927
Printed at : Tamil Arasu Press, Chennai - 600 002. Phone : 5364906

The Government of Tamil Nadu accomplishes successfully various programmes to provide minimum level of basic services and amenities, to alleviate poverty through self employment programmes and to build up rural infrastructure like road, education facilities, healthcare, etc. Poverty can be alleviated only through self employment and wage employment. The Government with an aim of improving the lifestyle of the poor, offer grant loans with subsidy to develop their trade. The Rural Extension Training Centres also impart training to the rural unemployed youth on the trades which has potential for self employment. A rolling fund is provided to women group involved in profitable trade. Apart from these, modern tools are provided to rural craftsmen.

During the past three years Rs.601.87 crores with Government subsidy have been disbursed to 4,76,106 poor families living below the poverty line, to improve their trade and to economically uplift them. Of this

2,26,978 families belonged to Adidraavidars and tribals. 44,737 youth have been trained in various trades at an expenditure of Rs.19.89 crores. A rolling fund of Rs.17.27 crores have been disbursed to 6,507 women groups involved in income generating trades. Modern tools were distributed to 26,643 craftsmen at a cost of Rs.4.85 crores.

According to National Sample Survey Data on below poverty line families, it was estimated that 34-38 percent people live below poverty line in Tamil Nadu during 1993-94. Through sustained development and effective implementation of various schemes, the Government of Tamil Nadu has

reduced the population of people living below poverty line. This will be proved when the statistical data of the new survey is completed. The Government have restructured the poverty alleviation programmes and launched an amalgamated "Swarna Jayanthi Gram Swarozgar Yojana (SGSY)" by merging all the existing self employment schemes like IRDP, DWCRA, TRYSEM, SITRA, GKY and MWS. The focus of this scheme will be on the technology tie-up, skill development, training and infrastructure and also market networking with cluster and group approach. 5-10 trades will be identified according to the natural wealth and man power of the area. And places will be identified for the technology tie-up, skill development and marketing. Benefitting groups will be properly trained in their trades by acquiring

Golden Era of Rural Development

modern technological know-how from the concerned establishments and quality products will be produced. Facilities will be made for the sale of these products by establishing village markets, sales centres in important cities and by providing sales van. For this scheme during 1999-2000 the Central Government's allocation will be Rs.46 crores and State Governments allocation will be Rs.15.33 crores, totalling Rs.61.33 crores.

Keerapalayam Panchayat leads in providing proper sanitary latrine facility in villages

Keerapalayam Village Panchayat has a population of 3,350 with 913 hutments. 45 percent of



this population belong to Adidraavidar Community. Agriculture is their main occupation. Few groups indulged in weaving for income. Six ward members are males and 2 ward members are women. The Panchayat President is Thiru. Panneerselvam.

One year back, only 17% of the hutments had individual household latrines. There was no proper drainage also. The Government initiated a DANIDA project to construct toilets on participatory and demand driven approach in 1997. This is being implemented through village Panchayat, jointly by the Panchayat President and the Panchayat Vice-President. When this scheme was launched, the Panchayat President had doubts initially but on seeing the works in progress, his doubts were cleared two months later. Apart from improving the water resources and health care facilities in his village, he also played an important role to facilitate these things in his neighbouring villages.

The youth and the women were trained in masonry for the construction of latrines. By this training, a woman, Tmt.Kamal who was an assistant to mason, became a mason. 488 latrines were constructed till September 1998, through DANIDA's water resources scheme. Since several health care schemes could not be taken up by the DANIDA

programmes alone, it is being done through various other schemes. For those who do not own the place, public conveniences were constructed under Central rural sanitation programme. More than 75 toilets were constructed in the group houses constructed by Indira Awaraz Yojana. Under Jawahar Rozgar Yojana 2 km. length of drainage canal was dug and a toilet constructed for the school. Waste bins and carts to transport solid wastes were provided by non-Government organisation. In the same year 2 lakes were desilted and the bunds were strengthened under Job Assurance Scheme. Bathing platforms were constructed at a cost of Rs.4.10 lakhs. Drainage canals were constructed using Panchayat Unions general fund during 1998-99. Cement platforms for the pedestrians were constructed using village Panchayat's general fund. Keerapalayam village was announced as the 'village equipped with total health care' in the whole of Tamil Nadu, in September 1998.

How was this achieved?

People came forward to construct toilets when their doubts were cleared. Masonry training was imparted to men and women enabling them to construct their own toilets. This scheme is implemented on demand basis.

During September 1998, latrines were constructed in each house and two public conveniences for those who do not own land. By the awakening and awareness of this village, the nearby villages also demanded for these facilities. So a scheme has been formulated and sent to the Centre for approval to facilitate these in the whole Cuddalore District.

Likewise, all the Panchayat Presidents in Tamil Nadu should take special care to enhance the life-style of the people in villages by providing total health care, protected drinking water, toilet facilities to individual houses, public conveniences to those who do not own land and in schools; drainage facilities, ensure their village devoid of garbages and enhancing the environment. This is their duty also.

Guidelines to be followed

It is necessary to create awareness among the village masses to continue the implementation of the scheme. If the beneficiaries involve themselves in all the stages of the work while implementing, it will ensure, quality work as well as transparency. Importance of latrines, especially for women who yearn for privacy should be instilled in their mind. Sanitation and health care can be taught to the rural masses through various schemes for the development of women and through Arivoli Iyakkam. Household latrines can be easily constructed. The other schemes like drainage facility, transportation of solid wastes could be implemented by integrating the funds of various schemes in vogue. It is difficult to maintain public property without the involvement of public.

Employment generating schemes in rural areas

The lives of the rural folks depend mainly on agriculture. As this occupation is seasonal, people are left jobless in non-agricultural seasons. So the Central and the State Governments have formulated schemes to provide employment to the rural population.

1. Indira Awaas Yojana, for providing dwelling unit, free of cost.
2. Jawahar Rozgar Jojana
3. Employment Assurance Scheme
4. Million Wells Scheme

The IRDP and Rural Youth Self Employment Training Programmes have raised employment opportunities. Apart from this, Anna Renaissance Scheme and Self Help Programme are also being implemented. During the past three years, with the aim of increasing the employment opportunities, various developmental works have been undertaken by the rural development department.

Construction of bus shelters, kitchen, drainage canals were also taken up in this scheme. By these schemes, apart from providing employment, development works were also completed, thus improving the life-style of the rural public.

The ground water level is shrinking alarmingly due to numerous bore wells dug for drinking water, irrigation and for industrial purposes. Irrigation wells have been dried up in several places. So priority is being given to safeguard and store the rain water. So the work relating to repairing of irrigation canals, irrigation ponds are being carried out to store the rain water. During the past three years, through the employment assurance scheme and million wells programme, works were undertaken to desilt the waterways and irrigation tanks and lakes. These works were undertaken with an allocation of Rs.1 lakh per Panchayat, according to the announcement made by the Hon'ble Minister for Rural Development. By these works and by the plantation of trees, rain water has been stored, resulting in the rise of ground water level.

Houses for the poor in rural areas

This programme aims at providing dwelling unit, free of cost to the poor families of SC/ST, freed

bonded labourers in rural areas and the non SC/ST people who are living below poverty line. The State Government is providing assistance of Rs.12,000 per house for constructing houses with RCC roofing, in addition to the amount sanctioned by the Central Government. The total unit cost of the house works out to Rs.32,000 in normal terrain and Rs.34,000 in difficult soils and hilly areas. The houses will have a household latrine and a chullah.

1,69,566 houses including 83,487 houses pending construction were taken up by this Government after assuming office in 1996. 2,46,941 houses were completed till 31-5-1999. Besides this, 4,688 houses were taken up additionally under basic minimum service during 1998-99.

83,487 houses were pending construction as on 13-5-1996. 71,615 houses at a cost of Rs.193.320 crores during 1996-97; 56,621 houses at a cost of Rs.151.20 crores during 1997-98; 41,330 houses at a cost of Rs.132.100 crores during 1998-99 were taken up for construction. 2,53,053 house constructions were taken up at a cost of Rs.476.620 crores, in total.

Under Basic Minimum Service 4,688 houses were taken up for construction at a cost of Rs.15 crores.

Each house is being constructed not less than an area 201 square feet.

As a special feature these houses have a raised platform (called 'Thinnai' in Tamil), in the front portion of the house for resting purpose and a wall separating the kitchen with shelves on both sides.

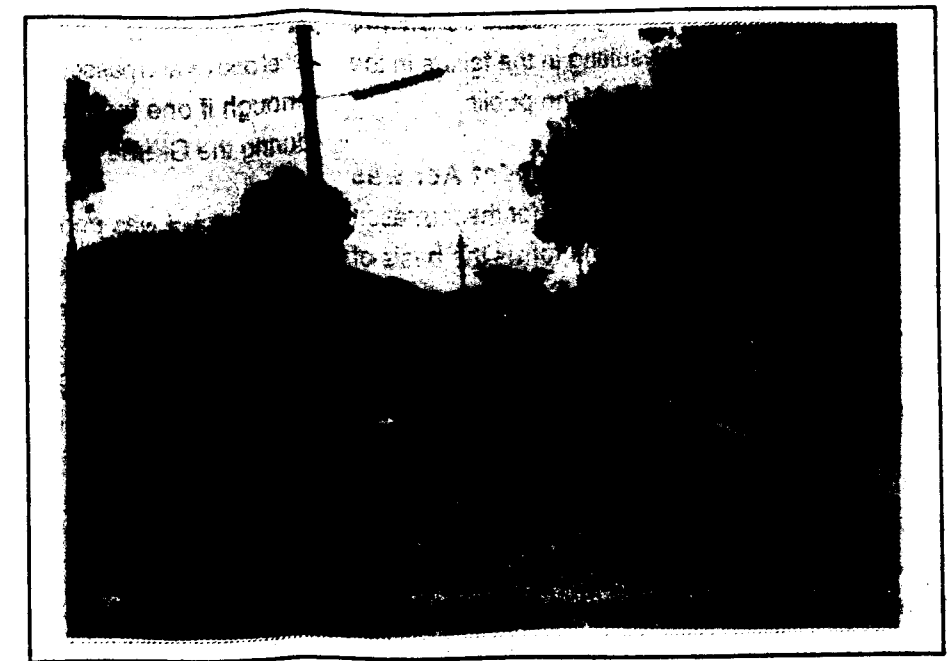
Under electrification programme, each house is fitted with one electric bulb free of cost. Basic amenities like, road facility, protected drinking water, etc. are also provided. 46,768 houses have been taken up for construction during 1999-2000.

During the current financial year, a model scheme will be implemented in Kurinjipadi Union, Cuddalore District, under integrated housing scheme. Apart from constructing houses, care will be taken to enhance the surrounding environment.

Panchayat Raj in Tamil Nadu

Tamil Nadu has a long history of local self governance. Through the ancient stone inscriptions in Uthiramerur of Kancheepuram District, it has come to light that, the village councils, known as "Panchayats" and community groups known as "Vaariams" existed even during the 10th and 11th centuries under the reign of Cholas. This system was destroyed by the British fearing that it may pave way for agitations against their rule, if anything was organised.

During the post independence era, the concept of local self government gained importance and its relevance was further fortified through the





implementation of community development programme, introduced during 1952. Zilla board at district level, Taluk board at taluk level and Panchayat board at Panchayat level were formed. In course of time, Zilla boards were abolished which were replaced by District Development Councils in Tamil Nadu. Thereafter two tier system of local bodies at village level and block level continued. As there was no elected representative in the local bodies, the revenue started depleting. The development works solely depended on the Governments' subsidies resulting in the failure in the involvement and participation of the public.

73rd Constitutional Amendment Act was introduced in 1992 which paved way for the formation of 'Grama Sabha'. Grama Sabha forms the basis of democracy. The strength of the Grama Sabha will reflect on the strength of the democracy. The voice of Grama Sabha is the voice of the village. In Grama Sabha the administration is transparent.

The Government alone cannot identify and rectify various defects and malfunctions while implementing developmental works by various departments. But a responsible society can set right through Grama Sabha. This will be more practical

and would pave way for a sincere, transparent and responsible administration.

The Tamil Nadu Panchayat Act was enacted in 1994. According to Section-3 of this Act, Grama Sabhas were formed with the electorates of the villages as members. Initially, it was said that one third of the members had to attend Grama Sabha meetings. But as it was not practical in especially bigger village Panchayats, this Government soon after assuming office, conducted elections to the local bodies and passed an amendment stating that it was enough if one tenth of the members were present during the Grama Sabha meetings.

Though it was enough to conduct Grama Sabha Meetings twice a year, the Chief Minister Kalaignar has advised to convene Grama Sabhas four times a year, i.e. on January 26, May 1, August 15 and October 2. This Government is taking all steps to convene Grama Sabhas and implement schemes successfully.

The necessity of Grama Sabha

An opportunity is provided to poor, downtrodden and women of the village to run the administration.

By this, the common man can directly assume the powers entrusted to the local bodies. Thus the Grama Sabha will supervise the Government's various welfare schemes resulting in transparent administration. As this Grama Sabha discuss various pros and cons of a project they also act as a guidance body to the Panchayat. This ensures that the benefit of the schemes reach the people hundred percent.

How to conduct Grama Sabha?

The Panchayat President has to convene the Grama Sabha. He will preside over the meeting. In the absence of the Panchayat President, Vice President will preside the meeting. If both of them are absent, then the members can select a member to preside the meeting.

If the Panchayat President fails to conduct Grama Sabha, then the District Collector has to convene the Grama Sabha. If the Grama Sabha is convened by the District Collector, then he will appoint an officer of not less than the rank of BDO, for supervision. He

has to send the report of the meeting to the District Collector within 72 hours.

The duties of Grama Sabha

- ★ To approve the village Panchayats development schemes and annual budget.
- ★ To approve the selection list of the beneficiaries for various welfare schemes.
- ★ To inspect and advise the village Panchayat on developmental schemes in implementation.
- ★ To supervise and inspect developmental works implemented through local bodies by various other departments.
- ★ To encourage the public to participate in the development works by lending their manpower and meet out the expenses.
- ★ To promote social amity and unity among the people of various castes and religions.
- ★ To consider and go into the details of the annual budget of the village Panchayat and to audit report.



How to convene the Grama Sabha

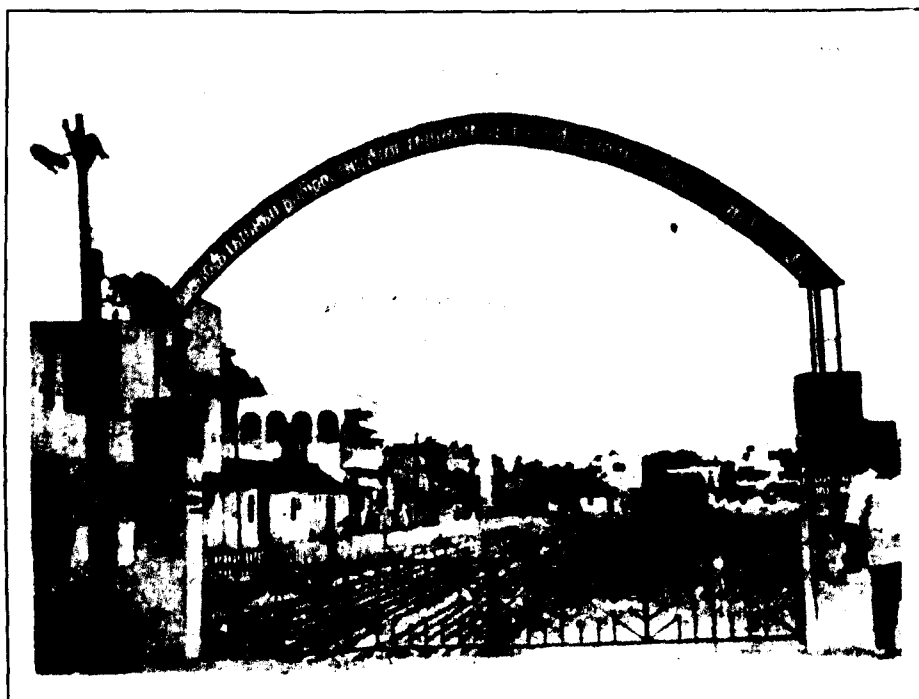
The Grama Sabha should be convened in a public place within the jurisdiction of the village Panchayat. The date of the Grama Sabha will be announced by the Panchayat President. The announcement should be made seven days before the date of the Grama Sabha. The notice should be pasted or displayed in public places like Panchayat office, School, Noon-meal Centres, Overhead Water Tank etc. The date, the venue and the time of the Grama Sabha meeting has to be advertised in all the dwellings of the Panchayat. This could be printed as bit notice and distributed to all the houses. The District administration can release advertisement. People can be invited to attend the Grama Sabha by showing slides in the Cinema halls. NGOs can be involved in gathering the people.

A report containing the date of the Grama Sabha and the subject to be discussed should be sent to the District Collector 7 days before the Grama Sabha Meeting. If the members turned to attend the Grama Sabha is less than one tenth of the total members, then the Grama Sabha meeting has to be postponed. Training is essential to Panchayat Presidents.

Subjects of Grama Sabha

The subjects are prepared by the Panchayat President. The following common subjects can be included in every Grama Sabha meeting.

To discuss the actions taken on the resolution passed in the previous Grama Sabha meeting.



To discuss on the merits and demerits in the administration and implementation of the schemes by Panchayat and other departments.

To discuss on the works that could be done by the people themselves and on the works that could be taken up in Self Help Programme with the assistance of the Government.

Apart from this, every Grama Sabha should discuss the following :

January - 26

The Budget Estimate of the Panchayat for the next year should be placed before the Grama Sabha for approval.

May - 1

To discuss and approve the beneficiaries list and the schemes list.

August -15

Schemes like eradication of poverty and other schemes implemented by the Government and the eligibility should be made clear to the people.

October -2

Interim inspection should be done regarding the development works implemented by Panchayat and other departments. Should submit the audit report of the previous year.

How to proceed with the Grama Sabha

A black board can be used to explain various schemes. The subjects discussed and the amendment should be registered. It is the duty of the Panchayat President and the Members to conduct the meeting efficiently and amicably. If a charge is made on the Panchayat President or the Members by the public, they should clarify with proper and authentic proof.

The budget expenditure and all the receipts and registers should be kept in a safe place and shown to the public for public auditing.

The members attending the Grama Sabha should sign in the proceedings register. The results of the discussions should also be entered subjectwise in the same register. And it should be

recorded as amendment and signed by the Panchayat President.

The report of the meeting should be sent to the District Collector within three days.

Open irrigation wells free of cost to poor, small and marginal farmers

The million wells scheme was launched as a sub-scheme of NREP/RLEGP during 1988-89. This scheme, which was originally part of 'Jawahar Vela Vaippu Thittam' was subsequently made an independent scheme with effect from 1-1-1996. The objective of the scheme is to provide open irrigation wells free of cost to poor, small and marginal farmers and freed bonded labourers. Preference is being given to Scheduled Caste/Scheduled Tribe. The expenditure is shared between the Centre and the State on 80:20 basis.

Soon after assuming office, this Government apart from completing the pending 5,839 Jeewandhara wells, allocated 14,132 Jeewandhara Wells to poor, small and marginal farmers and freed bonded labourers, during the past three years, of

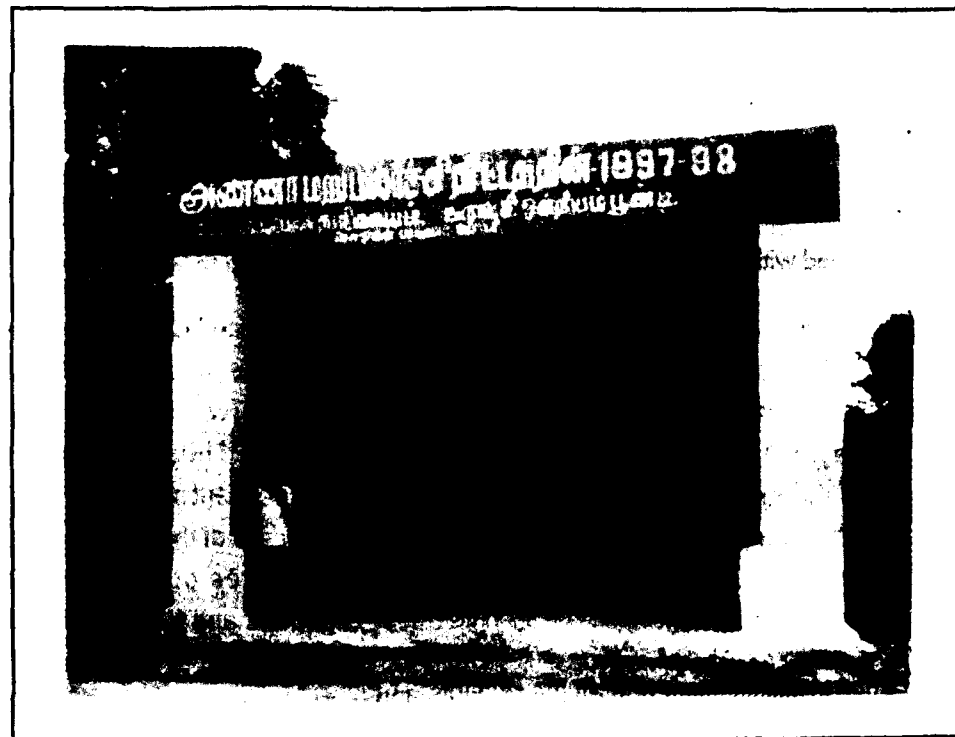
which 11,280 Jeewandhara Wells have been completed.

The pending Jeewandhara well works as on 13-5-1996 was 5,839. 5,235 well works were taken up during 1996-97 at a cost of Rs.23.540 crores; 4,849 works at a cost of Rs.21.590 crores during 1997-98 and 4,048 works at a cost of Rs.21.280 crores during 1998-99.



Poor, small and marginal farmers who had been depending on rain water for cultivation have now improved their standard of living by cultivating various crops. These farmers are provided with free electricity every year on priority basis by separate allocation.

Electric pumps are also provided on loan schemes with subsidy with yet another allocation.



Drinking water pipelines to the residents in rural areas

It is the responsibility of the village Panchayat to provide protected drinking water facilities in rural areas.

The Government has passed an order to provide 55 litres of water per person per day in 66,631 rural habitations in Tamil Nadu and to facilitate pipeline to the residences in the areas with water resources as in the urban areas.

The TWAD will prepare the plan to provide pipelines in rural areas. Rs.30 should be paid per month for a Panchayat water connection. A deposit of Rs.1000 will be collected for the residential pipeline water connection. If an additional pipeline is necessary then the Panchayat should study the feasibility and avail prior permission from the TWAD. If there is surplus water, then the Panchayat can provide new residential connections. But if a large number of connections are given, above the stipulated number, resulting in hardship for public

water taps, then the Panchayat can disconnect the extension of residential pipelines.

Self Help Programme

Self Help Programme is a scheme conceived and launched during 1997-98 by the Hon'ble Chief Minister of Tamil Nadu to promote self-reliant and self-help attitude among the rural people. This scheme attempts to reverse the growing dependency syndrome in the rural areas on Government and bring them back to the mainstream of developmental process by inculcating community involvement and participatory approach in development. Community needs are articulated by the public through Grama Sabha and after thorough deliberations, these needs are prioritised and converted as implementable projects where the public themselves actively contribute in cash, kind or through labour to supplement the government funds and execute the works. Government provide necessary technical support to achieve this. The traditional concept of "Kudimaramathu" in Tamil Nadu is being revived through this scheme in all spheres as the scope of

this scheme is extended to all activities that benefit the public. There is no rigidity under this scheme to take up only particular type of works. This scheme maximises the utility value of the funds allocated by Government. Apart from expediting the execution and improving the quality of work, it also promotes the concept of community maintenance of public assets.

As per the guidelines, for each and every developmental block, a Namakku Naame motivating team is formed comprising officials, volunteers and NGOs. This team will encourage the villagers to articulate their felt needs during Grama Sabha meeting and identify the projects. Participation in planning, contribution, execution and maintenance of such assets by institutionalising all

these processes, are the unique aspects of this scheme. Initially, the Government released Rs.10 crores under Namakku Naame Thittam Grant. As the response from public was overwhelming, an additional amount of Rs.4 crores was released as special grant. A provision of Rs.10 crores is being made for the year 1999-2000 in the first phase. From 1999-2000, this scheme is also extended to urban areas.

during 1997-1998

4,932 works were taken up at a total cost of Rs.17.78 crores. Of this, people's contribution was Rs.6.90 crores.

during 1998-99

4,805 works were taken up at a cost of Rs.30.20 crores. Due to the immense success of this

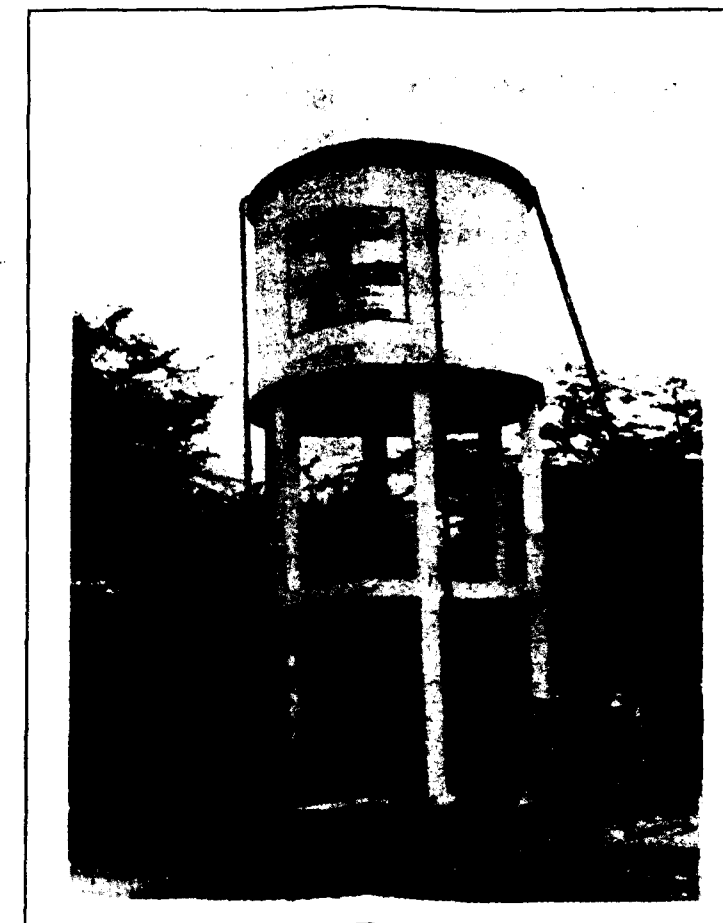
scheme among the people, their contribution raised to Rs.12.59 crores.

As the Self Help Programme is gaining more popularity, day by day, the Government enhance its allocation of funds every year.

The people of Mahalipatti Panchayat, Vennanthur Panchayat Union, Namakkal District,

decided to construct a connecting road

from Masanipatti to Koraikadu, a distance of 1.2 km. This road was laid at a cost of Rs.7.60 lakhs with the Government's subsidy of Rs.2.40 lakhs. The people contributed as fund and labour to the tune of Rs.5.20 lakhs. 7,710 people in 5 villages benefit by this road. This road was inaugurated by Hon'ble Chief Minister on 18-9-1997. People who had to travel 10 km. to reach the National Highway are now using this road and travel only 3 km. to reach the National Highway enabling them to transport their merchandise easily.



Renovation of temple tank and inlet channel - Kanniyakumari

The Bagavathi Amman temple tank was constructed by Travancore Maharaja in 1911 in the Kanniyakumari town. This tank water was used by the temple for poojas, abishekam etc., and was also a water resource to the surrounding area. This tank has been connected to the Kumareesal tank, Manachiparai Kadaimadai area. The Maharaja ensured that Kumareesal tank was always full even if the dam water was not available. As a result the temple tank was also full throughout the year. Open canal to a distance of 2.3 k.m. and an under ground canal of 0.4 k.m. were the inlet canals and Kumareesal and temple tanks were connected. As the tank was full all the time, it acted as a water resource to the town area.

Later as the temple tank was not maintained properly, it was left unused from 1975 and water coming from Kumareesal tank also stopped. As it was inside the town limit and as the renovation would cost much, the tank was neglected for 23 years. The public came forward to renovate the tank under Self Help Programme. A five member committee was formed to study the feasibility. The Government granted a subsidy of Rs.2.50 lakhs. With people's participation the renovation work was completed at a cost of Rs.10 lakhs within two months.

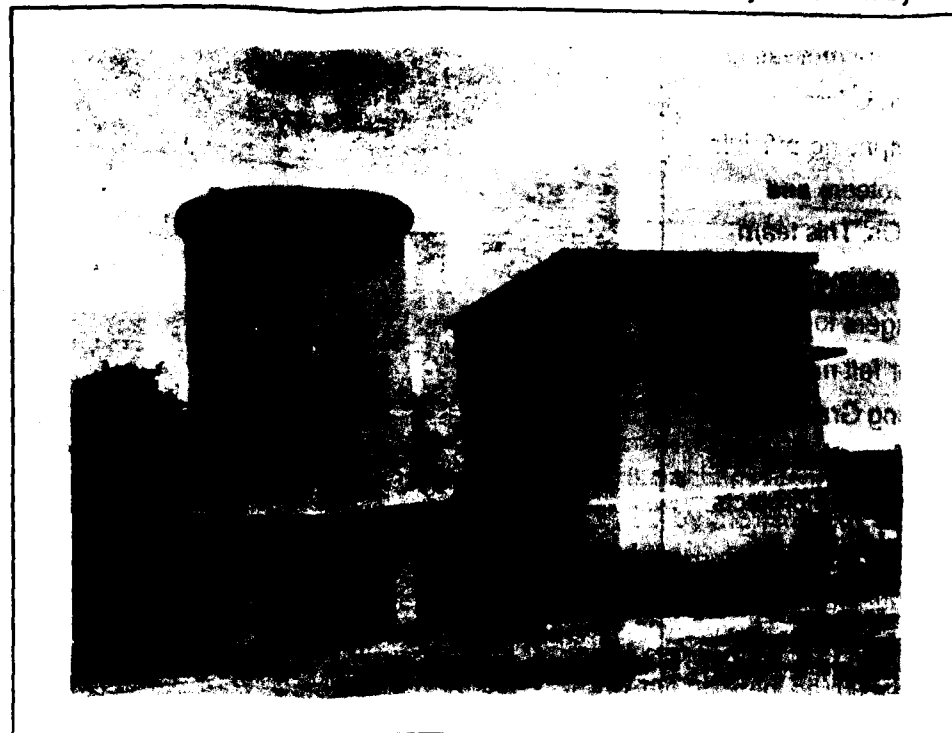
Presently, this temple tank is used for temple rituals. The surrounding wells in the residences have started sprouting water. People who went to far away

places to collect water are now joyfully using this tank.

Bridge, road and school building works have been completed and computer software etc. for the schools have been provided by the contribution of the public.

Anna Renaissance Scheme

Anna Renaissance Scheme is a pathbreaking rural development scheme in the Country, which was launched by the State Government during the year 1997-98. Under this scheme, one village panchayat in each Rural Legislative Assembly is chosen by the



MLA for the implementation of the scheme every year. Out of 234 assembly constituencies, this scheme is implemented in 212 constituencies. This programme aims at the convergence of all schemes and services in the selected village panchayats to make it a model village in all respects. All the minimum basic needs like drinking water, link roads, street lights, education, health, public distribution system, child care centres etc., are provided under this scheme.

This scheme addresses the village problems in two ways. Basic infrastructural facilities like roads,

drinking water, streetlights, school infrastructure, health facilities, public distribution system, house for houseless, rural sanitation and drainage etc., are created as a part of capital works. Regarding development of human resources and improvement of social infrastructure (PQLI), the camps and campaigns are systematically organised by the district administration. The administrative machinery organises campaigns like health camp, immunisation camp, eye-camp, total literacy campaign, small savings campaign, farmers forum, etc., which make the village distinctly progressive and different from other villages in terms of economic and social infrastructure and create better awareness for higher standard of living.

The State Government had sanctioned Rs.51.85 crores during 1997-98, apart from the special subsidy for the distribution of protected drinking water. During 1998-99, apart from the special subsidy of Rs.68.94 crores for drinking water supply, the Government had sanctioned Rs.75 crores for Anna Renaissance Scheme. More funds required for the completion of the schemes are availed from integrating various development programmes.

Achievements

During 1997-98, nine village panchayats were selected in Kancheepuram District, for implementing this scheme. In Kancheepuram Constituency, Thamal Panchayat with a population of 7,159 (according to 1991 census) was selected for this scheme. The State

Government spent Rs.24.68 lakhs as subsidy for Anna Renaissance Scheme. Rs.27 lakhs for drinking water supply and spent Rs.40.87 lakhs from other related departments. Two village roads, 76 buildings, 9 drinking water works, 50 street lights and 19 other works were taken up. The people's life-style has been improved by this scheme and presently Thamal village poses as a model village.

Grass farming

Thirty years back, the milk distributors co-operative union was formed and 19 acres of land was allotted for a model grass farm in Ponniam Manpattarai in Thamal village. But that dream did not come true.

During 1998-99, under IRDP, arrangements were made to fence the area and to establish water resources for the growth of grass and cattle fodder. Presently 1,400 members benefit by this.

A mudless cement road was laid in Velakkan Natham village of Natrampalli Panchayat Union in Vellore District.





Speciality of Anna Renaissance Village

- ★ Health checkup done to all school children.
- ★ Individual residential latrines constructed.
- ★ New street lights to the new dwellings.
- ★ Additional buildings constructed to schools.

377 drinking water works were undertaken in 25 Panchayats in Vellore District and they are being provided protected drinking water.

The unaccessible village of Aarakodu village in the Nilgiris which had not been provided protected drinking water previously through any of the schemes have been taken care of and presently benefited.

A school was functioning in dark and suffocating building in Athikaripatti village in Ayothiyapattinam Panchayat Union, Salem district. The house owner was also urging them to vacate the building. Using Anna Renaissance Scheme three buildings were constructed at a cost of Rs.7.50 lakhs. Presently, Children attend classes in the fully ventilated new buildings. Likewise the school in Thottipalayam which was constructed several years back with the donation of the public was dark and without ventilation. Under employment assurance scheme, a new building was constructed at a cost of Rs.2.59 lakhs and presently being used happily by the students.

- ★ Buildings constructed for public distribution and noon meal centres.
- ★ Agricultural training camps and insemination and vaccination camps for cattles.
- ★ Various schemes are integrated and implemented to upgrade the life-style of the people.
- ★ The advantage of thrift cum savings are canvassed by the self help groups.
- ★ All the families are encouraged to open savings account.
- ★ Presently, women discussions, agricultural meetings and health camps for the cattle are being undertaken in the Anna Renaissance Scheme villages. These things differentiate them from other villages.

29,679 works were taken up at a cost of Rs.172.77 crores in 212 villages during 1997-98.

1,747 works alone were taken to provide protected drinking water at a cost of Rs.56 crores. Exceeding all the other schemes, the allocation for Anna Renaissance Scheme was Rs.75 crores during 1998-99.

23,910 works were taken up at a total cost of Rs.180.43 crores, during 1998-99. This includes 1,462 drinking water works at a cost of Rs.65.07 crores, 1,392 tar topped road works, 938 other road works and 6,950 building works for schools and building works for public distribution shops.

Rs.75 crores have been allocated for implementing this scheme in 210 village Panchayats in 210 Assembly Constituencies, during 1999-2000.

As the works in Alandur Assembly Constituency in Kancheepuram and Panchayats in Salem District had already been completed, these two places have not been included in this year's action plan.

Grama Sabha, Social auditing, transparent administration - apart from strengthening the basis of democracy pave way for improving education, health and sanitation. If all the works of this scheme are completed then that village will become a model village for other villages to follow.

★ ★ ★

The following basic amenities have been provided by the Rural Development Department

	1996-97		1997-98		1998-99		TOTAL	
	works	estimate	works	estimate	works	estimate	works	estimate
		Rs.		Rs.		Rs.		Rs.
		(in crores)		(in crores)		(in crores)		(in crores)
Group Houses	71615	193.36	56621	152.88	41330	133.67	269566	479.91
Tar Roads	5714	140.200	4888	137.200	6283	185.34	16888	462.74
Buildings for High Schools and Higher Sec.Schools	-	-	-	-	796	27.86	796	27.86
Water works	16785	113.000	7628	110.00	1157	155.36	36000	378.36
Fair Price Shops	263	3.500	1698	22.900	2996	44.940	4957	71.340
Buildings for Primary Schools	1893	37.860	929	23.225	1484	40.050	4306	101.135
Noon-Meals Centres	422	4.200	345	3.795	387	3.630	1154	11.625
Buildings for Panchayat Offices	151	2.040	259	3.240	280	3.790	690	10.010
Jeevandhara Wells	5235	23.54	4849	21.59	4048	24.280	14132	69.41
Television Rooms	22053	35.29	-	-	-	-	22053	35.29
							270535	1647.74

State Bank of India with its vast network of branches particularly in Rural and Semi-urban centres, has launched a pro-poor scheme of lending through Self Help Groups operating in rural centre with rural poor particularly agricultural labourers as clients.

The concept of SHG through its basic principles of savings/thrift and credit/lending has been promoted by the Non-Governmental organisations with their service background. Homogenous groups with exclusively women, men and few mixed members were formed and guided for their Socio-economic development. Women empowerment has been the focus. Social development activities like health, children and adult education, drinking water, sanitation and economic development activities like cultivation of crops, rearing of milch animals, sheep/goat, poultry, birds, small business, village artisan work have been focused among the members. Banking habit, management of group activities, maintenance of accounts by the SHGs are also aimed at with collective responsibility. Leadership training, representation of common issues to the authorities, participation in Panchayatraj election directly and indirectly

STATE BANK OF INDIA AND SELF HELP GROUP CONCEPT IN TAMIL NADU

are also important agenda for the SHGs formed and guided by the NGOs.

Banking activity by SHGs have improved well by rotating their savings/out of their own income/thrift of house money. The credit requirement particularly their house expenses takes the major share of group lending in the initial stage but slowly improves for production purposes mainly for agricultural and allied agricultural activities as the age of the group goes up. The members are slowly coming out of local money lenders' clutches with this cheap and simple credit particularly after linking with Institutional credit (Banks).

Banks in Tamil Nadu excluding Co-operative Banks have linked SHGs with financing as under:



District have disbursed loans to the tune of Rs.16.38 lakhs for 115 SHGs (179 members) of which 112 SHGs are women groups. Total savings are Rs.12.29 lakhs. The NGOs involved are ASSEFA, SRDT, TANWA, ISED, ARD, ARWEL and Direct (STATE BANK OF INDIA, Ayyampettai Branch).

Besides, STATE BANK OF INDIA branches spread over Tiruchirapalli, Tiruvannamalai, Tuticorin and Kanniyakumari have covered SHG groups more number of groups.

STATE BANK OF INDIA and NGOs have initiated income generation programmes during second course of lending. The activities in particular are

1. Candle making; 2. Zari work (embroidery work); 3. Purchase of Milk Van.

TRAINING

A training programme was organised by the NGOs for candle making at the village / factory site for one day. The raw materials are supplied and the finished products are purchased (buy back) by the training institute (Anbalayam, Arumbakkam, Chennai)

MILK VAN PURCHASE

It is unique to note that in STATE BANK OF INDIA, Pavinjur area (Latur Block in Madurantakam area of Kancheepuram District) out of 50 SHGs financed during 1998-99, 25 women SHGs have utilised the loan amount collectively for purchasing a Milk Van in order to reduce the cost of their own milk to be transported to ASSEFA Chilling Centre (23 kms) besides earning income for the groups by transporting others milk also. The milk van was purchased under the leadership of "Federation of Sarva Seva Dairy Development by SHG women". The vehicle is plying 400 kms daily to collect milk canes from various villages and earning Rs.1000 per day as hire charge.

Year	No. of SHGs Linked	Bank Loan Disbursed (Rs.in lakhs)
1992-93	22	2.239
1993-94	34	4.247
1994-95	203	21.250
1995-96	205	34.649
1996-97	408	59.552
1997-98	444	218.166
1998-99	2633	558.935
Total	3949	899.038

STATE BANK OF INDIA (31-3-1999)

In Tamil Nadu, State Bank of India Branches (35) sofar linked 840 (11362 members) SHGs with loan limit of Rs.1.37 crores. There are 707 women SHGs. The SHGs have saved Rs.0.29 crores against which 1:1 to 1:4 ratio of savings loan has been sanctioned and disbursed under Agricultural Term Loan with interest applicable to Agricultural segment.

During 1998-99, Kancheepuram District was identified as Project District for intensive coverage, besides other areas. Accordingly, with active co-ordination of 11 NGOs, 10 branches in the



You have bought a ticket for a train journey from Mumbai to Chennai. When the train reaches Renigunta, still 150 kms. from Chennai Central, you are told by the Railways: "This is as far as the train goes today. You can go the rest of the way on your own". No one would tolerate such a situation - not even the Indian Railways.

★ ★ ★

You are a customer of the State Electricity Board. You pay by units consumed, which in India means, you pay for having an alternating electric current supply at a voltage of 230 volts

IT TRENDS

and a frequency of 50 hertz. In most parts of India, barring a few pockets of efficiency, what we actually get, is an AC supply at any thing from 180 to 210 volts at a frequency which is always a few Hz below 50. As a percentage of the voltage that you actually paid for, this is even worse than being asked to get out in Renigunta, when you paid for reaching Chennai. Yet we meekly accept this situation for years on end.

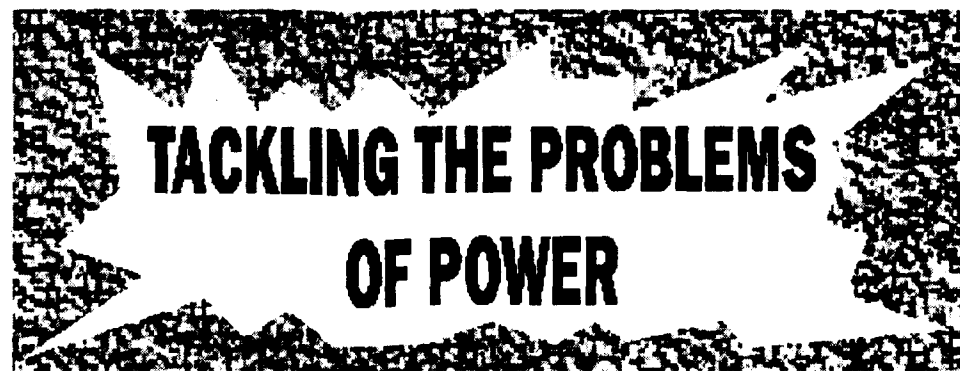
★ ★ ★

What do we do about the 'shortfall' in electric supply voltage? Mostly nothing - or so we think. Actually, we pay twice over for the same power: once to the electric utility company which does not deliver the correct voltage - and once more through every device we use - fridges, TVs, washing machines - which incorporate special circuits to accept big swings of voltage. Alternately the suppliers suggest the use of stabilizers - but in either case the customer pays. We are used to these household devices, "somehow" working at all voltages. And if they

stop working for short spells, we accept it like the fatalistic, eternally patient Indians, we are.

This 'chalta hai' attitude will not do in the world of computers. Today's PCs and servers come with fairly rugged Switched Mode Power Supplies (SMPS) of an internationally accepted rating. They are geared to accept some thing like 10 percent in voltage variations. They are also inherently capable of accepting a deterioration in the ideal shape of the alternating current - a perfect sine wave - and will work even when this shape is only approximately achieved: for example, by smoothing the more squareish shape that the typical DC-to-AC inverter delivers.

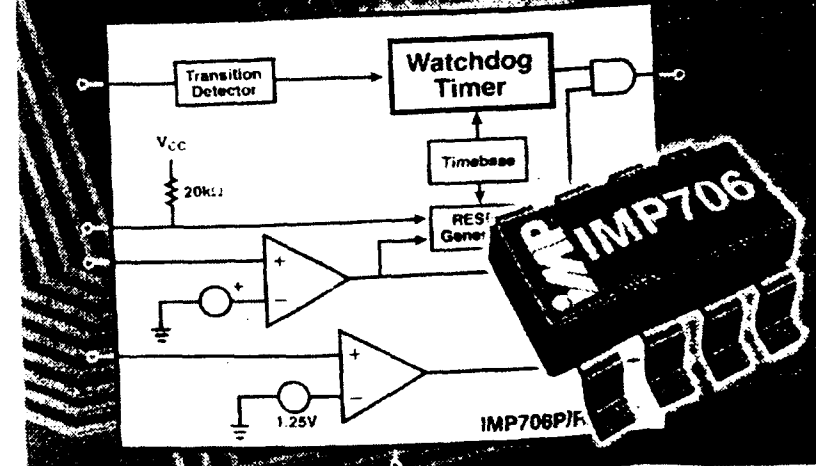
But even the best SMPS is not proof against the more violent deviations from the normal, that the Indian electricity utilities palm off on consumers. Add to that, the special environmental problems that users in tropical countries have to live with - like lightning.



If a bolt of lightning strikes a transformer at the roadside distribution point of the electric supply line, it will travel instantaneously through the wire, and the surge will almost certainly destroy the power supply module. If the PC is connected to a modem, powered by its own battery eliminator, that too may be destroyed. If the surge reaches the motherboard, it is your luck if two chips or ten are destroyed. An unprotected PC hit by such an electrical "event" could end up in a flash, with Rs.10,000 - 20,000 of damage. Clearly this is not a risk worth taking. What are the other, more common, "power events" that electric supply lines are prone to?

- Anand Parthasarathy

3/3.3/4V μ P Supervisors



Power events

- ✧ **Sag (or brownout):** short term decreases in voltage - the most common power disturbance. Electric supply companies, faced with excessive demand at peak time, are known to resort to "rolling brownouts" - lowering the voltage below the rated value, in a systematic manner. Sags can cause the computer to crash - or the keyboard to get locked.
- ✧ **Spike (or impulse):** a sudden dramatic increase in voltage, typically caused by lightning - or a supply line being switched on after a long shutdown. Spikes can destroy many parts of the computer as explained above when discussing lightning effects.
- ✧ **Blackout:** total power loss, could be caused by tripping due to excessive demand on the utility or accidents which bring down supply lines.

In India of course, the blackout could last for hours - due to unannounced maintenance shut downs, regular power cuts or what is delicately called "load shedding". In a blackout, all current work resident in the RAM memory of the PC or in the cache will be lost. The File Allocation Table (FAT) of the hard disk may be lost, which may destroy all data stored on the disk.

✧ **Surge:** a short term increase in voltage, lasting a fraction of a second. They are caused when other heavy equipment on the same line - like air conditioners and heavy motors - are switched off. The PC power supply can usually absorb small surges.

✧ **Noise (also known as electro magnetic interference or EMI):** electrical interference which corrupts the smooth sine wave shape of the AC power. Caused by a variety of disturbances in the vicinity. The

most common example is the effect of switching on a "mixie" or similar motorised equipment on the same phase of the power supply line. Noise can cause temporary "data drop out" or other glitches which may not be immediately apparent.

This then is the bad news: we operate our computer in a very dicey electrical environment. There is some consolation in the fact that in most parts of the world, some or all these problems may be present. An IBM study showed that worldwide, a typical computer is subject to 120 power "events" a month. We simply cannot expect to get good clean reliable power from our power utilities. So what do we do? Welcome to the world of power conditioners - the "safai wallahs" of the power business who clean up the mess they receive and deliver steady power within a range the computer can tolerate.

About four years ago, when I treated the subject of power conditioning in these columns, I mentioned a variety of options: constant voltage transformers (CVTs), stabilised power supplies and Uninterruptible Power Supplies (UPS). That was because, the first two could protect the computer from supply problems - as long as the supply was coming. They were much cheaper than the UPS option - and as long as the supply was continuous you could manage with either of them. Today, we need

not even discuss these two options, because the supply situation has deteriorated nationally and most states suffer from regular power cuts in the working hours. A black out does not hit you once in a while - like lightning. It is for thousands of Indian PC users, a daily fact of life. There is another new dimension: the days of DOS are over. Windows is now the de facto standard on Indian desktops and portable PCs. And Windows has become so bloated in its current versions - both Windows 98 and Windows NT (soon 2000) that restarting, after an unplanned shutdown is a major irritant. Indeed, unlike DOS, the operating system just does not spring back after a forced shutdown, unless one goes through a elaborate scanning routine. The result is that most of us just cannot afford to have the machine trip during use. Ergo, an uninterruptible power supply is now the ONLY viable alternative, stiffer price notwithstanding.

UPS : types

Fortunately a wide choice of UPS models is available in India, both indigenous and of foreign make. Most good models will accept mains voltages at least between 170 and 260 volts AC and will deliver a voltage of 230 volts plus or minus one percent; at a frequency of 50 HZ plus or minus 0.1 percent. However there are so many models in the market that a choice can be difficult: It is better to understand what the different types of UPS deliver before selecting the best one of you.

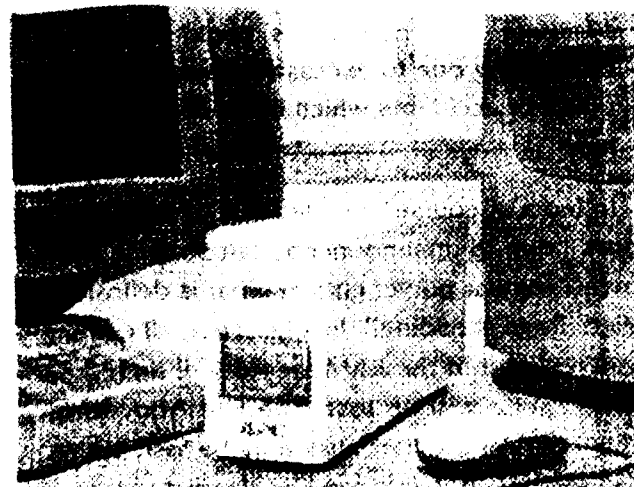
A good power conditioner company should provide this information - and also explain all the jargon they use to specify their products. But the vast majority just state the rating - and whether the unit is off line or online.

The American Power Corporation (APC) a leading US-based global power protection company, recently conducted seminars in 11 Indian cities to highlight their technology and their product line. I attended one of these roadshows and came away educated about many new technology trends. More usefully,

the website of the company (www.apcc.com) contains some excellent basic material in the form of technical papers and tutorials where the basics of power failure "events", UPS technology and all the "buzz words" are nicely explained. I have drawn on some of this material for this column.

The common types of UPS are as follows :

1. **Standby or 'offline'** : This is the cheapest, commonest type for PCs. The AC line is "normally on", and better models come with a filter and surge suppressor in the mains path. It switches to the battery/inverter line if mains power fails. The inverter is normally off and operates only when the mains power is absent, i.e. it is on "standby".
2. The Line interactive UPS, is very common for small business and small network environments. Here the inverter is always connected to the output of the UPS. When AC power is available, the inverter charges the battery. When AC power fails, the transfer switch operates, and power flows to the output from the battery-inverter line to the output. Since the inverter is always 'on', some degree of additional filtering is provided and small surges are absorbed, which means the system acts as a regulator to some extent. This is a popular design in the 0.5 KVA to 5 KVA range.



3. The Standby On-line Hybrid UPS, is common at ratings upto 10 KVA. The standby converter from the battery is switched on when AC power fails - as in the Standby UPS. There is no transfer time during power failure. However this is not online in the strict sense because the primary power path is not always 'on'. The path through the rectifier is online; but the other path through the DC-DC converter operates in standby mode.

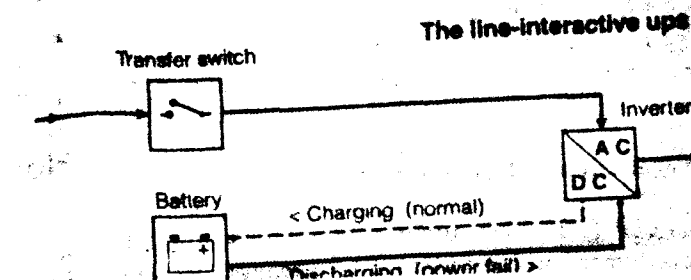
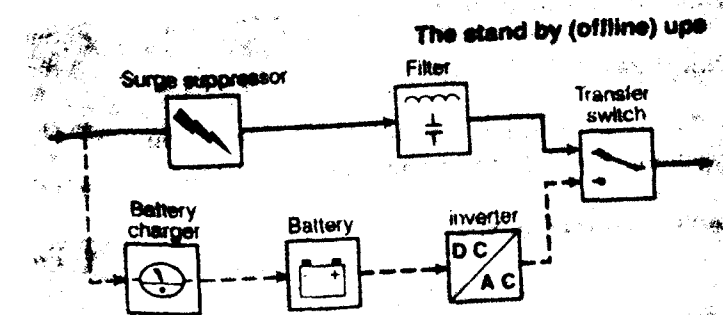
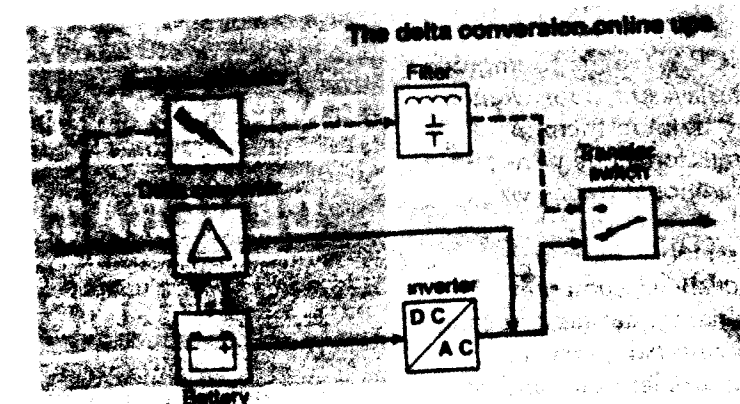
The Double Conversion On-Line UPS is very common at ratings above 10 KVA. The block diagram is identical to the Standby UPS with one difference: the 'normally on' path is through the inverter/battery combo.

The filtered AC line is only a backup. Hence there is no transfer time - unless one of the blocks in the primary path: battery charger, battery or inverter - malfunctions. Since battery charger and inverter are always 'on', this design results in greater heat and consequent reduced efficiency.

Delta Double Conversion Online UPS, is a recent technical improvement over the last type and comes in all sizes above 5 KVA. As before, the inverter line is always 'on' and supplies the output.

But an additional Delta converter backs up this power and provides another line to the transfer switch. If AC fails or if supply is disturbed this design behaves as before and supplies through the battery line. But If AC line is good the delta converter provides a more efficient path to the output.

APC provides an elegant analogy for its patented Delta technology: You have to take a load from the 4th floor of a building to the 5th.



In the double conversion online model, you come down to the ground floor and climb five floors up. In the delta (or "difference") model you climb up from the 4th to the 5th floor.

Armed with this information, customers both individual and corporate PC users, can hopefully decide what technology best meets their needs - then look for suppliers who offer a product with that technology.

Today, an entry level UPS for a single PC and printer can be had for around Rs.5,000, batteries for about 15 minutes backup, included. Bigger systems could cost you nearer Rs.1 lakh. You buy what you need.

Here's to 'powerful' computing!

Courtesy : The Hindu

22/1/91

This programme, partially assisted by NORAD aims to improve the lives of poor women by training them in traditional and non-traditional trades viz. electronics, watch assembly, basic and advanced computer training, garment making, secretarial practice, embroidery etc. and to ensure their employment in these areas.

Objective

To train women, preferably in the non-traditional areas and to ensure their employment.

Implementing Agencies

The scheme is implemented by Public Sector Undertakings/Corporations/Women's Development Centres of Universities and Voluntary Organisations registered under Societies Registration Act, 1860 or corresponding State Act.

Target Group/Beneficiaries

Poor and needy women in urban slums and rural areas and women from weaker sections such as Scheduled Castes and Scheduled Tribes.

Pattern of Assistance

Under the scheme financial assistance would cover

- ★ Construction of shed for training-cum-production purpose if required
- ★ Training Cost
- ★ Stipend to the trainees and attendance performance incentive wherever eligible
- ★ Training kit necessary for training-cum-production.
- ★ Dormitory facilities for the working women, if required

SETTING UP OF EMPLOYMENT-CUM-INCOME GENERATING UNITS FOR WOMEN (NORAD)

★ Seed money as initial working capital, if required

★ Day care centre

★ Management training

★ Pre-production activities such as feasibility studies and cost-project activities where necessary

★ Stipend @ Rs.250 p.m. per beneficiary

★ Cost ceiling is Rs.8000 per beneficiary

Eligibility Conditions

The Organisations should have atleast three years experience in the field after registration. They should be working for the development and empowerment of women. Institution and public



sector organisation should have expertise in the area of training being undertaken. Projects are appraised after recommendation at state level and put up to a Project sanctioning committee within the Central Social Welfare Board or the Department.

Voluntary organisations are expected to maintain close followup of the trained women to ensure their gainful employment post-training.

Procedure for Applying

The proposal in the prescribed format, through the State Government Department dealing with Women & Child Development or State Women Development Corporations should be sent to

The Deputy Secretary (NORAD)
Department of Women & Child Development
1st Floor, Jeevandeep Building,
Sansad Marg, New Delhi - 110 001
Tel : 011-3362519, Fax : 011-3348521

Alternatively, a proposal from an NGO can be routed through State Social Welfare Advisory Boards to Central Social Welfare Board which may be addressed to :

The Executive Director
Central Social Welfare Board
Samaj Kalyan Bhawan
B-12, Tara Crescent,
Qutub Institutional Area
New Delhi - 110 016
Tel : 6865474, 6960059, 6960061
Fax : 6960057

Documents to be enclosed along with the application

As at VI of the application form.

Application Form

Setting up of Employment-cum-Income Generating Units for Women (NORAD)

I. Details regarding implementing agency

1. Application Number
2. Date of application
3. Organisation name

4. Organisation type (NGO/Public Sector)

5. Organisation Address

6. City/Town/Village

7. Pincode

8. Tehsil/Block/Taluka

9. District

10. State/Union Territory

11. Telephone No.with STD Code

12. Fax No.(If any)

13. E-mail Address (If any)

14. Contact Person

15. Date of Registration

16. Objective of Organisation

(Whether women's development / welfare is stated as said objective)

17. Statement of audited A/cs Year-1 Year-2 Year-3

(i) Receipts and payment

(ii) Assets and Liabilities

(iii) Income and Expenditure

(iv) Whether (Surplus/Deficit) S/D S/D S/D

(Supporting documents).....

18. Organisation experience (Experience in the field viz. women and child development and income generating activities, number of years experience, annual report and any other supporting documents)

19. Remarks (whether organisation already receiving / received grants under the NORAD assisted scheme or any other schemes of this Department or Central Social Welfare Board or any other Government / State Government, If so, whether completed the project successfully, as per requirement)



II. Project Details

20. Name of Trade

21. Sub-Trade

22. Trade type
(Tradition/Non-traditional)

23. No. of beneficiaries

24. Background of trainees selected (Mention whether SC/ST, Rural, Other Backward classes, etc.)

25. Source of raw material

26. Location of project
City/Town/Village
Tehsil/Block/Taluka
District

27. Whether District Headquarter,
Industrial Town, Village, other

28. Population and Location
of Village Town/City where
project is to be located
(1991 census)

29. Is it a continuation project? (Y/N, if 'Y' should be supported by employment status of trainees of earlier sanctioned project along with utilisation certificate for second instalment and audited statement of expenditure for the grants released)

30. Duration of training year.....month.....Day.....

III. Cost of Project

Non-recurring

31. Training / Equipment cost (Rs.)

32. Furniture and fixtures (Rs.)

33. Others (Rs.)

Total (Non-recurring)(Rs.)

Recurring

34. Salary of Instructor/Trainers(Rs.)

35. Stipend amount (to trainees which normally should not exceed Rs.250 per month if organisation proposes to give more than this amount the excess amount will be borne by the organisation out of its own resources)

36. Raw material for training (Rs.)

(Raw material will ordinarily be provided for half of the duration of training only)

37. Rent (Rs.)

38. Other Expenditure (Rs.)

39. Contingency amount (should not exceed 5 percent of the total recurring cost and it should cover the expenses like electricity, water, loading of furniture and fitting expenses etc.)

Total (Recurring) (Rs.)

Grand Total (Rs.)
(Non-recurring+recurring)

IV. Per Capita Cost

V. Other Details

40. Whether organisation will form the trainees, into self help group/society/cooperative for production activity after completion of training?

41. Whether organisation has obtained willingness of local administration / financial institution to assist the beneficiaries after training to acquire assets for income generation under IRDP/SC/ST...Corpn/bank finance etc? (Yes/No)

(If yes supporting documents to be furnished)

42. Employment potential of the training programme (should be supported by documentary proof for employment linkages/marketing tie-ups arranged by the NGO for the women to be trained under the project for getting sustained employment immediately after completion of training)

43. Whether organisation will keep record of trainees and regularly obtain employment status/earning (Yes/No)

44. Whether organisation prepared to continue the project with recurring cost only for subsequent batches (Yes/No)

VI. Documents to be enclosed (Indicate whether enclosed or not)

- (i) Copy of registration Certificate (Yes/No)
- (ii) Memorandum & Bye-Law of Organisation (Yes/No)
- (iii) Audited Statement of accounts of the organisation (last 3 years) (Yes/No)

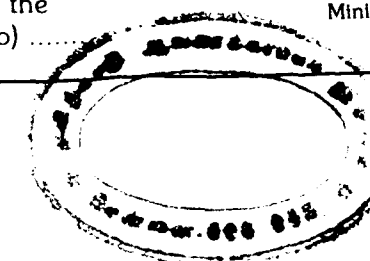
- (iv) Proof of sustained employment (Yes/No)
- (v) Proof of linkages for acquisition of assets by beneficiaries
- (vi) List of executive members (indicating address and occupation) (Yes/No)
- (vii) Number of male members
- (viii) Number of female members
- (ix) Female member status (should be atleast 1/3rd)
- (x) Last Annual Report (Yes/No)
- (xi) State Govt./Women Department recommendation (Yes/No)
- (xii) Project cost estimates (Yes/No)



In case of a continuation project the following additional documents are required

- (i) Employment status of trainees of earlier project/batch (Yes/No)
- (ii) Utilisation Certificate certified by CA of the amount sanctioned in earlier project (Yes/No)
- (iii) Statement of expenditure certified by CA incurred by the organisation out of the amount sanctioned in earlier project (Yes/No)

Courtesy : **Schemes for Assistance - A Hand book**
Department of Women and Child Development
Ministry of Human Resource Development
Government of India ★



Decentralised Planning at District level through involvement of local level representative institutions such as Panchayat Raj Institutions, Co-operatives, Producers/Farmers organisations, non-governmental organisations in the formulation of development schemes as well as their implementation has been advocated mainly on the following considerations :

1. Effective and timely tackling of local problems and removal of regional disparities in development;
2. Efficient utilisation of resources;
3. Ensuring an equitable distribution of the benefits of developments;
4. Integrated area development through a high degree of co-ordination among development agencies at the horizontal level.
5. Providing opportunities for people's participation in the planning process.

Scope of the District Plan :

District Planning is a kind of area based planning with a more detailed assessment of the resources, problems and potentialities of the district so that investment programme and welfare oriented schemes which are well suited to the particular needs of the district could be evolved. Ideally, district planning should cover all aspects of socio-economic life of the people living in the district. As we are introducing planning concept in the midst of a development process we have to define clearly the scope of district planning and delineate the specific subjects of district planning. A practical point of view is that we may have to restrict the planning to activities.

Methodology :

Though the ultimate objective is to prepare comprehensive district plan, our immediate concern is to confine to the district sectors and to the financial limit indicated. As the first step the DRDA may prepare a comprehensive district profile covering vital aspect of the district economy and giving an account of the on-going development schemes in various sectors. Secondly data and information available with DRDA lead bank. Statistics department, sectoral reports etc. may be utilised for the preparation of the profile. An

DECENTRALISED DISTRICT PLANNING - METHODOLOGY AND SCOPE

K.V. PALANIDURAI,
Full Time Member, State Planning Commission

analysis of the ongoing development schemes in the district with particular reference to the potentials and problems would help us to identify the gaps and the problem areas that remain to be tackled. This analysis and the district profile will form the background for the preparation of district plan.

The DRDA could then present the profile, the analysis as well as the salient features of the decentralised district plan, to the District Development Council for discussion. The Chairman of the DDC may explain the objectives of the decentralised district plan, invite suggestions and recommendations from the members, particularly from non-official members - MLAs and MPs. The next phase is to consolidate the proposals/suggestions emanating from the members of the DDC and examine them from the feasibility point of view. The Collector and the DRDA might have received representations from the public for provision of basic amenities or for implementation of development schemes, such as minor irrigation work etc. These could also be considered while formulating the District Plan. The DRDA may consult the line department while scrutinising the proposals. After careful consideration of all the proposals the DRDA has to select schemes conforming to the district sector concept and present them to DDC for approval. It must, however be ensured that at the final stage of approval, financial limit is kept within the allocation for the district. The Collector can decide on the manner of implementation and the agency - the line department or the Panchayat union/DRDA or Non-governmental organisation. As the Collector has been authorised to sanction the schemes and operate the budget head "Decentralised District Plan" the scheme could be implemented expeditiously.

The above methodology is too simplistic and has been suggested to make a beginning in decentralisation of planning process. Further, limited staff available for district planning work, modest allocation of resources are some of the factors which were taken to consideration while formulating the methodology. It would however, be necessary to initiate steps for preparation of a comprehensive district plan. This will no doubt take a long time and may require considerable strengthening of DRDA. The following steps are suggested for preparation of comprehensive district plan.

1. Formulation of the major objectives of the district plan.
2. Compilation of data for district planning.
3. Bringing out the profile of the district in relation to the basic objectives.
4. Formulating the main strategy and thrust of district planning.
5. Analysis of the existing programme and projects with reference to the strategy outlined above and proposals regarding.
 - (a) Modification of the ongoing programmes and projects.
 - (b) Proposals for removal of inter-block disparities
 - (c) Assessment of unemployment/underemployment and proposals for manpower planning and budgeting
 - (d) Inclusion of new projects and plans
 - (e) Interlinkages between various projects and programmes
 - (f) Organisation and management to ensure that no implementation gap exists.
- (6) Assessment of resources for allocation to various programmes and projects.
- (7) A statement of physical and financial components of the district plan.
- (8) Statement of spatial dimension of the district plan
- (9) Relationship and links between the district plan and regional and State development plans.

The DRDA must equip itself with training personnel to take up district planning work on the above lines. In other words, the DRDA should function as planning authority also. The following would be planning functions of DRDA:

- (i) Crystallisation of local needs and objectives within the broad frame work of national and State level objectives;
- (ii) taking stock of the natural and human endowments of the district and the regions within the district as well as the level and pattern of development attained so far;
- (iii) listing and mapping of amenities at the village, block and district levels;
- (iv) formulation of district plans in their Socio-economic temporal and spatial dimensions along with their linkages with the rest of the economy;
- (v) formulation of policies, programmes and priorities relevant for the district;
- (vi) co-ordinate implementation of the district plan;
- (vii) monitoring and review of implementation of district plan programmes with due regard to their linkages and dependencies;

The Report of Working Group on district planning (Constituted by the Planning Commission, Government of India) has recommended a "Stages approach" for district planning. The first stage is called the "initiation stage" and during this period the State should establish the pre-requisite such as defining the scope of the district planning, strengthening the capability of district planning, introduction of the concept of United Fund, etc. During the second stage "limit decentralisation" will be attempted by granting extensive delegation of powers at the district level and streamlining of the procedures. The Third and final stage would cover enlargement of district sector activities and conferment of decision making powers to district bodies with high level of popular participation and adoption of budgetary practices that will encourage local initiative. It may be mentioned that Tamil Nadu has entered the first stage with the launching of decentralised district planning. The broad contours of an idea decentralisation process has been outlined above and it is essential that the State must take sustained efforts to make decentralised planning a success. The recent Constitutional Amendment relating to Panchayat Raj Institutions has paved the way for moving ahead. The Panchayat Raj Act envisages the key role for democratically elected Panchayats at the district and block levels. The Act also provides for devolution of powers and resources to the Panchayats at various levels for undertaking planning.

★

ANGER

Most Destructive Force on Earth

- Dr. U.S.Iyer

Anger is "the feeling one has towards someone or something that hurts, opposes, offends or annoys" resulting in strong displeasure.

It is the most destructive force making the atmosphere a dreadful hell. It is an important instigator of aggression. Frustration is an offshoot of anger.

Short temper, therefore, is nothing short of temporary insanity. Impetuosity takes over from rational thinking and logical decisions are distorted. During the "historic" period of anger, the casualty is happiness, for the one who is affected directly and all others involved indirectly.

Racket anger is emotional disaster. It dissipates one's energy and affects the nervous system, giving way for even cardiac arrests, consequent to hypertension. It comes often, suddenly and often we give life to it.

A short-tempered man loses self respect, humility, compassion and even mental equilibrium.

Maxwell Maltz, a famous psychologist, says: "Anger is frustration, an explosive kind of frustration in which you turn a passive feeling of hurt into an active performance of willful destruction."

The following are some of the interesting factors accompanying the monstrous disease called racket anger.

1. When a person is angry, he gets tremendous strength - destructive strength. The individual will not even hesitate to murder somebody who goes against his/her wishes. It is as pernicious as temporary madness. Even in the Indian Penal Code, a murder committed in a fit of rage gets some leniency when the punishment is awarded. The murderer acts with emotion, devoid of reasoning power.

2. Paroxysm of rage causes death-like silence on the person at the receiving end. People known for short temper are generally kept at a safe distance.

3. Monotony causes anger. People manning the 'May I Help you' counters at railway stations, airports and bus stations are victims of this form of anger. They are bombarded with the same question by several hundred people every day. For the general public the subject is important whereas for these employees it is nothing but monotony. This problem can be solved if the job is taken up on a rotation basis with each individual working for not more than three hours.

4. Researchers have propounded a very interesting theory that many cancer patients have a history of anger, grief, hostility and aggression. It is, however, logical that all short-tempered people need not end up with cancer, but naturally a majority of the cancer patients would have been victims of racket anger. This, ofcourse, is a subject for debate and more exhaustive study.

5. Very often an angry person become furious at himself when he comes back to his normal senses. "It could have been done without" is the usual feeling, but unfortunately maximum damage would have been done before the individual feels sorry for the abnormal behaviour.

6. Many of us do not accept the prophetic warning. "When you are right you can afford to be cool; when you are wrong you have to be cool." The greatest tragedy is that once we realise that we are wrong we do not forget it. We store it in our sub-conscious mind and wait for an opportunity to revive it. We give life to it when we get a chance. Eric Berne in his book *What Do you say after you say Hello* says rightly that most of us play the game - IGYSOB. This is a game where we give life to a hurt feeling over an issue which is already

closed and buried, except the person bent upon reopening it.

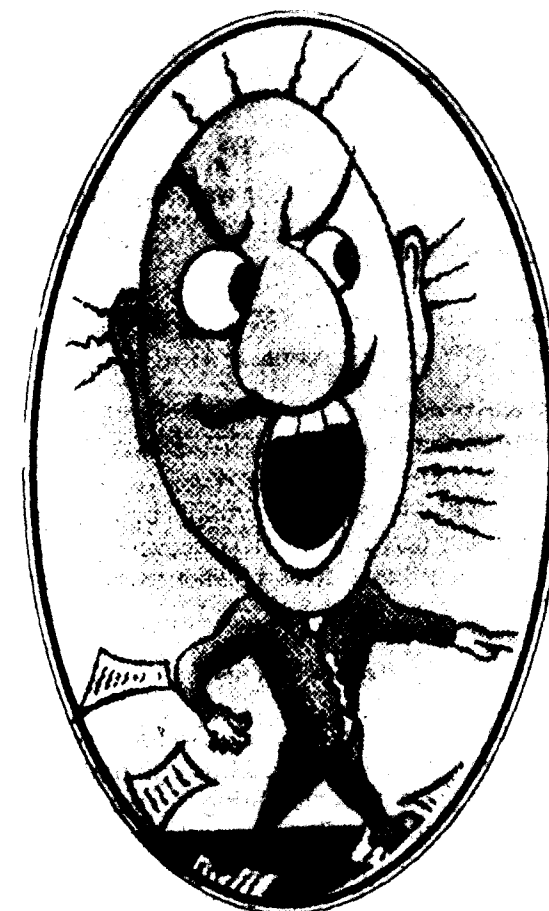
7. In an atmosphere charged with exasperation, humans close all channels of communication. Available modes are used to convey hostile feelings. Friendship becomes a mockery of human relationship, for getting that its value its realised only when a friend is lost.

8. Dr. George Mark of USA conducted an interesting survey to find out that in a situation of melancholy and emotional distress, women use their brains 10 times more than their male counterparts. They look calm and composed but inwardly they are highly agitated and upset. They retract thier behaviour quicker than men, wonder fully averting an emotional calamity.

9. Not to get anger is impossible. One should be in a position to resist an inhuman holocaust. Control is different from repression. Cardiologists argue that if anger is suppressed then it may result in heart attack. So to avoid heart attack, anger should be given vent in a constructive way.

The following measures can control anger

- The human brain receives a message in advance that a fury is on its way. Immediately leave the place or change the topic and avoid the person provoking indignation.
- Abraham Lincoln is a classic case of expression of wrath, its control and avoidance of repression. When he died, a bunch of letters firing his officers were found underneath his pillow. Whenever he lost his cool, he would immediately vent his anger by writing a nasty letter, but would not issue them. They were all safely preserved for posterity.
- Look at the mirror when you are bridled up. Just watch how worked up and ugly you look.
- It is meaningless to have external cool with internal burning. One should forget and forgive. It is not a war where one would win or lose.
- Avoid certain food habits, alcohol and sedatives. These are causations of towering rage.



Frant S. Caprio and Joseph R. Berger in their well researched book "Help Yourself with Self Hypnosis" suggest the following measures to combat anger.

"I should feel that people can make me angry if I let them allow. To become angry is to flatter the other persons. I am going to think with my mind and not with my emotions."

When two persons are angry simultaneously there can be a volcanic eruption. This is precisely what should be averted. Avenues to creative processess of synergy are closed when the atmosphere is charged with this devastating process.

Text 63 of Bhagawad Gita is quite relevant here :

"From anger complete delusion arises, and from delusion, bewilderment of memory: when memory is bewildered, intelligence is lost and when intelligence is lost one falls down again into the material pool".

Courtesy : The Science Express

★ ★ ★



THIRUKKURAL

The Code of Conduct for the mankind

எப்பொருள் யார்யார்வாய்க் கேட்பினு மப்பொருண்
மெய்ப்பொருள் காண்ப தறிவு.

**eporul yaryarvai ketpinu maporun
meiporul kanba dharivu.**

'Whatever information is brought by whatever person must be carefully sifted for discovering what is true. The faculty that enables a person to do this test is reason.'

COMMENTARY

Human nature is diverse. Sometimes valuable information may be obtained through bad men. Sometimes good men may bring in useless and unreliable information. Even through the enemies' mouth real and valuable facts can be learnt while friends may misguide and direct you towards evil. Hence it is indispensable before taking action to submit all such information to the rigorous test of reason.

★ ★ ★

என்பொருள் வாகச் செலச்சொல்லித் தாபிறர்வாய்
நுண்பொருள் காண்ப தறிவு.

**enborula vaha jelajolli thanbirarvai
nunborul kanba dharivu.**

'Even when you make a statement about difficult points your statement must be couched in clear language easily intelligible to the listener. When another person makes a statement you must accept it with caution and discover the subtle truth contained therein. What enables you to do both these functions is again reason.'

★ ★ ★

உலகந் தழீஇய தொட்ப மலர்தலுங்
கூம்பலு மில்ல தறிவு.

**ulahan dhariya dhotpa malardhalun
gumbalu milla dharivu.**

'It is reason that secures for a person the friendship of the wise. It is reason again that preserves this friendship as a constant factor avoiding its blossoming in the beginning and shrinking at the end.'

COMMENTARY

It is reason that enables you to choose your friends. Friendship so chosen with the help of reason is not like hasty friendship which begins with an appearance of sincerity which gradually fades away. The author applies the metaphor of a flower which appears in full blossom at the beginning and shrinks towards the day's end. This is the peculiar characteristic of the flowers of water-plants like the lotus in a tank. Friendship unlike the flower in a tank which begins the day with a blossom and ends the day with its shrinking, is like the flower in a tree which when once it blossoms keeps on without shrinking. Since such a constant friendship would necessarily yield happiness to the person concerned, acquiring such a friendship is the result of reason. Such a friendship with the wise men is quite different from the friendship acquired with the ordinary common men which grows in intensity when you are rich and which fades away when you become poor.

★ ★ ★

எவ்வ துறைவ துலக முலகத்தோ
டவ்வ துறைவ தறிவு.

**evva dhuraiva dhulaha mulahatho
davva dhuraiva dharivu**

'It is reason that enables a ruler to carefully study the ideals and aspirations of his people and to adjust his own life accordingly.'

COMMENTARY

A ruler of a country cannot go contrary to the ideals of his people. If he adopts an attitude of indifference and irresponsibility as regards the aims of his people, there is sure to be a conflict. He cannot afford to have

the conceit that he is above law, since all laws proceed from him. If a ruler adopts such an attitude of self-conceit and irresponsibility he will be adopting a course of life which would be morally condemned and which is sure to bring disgrace on him. Hence even a sovereign ruler is bound to accept the law of the State and try to maintain peace and harmony, in order to promote the happiness of his subjects. It is reason again that would guide him towards this right course.

★ ★ ★

அறிவுடைய ராவ தறிவா ரறிவிலா
ரஃதறி கல்லா தவர்.

**arivudaiya rava dhariva rarivila
rahdhari kalla thavar.**

'It is reason that enables a person to have a foresight of events. One without reason cannot have such a foresight.'

COMMENTARY

Foresight in this case implies a careful examination of the existing conditions and a correct inference as to the future. This is possible only with reason. One without reason has to gain wisdom only after the event.

★ ★ ★

அஞ்சுவ தஞ்சாமை பேதைமை யஞ்சுவ
தஞ்ச லறிவார் தொழில்.

**anjuva dhanjamai pedhaimai yanjuva
dhanja larivar thoil**

'It is folly not to be afraid of what ought to be dreaded. To shun the dreadful is the behaviour of those that have reason as their guide.'

COMMENTARY

Sin, disgrace, ruin, etc. are things that are to be dreaded. Fearing these means directing one's conduct in such a way as to avoid any such evil result. Not fearing these means foolhardy conduct thoughtlessly pursued right towards such evil end. It is reason again that guides one's conduct towards good and away from evil.

★ ★ ★

எதிரதாக் காக்கு மறிவினார்க் கில்லை
யதிர வருவதோர் நோய்.

**edhiradha kaku marivinar killai
yadhira varuvadhor noi.**

'Those who guided by reason carefully protect themselves with foresight will not run in future any fearful danger.'

★ ★ ★

அறிவுடைய ரெல்லா முடையா ரறிவிலா
ரென்னுடைய ரேனு மிலர்.

**arivudaiya rella mudaiya rarivila
rennudaiya renu milar.**

'A person equipped with reason even though lacking in all the elements that make up prosperity will be considered to have all of them intact; whereas a person without reason even though he has them in plenty will be considered to be in want.'

COMMENTARY

It is clearly pointed out that reason is the main factor in acquiring and preserving wealth and prosperity. Without this reason if a person is lucky enough to inherit enormous prosperity and wealth, the whole of it will disappear because of the lack of guidance available from reason. Hence reason is the main foundation on which the prosperity whether of the individual or of the State rests.

★ ★ ★

செருக்குஞ் சினமுஞ் சிறுமையு மில்லார்
பெருக்கம் பெருமித நீர்த்து.

**serukun jinamun jirumaiyu millar
perukam perumidha nirthu.**

'A king who is free from arrogance, wrath, and lust will have his greatness increasing evermore.'

★ ★ ★

வருமுன்னர்க் காவாதான் வாழ்க்கை யெரிமுன்னர்
வைத்தாறு போலக் கெடும்.

**varumunnar kavadhan vazkai yerimunnar
vaithuru pola kedum.**

'If a prince does not ward off evil before its occurrence, with fore-thought, his life will be as precarious as a haystack near a fire.'

COMMENTARY

A heap of straw near a fire is sure to be burnt to ashes. Similarly, the reign of a prince who is careless and who is incapable of preventing future evil, since he is lacking in forethought will come to ruin surely. ★

NALADIYAR

இவ்வாழ்க்கைக்கு வேண்டவனவற்றையே
செய்து அறஞ்செய்யாமை அறிவின்பை

பெருங்கடல் ஆடிய சென்றார் - 'ஒருங்குடன்
ஓசை அவிந்தபின் னாடுதும்' - என்றற்றால்,
'இற்செய் குறைவினை நீக்கி அறிவினை
மற்றறிவாம்' - என்றிருப்பர் மாண்பு.

**Postponing virtuous action to a time
that never arrives.**

They went to bathe in the great sea, but cried,
'we will wait till all its roar is hushed, then bathe!'
Such is their worth who say, 'we will get rid of all
our household toils and cares and then we will
practise virtue and be wise'.

★ ★ ★

குலம் முதலியவை ஒருவனுக்கமைந்தும்
உலகநடை அறியாதிருப்பது
சாரமற்றபால் சோறு போல் ஆகும்.

குலந்தவங் கல்வி குடிமைமூப் பைந்தும்
விலங்காமல் எய்தியக் கண்ணும் - நலஞ்சான்ற
மையறு தொல்சீர் உலகம் அறியாமை
நெய்யிலாப் பாற்சோற்றி னேர்.

A high tone of manners and morals

Though a man be of good caste, have
performed deeds of ascetic virtue, acquired
learning, is of good family, and attained a ripe old
age, so that in these five points he is faultless;
yet his ignorance of what is thoroughly good,
without stain, sanctioned by ancient precedent,
and of good renown in the world's ways, will render
all his advantages like thin, watery milk with boiled
rice.

★ ★ ★

அறிவிலார் வீணாள் கழிப்பர்

நல்லவை நாடொறும் எய்தார்; அறஞ்செய்யார்;
இல்லாதார்க் கியாதொன்றும் ஈகலார்;-எல்லாம்

இனியார்தோள் சேரார்; இசைபட வாழார்;
முனியார்கொ றாம்வாழ் நாள்?

Fools make all life sad for themselves.

No good each day they gain; nor deed of virtue
do; nothing to needy men impart; nor know they
joy of loved ones' sweet embrace; devoid of fame
they live: do such not loathe the days they live?

★ ★ ★

**பேதையர் நட்புப்பெரும் பயனைத்
தருவதாயினும் கொடிது.**

விழைந்தொருவர் தம்மை வியப்ப ஒருவன்
விழைந்திலேம் என்றிருக்குங் கேண்மை, -
தழங்குகுழல்
பாய்திரைகுழ் வையம் பயப்பினும், இன்னாதே
ஆய்நலம் இல்லாதார் மாட்டு.

Friendship without reciprocity

Fiendship with those who are destitute of
exquisite goodness, and who, though you cultivate
them with affectionate deference, (morosely) say
'we entertain affection for none,- though it should
yield as its fruit the earth, which the sea with its
noisy chime of leaping billows girds around, -
would be only affliction!

★ ★ ★

**ஒருவன் தன்புகழைத்தானே எடுத்துக் கூறுவது
அறிவில்லாமை**

கற்றனவுங் கண்ணகன்ற சாயலும் இற்பிறப்பும்
பக்கத்தார் பாராட்டப் பாடெய்துந், தானுரைப்பின்
மைத்துனர் பல்கி மருந்திற் றணியாத
பித்தன்என் றெள்ளப் படும்.

Self-laudation.

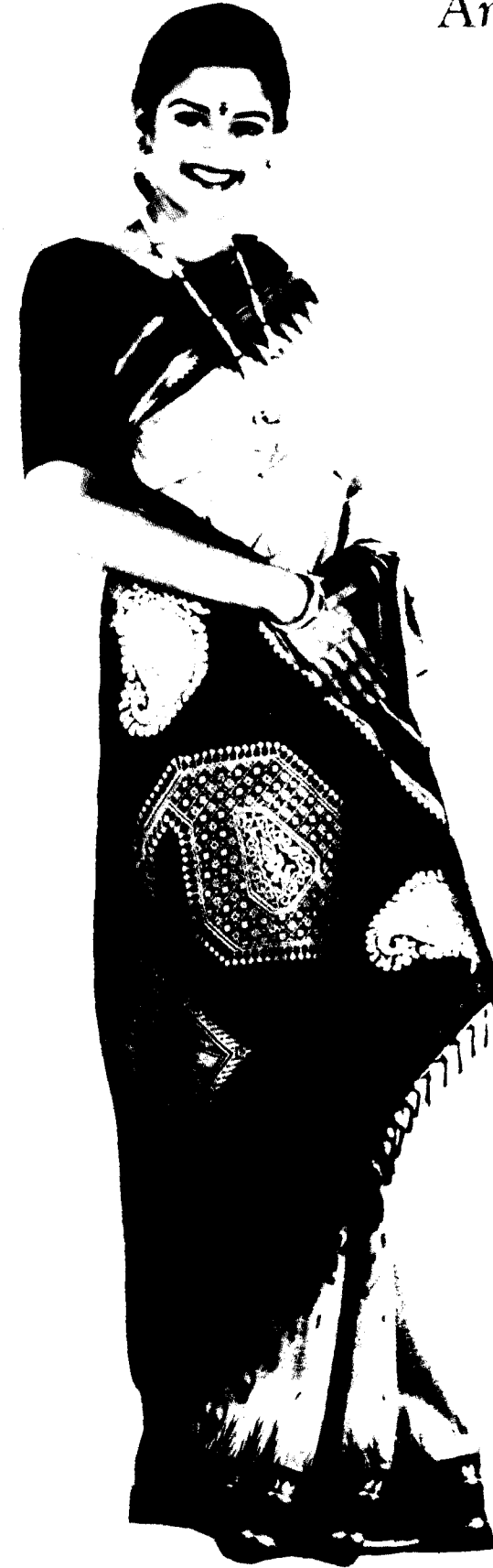
The learning a man has acquired, his world-
renowned excellence, and his nobility of birth, will
gain for him respect when the bystanders
celebrate them; but if he himself proclaim them,
the young kinsmen crowding around will deride him
as one afflicted with a mania not to be mitigated
by any medicine.

★ ★ ★

Any Festival... Any season...

Any time...

Co-optex



Co-optex ranges:

- Cotton, Silk, Polyester and Blends
- Sarees • Dress Material • Suitings
- Shirtings • Lungis, Towels, Dhotis
- Furnishings, Bedsheets

Co-optex
TAMILNADU HANDICRAFTS

• Visit your nearest Co-optex Showroom.

Tamil Arasu

Licence No. TN/MS(C)/PP-2.

Regd. No. M. 8676-



666 அரசு மேல்நிலைப் பள்ளிகளில்

கணிப்பொறி கையாங்கள்

தொடக்க விழா

5-10-1999

தமிழ்நாடு ஆட்சாட்ச சாப்பகம்
மதுரை வரலாற்று ஆராய்ச்சி

2244 (1999)

தமிழ்நாடு
மேல்நிலைப் பள்ளிகளில்
கணிப்பொறி கையாங்கள்

Tamil Arasu

OCTOBER 1999 Rs.5





**நமது அன்றாட
பழக்கவழக்கங்களால்,
எய்ட்ஸ் வராது.
அதற்கு நீங்களே
ஒரு உதாரணம்.**

காலையில் எழுந்தது முதல் ராத்திரி படுக்கப் போகும் வரை நீங்கள் எத்தனையோ பேரைச் சந்திக்கிறீர்கள். ஓட்டலுக்குச் செல்கிறீர்கள், சினிமா பார்க்கிறீர்கள், நெரிசலான பஸ்ஸில் பயணம் செய்கிறீர்கள், பலருடன் கை குலுக்குகிறீர்கள்.

இவர்களில் யாருக்காவது எச்ஐவி/ எய்ட்ஸ் பாதித்து இருக்கலாம்.

சாதாரண பழக்கவழக்கங்களின் மூலம் எய்ட்ஸ் பரவுவதாக இருந்தால், உங்களையும் எய்ட்ஸ் பாதித்திருக்க வேண்டும்.

ஆனால் அப்படி இல்லையே...

ஏனெனில், கை குலுக்குவதாலோ, உணவைப் பகிர்ந்து கொள்வதாலோ, தொடுவதாலோ, தும்மலினாலோ, கழிப்பிடத்தை அனைவரும் உபயோகிப்பதாலோ, எய்ட்ஸ் பரவுவதில்லை.

எனவே எய்ட்ஸ் பாதித்தவரைக் கண்டு நீங்கள் ஒதுங்க வேண்டியதில்லை. உங்களுக்கு எந்த ஆபத்தும் இல்லை.

அவர்களும் நம்மைப் போன்றவர்கள்தான். அவர்களுக்கு எப்பொழுதும் போல நாம் அன்பும், ஆதரவும் காட்டுவோம்.

**சிறிதளவு ஆதரவு பெருமளவு
சுமையைக் குறைக்கும்.**

**குழந்தை பிறப்பைத் தடுப்போம்
எய்ட்ஸ் வந்தோரைக் காப்போம்**



மேலும் விவரங்களுக்கு அணுக வேண்டிய முகவரி :
தமிழ்நாடு எய்ட்ஸ் கட்டுப்பாட்டு அமைப்பு
417, பாரதியன் ரோடு, சென்னை - 600 008.
தொ.பே.: 8255467, 8255261, 8254917.
24 மணிநேர தொ.பே.: 8256882, 8256864.

Mudra:TNSACS:6259:98

TAMIL ARASU

Magazine of the Government of Tamil Nadu
THIRUVALLUVAR YEAR 2030
PURATTASI - IPPASI
OCTOBER - 1999

In this issue :

- ★ Tamil Nadu - One of the frontline States in terms of infrastructural development ----- 2
- ★ Software Technology Park in Chennai - A millennium gift by Kalaignar ----- 4
- ★ General Elections to Lok Sabha, 1999 ----- 7
- ★ West Coast Road from Kanniyakumari to Trivandrum ----- 28
- ★ Conquest of pain ----- 29
- ★ Thirukkural - The Code of Conduct for the Mankind ----- 31

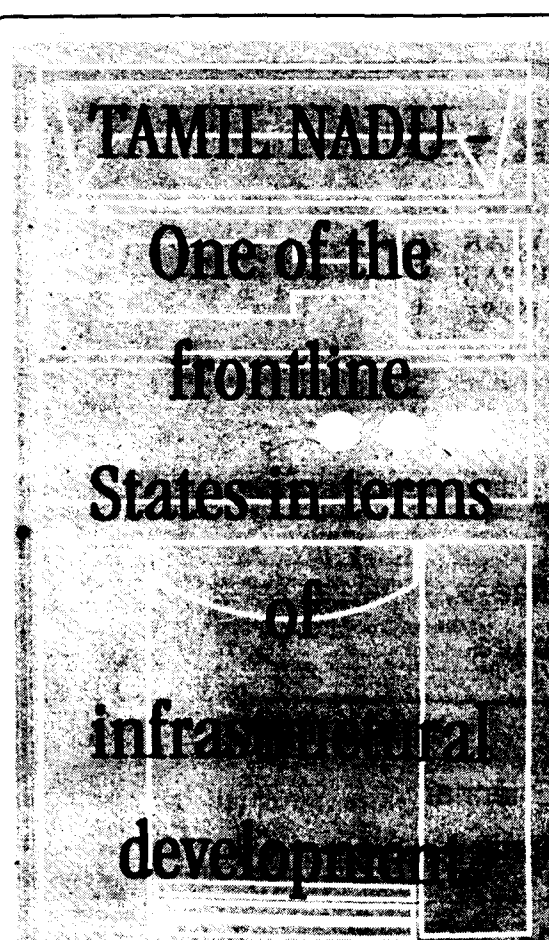
WRAPPER - I

His Excellency the Vice-President of India, Thiru Krishan Kant inaugurating the computer centres in 666 Government Higher Secondary Schools in Tamil Nadu.

WRAPPER - IV

The Birthday Celebrations of Mahatma Gandhi

Editor and Publisher : G.MUTHUSAMY, I.A.S., Director of Information and Public Relations, Government of Tamil Nadu
Office : Tamil Arasu, Omanthurar Government Estate, Anna Salai, Chennai - 600 002. Phone : 5368926/5368927
Printed at : Tamil Arasu Press, Chennai - 600 002. Phone : 5364906



Computer Centres in 666 Government Higher Secondary Schools in Tamil Nadu were inaugurated by His Excellency the Vice-President Thiru Krishan Kant at a function held at Valluvar Kottam, Chennai on 5-10-1999.

Lighting the traditional lamp to mark the inauguration, the Vice-President in his address, lauded the State Government for taking the scheme of Computer Education to rural areas, which had been limited to urban centres. Infrastructure such as power supply and communication was essential for the growth of information technology and computer application. As Tamil Nadu was one of the frontline States in terms of infrastructural development it will achieve success in the computer education programme, he said.

Hon'ble Chief Minister Kalaingar M. Karunanidhi in his speech said that the State Government had announced an Information Technology Policy as early as 1997. A separate department for IT was formed in 1998 and a State Level Task Force on Information Technology was also formed under the Chairmanship of the then Union Minister for Industries, Thiru Murasoli Maran, presently Union Minister for Commerce and Industry, he added. A sub-committee was formed under the Chairmanship of Prof. Anandakrishnan, former Vice-Chancellor of Anna University to go into the details of computerisation of various sectors and introduction of computer education in schools and International Conference and Seminar



Tamilnet '99 was organised and standardised Tamil Keyboard evolved. A 'Tamil Software development fund' was created to encourage the rapid growth of Tamil Software. A 'centre for Research on Tamil in Internet' was formed and research work to popularise Tamil in the information technology was being encouraged, he said. Research chairs have been created in Anna University, Bharathiar University and Regional Engineering College, Tiruchi and actions were on for International Tamil Virtual University as per the consensus decisions of the 'Tamil Net 99'. The TIDEL park being established at Taramani by TIDCO and ELCOT at an estimated cost of Rs.320 crores on an area of one million square feet with international standard would be the Country's biggest Information Technology Park, the Chief Minister said. TANITEC to provide education on IT was started by the Government and the first batch of students who passed out with 'PG Diploma in Information Technology' had been widely welcomed and have gained employment, the Chief Minister added.

Quoting from the budget speech, he said

"Government desires that all students passing out of schools should be computer literate. A scheme for offering computer science, based on curriculum designed by experts, as an elective subject in the 11-12

Computer Education in All Government Higher Secondary Schools in Tamil Nadu!

An unparalleled Attempt to Prepare

To-day's Youth to the Science of the 21st Century!

Computer is making its impact and effecting changes on all the fronts of the society. It is going to be the pioneering science of the next century. Having this developing trend in mind, and with a view to ensure that the future Tamil society

should not lag behind being unable to cope with the pace of the scientific development, the Tamil Nadu Government headed by Kalaingar M. Karunanidhi, with a foresight, have devised a magnificent scheme to introduce computer education in all Government Higher Secondary Schools.

The Tamil Nadu Government desires that all students passing out of schools should be computer-literate. A scheme for offering Computer Science, based on curriculum designed by experts, as an elective subject in 11-12 standards in all the 1,200 Higher Secondary Schools in the State is inaugurated. The courses will be

conducted by reputed Computer Training Firms, who will install the computers in the Schools. At an average rate of 40 students per school, the scheme will produce about 48,000 students every year eligible for employment in the software industry.

For the first time in the whole of India, computer education in Government Schools is introduced in Tamil Nadu.

To start with, this significant scheme is being implemented in 666 Higher Secondary Schools on an expenditure of Rs.112 crores. This will benefit 30,000 students. ★

★ **Tamil Nadu is the first State in India to offer computer education in all Government Schools.**

★ **Progressively, the training will be extended to students from standard X to VI.**

★ **The operators in every school will be permitted to offer training programmes to the general public after school hours.**

standards in all the Higher Secondary Schools in the State would be introduced in the next academic year. The courses will be conducted by reputed computer training firms who will install the computers in the schools. At an average rate of 40 students per school, this scheme will produce students eligible for employment in the software industry".

"According to the announcement made in the budget speech, computer education is being extended to the school children and His Excellency the Vice-President is inaugurating that scheme", the Chief Minister said. This scheme was being implemented at a cost of Rs.112 crores to benefit 30,000 students. The computers will replace blackboards in schools, the Chief Minister concluded.

His Excellency the Vice-President of India, Thiru Krishan Kant inaugurated the computer centres. Hon'ble Chief Minister Kalaingar M. Karunanidhi presided in the presence of the Hon'ble Minister for Education, Prof. K.Anbazhagan. Hon'ble Union Minister for Commerce and Industry, Thiru. Murasoli Maran offered felicitations. The Chief Secretary Thiru. A.P. Muthuswami, IAS welcomed the gathering. The Secretary for School Education, Thiru M.A. Gowrishankar, IAS and the Director of School Education Thiru R.Theivamani participated. ★

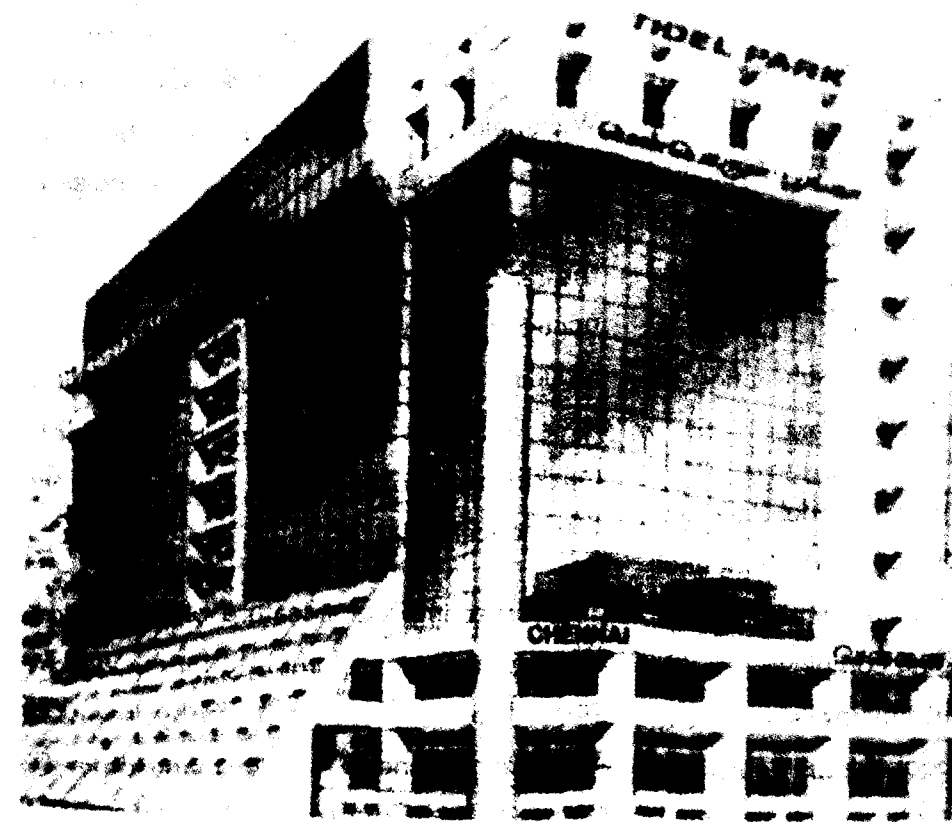
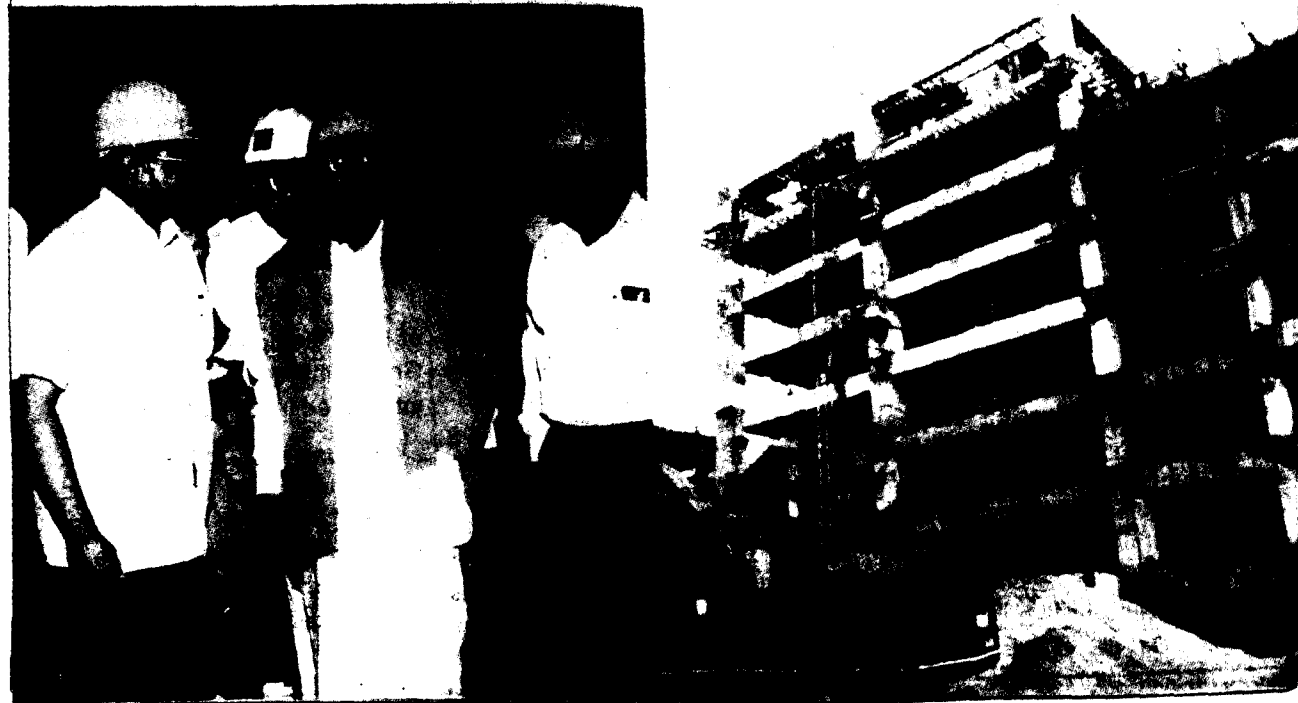
Tamil Nadu offers rich humanware especially in engineering and technology. Every year, 28,000 engineers pass out of the engineering colleges in this State, out of which around 13,000 engineers are from Computer-related fields. Software production is growing at the rate of 200 percent per year and the exports have touched Rs.12.5 billion Indian rupees in 1998-99. Chennai employs around 22,000 software professionals as on date.

Software Technology Park

IN CHENNAI (TIDEL PARK)

A millennium gift by
Kalaignar M. Karunanidhi

Chennai enjoys comparative advantages over other cities in locating software industries. Apart from a strong base of IT specialists, Chennai also has excellent



Tamil Nadu, in his Budget speech on 27th March 1998, announced that "TIDCO is taking steps jointly with ELCOT to establish a Software Technology Park in 7.5 acres area at Taramani in Chennai. This project would provide world class facilities for software firms". To fulfill the announcement made by Hon'ble Chief Minister, the Tidel Park has been

connectivity, reliable power, excellent infrastructure like roads, airports, sea-port, schools and hospitals. Therefore, Chennai is the major location in the country, which will give a great thrust to Government of India's aim of achieving a turnover of US\$ 80 billion by 2008.

Already 1.6 million sq.ft office space is available for software industry in Chennai. However, prime space for software companies is a felt need in Chennai. To take care of this problem, Kalaignar M.Karunanidhi, Hon'ble Chief Minister of

planned. Tidel has come out with a project for making available one million sq.ft of software office space by May 2000. The total built up area in Tidel will be around 1.2 million sq.ft.

The total project cost of Tidel Park is estimated at Rs.320 crores. Government of Tamil Nadu has made major contribution by allocating 8 acres of land in prime location.

Tidel Park has ground + 12 floors and 2 basements for car parking. The construction has large column-free office space with excellent communication backbone, reliable power with full captive back-up power. Both VSNL and STPI are providing connectivity where bandwidth is no bar. TNEB is establishing a 110 KV exclusive sub-station to provide reliable power to Tidel Park.

The MRTS system passes by Tidel Park and connectivity will be provided to the Chennai Airport through MRTS. Tidel Park also houses commercial banks, shopping complexes, health clubs, conference hall, business centres, restaurants, swimming pool, tennis court and guest cottages. Connectivity will be provided via terrestrial, microwave and satellite uplink from the rooftop of Tidel Park.

Tidel Park also possesses a modern building management system which will be automatic in many respects.

The foundation for the Tidel Park was laid by Kalaigiar M.Karunanidhi, Hon'ble Chief Minister of Tamil Nadu on 21-8-1998. Construction has commenced in February 1999 and 70% of the civil work has already been completed. M/s. Hyundai Engineering & Construction Co. Ltd., Korea along with Larsen & Toubro Ltd., are in overall charge of the construction. All the vendors for various packages and for the main building have been selected through transparent International Competitive Bidding Process.

Tidel Park has already appointed M/s. Jones Lang Laselle, Cushman & Wakefield and Colliers Jardine, the three famous international marketing agencies as marketers of the Park. Already one third of the space has been committed for occupation by around 20 companies including large, domestic and major MNCs. It is TIDEL's endeavour to complete marketing of the Park before commencement.

Another important feature of the Park is that operation and maintenance will be carried out by internationally reputed specialized agencies. Unlike many other IT parks in the Country, TIDEL is located almost at the centre of the city with hardly 20 minutes drive from the airport. The Government of Tamil Nadu is investing huge resources to transform the Cyber Corridor, in which Tidel Park is located, as a major international software corridor. Tidel Park is a millennium gift to the IT industry by the Government of Tamil Nadu.

On October 20, 1999, Hon'ble Chief Minister Kalaigiar M.Karunanidhi, visited the site of this gigantic Information Technology Park project, the construction of which involves more than 3000 people. He met the officials concerned, representatives of the main and sub contractors for the civil works, and had detailed discussions for more than 30 minutes. He suggested ways in which the works could be expedited. ★

GENERAL ELECTIONS TO LOK SABHA - 1999

1. NORTH MADRAS

Name of Candidate	Party	Royapuram	Harbour	Dr. Radha-krishnan-nagar	Perambur	Thiru-vottiyur	Villi-vakkam	Postal vote	Total
C. Kuppasamy	DMK	37878	30985	56215	67785	98063	180159	16	471101
J.M. Aaroon Rasheed	TMC (M)	7064	9595	10011	12653	15780	26087	2	81192
A. Soundarajan	CPM	28342	17636	48908	47407	72844	96173	2	311312
S. Kumarasamy	CPI(ML)(L)	64	70	139	198	398	1452	0	2321
Navita	LJSPI	52	32	63	85	73	154	0	459
V.V. Rajendran	DTMK	274	306	321	327	254	285	0	1767
J.M. Amanullah	IND	31	56	92	108	85	164	0	536
A. Amudhan	IND	30	29	66	61	94	146	0	426
M. Kanchana	IND	24	20	38	52	65	152	0	351
D. Sampath	IND	204	147	481	386	478	531	0	2227
A.Y. Sikkandar Kasim	IND	45	39	51	72	87	150	0	444
K. Sreenivasan (alias) Gandhi Sreenivasan	IND	273	192	604	549	594	665	0	2877
M.T.R. Selvaraj	IND	60	39	94	99	131	215	0	638
C.R. Selvarajan	IND	105	45	115	131	173	263	0	832
K. Nithyanantham	IND	68	35	193	96	480	182	0	1054
P. Marimuthu	IND	70	27	156	97	118	165	0	633
G. Murthy	IND	32	36	70	43	80	124	0	385
A. Ravi	IND	29	11	38	48	57	110	0	293
G. Jayasankar	IND	22	16	30	29	35	45	0	177

A. Joseph Kennedy	IND	47	25	60	88	75	153	0	448
Total		74714	59341	117745	130314	189964	307375	20	879473
★ Electorate : 20,41,314 ★ Votes polled : 8,93,936 ★ Rejected votes : 14,463									
2. MADRAS CENTRAL									
Name of Candidate	Party	Park-Town	Purasawalkam	Egmore (SC)	Anna-Nagar	Thousand-Lights	Chepauk	Postal vote	Total
Murasoli Maran	DMK	39782	87197	42432	96444	63937	34759	14	364565
M. Abdul Latheef	ADMK	30014	51915	28277	59207	34911	23289	3	227616
M.S. Sudarson	SPSP	249	670	271	522	317	171	0	2200
A.P.S. Subbu	NCP	149	313	428	488	188	248	0	1814
Balasami	AJBP	56	339	74	193	89	62	0	813
S. Rajashekar	DTMK	55	170	73	152	71	46	0	567
R. Janaki Ammal	PT	734	1005	748	1415	740	404	0	5046
M. Asan Meeran	IND	45	112	43	113	62	44	0	419
B. Ambeth Venkatesh	IND	75	197	165	303	95	52	0	887
A. Anavarathan	IND	135	198	216	124	67	38	0	778
A. Arumugam	IND	65	107	55	159	67	47	0	500
J. Arumugam	IND	53	82	31	83	74	27	0	350
S. Ramachandran	IND	31	81	32	80	60	24	0	308
R. Ganesan	IND	50	111	40	101	81	45	0	428
Dr.N.Santhosh Kumar	IND	198	510	170	343	229	170	0	1620
M. Dominic Savio	IND	412	634	271	649	399	248	0	2613
S. Ranganathan	IND	446	915	415	850	491	444	0	3561
V.G. Loganathan	IND	396	941	475	961	580	461	1	3815
Total		72945	145497	74216	162187	102458	60579	18	617900
★ Electorate : 12,75,067 ★ Votes polled : 6,17,919 ★ Rejected votes : 19 (in Postal votes)									

3. MADRAS SOUTH

Name of Candidate	Party	T. Nagar	Triplicane	Mylapore	Saidapet	Alandur	Tambaram	Postal vote	Total
T.R. Baalu	DMK	75047	41669	73828	87817	114438	169389	33	562221
V. Dhandayudhapani	INC	39521	28469	37791	48198	63909	104140	9	322037
Muktha V. Srinivasan	TMC(M)	5216	3029	5900	4229	9683	10639	4	38700
T. Dhanasekar	NOC	222	107	192	222	355	468	0	1566
A. Jaya Veera Pandian	LJSPI	91	83	121	97	164	212	0	768
S. Elango	IND	96	81	110	107	162	214	0	770
P. Suresh	IND	97	80	115	111	151	230	0	784
V.M. Dhandapani	IND	250	169	280	306	416	696	0	2117
P. Babu	IND	140	88	163	135	212	345	1	1084
J. Mohan Raj	IND	186	170	414	329	353	714	0	2166
M. Raja	IND	444	354	538	647	777	1549	0	4309
Total		121310	74299	119452	142198	190620	288596	47	936522
★ Electorate : 20,74,128 ★ Votes polled : 9,36,541 ★ Rejected votes : 19 (in Postal votes)									

4. SRIPERUMBUDUR (SC)

Name of Candidate	Party	Gummidipoondi	Ponneri (SC)	Sriperumbudur (SC)	Poonamallee	Tiruvallur	Tiruttani	Postal vote	Total
A. Krishnasamy	DMK	61925	67617	60005	85187	53352	57286	186	385558
J. Pushparaman	TMC(M)	4030	5536	3863	7607	3595	3651	10	28292
K. Venugopal	ADMK	49628	59488	58918	55040	43786	43672	24	310556
C. Ponniah	RPI(A)	233	273	310	206	211	219	0	1452
S. Janakiraman	CPI(ML)(L)	126	1048	123	196	97	91	0	1681
K. Elangovan	IND	185	156	139	155	142	169	0	946
N. Selvam	IND	46	89	235	121	43	57	0	591
Total		116173	134207	123593	148512	101226	105145	220	729076
★ Electorate : 13,53,858 ★ Votes polled : 7,44,852 ★ Rejected votes : 15,776									

5. CHENGALPATTU

Name of Candidate	Party	Tiruppurur (SC)	Chengal-pattu	Maduran-thakam	Achara-pakkam(SC)	Uthi-ramerur	Kancheepuram	Postal vote	Total
A.K. Moorthy	PMK	57672	58422	45221	46127	58677	64268	164	330551
S.S.Thirunavukkarasu	ADMK	53497	44413	50290	46646	55657	67179	58	317740
C. Balaraman	JD(S)	3068	3188	2883	1800	4231	2851	7	18028
B. Madhavan	RJD	839	398	248	570	450	534	1	3040
C.N. Angamuthu	IND	85	84	69	94	94	80	0	506
S.S. Usman	IND	1154	949	1112	1187	1470	1135	0	7007
Mu. Krishna Parayanar	IND	1972	895	2044	828	457	419	1	6616
Agaram Chitharanjan Doss	IND	183	115	175	114	377	534	0	1498
R. Gnanamani	IND	101	102	311	155	133	137	0	939
K. Murugan	IND	242	182	215	267	225	176	0	1307
B. Jayakumar	IND	135	259	163	78	190	124	0	949
Total		118948	109007	102731	97866	121961	137437	231	688181
★ Electorate : 12,00,040 ★ Votes polled : 6,99,911 ★ Rejected votes : 11,730									

6. ARAKKONAM

Name of Candidate	Party	Palli-pet	Arakkonam(SC)	Sholin-ghur	Rani-pet	Arcot	Cheygar	Postal vote	Total
Dr.S. Jagathrakshakan	DMK	47631	63119	55323	73263	50961	55392	831	346520
K.V. Thangabalu	INC	40817	37850	33106	59220	39022	40754	107	250876
A.M. Velu	TMC(M)	24651	19323	32661	13567	13908	17196	80	121386
S. Arunkumar	RPI(A)	345	483	344	314	250	442	2	2180
T.R. Amirdhalingam	IND	23	24	41	43	48	50	0	229
A. Kandappan	IND	113	99	262	60	28	44	1	607
S. Sampath	IND	640	396	214	165	120	145	3	1683
S. Balaraman	INC	90	108	93	89	82	104	2	568
Maniezhilan A. Pulavar	IND	117	153	180	156	180	201	2	989

K.A. Murisami	IND	53	52	128	63	50	72	1	419
A.D. Raji	IND	127	136	103	88	93	109	0	656
Total		114607	121743	122455	147028	104742	114509	1029	726113
★ Electorate : 11,20,043 ★ Votes polled : 7,41,851 ★ Rejected votes : 15,738									

7. VELLORE

Name of Candidate	Party	Katpadi	Gudiya-tham	Pernambut (SC)	Anai-cut	Vellore	Arni	Postal vote	Total
N.T. Shanmugam	PMK	64133	43897	43482	54599	56862	60795	779	324547
C.K. Thamizharasan	TMC(M)	9103	6582	4962	7872	8937	7029	66	44551
Mohamed Asif	ADMK	45469	52503	60104	41143	51664	47831	148	298862
M. Kuppusamy	IND	828	667	738	911	346	980	1	4471
J. Sathiyamoorthy	IND	112	132	95	139	73	170	3	724
C. Subbarayan	IND	136	93	88	93	126	119	0	655
M. Thanikesan	IND	3117	1999	2551	2791	1393	3306	1	15158
V.N. Panneer	IND	70	45	57	67	88	79	1	407
Total		122968	105918	112077	107615	119489	120309	999	689375
★ Electorate : 11,52,421 ★ Votes polled : 7,02,639 ★ Rejected votes : 13,264									

8. TIRUPPATTUR

Name of Candidate	Party	Vaniyambadi	Natram-pally	Tirupattur	Chengam (SC)	Thandampattu	Kalasa-pakkam	Postal vote	Total
D. Venugopal	DMK	42925	66992	67021	51931	58478	61951	1405	350703
A.R. Rajendran	ADMK	61265	61518	54622	48498	46794	54186	207	327090
A. Jayamohan	TMC(M)	9355	5925	7644	6711	13741	8522	34	51932
M. Ammanullah	IND	119	98	98	127	97	213	0	752
G. Arumugam	IND	78	121	114	122	103	189	0	727
A. Masilamani	IND	46	56	62	63	81	103	0	411
Total		113788	134710	129561	107452	119294	125164	1646	731615
★ Electorate : 11,44,891 ★ Votes polled : 7,46,109 ★ Rejected votes : 14,494									

9. VANDAVASI (SC)

Name of Candidate	Party	Tiruvanna- malai	Polur	Vandavasi (SC)	Perana- mallur	Melmala- yanur	Gingee	Postal vote	Total
M. Durai	PMK	67553	50623	56666	53831	56549	59782	535	345539
M. Krishnasamy	INC	48555	44786	46309	45816	48972	51770	134	286342
K.A. Wahab	TMC(M)	9412	3908	8356	5137	3951	6044	36	36844
Total		125520	99317	111331	104784	109472	117596	705	668725
★ Electorate : 11,04,886 ★ Votes polled : 6,79,992 ★ Rejected votes : 11,267									

10. TINDIVANAM

Name of Candidate	Party	Tindivanam	Vanur (SC)	Kanda- mangalam (SC)	Villu- puram	Mugai- yur	Thiru- navalur	Postal vote	Total
Gingee N. Ramachandran	MDMK	52021	47799	55578	67889	51714	48044	189	323234
K. Ramamurthee	INC	42117	58704	53090	55630	51705	52595	43	313884
S.P. Subramanian	TMC(M)	6717	9357	9839	5232	4107	5618	9	40879
G. Raghavan	AJB	189	254	233	178	275	275	0	1404
G. Veeramuthu	RJD	210	227	262	712	407	295	0	2113
N. Punniyakotti	IND	126	306	201	113	201	231	0	1178
M. Mohamed Ali Jinna	IND	54	96	64	91	97	94	0	496
G. Iniyadayalan	IND	59	82	58	47	85	82	0	413
Total		101493	116825	119325	129892	108591	107234	241	683601
★ Electorate : 11,28,742 ★ Votes polled : 6,95,787 ★ Rejected votes : 12,186									

11. CUDDALORE

Name of Candidate	Party	Ulundur- pet (SC)	Nelli- kuppam	Cuddalore	Panruti	Rishivan- dam	Sankara- puram	Postal vote	Total
Sankar Adhi	DMK	62771	50963	60990	70579	58195	54122	747	358367
M.C. Damodaran	ADMK	55948	45952	43467	41841	39523	57630	53	284414

P.R.S. Venkatesan	TMC(M)	9429	11956	15457	9289	12920	6408	8	65467
M. Noorkhan	IND	144	106	144	98	109	138	0	739
P. Mannan	IND	126	74	110	68	98	281	0	757
Total		128418	109051	120168	121875	110845	118579	808	709744
★ Electorate : 11,36,122 ★ Votes polled : 7,24,354 ★ Rejected votes : 14,610									

12. CHIDAMBARAM

Name of Candidate	Party	Kurinjipadi	Bhuva- nagiri	Kattumannar- Koil	Chidam- baram	Virudha- chalam	Manga- lore	Postal vote	Total
E. Ponnuswamy	PMK	63969	55122	47415	49810	73117	55138	760	345331
Tmt. T. Sumathi Udayakumar	INC	23613	22873	24899	19207	34144	26007	51	150794
R. Thirumavalavan	TMC(M)	36295	39377	35310	38155	26717	49747	167	225768
R. Kanagasabai	IND	85	81	54	52	69	81	0	422
V. Kamaraj	IND	80	51	57	61	53	82	0	384
D. Muruganantham	IND	200	211	158	212	350	475	0	1606
Total		124242	117715	107893	107497	134450	131530	978	724305
★ Electorate : 11,10,229 ★ Votes polled : 7,32,994 ★ Rejected votes : 8,689									

13. DHARMAPURI

Name of Candidate	Party	Harur	Morappur	Dharma- puri	Pennaga- ram	Mettur	Taraman- galam	Postal vote	Total
P.D. Elangovan	PMK	53476	51314	60956	57907	58288	57906	315	340162
K.P. Munusamy	ADMK	60225	44177	50649	50870	51380	57242	79	314622
M.C. Rajendran	TMC(M)	7113	7318	3773	2393	3787	2266	31	26681
C. Selvam	TDK	6825	4101	153	377	191	561	7	12215
V. Appavu Chetty	IND	3744	2843	3417	3980	2831	3310	0	20125
V. Elangovan	IND	126	66	116	100	74	108	0	590
Dr.K. Padmarajan	IND	74	49	71	37	95	46	0	372
D. Mahendran	IND	167	90	82	115	82	104	0	640
R. Murugan	IND	91	35	40	42	38	118	0	364
Total		131841	109993	119257	115821	116766	121661	432	715771
★ Electorate : 12,26,816 ★ Votes polled : 7,27,866 ★ Rejected votes : 12,095									

14. KRISHNAGIRI

Name of Candidate	Party	Hosur	Thalli	Kaveri-pattinam	Krishna-giri	Bargur	Pala-code	Postal vote	Total
V. Vetrivelan	DMK	71401	55869	57184	59057	48319	55453	454	347737
M. Thambidurai	ADMK	46515	40151	54901	49262	67649	57307	128	315913
G.A. Vadivelu	JD(S)	3052	1783	1578	2362	1914	2453	12	13154
S. Doraiswamy	TDK	632	373	267	305	202	285	4	2068
Sivakesavan (a)									
Kambayanallur Kathiravan	IND	178	142	70	113	58	79	0	640
S.M. Raju	IND	619	437	137	189	140	178	0	1700
Total		122397	98755	114137	111288	118282	115755	598	681212
★ Electorate : 1,163,442 ★ Votes polled : 6,97,254 ★ Rejected votes : 16,042									

15. RASIPURAM (SC)

Name of Candidate	Party	Chinna - salem	Attur	Talavasal (SC)	Rasi puram	Senda-man-galam(SC)	Namakkal (SC)	Postal vote	Total
Dr.V. Saroja	ADMK	47697	45519	48639	57665	51999	53243	81	304843
S. Uthayarasu	PMK	46580	43695	44279	38390	41767	51081	646	266438
Dr.C. Natesan	TMC(M)	10692	6657	11161	5009	6480	6543	22	46564
T.M. Senguttuvan	IND	100	67	118	105	143	141	1	675
S. Selvaseeralan	IND	117	92	197	126	157	171	0	860
A. Madheshwaran	IND	1935	1280	1719	1078	1611	1712	0	9335
K. Raveendran	IND	28	52	71	40	40	55	0	286
Total		107149	97362	106184	102413	102197	112946	750	629001
★ Electorate : 1,161,474 ★ Votes polled : 6,43,060 ★ Rejected votes : 14,059									

16. SALEM

Name of Candidate	Party	Omair	Yercaud (SC)	Salem-I	Salem-II	Veera-pandi	Panama-rathupatty	Postal vote	Total
T.M. Selvaganapathy	ADMK	54355	54269	57698	52388	80134	64828	17	363689
K. Ramamurthy	TRC	51814	40768	57765	67314	66022	54444	151	338278
R. Devadass	TMC(M)	2056	3354	3275	2950	3774	4189	6	19604
P.M. Selvakumaran	IND	439	473	311	349	552	554	0	2678
M. Arjunan	TNPWP	257	558	112	131	300	273	0	1631
R. Sadasivam	IND	100	112	269	179	168	118	0	946
A. Asokan	IND	173	165	45	59	116	114	0	672
A. Chandramohan	CPI(ML)(L)	76	174	92	52	108	150	0	652
P. Sampath Kumar	IND	109	86	41	44	80	102	0	462
B.L. Murugan	IND	80	81	65	43	84	81	0	434
K. Kannan	IND	215	38	16	63	47	16	0	395
C. Ramamoorthi	CMK	58	98	54	64	59	52	0	385
K. Arivumani	BMC	76	66	50	57	68	66	1	384
S. Kesavarajan	AJBP	35	43	84	30	30	26	0	248
T. Periasamy	IND	65	56	19	22	43	30	0	235
D.M. Mohammad Nazeerudeen	IND	15	17	41	34	13	9	0	129
R. Manickam	IND	26	33	15	15	19	15	0	123
P. Chinathambi	IND	13	23	19	6	24	22	0	107
M.A.K. Manimegalan	THMM	14	15	14	41	12	9	0	105
R. Srinivasan	IND	18	18	11	15	15	4	0	81
S.K. Rajendran	IND	7	11	4	10	3	4	0	39
Total		110001	100458	120000	123866	151671	125106	175	731277
★ Electorate : 1,257,383 ★ Votes polled : 7,43,754 ★ Rejected votes : 12,477									

17. TIRUCHENGODE

Name of Candidate	Party	Kapila- malai	Tiruchen- gode	Sankari (SC)	Edapadi	Moda- kurichi	Erode	Postal vote	Total
M. Kannappan	MDMK	54097	74344	56858	65802	63520	94144	528	409293
K. Palaniswami	ADMK	47891	93660	61419	67128	55418	79146	75	404737
T.M. Kanagasabathiy	PT	1977	2366	1804	2096	1348	1933	11	11535
E.P. Gowrishankar	TDK	1129	201	191	100	623	1073	0	3317
K. Mathaiyan	THMM	365	421	486	604	377	316	1	2570
C. Karuppanan	IND	147	166	191	129	151	133	1	918
P. Selvakumar	IND	43	98	65	56	46	93	0	401
A.P. Chokkalingam	IND	27	40	34	21	28	105	0	255
M. Thandapani	IND	159	208	177	130	167	148	0	989
Total		105835	171504	121225	136066	121678	177091	616	834015

★ Electorate : 15,27,064 ★ Votes polled : 8,45,137 ★ Rejected votes : 11,122

18. NILGIRIS

Name of Candidate	Party	Mettu- palayam	Avanashi (SC)	Thonda- muthur	Coonoor (SC)	Ootaca- mund	Gudalur	Postal vote	Total
M. Mathan (alias) Master M. Mathan	BJP	59527	49954	93735	49484	50699	65965	464	369828
R. Prabhu	INC	67116	61258	83924	35070	36942	61451	108	345869
A.G. Sinnaramasamy	TDK	377	439	339	234	233	324	4	1950
C. Chinnaraj	PT	793	703	1841	2037	833	1402	3	7612
Advocate N. Rangaswamy	AJB	142	185	215	82	105	146	0	875
G. Ajmal	IND	184	249	209	301	162	200	1	1306
L. Anandhakumar	IND	177	331	234	154	144	218	0	1258
R. Shanmugam	IND	48	55	74	40	38	47	0	302
Total		128364	113174	180571	87402	89156	129753	580	729000

★ Electorate : 13,48,417 ★ Votes polled : 7,42,722 ★ Rejected votes : 13,722

19. GOBICHETTIPALAYAM

Name of Candidate	Party	Perun- durai	Bhavani	Andiyur	Gobichetti- palayam	Bhavani- sagar	Sathya- mangalam	Postal vote	Total
K.K. Kaliappan	ADMK	61292	47718	41613	50735	48631	49109	86	299184
K.G.S. Arjun	DMK	46653	43778	45120	42697	47017	43149	758	269172
C.K. Kuppaswamy	TMC(M)	8434	11020	5011	7949	9877	5972	41	48304
Era. Manikandan	TDK	420	1623	150	345	361	322	3	3224
K.K. Arumugam	IND	79	62	68	70	97	96	0	472
K.T. Elango	IND	79	125	66	88	92	116	0	566
Chinna Ponn Vathiyar	IND	191	124	92	158	128	102	1	796
Palanisamy	IND	186	217	128	156	179	203	0	1069
Tmt. Mathal	IND	67	90	74	54	77	95	0	457
S.A. Ramamoorthy	IND	146	287	242	130	728	973	0	2506
A.M. Sheik Dawood	IND	39	64	158	58	58	61	0	438
Total		117586	105108	92722	102440	107245	100198	889	626188

★ Electorate : 10,66,362 ★ Votes polled : 6,42,672 ★ Rejected votes : 16,484

20. COIMBATORE

Name of Candidate	Party	Singa- nallur	Coim- batore	Coimbatore- East	Perur	Palla- dam	Tiruppur	Postal vote	Total
C.P. Radhakrishnan	BJP	78100	50097	52226	77861	65297	106200	287	430068
R. Nallakannu	CPI	68348	33356	32127	76469	60878	104721	92	375991
S.R. Balasubramonian	TMC(M)	11357	2929	5432	8728	9170	7564	25	45205
K. Thirumoorthy	FBL	491	276	297	594	651	780	0	3089
R. Palanisamy	TDK	231	142	106	305	320	360	0	1464
Arjun Sampath	IND	765	310	167	771	500	353	0	2866
M.P. Sengottaiyan	IND	459	159	276	542	1065	799	0	3300
A. Noormuhamad	IND	473	155	192	620	527	568	0	2535
Lakshmana Narayanan	IND	1841	595	692	2294	1694	2386	0	9502
Total		162065	88019	91515	168184	140102	223731	404	874020

★ Electorate : 15,71,475 ★ Votes polled : 8,74,136 ★ Rejected votes : 116 (in Postal votes)

21. POLLACHI (SC)

Name of Candidate	Party	Kinathu-kadavu	Pollachi (SC)	Valparai (SC)	Udu-malpet	Dhara-puram (SC)	Pongalur	Postal vote	Total
Dr.C. Krishnan	MDMK	45500	57658	36694	61075	47760	43671	680	293038
M. Thiagarajan	ADMK	47629	49231	36631	55478	50700	43786	68	283523
K.N. Rajan	JD(S)	1023	2206	2672	1640	1189	1172	12	9914
M. Jothiraj	PT	423	405	6587	541	819	505	0	9280
P. Ganesan	IND	2070	2425	590	334	723	742	2	6886
Total		96645	111925	83174	119068	101191	89876	762	602641
★ Electorate : 10,74,230 ★ Votes polled : 6,13,153 ★ Rejected votes : 10,512									

22. PALANI

Name of Candidate	Party	Vella-koil	Kan-gayam	Palani (SC)	Oddan-chattram	Natham	Veda-sandur	Postal vote	Total
P. Kumarasamy	ADMK	46543	47129	53966	45507	42616	61982	107	297850
A. Ganesha Murthi	MDMK	43790	49096	43499	47373	35801	48937	637	269133
S.K. Kaarvendhan	TMC(M)	13715	7267	12273	10100	26606	15370	76	85407
S.P. Kumarasamy	INGP	106	112	70	62	141	103	0	594
K.C. Palanisamy	SHS	69	127	66	53	68	67	0	450
K.L. Murugesan	TDK	166	157	351	112	136	48	1	971
K. Archunan	IND	64	87	73	52	142	50	0	468
M. Dharmalingam	IND	54	73	80	42	3521	1276	0	5046
K.M. Natarajan	IND	193	197	121	139	2697	203	0	3550
M. Balasubramani	IND	209	141	101	140	161	181	1	934
C. Rathinasamy	IND	90	94	58	77	275	82	0	676
Total		104999	104480	110658	103657	112164	128299	822	665079
★ Electorate : 11,59,677 ★ Votes polled : 6,82,853 ★ Rejected votes : 17,774									

23. DINDIGUL

Name of Candidate	Party	Thiruman-galam	Usilam-patty	Nilakottai (SC)	Shola-vandan	Dindi-gul	Athoor	Postal vote	Total
C. Sreenivasan	ADMK	45818	35161	50462	47429	59400	56433	91	294794
S. Chandrasekar	DMK	37255	27620	43104	37390	72754	55468	860	274451
N.S.V. Chitthan	TMC(M)	13801	4508	14638	12477	12421	11811	57	69713
K. Surendran	FBL	5929	21987	1356	1870	454	726	20	32342
S. Kepran	IND	69	30	67	54	64	75	2	361
R. Subramanian	IND	193	141	159	135	198	169	0	995
K. Pandiammal	IND	58	38	63	51	73	66	0	349
M. Machakkalai	IND	33	25	21	32	42	41	0	194
J. Ravindran	IND	35	15	31	39	41	38	0	199
Total		103191	89525	109901	99477	145447	124827	1030	673398
★ Electorate : 11,94,616 ★ Votes polled : 6,86,045 ★ Rejected votes : 12,647									

24. MADURAI

Name of Candidate	Party	Thiruppa-rankundram	Madurai-West	Madurai-Central	Madurai-East	Samaya-nallur(SC)	Melur	Postal vote	Total
P. Mohan	CPI(M)	81717	49129	33161	33564	80050	50481	102	328204
Pon. Muthuramalingam	DMK	69052	46232	38231	34669	70580	32018	199	290981
A.G.S. Rambabu	TMC(M)	13936	7031	6484	13301	24169	25029	23	89973
R. Gunasekaran	AJBP	452	188	238	258	569	833	1	2539
Subramanian Swamy	JP	3925	1923	1513	1933	5786	5406	3	20489
S. Singarajan	IND	896	433	335	370	1350	7241	0	10625
Dr.M. Meenakshi Sundaram	IND	1047	608	477	554	1272	1635	0	5593
Total		171025	105544	80439	84649	183776	122643	328	748404
★ Electorate : 14,29,975 ★ Votes polled : 7,88,700 ★ Rejected votes : 296 (in Postal votes)									

25. PERIYAKULAM

Name of Candidate	Party	Periya-kulam	Theni	Bodinaic-kanur	Cumbum	Andi-patti	Sedapatti	Postal vote	Total
Dhinakaran	ADMK	55385	52732	45767	48304	57884	43692	117	303881
A. Mansoor Alikhan	PT	16012	17248	11159	9136	16461	17373	40	87429
P. Selvendran	DMK	40446	51471	44918	51160	37340	31793	947	258075
P. Selvam	FBL	117	124	92	96	319	178	2	928
P.R. Jegannathan	DTMK	196	487	170	155	249	157	0	1414
K. Elamurugan	IND	223	238	128	123	190	203	0	1105
K. Kandasamy	IND	79	61	69	48	124	105	0	486
V. Kasimayan	IND	21	36	25	37	50	37	0	206
V. Kalichamy	IND	111	118	97	160	106	78	0	670
A. Sadayandi	IND	224	225	216	225	254	183	0	1327
P. Saravanapandian	IND	35	27	23	25	24	28	0	162
S.R. Segar	IND	124	280	98	81	248	126	2	959
K. Palanichamy	IND	82	30	14	32	22	29	0	209
Tmt. K. Pandiammal	IND	37	48	40	39	47	63	1	275
S. Pooviah	IND	8	26	37	22	29	27	0	149
C. Rajagopal	IND	203	232	135	226	208	252	0	1256
Total		113303	123383	102988	109869	113555	94324	1109	658531
★ Electorate : 11,21,725 ★ Votes polled : 6,66,934 ★ Rejected votes : 8,403									

26. KARUR

Name of Candidate	Party	Arava-kurichi	Karur	Krishna-rayapuram (SC)	Marun-gapuri	Kuli-thalai	Thottam	Postal vote	Total
M. Chinnasamy	ADMK	43784	67528	54653	60444	58076	49819	103	334407
K. Natrayan	TMC(M)	8616	7770	7811	6033	8674	6588	47	45539

K.C. Palanisamy	DMK	48831	77154	52423	48761	54177	49473	741	331560
K. Sathiyamoorthy	IND	188	518	988	246	839	2190	1	4970
M. Chinnasamy	IND	35	33	49	29	63	67	2	278
C. Srinivasan	IND	39	33	67	51	34	47	0	271
S. Senthiraja	IND	141	192	154	102	201	153	0	943
R.M. Dhayalan	IND	42	45	40	27	52	53	0	259
S. Balakrishnan	IND	93	172	124	117	178	181	0	865
T. Mathivanan	IND	55	47	65	57	57	93	1	375
P. Murugesan	IND	29	89	42	18	31	29	0	238
Total		101853	153581	116416	115885	122382	108693	895	719705
★ Electorate : 11,70,582 ★ Votes polled : 7,36,611 ★ Rejected votes : 16,906									

27. TIRUCHIRAPPALLI

Name of Candidate	Party	Musiri	Lalgudi	Srirangam	Tiruchira-palli-I	Tiruchira-palli-II	Thiruvembalur	Postal vote	Total
Rangarajan Kumaramangalam	BJP	68377	60244	73154	40995	61029	73471	180	377450
L. Adaikalaraj	INC	59941	53061	57363	29966	38979	48916	27	288253
M. Rajasekaran	TMC(M)	3374	3910	2576	1313	2292	3786	5	17256
S. Alagiamanavalan	IND	229	169	148	43	55	81	0	725
R. Anthonyraj	IND	98	68	46	26	24	39	0	301
K. Anbalagan	IND	283	160	127	27	39	84	0	720
C. Anbalagan	IND	70	71	37	10	30	36	0	254
A. Hussain Khan	IND	216	188	209	132	208	236	0	1189
S. kannan	IND	272	261	353	181	247	387	0	1701
G. Sakthivel	IND	99	72	74	25	41	59	0	370
A. Nagendran	IND	65	56	47	20	24	38	0	250
A.K. Pitchai	IND	535	484	808	28	68	370	0	2293
K. Muthusamy	IND	96	73	87	32	29	57	0	374
Total		133655	118817	135029	72798	103065	127560	212	691136
★ Electorate : 12,45,971 ★ Votes polled : 7,02,752 ★ Rejected votes : 11,616									

28. PERAMBALUR (SC)

Name of Candidate	Party	Uppilia- puram(ST)	Peram- balur(SC)	Varahur (SC)	Ariya- lur	Andi- madam	Jayankon- dam	Postal vote	Total
A. Raja	DMK	53003	53135	52548	53537	56041	61805	606	330675
P. Rajarethinam	ADMK	48891	55240	42995	43160	29861	42407	70	262624
D. Periyasamy	TMC(M)	4401	11312	17301	18750	18140	15267	38	85209
K. Singaram	IND	193	249	240	217	190	240	0	1329
A. Varatharajan	IND	127	148	122	191	71	119	0	778
Total		106615	120084	113206	115855	104303	119838	714	680615
★ Electorate : 10,64,321 ★ Votes polled : 6,95,743 ★ Rejected votes : 15,128									

29. MAYILADUTHURAI

Name of Candidate	Party	Sirkali (SC)	Poom- puhar	Mayiladu- thurai	Kutta- lam	Kumba- konam	Thiruvudai- marudhur	Postal vote	Total
Manishankar Aiyar	INC	59018	54424	53273	53931	45388	58175	175	324384
P.D. Arulmozhi	PMK	43170	45598	45555	48093	52748	48698	391	284253
K. Krishnamoorthy	TMC(M)	5750	3505	3801	5212	9403	7292	35	34998
S. Balasundaram	CPI(ML)(L)	904	213	178	134	147	583	2	2161
Total		108842	103740	102807	107370	107686	114748	603	645796
★ Electorate : 10,30,626 ★ Votes polled : 6,55,340 ★ Rejected votes : 9,544									

30. NAGAPATTINAM (SC)

Name of Candidate	Party	Nannilam	Tiruvarur (SC)	Nagapat- tinam	Vederan- yarn	Thiruthurai- poondi (SC)	Mannar- gudi	Postal vote	Total
A.K.S. Vijayan	DMK	54749	62011	47887	63141	55706	57914	829	342237
M. Selvarasu	CPI	49485	51064	51893	41516	66753	58897	163	319771
T. Nadaiyazhagan	PT	3634	3559	2806	4696	4224	3406	21	22346

Balaguru, Durai	IND	233	213	172	178	174	185	3	1158
Total		108101	116847	102758	109531	126857	120402	1016	685512
★ Electorate : 10,54,666 ★ Votes polled : 6,96,279 ★ Rejected votes : 10,767									

31. THANJAVUR

Name of Candidate	Party	Oratha- nad	Thiruvo- nam	Thanja- vur	Thiruvai- yaru	Papa- nasam	Valan- gaiman(SC)	Postal vote	Total
S.S. Palanimanickam	DMK	50894	55290	60281	43701	46216	38286	523	295191
PL.A. Chidambaram	TMC(M)	8759	10804	10661	13479	15920	9352	50	69025
K. Thangamuthu	ADMK	48073	51043	37997	40461	42243	42231	129	262177
Dr.A. Srinivasan	FBL	4929	2946	891	413	220	1295	10	10704
D. Antony Densing	IND	50	149	147	62	57	63	0	528
Sozhannan K. Kanakaraja	IND	59	94	207	57	54	58	1	530
J. Jeyabalan	IND	4328	4498	429	449	95	2438	2	12339
Total		117092	124824	110613	98622	104805	93723	715	650394
★ Electorate : 10,49,837 ★ Votes polled : 6,61,815 ★ Rejected votes : 11,421									

32. PUDUKKOTTAI

Name of Candidate	Party	Pattu- kottai	Peravu- rani	Kolathur (SC)	Puduk- kottai	Alan- gudi	Aran- thangi	Postal vote	Total
S. Thirunavukarasu	MGR ADMK	60425	56296	52261	66494	64512	95255	973	396216
S. Singaravel	INC	46457	53947	69123	62488	63960	35755	184	331914
M. Palaniappan (a) Puratchikavidasan	PT	3142	5416	5419	4786	5535	5109	46	29453
M. Ramiah	IND	1745	1130	604	1043	1652	1530	6	7710
K. Santhanalakshmi	IND	99	122	164	168	124	128	0	805
V. Chandra Velappan	IND	62	74	103	70	76	130	1	516
A.B. Mohan	IND	263	294	318	339	372	391	0	1977
D. Williams	IND	161	212	344	219	265	212	0	1413
Total		112354	117491	128336	135607	136496	138510	1210	770004
★ Electorate : 12,18,297 ★ Votes polled : 7,80,852 ★ Rejected votes : 10,848									

33. SIVAGANGA

Name of Candidate	Party	Thiru- mayam	Thirup- pattur	Karai- kudi	Thiru- vadanai	Illayan- gudi	Siva- ganga	Postal vote	Total
E.M.Sudarsana Natchiappan	INC	49818	43842	38553	36455	31606	45626	178	246078
P. Chidambaram	TMC(M)	19013	13681	24015	27044	21717	21830	228	127528
H. Raja	BJP	38561	37640	51727	37279	23972	32440	648	222267
A. Ramu	RJD	98	91	115	144	1716	742	3	2909
Tmt.G. Santhanamary	CPI(ML)(L)	35	31	61	955	75	64	2	1223
S.M. Vimalraj	FBL	254	635	357	543	435	1569	3	3796
PR.Alagappan	IND	116	76	116	81	86	76	0	551
P. Gunasekaran	IND	413	353	215	339	305	251	0	1876
S. Shanmugam	IND	361	370	338	306	256	270	0	1901
V. Chidambaram	IND	523	393	399	785	588	463	0	3151
M. Muthuramalingam	IND	64	92	44	59	43	49	0	531
Total		109256	97204	115940	103990	80799	103380	1062	611631

★ Electorate : 11,17,223 ★ Votes polled : 6,23,958 ★ Rejected votes : 12,327

34. RAMANATHAPURAM

Name of Candidate	Party	Mana- madurai	Parama- kudi	Ramana- thapuram	Kada- ladi	Mudu- kulathur	Aruppu- kottai	Postal vote	Total
K. Malaisamy	ADMK	47055	42388	46464	42413	39728	47103	102	265253
Tmt. M.S.K.Bhavani Rajendhithiran	DMK	36829	43632	58427	44273	34458	40487	501	258607
R. Kalanjiam	FBL	777	174	280	350	505	620	1	2707
Dr.K. Nazeera Parvin	PT	10927	21719	15137	18816	18219	11469	47	96334
S. Ayeravalli (a) Ameena	IND	86	132	81	110	87	92	0	588
B. Elavarasan	IND	50	70	52	57	42	54	0	325
K.O. Ramaswamy	IND	1032	1210	680	1155	870	544	3	5494
Total		96756	109325	121121	107174	93909	100369	654	629308

★ Electorate : 11,15,127 ★ Votes polled : 6,40,694 ★ Rejected votes : 11,386

35. SIVAKASI

Name of Candidate	Party	Sattur	Virudhu- nagar	Siva- kasi	Srivilli- puthur	Rajapala- yam(SC)	Kovil- patti	Postal vote	Total
Vaiko	MDMK	62942	51144	71551	39613	50103	49929	547	325829
A. Gunasekaran	TMC(M)	19809	22887	26476	29418	32947	21228	52	152817
Justice V. Ramaswami	ADMK	41906	38765	56510	35774	41535	36501	57	251048
A.C. Seenichamy Thevar	FBL	1429	548	880	379	406	685	3	4330
I. Ramaswamy	IND	98	61	59	73	55	32	0	378
V. Kannan	IND	48	35	30	64	30	27	0	234
K. Ganesan	IND	45	42	36	35	34	32	0	224
N. Gunasekaran	IND	34	21	37	30	20	21	0	163
P. Sahadevan	IND	94	66	79	70	72	73	0	454
V. Sreenivasagan	IND	194	134	152	133	164	167	0	944
K. Subbukkalai	IND	130	98	132	103	102	104	0	669
A. Somasundaram	IND	2690	928	550	163	286	43	0	4660
R. Thamaraikani	IND	3371	2170	2684	18112	8866	1755	19	36977
Pl.D.Thiagarajan (a) Yogakannan	IND	134	67	86	102	75	36	0	500
M. Manmathan	IND	24	25	30	26	32	17	0	154
K. Muthupandian	IND	20	18	11	20	6	8	0	83
Total		132968	117009	159303	124115	134733	110558	678	779464

★ Electorate : 12,57,935 ★ Votes polled : 7,90,752 ★ Rejected votes : 11,288

36. TIRUNELVELI

Name of Candidate	Party	Vilathi- kulam	Ottapida- ram	Tirunel- veli	Palayam- kottai	Srivai- kundan	Tuti- corin	Postal vote	Total
P.H. Pandian	ADMK	37396	30990	41327	42963	34217	62970	112	249975
P. Geetha Jeevan	DMK	32345	25875	41460	40674	25793	57005	329	223481
M. Sethu Rama Pandian	FBL	199	781	1778	646	187	319	3	3913
P.V. Bakthavatchalam	PT	12929	36181	19608	18715	17646	7811	51	112941

N. Chandra Prakash	IND	53	62	43	87	56	58	0	359
C. Saravanan	IND	33	42	27	40	24	41	0	207
J.D. Socrates	IND	67	79	293	737	818	294	0	2288
S. Sundararaj	IND	330	376	556	488	347	435	2	2534
T. Suyambulingam	IND	297	379	457	440	384	506	0	2463
M. Dharmaseelan	IND	25	29	44	41	22	81	0	242
A. Mohamed Sheik Ibrahim	IND	67	62	178	312	99	145	1	864
K. Lakshmanan	IND	54	83	144	123	82	68	0	554
P. Harikrishnan	IND	24	133	68	111	130	266	1	733
Total		83819	95072	105983	105377	79805	129999	499	600554
★ Electorate : 11,21,877 ★ Votes polled : 6,10,090 ★ Rejected votes : 9,536									

37. TENKASI (SC)

Name of Candidate	Party	Sankaran-koil (SC)	Vasudevanallur(SC)	Kadayanallur	Tenkasi	Alangulam	Ambasamudram	Postal vote	Total
S. Murugesan	ADMK	43873	40116	42597	40023	44213	28302	117	239241
S. Arumugam	BJP	40235	30311	35461	52100	39987	39657	603	238354
Dr.K. Krishnasamy	PT	38381	39688	33038	23268	33154	18552	139	186220
R. Shanmuga Sundaraj	IND	97	138	90	136	135	97	2	695
O. Bala Murugan	IND	411	401	412	350	501	240	1	2316
Total		122997	110654	111598	115877	117990	86848	862	666826
★ Electorate : 10,44,090 ★ Votes polled : 6,77,205 ★ Rejected votes : 10,379									

38. THIRUCHENDUR

Name of Candidate	Party	Cheranmahadevi	Nanguneri	Radhapuram	Sattangulam	Tiruchendur	Kanniya-kumari	Postal vote	Total
A.D.K. Jayaseelan	DMK	36588	36331	43960	28325	41373	50633	420	237630
R. Danushkodi Athithan	TMC(M)	18855	21622	18271	21040	13985	15159	103	109035
Dr.B.P. Rajan	ADMK	34603	27433	26517	23588	33877	31907	39	177964
P. Kumar	IND	148	138	174	109	112	169	0	850
R. Senthivel Murugan	IND	240	182	111	150	78	79	2	842
S. Devadasan Raja	IND	101	78	88	58	41	62	0	428
Tmt. S. Vialo Selvin Nadar	IND	2397	1791	913	2560	594	64	4	8323
Total		92932	87575	90034	75830	90060	98073	568	535072
★ Electorate : 10,40,627 ★ Votes polled : 5,43,932 ★ Rejected votes : 8,860									

39. NAGERCOIL

Name of Candidate	Party	Nagercoil	Colo-chal	Padmanabhapuram	Tiruvattar	Vilavancode	Killiyoor	Postal vote	Total
P. Radhakrishnan	BJP	76897	59923	47779	40362	38836	42943	579	307319
Dr.Kumaradas	TMC(M)	15556	21780	21864	27761	24744	27075	250	139030
N. Dennis	INC	26699	20495	22371	28875	46070	16966	200	161676
V. Appu	IND	39	46	27	348	61	55	0	576
A. Ayyappan	IND	34	32	27	74	76	35	0	278
M. Babu	IND	243	308	285	296	266	309	0	1707
N. Murugan	IND	33	24	38	64	39	29	0	227
Tmt. Rema Janardanan Nair	IND	50	39	56	395	147	306	1	994
P. Joseph	IND	31	30	32	100	47	45	3	288
Total		119582	102677	92479	98275	110286	87763	1033	612095
★ Electorate : 10,57,712 ★ Votes polled : 6,21,397 ★ Rejected votes : 9,302									



Kanniyakumari is one of the important tourist centres in India, which is located at the Southern end of the Country. The Tourists who are visiting Kanniyakumari at present are coming via Madurai on National Highways 7. After visiting Kanniyakumari, if the Tourists intent to go to Trivandrum, they have to go via Nagercoil along N.H.47 and travel about 24 km unnecessarily as there is no other route. Besides, the vehicular traffic on the National Highways 47 is also very heavy and due to this there are traffic congestions on several places. Therefore the travelling time is also considerably longer.

To tackle this problem, it is proposed by the Government of Tamil Nadu to improve the West Coast Road which connects Kanniyakumari with Trivandrum directly without touching Nagercoil. The total length of the proposed road is 71.1 km with double lane width. The Government of Tamil Nadu has accorded administrative sanction for this scheme for an amount of Rs.22.40 crores, under the Rural Infrastructure Development fund with the loan assistance from NABARD. The West Coast Road connects about 62 coastal villages in Kanniyakumari District. 3 major bridges and 87 small culverts have been proposed for construction. The above scheme is being implemented by the Highways Department of the Tamil Nadu with the loan assistance from NABARD.

After completion of this scheme a total population of about 4 lakh people will be

benefitted, out of which 1.30 lakhs will be fishermen population.

The improvements of the west coast road will benefit the Fishermen of this District to transport their fish catches of 82,500 MT per annum to places such as Nagercoil, Trivandrum & Tirunelveli. Further important commodities such as 1.37 lakh MT of paddy, 3.6 lakhs MT of Tapioca, 0.32 lakhs MT of Rubber and 1.2 lakhs MT of coconut can be easily transported to the nearest cities and marketing places which

will benefit the Agriculture producers.

At present, it takes about 2 hours time to travel 85 km in a Car from Kanniyakumari to Trivandrum in the National Highways 47, due to the heavy traffic and traffic congestions. After the improvement of the west coast road, the traffic on the National Highways 47 will be considerably reduced.

The west coast road is starting from Kanniyakumari and passes through the important places such as Kovalam, Manakkudi, Rajakkamangalam, Manavalakurichi, Mondaikadu, Colachel, Thengapattinam, Puthukada and Kollemcode and reaches the Kerala border at Pazhaya Utchakkadai. Then the road passes through Vizhingam, Kovalam of Kerala State and reaches Trivandrum.

The widening and improvement of the 71.1 km road work is being accelerated and will be completed by the end of October 2000. The 3 major bridge works are now entrusted to a Calcutta based private company namely 'TANTIA' and the preliminary works are started. As per the terms of contract, the Bridge works at Pantrivoikal at an estimate cost of Rs.107 lakhs will be completed by end of June 2000. Ganapathiyar Kadavoo bridge at an estimate cost of Rs.230 lakhs by September 2000 and Mankudy Bridge at an estimate cost of Rs.500 lakhs by March 2001. The entire work will be completed by end of March 2001. ★

Conquest of Pain

T.R. THIYAGARAJAN

In 16th Century, when Peru (in South America) fell a victim to imperialism, European invaders observed that the natives were chewing leaves of a shrub called 'cocoa' and seemed to experience a funny feeling enabling them to perform remarkable feats. Many attempts were made to convert cocoa leaves into a remedial drug to cure whooping cough, but turned futile.

In 19th century, well-known psychoanalyst Dr.Sigmund Freud set the ball into motion for the discovery of Novocaine, an extensively used local anaesthetic.

Young Freud, a sensitive man, fell in love with a girl named Martha Barnys. Freud proposed to Martha, but her mother protested and declared that her son-in-law should be a man of considerable means and able to stand on his own feet.

Freud took it up as a challenge and decided to discover something innovative in order to earn fame and fortune.

Freud chanced to come across a feature in a medical journal describing the qualities of cocaine. Soon he obtained a gram of cocaine, took it himself and watched the effects over his own system and felt amazingly re-energized to work at a stretch without any fatigue. Unfortunately, he failed to take note of the anaesthetic effect of cocaine.

Freud later married his sweetheart and almost bade farewell to experiments on cocaine. Meanwhile, Koller, a Vienna-based ophthalmologist, started experimenting on cocaine. An anaesthetic to keep away pain during surgery was a dream in those days.

Koller applied a few drops of cocaine solution on one of the eyes of a frog. To his surprise, he observed that the eye which was not rinsed with the solution was sensitive to heat and cold, whereas the other eye was numb.

Koller then repeated the same experiment on himself and noticed identical results. After a series of experiments, he performed the first anaesthesia - assisted eye operation on one of his patients. At the same time in America, Halstead, a New York surgeon, resolved to experiment on cocaine. To ascertain its efficacy, he tried it on his person. The resultant effects were amazing. It boosted his energy to a great extent and his speech also turned more fluent.

As days passed on, Halstead tapered off the intake of cocaine. But the effects of its discontinuance were alarming. He experienced fearful hallucinations accompanied by a sense of fear of death. He discovered that cocaine was a habit forming substance like Morphia.

Prolonged in-take of cocaine resulted in Halstead's mental derangement. He was admitted to a mental hospital. After about a year, Halstead was discharged, but were notable changes in his behaviour. He was extremely cold and reticent. He also realised that his original ability to work had also dwindled considerably.

Prof. Kolamin, a Russian surgeon, administered cocaine to a patient during an operation, but the patient collapsed. Overwhelmed by a sense of guilt, Kolamin shot himself dead

Dr. Reclus, a French surgeon, suggested small doses of cocaine (injected in stages into the body) would prevent the onset of side effects. To get a first-hand knowledge, he performed surgery on his abscess-infected index finger using cocaine solution as an anaesthetic.

Dr. Augustus Bier, a German surgeon, was the last one to give a finishing touch for the long drawn battle to conquer 'pain'. He devised an innovative method called as 'Lumber anaesthesia'. In this method, he injected small doses of cocaine into the spinal cord to block the pain conducting nerves between brain and lower part of the body. Unfortunately, this method too was a failure as many patients suffered undesirable side effects.

Finally, after a year came the major break through which at one blow wiped out all the difficulties and established a permanent and valid basis for all forms of local anaesthesia. This was the discovery to Novocaine by the renowned German chemist Einohorn.

This was followed by Heinrich Braun, a German physician who found out that Novocaine in combination with Adrenaline when injected into the body would localise the anaesthetic effect of Novocaine. He tried this on his own body with favourable results. The substitution of novocaine in place of cocaine, a member of the same family, removed the risk of serious side effects that were involved during the administration of cocaine. The myth of the impossibility of finding a safe, local anaesthesia was thus exploded and this method gradually gained acceptance among the surgical community.

Discovery of novocaine opened up new vistas of surgery hitherto unexplored by surgeons. As the threat of pain subsided, many surgeries that were beyond the scope of surgeons' skill were made possible. For 'surgery sans safe anaesthesia is nothing but a crude form of butchery'.

Courtesy :
Science Express



THIRUKKURAL

The Code of Conduct for the mankind

அறனறிந்து மூத்த அறிவுடையார் கேண்மை
திறனறிந்து தேர்ந்து கொளல்.

*aranarindhu muthu arivudaiyar kenmai
thiranarindhu themdhu kolal.*

'Fully appreciating their worth a king must carefully choose as his friends such men who have a clear knowledge of virtue and who possess mature wisdom'.

COMMENTARY

A king is expected to choose as his friend and counsellor a person of upright conduct possessing extensive knowledge of men and things. Such a friend and counsellor will be of great help to any prince.

★ ★ ★

உற்றநோய் நீக்கி உறாஅமை முற்காக்கும்
பெற்றியார்ப் பேணித் கொளல்

*utranoi niki uraamai mutkakum
petriyar peni kolal*

'A king has to obtain as friends such men who are able to remove all present ills and ward off all the future ones'.

COMMENTARY

The ills to which man is subject are said to be of two kinds : the troubles that occur to him through natural causes, and the troubles that are due to human agencies.

Famine conditions from lack of rain, damage caused by excessive rain, damage caused by cyclone and fire, all these are brought under evil caused by providential conditions. Evil caused by human agencies is such that is caused by an enemy, robbers and even friend and kindred. A wise counsellor will help the king to devise methods of remedy in all such cases. A wise man of mature experience will be able to foresee such danger and advise the king to prepare in advance preventive or remedial measures.

★ ★ ★

அரியவற்று னெல்லாம் அரிதே பெரியாரைப்
பேணித் தமராக் கொளல்.

*ariyavattu lella maridhe periyarai
peni thamara kolal.*

'Of all the rare possessions that a king can have the rarest gift is that friendship of great men whose friendship is eagerly sought and who are one as his own kith and kin'.

★ ★ ★

தம்மிற் பெரியார் தமரா ஒழுகுதல்
வன்மையு னெல்லாந் தலை.

*thammit periyar thamara vozuhudhal
vanmaiyeu lallan dhalai.*

'To live with men who are in every way greater than himself is the greatest strength that a king can have among all his instruments of power'.

COMMENTARY

A king can have several sources of strength. Such as adequate finance, efficient army, powerful fortresses, etc. But the greatest strength in his possession will be the wise counsel that he can have from his able ministers. He can avert many a crisis by acting upon their advice, crisis that may occur internally by revolution and externally by foreign aggression. Hence the wise counsel from his able ministers is considered to be the greatest strength that a king can have.

★ ★ ★

குழுவார்கன் னாக ஒழுகலான் மன்னவன்
குழுவாரைச் சூழ்ந்து கொளல்.

suzhvarha naha vozuhalan mannavan
suzhvarai suzhndhu kolal.

'The king has to live with his counsellors as with his eyes. Hence he should carefully test and select his counsellors'.

★ ★ ★

தக்கா ரினத்தனாய்த் தானொழுக வல்லானைச்
செற்றார் செயக்கிடந்த தில்.

thaka rinathanai thanozhuha vallanai
setrar seyakidandha dhil.

'If a king carries on the affairs of the State with the advice and cooperation of such competent and able ministers there is nothing which an enemy can do against him'.

★ ★ ★

இடிக்குந் துணையாரை யான்வாரை யாரே
கெடுக்குந் தகைமை யவர்.

idikun dhunaiyarai yalvarai yare
kedukun dhahaimai yavar.

'What power on earth can bring the downfall of a sovereign ruler who has as his faithful ministers men of such courage that will not hesitate to point out to him his defects?'.

★ ★ ★

இடிப்பாரை இல்லாத ஏமரா மன்னன்
கெடுப்பா ரிலானுங் கெடும்.

idiparai yilladha emara mannan
kedupa rilanun gedum.

'The king who is not helped by such frank and courageous ministers is devoid of all safeguards. Even though there is none to cause his ruin, he shall surely ruin himself'.

COMMENTARY

A king who has not got such bold and frank ministers to bring home to him his faults is lacking in primary strength to support his sovereignty. Even though he has no aggressive enemies outside to ruin his State, he himself by his own thoughtless and foolhardy behaviour may bring on ruin to himself and his State. The counsellors, therefore, form the main prop of sovereignty in a State.

★ ★ ★

முதலிலார்க் கூதிய மில்லை மதலையாஞ்
சார்பிலார்க் கில்லை நிலை.

mudhalilar kudhiya millai madhalaiyan
sarbilar killai nilai.

A merchant cannot have any profit without sufficient capital. Similarly, a sovereign cannot have any stability without the support of wise counsellors'.

★ ★ ★

பல்லார் பகைகொளவிற் பத்தடுத்த தீமைத்தே
நல்லார் தொடர்கை விடல்.

pallar pahaiholalit pathadutha thimaithe
nallar thodarhai vidal.

'If a king loses the friendship of good ministers, he will have tenfold greater danger than he will have if he has to face single-handed several enemies at a time'.

★ ★ ★

Any Festival... Any season...

Any time...

Co-optex



Co-optex ranges:

- Cotton, Silk, Polyester and Blends
- Sarees • Dress Material • Suitings
- Shirtings • Lungis, Towels, Dhotis
- Furnishings, Bedsheets



Co-optex
TAMILNADU HANDLOOMS

• Visit your nearest Co-optex Showroom.

Tamil Arasu

NOVEMBER 1999 Rs.5





TAMIL ARASU

Magazine of the Government of Tamil Nadu
THIRUVALLUVAR YEAR 2030
IPPASI - KARTHIGAI
NOVEMBER - 1999

In this issue :

- ★ Farmers Market ----- 2
- ★ Concessions to farmers ----- 6
- ★ King Institute of Preventive Medicine ----- 9
- Yeoman service to the mankind
- ★ Tamil Nadu Co-operative Housing Federation
in the path of developing the economy
of the Country ----- 13
- ★ A Golden Era of rural development ----- 16
- ★ Thirukkural - The Code of Conduct
for the Mankind ----- 18
- ★ Construction - Expansion of hostel building for
working women with a day care centre ----- 20
- ★ Beneficial education to all ----- 26
- ★ Varma - The secret art of healing ----- 28
- ★ 'Incofom' - Panayakkottai ----- 31
- ★ Naladiyar ----- 32

Editor and Publisher : G.MUTHUSAMY, I.A.S., Director of Information and Public Relations, Government of Tamil Nadu
Office : Tamil Arasu, Omanthurar Government Estate, Anna Salai, Chennai - 600 002. Phone : 5368926/5368927
Printed at : Tamil Arasu Press, Chennai - 600 002. Phone : 5364906

FARMERS MARKET

These vendors in turn sell these perishable products to the consumers further increasing the price for profits.

So the farmers who produce these vegetables/fruits get only a minimum amount and the consumer has to pay more for these.

Farmers market has been introduced as an alternative arrangement for the benefit of the farmers and as well as the consumers.

- ★ This scheme was first announced by the Chief Minister in the Tamil Nadu Legislative Assembly on 17-3-1999 while presenting the State Budget for 1999-2000.
- ★ The Chief Minister on 25-10-1999 announced that the Farmers Market will be setup in 100 places, where farmers can sell their vegetables and fruits without the interference of middlemen directly to the consumers.
- ★ Accordingly, the first Farmers Market was opened in Madurai by the Hon'ble Chief Minister Kalaingar on 14-11-1999.
- ★ Madurai has a population of 1 million people. It has been calculated that 350 MT of vegetables are required to provide 350 gms. of vegetables per person.
- ★ These vegetables come from various parts of the District as well as from other districts.
- ★ Usually, the commission agents and middlemen buy these perishable goods at a small price from the farmers. They also get commission from the farmers.

These middlemen sell these vegetables/fruits to the retail vendors for high profits.



- ★ This market is located in Anna Nagar on an area of 1.5 acres in Madurai. 80 shops have been built.
- ★ Basic infrastructure like electricity, protected drinking water and toilets are provided.
- ★ Farmers in and around Madurai can bring their vegetables to this market and sell it directly to the consumers.
- ★ The Government has issued photo identity cards to these farmers. This enables them to transport their perishable goods in the State owned Transport Corporation buses without paying luggage charges.
- ★ The vegetables thus brought to the market by bus and other mode of transport can be unloaded by farmers themselves and coolies will not be allowed to interfere.
- ★ Since price for vegetables are fixed every day, a committee comprising of farmers will decide the price of the vegetables.
- ★ The price list of various vegetables has to be displayed in front of the shops.
- ★ The office of the agro products marketing committee, Madurai is also located here for the maintenance of this market.
- ★ This office provides the balance and the weighing stones to the farmers. They should not use any other weighing machines.
- ★ The farmers need not pay rent for the shops.

- ★ Since the farmers sell their products directly to the consumers without the interference of middlemen and they transport their goods without paying luggage charges, the farmers as well as the consumers benefit to the maximum.

Special features of this scheme

- ★ Perishable goods like vegetables and fruits are sold directly to the consumers by the farmers themselves without the interference of middlemen and commission agent.
- ★ Consumers buy fresh vegetables and fruits directly from the farmers at reasonable price.
- ★ The price of these perishable goods are kept at a moderate rate due to the non-involvement of the middlemen.
- ★ The scheme co-ordinates the works of agriculture/horticulture expansion regarding the subsidy given to the seeds and fertilizers.
- ★ Acts as the information centre for the sale of vegetables and fruits.
- ★ Farmers market will educate and train farmers in the use of modern technology in agriculture/horticulture and to preserve and maintain freshness of their products.
- ★ This farmers market will be established on an area of not less than 50 cents in the Corporation/Municipality/Town Panchayat areas where vegetables/fruits are in considerable requirement. This will be established as one farmers market per 10-15 villages involved in vegetables/fruits



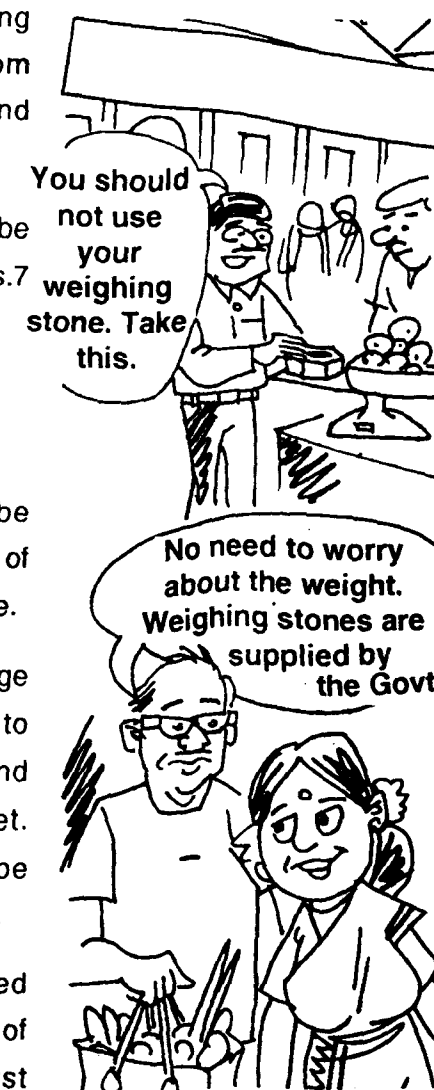
farming on an area of 200 ha. within 40 k.m. radius.

- ★ 50 to 60 shops with the dimension of 5 feet by 8 feet will be built in this market. If necessary additional shops will also be built.
- ★ This market will have all basic infrastructure like toilets, protected drinking water facilities, telephone, fax, car parking area, godown for storing excess goods apart from providing balance and weighing stones.
- ★ 100 farmers market will be established at a cost of Rs.7 crores.

Implementation of the scheme

- ★ Farmers market will be maintained by the officials of agro marketing committee.
- ★ Special buses with luggage carrier will be operated to transport vegetables and fruits to farmers market. The farmers will not be charged for the luggages.
- ★ The shops are allotted according to the quantity of vegetables and on first come first served basis. No farmer can claim ownership of any shop.
- ★ Farmers selected by Horticulture extension officers will be issued identity cards.

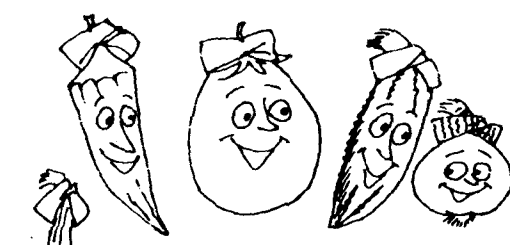
- ★ Shops will be allotted only to these farmers/ family members having identity cards.
- ★ The farmers need not pay any fees to use the facilities available in the farmers market.
- ★ A 'farmers committee' will be formed in every farmers market to overcome the problems in the administration of the market.



- ★ The farmers themselves fix the price of the vegetables according to the market value.
- ★ The District Collector holds the responsibility of running the market successfully.
- ★ The Commissioner, Agro Marketing Committee is responsible for the implementation of this scheme in the State level. He will submit a report on the development of the works, twice a month to the Government.
- ★ If the farmers market is located on the Government land, it will be entrusted to the concerned marketing committee without charging any fees. But if the land belongs to the local bodies then a nominal lease amount will be collected.



- ★ Free supply of electricity to farmers - This scheme was started in Tamil Nadu for the first time in the whole of India and is being continued.
- ★ The procurement price of Paddy is high in Tamil Nadu - Rs.35 more (per quintal) than the prescribed price fixed by the Central Government.
- ★ The sanctioning of agricultural loan has been enhanced from Rs.45,000 to Rs.55,000 per ha. for sugarcane cultivation and from Rs.25,000 to Rs.35,000 per ha. for other crops.
- ★ Rs.114.15 crores has been disbursed as flood relief for the years 1996 and 1997.
- ★ The compensation for the death of cattle due to natural calamities :



CONCESSIONS TO FARMERS

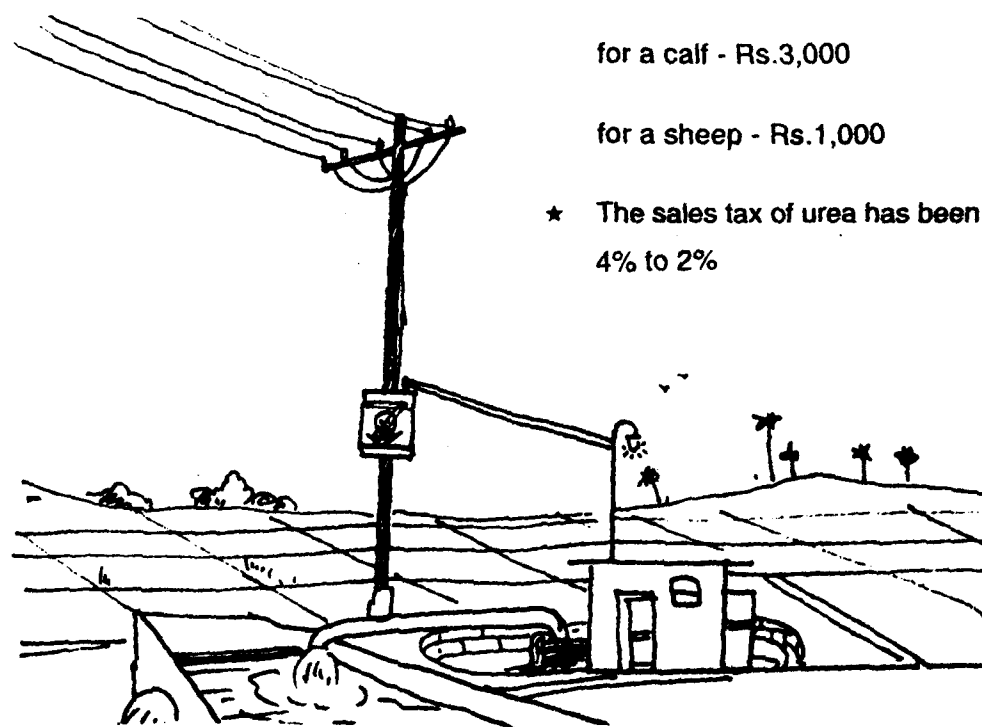


for a cow - Rs.5,000

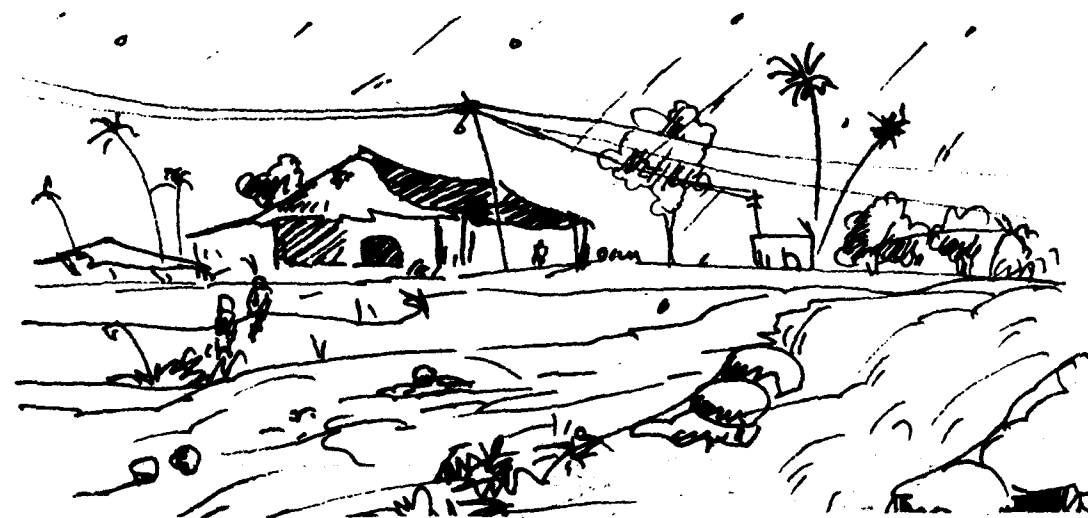
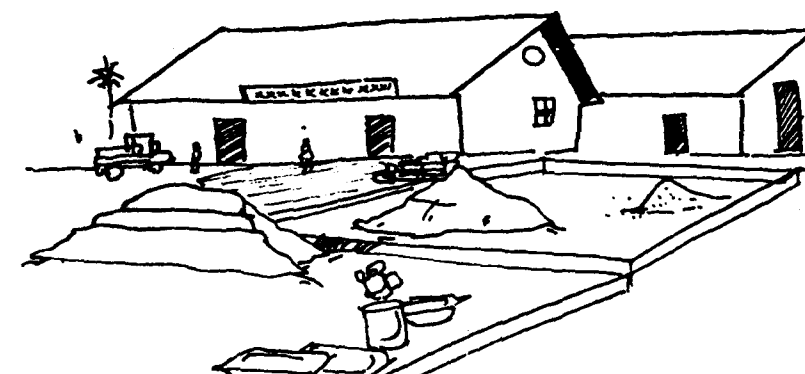
for a calf - Rs.3,000

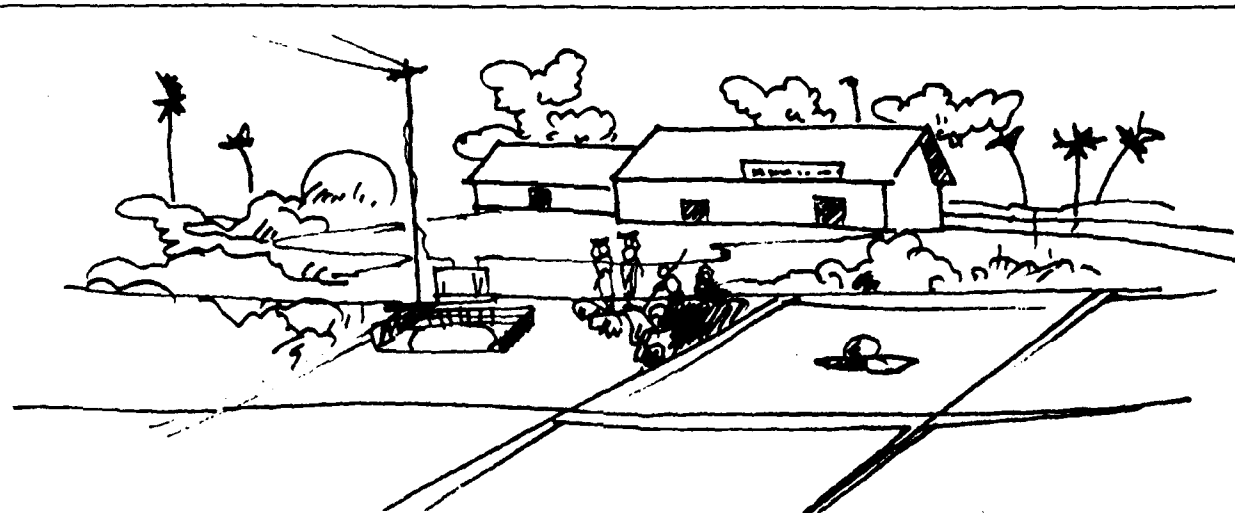
for a sheep - Rs.1,000

- ★ The sales tax of urea has been reduced from 4% to 2%



- ★ Fertilizer identity cards to farmers to enable them to get chemical fertilizers at the time of their need at prescribed price.
- ★ Neyveli Kattamanakku Plants which were obstructing the waterways causing damages in the Cauvery delta area were summarily destroyed at a cost of Rs.3.93 crores.
- ★ A model floriculture centre was started in Ooty (Uthagamandalam) and ornamental plants grown by tissue culture are distributed to farmers.
- ★ A scheme for constructing Green Houses; Plastic Sheets distributed to farmers for drying up spices.
- ★ An International Flower Auction Centre is being established at a cost of Rs.40.59 crores near Chennai International Airport.
- ★ Commercial Complexes are being established for paddy in Madurai at a cost of Rs.13.57 crores; for sugarcane and jaggery at a cost of Rs.9.80 crores in Trichy and for Turmeric at a cost of Rs.30.89 crores in Erode.
- ★ A scheme to train small and tiny farm women in the new technology of farming has been extended till 2002.
- ★ Upgradation of 12,000 acres of salty land in eight districts at a cost of Rs.4.05 crores.
- ★ A commission formed to develop 10,000 ha. of barren lands.





- ★ The neglected waterways in Cauvery delta for over a Century has been desilted at a cost of Rs.108 crores.



- ★ Pension for landless agricultural labourers has been enhanced from Rs.100 to Rs.150.
- ★ Food production during 1996-97 was 69.30 lakh MT. During 1997-98 an increased production of 86.68 lakh MT was achieved which rose to approximately 101.18 MT during 1998-99.

- ★ 'Farmers' Market in 100 places at a cost of Rs.7 crores to sell their agricultural products like vegetables, fruits etc. straight to the consumers without middlemen and commission agents.

"As the farmers can transport their agricultural products without paying luggage charges in the State owned Transport Corporation buses and fixing prices themselves for their products without the interference of brokers they will benefit by huge profits."

"People can buy fresh vegetables, fruits etc. straight from the farmers at moderate prices in this farmers market"

- Chief Minister Kalaigmar

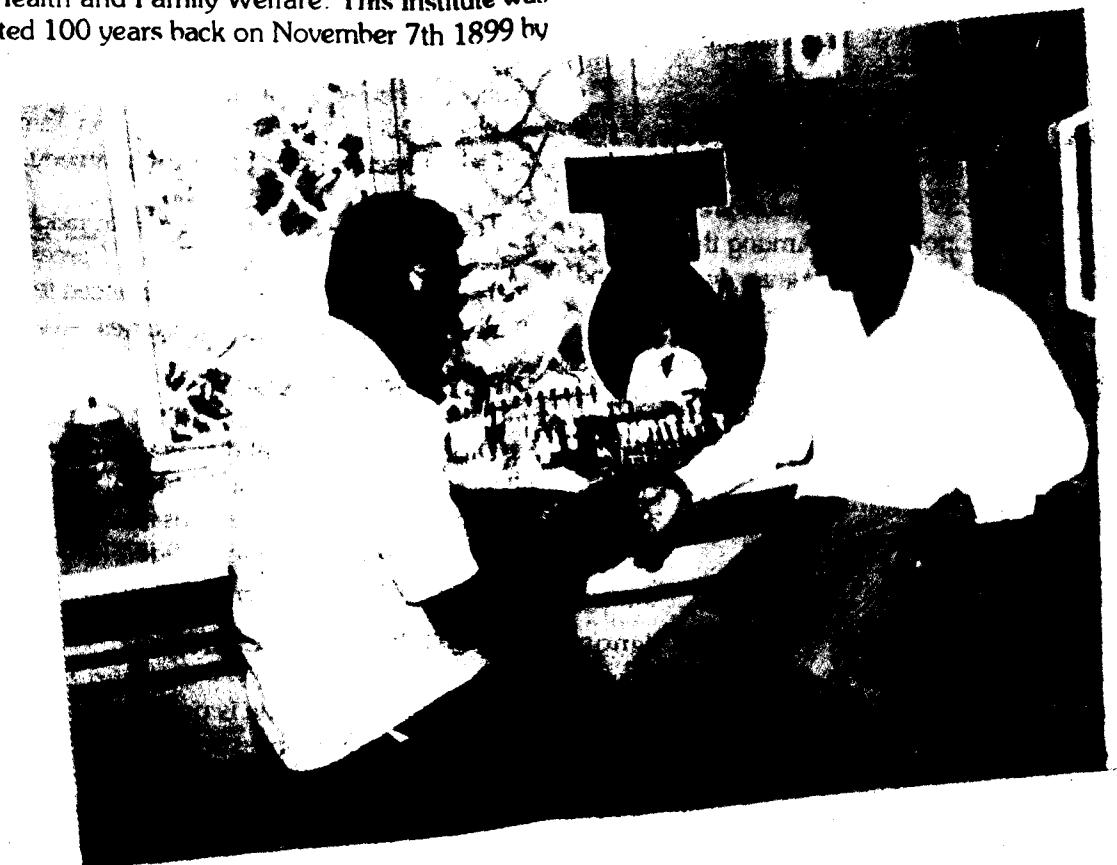
KING INSTITUTE OF PREVENTIVE MEDICINE

Yeoman Service to the mankind

Dr.C. Chandra Prabha, Director

King Institute of Preventive Medicine is a Government of Tamil Nadu Institution coming under the control of the Director of Medical Education and functioning under the Department of Health and Family Welfare. This Institute was started 100 years back on November 7th 1899 by

In the later period many life saving vaccines were manufactured and supplied to the community as and when necessity arised and many specialised diagnostic services were offered to public. At



the British Government. It is situated in Guindy, spread over 40 acres of land and named after Lt.Col. W.G. King, I.M.S. the then Sanitary Commissioner to the Government of Madras.

The Institute started functioning as a Depot for Small Pox Vaccine as Small Pox was one of the dreadful diseases in the first part of the century. Later this Institute has become one of the centres

present vaccines are available for preventing many important diseases.

VACCINES CURRENTLY MANUFACTURED IN THIS INSTITUTE

Anti Rabies Vaccine : "Rabies" is a disease caused by a very small micro-organism (virus) known as "Rabies Virus". This virus may affect Dogs, Cats and other Fox group of animals. Such

selected by W.H.O. for the manufacture of Small Pox Vaccine. This Institute has played a vital role in the eradication of Smallpox by manufacturing Smallpox Vaccine in lyophilised form (powder form). This yeoman service to the mankind was honoured by the presentation of Unesco Award in the year 1970 by the Hon'ble Chief Minister of Tamil Nadu, Dr. Kalaigmar M. Karunanidhi.

"Rabid" animals when bite human beings the disease is transmitted to them. Virus found in the animals' saliva enter the human body via the bitten wound and travel through nerves and finally reach the brain. There, they multiply and produce rabies. As there is no specific drug available for cure, the diseased person has to die. But there are vaccines available now which can prevent this disease when a person is exposed to the risk of getting this disease. If a Rabid animal bite a person the place of bite should be washed with soap and water immediately. Then as per Doctor's advice if a course of Anti Rabies Vaccine is administered, the disease can be prevented. The Anti Rabies Vaccine manufactured in this institute is supplied to all hospitals in Tamil Nadu through the Tamil Nadu Medical Services Corporation. There it is administered free of cost. This vaccine is sold to private hospitals too.

ANTI SNAKE VENOM SERUM (ASVS)

In India about 239 types of snakes are found. Of them about 59 are poisonous. Among them only 4 types are found in and around human dwellings and cause snake bite. They are :

- ★ Cobra
- ★ Common Krait
- ★ Russel Viper
- ★ Saw scaled viper

After the discovery of "Antisnake Venom Serum" persons dying due to snake bite is reduced considerably. Poisons (Venom) of snakes may affect nervous system and Cardiovascular system. The ASVS has the ability to neutralise the venom of all the four snakes mentioned above. The ASVS required by all the Government hospitals in Tamil Nadu is being manufactured in this Institute and supplied to them through the Tamil Nadu Medical Services Corporation Ltd. There it is administered free of cost to the needy.

"First aid" has to be given immediately to the victim after the snake bite. Shorter the interval between snake bite and administration of ASVS better is the chances of patient's survival.

TETANUS TOXOID (T.T.)

Tetanus is a disease caused by a Bacteria, which enters through the wound and causes life threatening infection. It is very difficult to save the patient once the disease is established in him. But with this T.T. Vaccine the disease can be totally prevented if administered as per immunization schedule. After the invention of this vaccine occurrence of this disease is very much reduced. Generally it is administered to all wounded persons and pregnant women. It is included as one of the constituents of "Triple Antigen" and given to all children. T.T. manufactured in this institute is being administered free of cost to public at all Government hospitals in Tamil Nadu.

CHOLERA AND TYPHOID VACCINES

Vaccines for prevention of Cholera as well as Typhoid are being manufactured in this Institute and supplied to all Government hospitals in Tamil Nadu and administered free of cost to the needy.

These vaccines are also supplied to neighbouring States as well as the Indian Armed Forces. Efforts are being put forth to use more advanced techniques in the manufacture of these vaccines.

DIPHTHERIA TOXOID

Diphtheria is a fatal disease, generally affects children. Diphtheria Toxoid manufactured in this institute is mixed with Tetanus Toxoid to produce Dual antigen (or) Double Antigen known as D.T. (Diphtheria and Tetanus Toxoid Vaccine).

AUTOGENOUS VACCINE

Autogenous Vaccine is prepared for chronic or recurrent infections such as boils, pimples, respiratory infections caused by bacteria those are not amenable to antibiotic treatment. Relevant specimens such as pus, throat swab (or) sputum are collected from the patient and bacteria responsible for the disease is isolated. Using the same bacteria, a vaccine is prepared and given to the patient to increase his resistance power. This is known as "Autogenous Vaccine".

Diagnostic reagents used in Microbiology Laboratory is also manufactured in this department and supplied to Medical Colleges, Arts and Science Colleges and Clinical Laboratories.



Apart from the above, various service departments are also functioning in the Institute as given below :

DIAGNOSTIC DEPARTMENT

- ★ In this department, Microbiological analysis of Urine, Blood, Sputums etc. carried out at nominal charges.
- ★ Microbiological analysis of food samples is carried out for the presence of food poisoning bacteria.
- ★ Whenever there is a threat of epidemic like Cholera, Typhoid etc. Stool, Blood and other suitable clinical samples are collected and analysed for the timely prevention of the epidemic.

When V.V.I.P.s are visiting the city, samples are collected from host venues and analysed to find out whether they are prepared hygienically.

VIROLOGY DEPARTMENT

- ★ Laboratory diagnosis of Poliomyelitis cases is carried out in the National Polio Laboratory attached to this department

which is recognised by the Government of India and World Health Organisation.

- ★ Laboratory tests for virus diseases such as Encephalitis Dengue fever etc. are also carried out.
- ★ Potency testing for Measles Vaccine is performed.
- ★ Experiments on Measles virus and Cocksakie are being carried out.
- ★ Training is given to the Postgraduates (Microbiology) and Research Scholars.
- ★ Various Research projects are also undertaken.

DEPARTMENT OF BIOLOGICAL CONTROL

- ★ All vaccines manufactured in this Institute are independently tested whether they are produced as per the standard stipulated by "Indian Pharmacopea". After its certification only, the products are released for supply to the hospitals.

- ★ Injectables sold in pharmaceutical outlets and schedule C, CI drugs are subjected to stringent quality control testing to find out whether they come on par with rules laid by the "Drugs and Cosmetics Act".
- ★ Drugs samples sent by Institutions like the Tamil Nadu Medical Services Corporation Ltd. are also analysed.

BLOOD BANK DEPARTMENT

- ★ Anti A Lectin useful for Blood grouping is manufactured and supplied to Government hospitals of Tamil Nadu.
- ★ Grouping and Rh Typing are done on blood samples sent from various Government departments.
- ★ For pregnant women referred from Government and Private hospitals, Rh typing, Rh antibody titre, Coomb's test are done here.
- ★ Training in 'Transfusion Techniques' is given to Medical Officers and Nurses.

CENTRAL FILLING AND CENTRAL PACKING SECTION

- ★ Vaccines manufactured in this Institute are filled in vials in the Central Filling Section. Also distilled water is produced and supplied to all the sections of the institute.
- ★ Products are properly packed in boxes at the Central Packing Section and despatched to their destinations.

INTERNATIONAL VACCINATION CENTRE

- ★ Those who are going to Foreign Countries especially African and South American Countries, "Yellow Fever Vaccination" is given and a certificate is issued in this centre. This disease is not prevalent in our Country but it is found in the above Countries.
- ★ For people who undertake 'Haj Pilgrimage' Meningococcal vaccine is administered.

ANIMAL SECTION

- ★ Stables for maintaining horses and mules are available.
- ★ Experimental animals like Guinea Pigs, Rat, Mice, Rabbits are bred in small animal

house and are utilised in this institute as well as sold to other Research Institutions.

MEDIA SECTION

Various Culture media are prepared in this centralised Media Section for vaccine manufacture, diagnostic work and Research activities.

SCHOOL OF LABORATORY TECHNOLOGY

Since 1994, 46 students are admitted in 2 years Diploma in Medical Laboratory Technology Course. For those who are in service as Gr.II Lab Technician, Gr.I training is being given in this Centre.

EDUCATION AND TRAINING

Training is given for the Postgraduate Students and Research Scholars in the field of Microbiology in different departments of this Institute for few months.

LIBRARY

Library has a good collection of Medical Books with special reference to Microbiology, Virology, Biochemistry Vaccinology and allied Text Books and periodicals with xerox facilities.

MAINTENANCE DEPARTMENTS

Mechanical Section: Water is supplied to the Institute by maintaining the Pumping Station. Steam is generated by huge boilers and supplied to different sections. This section is incharge of maintaining many important equipments of the institute.

Electrical Section: Operates and maintains transformers, generators etc. and supplies power. Maintains electrical instruments of different departments.

Refrigeration Section: For preservation of vaccines one - 20°C cold room and many cold rooms at +4°C functioning in this institute are operated and maintained by this section.

Overseer Sections: Supervises the proper functioning of Watchman, Animal Care takers and responsible for security of the Institute round the clock.

There is a Medical Store responsible for the purchase of raw materials and equipments.

Administrative office take care of administration, drawal and disbursement of cash and other financial activities. ★

Tamil Nadu Co-operative Housing Federation

in the path of developing the Economy of the Country

CHENGAI SIVAM, M.L.A.,
Chairman, Tamil Nadu Co-operative Housing Federation.

Food, Clothing and Housing are the basic needs of the human life. From stone age to the present civilized days the "Housing" has played a vital role in the human life. The "Housing" has helped in the development of the economy of the country as well as individual life style. It has also given social status to the person concerned.

National Housing Policy

The population is rapidly increasing day by day. Likewise Housing shortage has also increased. The United Nations Organization has programmed to provide shelter to all within 2000 years. Based on this, many schemes have been launched to achieve this goal through out the world.

In India, the Central Government has organised so many Housing programmes and is implementing the same at National level. The main object of the National Housing Policy is to provide sufficient number of shelters during the IX plan period. To benefit various types of income groups, many Housing Schemes are being implemented through out the country.

One Family One House

"One Family One House" is the policy of the Government of Tamil Nadu under the dynamic leadership of Hon'ble Chief Minister Dr. Kalam. Tamil Nadu Co-operative Housing Federation, the Apex Body for all types of Housing Co-operatives is implementing the policy of the Government of Tamil Nadu in a successful manner.

Objects of the Federation

This Federation is extending financial assistance to the members of 523 Urban Co-operative Housing Societies for construction of Houses, purchase of Flats and Ready Built Houses under Urban Housing Scheme. The maximum loan under this scheme is Rs.7 lakhs.

Under Rural Housing Scheme, the Federation is issuing loans to the economically weaker section beneficiaries of the 193 Taluk Co-operative Housing Societies. The maximum cost of construction is Rs.14,000. Out of which, a sum of Rs.10,000 is disbursed as loan. The Government of Tamil Nadu extends financial assistance by way of subsidy at the rate of Rs.2,000

per house. The balance amount of Rs.2,000 will be met by the beneficiaries as their own contribution.

The Federation is also issuing a sum of Rs.1,00,000 to L.I.G. and a sum of Rs.2,00,000 to M.I.G. members as loan.

Loans Disbursed to Primaries

A sum of Rs.2,514 crores has been disbursed as loan from inception of the Federation till 30.09.99 both under Rural and Urban Housing Schemes for construction of 10,18,440 houses.

Tamil Nadu Co-operative Housing Federation is the only Housing Federation in the country disbursing such highest amount in Co-operative Housing Sector.

With the blessings of Hon'ble Chief Minister Dr. Kalam, the newly elected Board has assumed charge of this Federation and one year has also lapsed. During the one year i.e. from September 1998 to August 1999 a sum of Rs.557 crores has been disbursed as loan.

The Federation has disbursed loan to the maximum amount of Rs.190 crores during the year 1995-96 from its inception. From the year 1996-97, the Federation has disbursed huge amount of loans as detailed below.

Year	Amount Disbursed (Rs. in Crores)
1996-97	213.00
1997-98	279.00
1998-99	457.00

We are extending our heartfelt thanks to the Hon'ble Chief Minister of Tamil Nadu for extending his helping hands for the development of this Federation.

Newly Elected Board of Directors

From 10.6.1976, the Management of this Federation is carried on by the special officer

appointed by the Government of Tamil Nadu and there was no elected board for the past twenty two years.

Co-operative movement is a public movement. The Hon'ble Chief Minister Dr. Kalam felt that the administrative control should be in the hands of democratically elected board and then only the co-operative movement will be strengthened. As a result of this, election was conducted in all the co-operatives.

In this Federation, the newly elected board assumed charge on 31.8.98. I have been given an opportunity by election to hold the post of Chairman of the Tamil Nadu Co-operative Housing Federation by Dr. Kalam.

ACHIEVEMENTS OF THE NEWLY ELECTED BOARD FOR THE PAST ONE YEAR

Borrowing

The Federation has received a sum of Rs.323 crores during the period of one year from September-97 to August-98 whereas a sum of Rs.424 crores has been received from September-98 to August-99 after assumption of charge by the New Board. A sum of Rs.101 crores has been received in excess by the action initiated by the New Board.

Loans Disbursed to Primaries

After assumption of charge by the Board, our Federation has disbursed loans to the tune of Rs.557 crores. The Federation has not disbursed such highest amount during the period of one particular year from its inception. This has to be engraved in golden letters in the history of the Tamil Nadu Co-operative Housing Federation. The Federation has disbursed loans to an extent of Rs.354 crores only for the same period during last year.

Amount Collected from Primaries

A sum of Rs.321 crores has been collected from 1.9.98 to 31.8.99. An amount of Rs.222

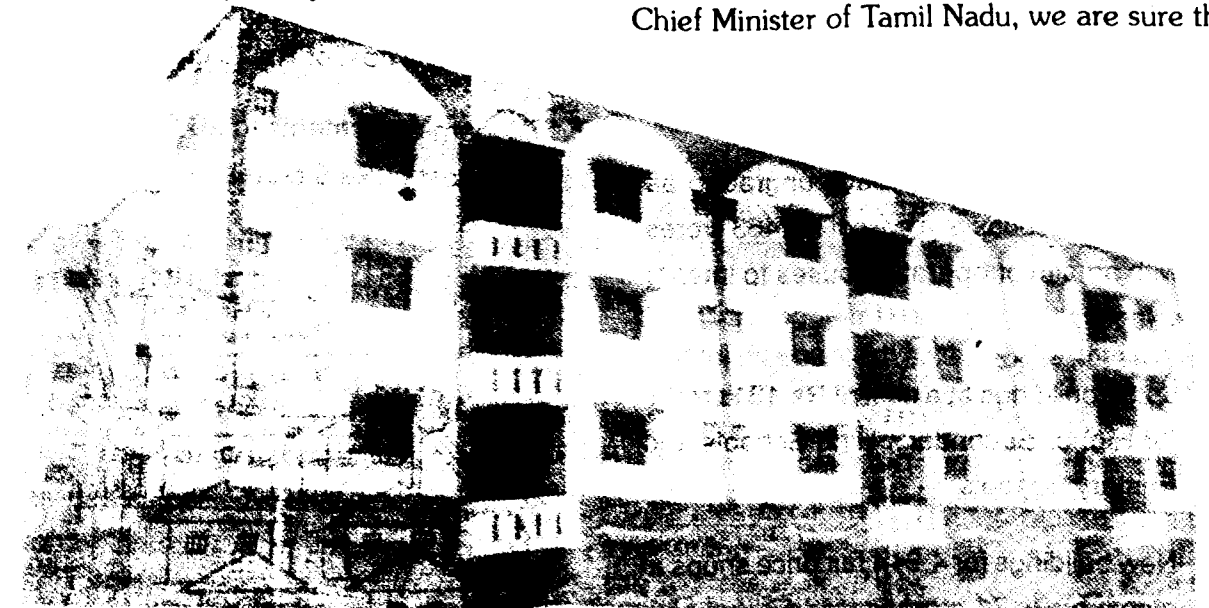
crores alone has been collected in the previous year during the same period.

Mortgage Loan

A sum of Rs.5 lakhs is being sanctioned as mortgage loan to protect the public from payment of abnormal rate of interest to the private finance companies.

Federation Accounts Computerised

The entire accounting system in the Federation is fully computerised to meet its



To honour this, all the State Housing Federations have extended their full cooperation to elect me as Vice Chairman of the National Co-operative Housing Federation, New Delhi on 30.7.99.

Tamil Nadu Co-operative Housing Federation has fulfilled to a larger extent the Housing needs of the people of Tamil Nadu both Rural and Urban areas for the past 40 years.

With the blessings of Hon'ble Dr. Kalam, Chief Minister of Tamil Nadu, we are sure that

we will attain many more achievements in the years to come.

increasing demand of the business of the Federation.

Chairman of the Federation elected as Vice Chairman of the National Co-operative Housing Federation, New Delhi

The newly elected Board has done many remarkable achievements. The other State Housing Federations have appreciated the achievements.

Long Live Co-operative Movement!

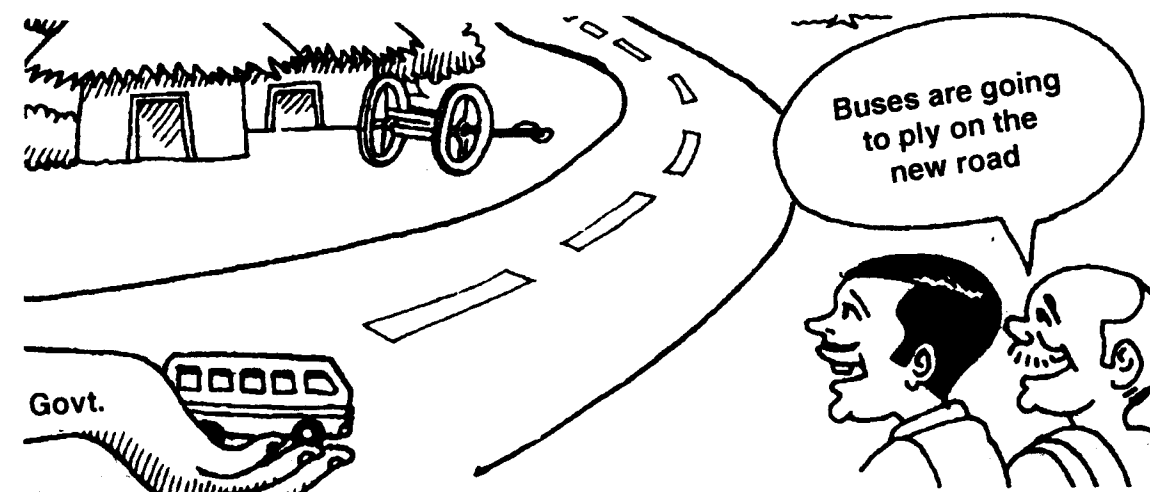
Let the Co-operative Housing develop further!

A Golden Era of Rural Development

- ★ 2,53,053 houses at a cost of Rs.480 crores under the scheme of constructing group houses for poor, Adi-dravidars, Scheduled Tribes and freed bonded labourers, living in rural areas.
- ★ 67,191 new street lights and 10,000 sodium vapour lamps in villages.
- ★ 16,927 km of village roads upgraded as tar topped roads at a cost of Rs.463 crores with an aim of operating buses to interior villages.
- ★ 5,237 buildings at a cost of Rs.131 crores for Higher Secondary, High Schools and Primary Schools.
- ★ New buildings for 4,944 fair price shops at a cost of Rs.71 crores.
- ★ 1,159 Nutritious Noon Meal Centres at a cost of Rs.12 crores.
- ★ 688 Panchayat Office buildings at a cost of Rs.10 crores.
- ★ 22,053 television rooms at a cost of Rs.35 crores.
- ★ 35,508 water storage works at a cost of Rs.373 crores.
- ★ 13,533 Jeevandhara Wells at a cost of Rs.67 crores.
- ★ A loan of Rs.602 crores with subsidy to 4,76,106 families living below poverty line in villages. Of this 2,26,978 families belong to Adi-dravidar Community.
- ★ Training in Self Employment to 44,737 youth at a cost of Rs.20 crores.
- ★ Modern equipments to 26,643 craftsmen at a cost of Rs.5 crores.



- ★ Rs.17.27 crores rotation fund to 6,507 women groups involved in income generating business.
- ★ 9,734 works at a cost of Rs.48 crores under Self Help Programme, which involves the public in implementation.
- ★ 53,561 works at a cost of Rs.353 crores under Anna Renaissance Scheme which provides all basic amenities in villages as in urban areas.
- ★ Grama Sabhas which provide an opportunity to poor, downtrodden and women of the villages to run the administration and to supervise the Government's various Welfare Schemes.
- ★ The long pending elections to local bodies were conducted and representatives elected.
- ★ Additional powers to the three tier local bodies; An additional subsidy of Rs.823 crores.
- ★ 744 New Vehicles to Panchayat Unions.
- ★ 13,573 Makkal Nala Panialargal appointed.





THIRUKKURAL

The Code of Conduct for the mankind

சிற்றினம் அஞ்சும் பெருமை; சிறுமைதான்
கற்றமாச் சூழ்ந்து விடும்.

Sitrinam anjum perumai; sirumaidhan
Sutrama suzhndhu vidum.

'Men of noble nature dread association with
the mean, whereas small men of mean nature
will welcome such mean men as their own kith
and kin'

★ ★ ★

நிலத்து இயல்பால், நீர்திரிந்து, அற்றுஆகும்; மாந்தர்க்கு
இனத்துஇயல்பது ஆகும் அறிவு.

Nilathuiyalbal, nirthirindhu, atruham; mandharku
yinathuiyalbadhu ahum arivu.

'The quality of water will change according
to the soil in which it flows. Similarly, the quality
of a man's intelligence depends upon his
association'.

COMMENTARY

The characteristics of water, such as colour,
taste, etc., depend upon the soil through which
it flows or in which it is stored. Similarly, the
character and intelligence of a man depend upon
the nature of his association.

★ ★ ★

மனத்தானும் மாந்தர்க்கு உணர்ச்சி; இனத்தானும்
இன்னான் எனப்படும் சொல்.

Manathanam mandharku unarchi; yinathanam
yinnan enapadum sol.

'Man's general intelligence depends upon the
nature of his intellect. The character of a man
can be judged by his companions'.

COMMENTARY

Whether a man is intelligent or ignorant
depends upon the nature of his own intellect.
But a man, whether he is morally good or bad
may be judged from his associates.

★ ★ ★

மனத்துடனது போலக் காட்டி, ஒருவற்கு
இனத்துடனது ஆகும் அறிவு.

Manathulathu bola katti, oruvarku
yinathulathu ahum arivu.

'Ordinarily man's intelligence appears to
depend upon his intellect, but even this is in fact
determined by his association'.

★ ★ ★

மனம்தூய்மை, செய்வினை தூய்மை, இரண்டும்
இனம்தூய்மை தூவா வரும்.

Manamthuimai, seivinai thuimai, yirandum
yinamthuimai thuva varum.

'Purity of heart and purity of conduct both
depend upon the association with the pure'.

COMMENTARY

If the friends with whom you associate are
pure in heart and pure in conduct, you will

naturally acquire purity of both heart and
conduct yourself.

★ ★ ★

மனம்தூய்மைக்கு எச்சம்நன்று ஆகும்; இனம்தூய்மைக்கு
இல்லைநன்று ஆகா வினை.

Manamdhuyarku echamnandru ahum; yinamdhuyarku
yillainandru aha vinai.

'Pure-minded men have virtuous offspring
and no evil deed can be imputed to men of pure
companionship'.

★ ★ ★

மனநலம் மனஉயிர்க்கு ஆக்கம்; இனநலம்
எல்லாப் புகழும் தரும்.

Mananalam mannuyirku akkam; yinalam
ella pugazhum tharum.

'Goodness of heart is really growing wealth
to men of firm soul, and by good companionship
he obtains all fame in the world'.

★ ★ ★

மனநலம் நன்குஉடையவர் ஆயினும், சான்றோர்க்கு
இனநலம் ஏமாப்பு உடைத்து.

Mananalam nangudaiyar ayinum, sandrorku
yinalam yemapu udaithu.

'Great men though they possess goodness
of mind in abundance derive additional strength
by good association'.

★ ★ ★

மனநலம் ஆகும் மறுமை; மற்ற அஃதும்
இனநலத்தின் ஏமாப்பு உடைத்து.

Mananalam ahum marumai; matruahthum
yinanalathin yemapu udaithu.

'Although goodness of heart is the main
condition for producing happiness in future life it
becomes further strengthened by good
association'.

COMMENTARY

Ordinarily the happiness of a person now
and hereafter depends upon himself. If his heart
is pure and good his future will also be good
and happy. If he has good associates they will
be of immense help to him in moments of
temptation to swerve from the straight path of
virtue. By their advice and correction he will get
additional strength of character to maintain his
good conduct.

★ ★ ★

நல்லினத்தின் ஊங்கும் துணையில்லை; தீயினத்தின்
அல்லல் படுபதுதான் இல்.

Nallinathin ungum thunaiyillai; thiyinathin
allal padupathum il.

'There is no greater friend in the world than
good association and there is no greater foe than
bad association'.

COMMENTARY

A good friend always has your welfare at
heart. He helps you to prevent misery and
unhappiness. Hence a good association is a
reliable friend. Conversely bad association like
a foe contributes to the occurrence of misery
and unhappiness. Hence it is emphasised that
one ought to acquire association with the good
and avoid association with the wicked.

★ ★ ★

CONSTRUCTION - EXPANSION OF HOSTEL BUILDING FOR WORKING WOMEN WITH A DAY CARE CENTRE

Under the scheme financial assistance is extended to voluntary organisations, public sector undertakings, State Governments and Educational Institutions for construction of hostels for working women in order to enhance enrolment of women in employment and in technical training.

Objective

To provide cheap and safe hostel accommodation to employed women living out of their homes.

Implementing Agencies

Voluntary Organisations, local bodies and cooperative institutions engaged in the field of women's/social welfare/women's education for a minimum period of two years prior to the request for grant in aid under this scheme and in possession of land for construction of building. Women's Development Corporations, Universities, Schools/Colleges of Social Work shall also be eligible for this assistance.

Target Group/Beneficiaries

Single working women, widows, divorcee, separated and working women whose husbands are out of town. Women getting training for employment (training period not to exceed one year, number of such women not to be more than 30 per cent of the total number of working women in the hostel). Regular girl students are not eligible. The income of working women should not exceed Rs. 16,000/- p.m. (consolidated) in class 'A' cities and Rs. 15,000/- in other places. She will have to leave the hostel within a period of 6 months of crossing this income-ceiling. Children upto 8 years of age of working women living in the hostel are eligible to live with mothers in the day care centre in the hostel. 15 per cent and 7.5 per cent seats in the hostel and the day care centre are reserved for SC and ST respectively

Pattern of Assistance

Assistance will be given for (a) 50 per cent of the cost of land and 75 per cent of the cost of construction of the hostel building or (b) purchase of ready constructed building as assessed by State PWD or CPWD and to be restricted to the ceiling mentioned in (a). No grant will be admissible for furniture or other fixtures. Ordinarily, hostels with capacity of more than 100 women and Day Care Centres for more than 30 children will not be sanctioned. Preference will be given to proposals from (a) small towns; (b) bigger towns/cities with no hostels. Grant to the extent of 90 per cent of the total assistance approved will be paid in three instalments. First instalment will normally be released with the sanction of the project. The second and third instalments will be released on request accompanying utilisation certificate, up to date statement of expenditure of previous instalments along with organisation's proportionate share and other prescribed documents. The balance grant of 10 per cent will be released on production of certificate of completion of building from State PWD, audited accounts and other prescribed documents.

Eligibility Conditions

A voluntary organisation should be registered under the Indian Societies Registration Act, 1860 or corresponding State Acts. Public Trust should be registered under any law for the time being in force. Women Development Corporations, Universities, Schools/Colleges of Social Work shall also be eligible for financial assistance under the scheme.

In addition, such bodies like local bodies or cooperative institutions may also be eligible for seeking assistance under the scheme. Such body should have the following characteristics: it should be recognised and its work should be reported to be satisfactory by the State Government/Union Territory Administration concerned;

- ★ it should have a properly constituted Managing Body with its powers, duties and responsibilities clearly defined and laid down in a written constitution;
- ★ it should ordinarily have been engaged in the field of women's welfare/social welfare/women's education for a minimum period of two years prior to the request for grant-in-aid under the scheme;
- ★ its financial position should be sound and it should have facilities, resources, personnel and experience to initiate the construction of hostel;
- ★ it should not be run for profit to any individual or a body of individuals and it should be prepared to run the hostel and the day-care centre/pre-school for children on a no profit basis;
- ★ it should be in possession of land for construction of building.

Procedure for Applying

The proposal in the prescribed format through the State Government should be sent to

**The Deputy Secretary (WD)
Department of Women and Child
Development
Ministry of Human Resource Development
Shastri Bhavan, New Delhi- 110001
Tel. No. 011- 3381857 Fax. 011-3381800**

Documents to be enclosed along with the application

As given at S.No. 16 of the application (supplement) and S.No. 22 of the norms/guidelines.

Application Form

Application for Grant-in-aid under the Central Scheme for Construction/ Expansion of Hostel Building for Working Women with A Day-Care-Centre

From

To

**The Deputy Secretary (WD)
Government of India
Department of Women and Child Development
Shastri Bhavan, New Delhi-110 001**

Through

**The Secretary to the Government of
..... Department
of.....**

**Subject : Grant-in-aid under the Central
Scheme of Assistance for
construction/expansion of hostel
building for working women with a
day care centre**

Sir,

I submit herewith an application for a grant under the scheme of "Assistance for construction/ expansion of hostel building for working women". I have read the rules and regulations of the Scheme and I undertake to abide by them. On behalf of the management, I further agree to the following conditions

(i) All assets acquired wholly or substantially out of the Central grant shall not be encumbered or disposed of or utilised for purposes other than those for which grant is given, should the institution/organisation cease to exist at any time, such properties shall revert to the Government of India.

(ii) The accounts of the hostel building will be maintained properly and separately. These will be open to check by an officer deputed by the Government of India or the State Government. These will also be subject to a test check by the Comptroller and Auditor General of India at his discretion.

(iii) If the Central Government or the State Government has reason to believe that the grant is not being utilised for the purpose for which it has been sanctioned the Government of India may stop payment of further instalments of the grant and will be free to recover the amount already sanctioned in such a manner as it may deem appropriate.

(iv) The Organisation/Institution etc. shall exercise reasonable economy in the expenditure on construction of the building.

(v) The building shall be completed not later than 24 months from date of receipt of the first instalment of Grant-in-aid unless extension is granted by the Government of India.

(vi) No change in the plan of the building shall be made without the approval of the Government of India.

(vii) Quarterly Progress report on the project shall be furnished regularly to the Central Government through the State Government/Local Administration. The first report will be due on the expiry of three months from the date of letter sanctioning the first instalment of the grant-in-aid.

(viii) The Organisation/Institution will bear the balance of the estimated expenditure on the project either from the own resources or with the help of assistance from the State Government; and

(ix) The hostel accommodation constructed shall be open for allotment to all working women eligible for it under the scheme without any distinction of religion, caste, race, place of birth, language or any of them. Reservation/preference shall be provided in allotment of hostel accommodation as laid down in the scheme, to working women belonging to Scheduled Castes, Scheduled Tribes and the disabled categories.

Yours faithfully,

Signature
Name in block letters
Designation
Office Stamp

Encl : Application

Date :

(TO BE SUBMITTED IN DUPLICATE)

**Central Scheme of Assistance for
Construction/Expansion of Hostel Building for
Working Women with a Day-Care-Centre**

SUPPLEMENT TO THE APPLICATION FORM

PART-I

(Note : Application received in an incomplete form or after the prescribed date will not be entertained)

(To be completed by the applicant)

1. Name of Organisation /Institution.....
2. Brief history of organisation/institution and description of its objects and activities.....
3. Whether recognised by the State Government
4. Whether the organisation/institution is registered under Indian Societies Registration Act, 1860 (Act XXI of 1860) or corresponding State Acts, or it is managed by a Trust or Body of Trustees, (Details of registration with the Name of Act).....
5. Whether the organisation/institution is managed by Central Government/State Government or Local Body.....
6. Whether the organisation / institution is of All-India character if so, give the nature of its All-India activities.....
7. Whether organisation / institution has already a hostel if so, whether its own or in a rented building stating number of inmates.....
8. Number of working women for whom hostel is intended to be constructed and also the number of the pre-school children for whom the day care centre is proposed.....
9. Likely date of commencement and completion of hostel building.....
10. Whether the project is likely to be assisted by some other official or non-official agency. If so, their name and the extent of assistance proposed to be provided by each may be indicated.....
11. Justification of the project indicating the outstanding features which entitle it to Central Assistance.....
12. a. Total estimated expenditure on the Project
b. Amount of grant required from Government of India
c. Source (s) from which the balance expenditure is proposed to be met.....
13. Whether necessary land for the proposed building is available if so, give details in India (Location and area) with evidence for ownership.....

14. a. Details of plinth area to be constructed in relation to the number of working women for whom construction to be undertaken including number of rooms with capacity number of floor, toilets and common facilities.....

- b) Whether plinth area is according to the standard laid down by the State Government / Local Administration for similar projects.....

- c) Whether trained staff and other suitable facilities for undertaking construction are available, If so, give details.....

15. Whether the institution/organisation is in a position to meet the balance expenditure, if so, indicate the source(s)

16. List of papers/statements to be attached

- (i) Prospectus of the voluntary organisation/ institution of a brief description of its objectives and activities

- (ii) Constitution of the Organisation/ Institution;

- (iii) Constitution of the Board of management and the particulars of each member

- (iv) Copy of the latest available Annual Report;

- (v) Detailed structural financial estimates of the hostel building, giving item-wise details of recurring and non-recurring expenditure and the sources from which the remaining funds will be obtained.

- (vi) Information relating to the grants received, from, promised by or the requests made to other bodies, e.g. State Governments, Local Bodies etc for the construction of the proposed hostel building. The decisions of these bodies on such requests would be communicated to them;

- (vii) A statement of the full receipts and expenditure of the voluntary organisation./ institution for the last two years and a copy of the balance sheet for the previous year certified by authorised auditors / Chartered Accountant;

- (viii) A copy of site-plan of the proposed hostel building with a certificate from the local municipal authorities that the construction of the building has been permitted;

- (ix) A certificate to the effect that the rates of construction to be adopted are not in excess of the schedule of rates of the PWD of the State concerned duly counter-signed by the Head of the State PWD concerned or its nominee;

- (x) Documentary proof of ownership of plot on which the hostel is proposed to be constructed.

17. List of additional papers, if any

18. Additional Information, if any

Signature
Name in block letters
Designation
Office Stamp

Date.....

PART- II

**Recommendation of the State Government/
Union Territory Administration**

The application from..... is forwarded duly recommended to the Department of Women & Child Development, Government of India with the following comments

- (i) that a senior officer of the.....Department has visited the institution/organisation with a copy of this report.

- (ii) that the institution/organisation is recognised and/or registered under the Indian Societies Registration Act, 1860 or corresponding State Act/Public Trust (give numbers);

- (iii) that the application has been examined and that it is found to be covered under the scheme;

- (iv) that the hostel building for which the application is being recommended is absolutely essential in the area for the following reasons

- (v) that there is a minimum of 25 working women in the area;

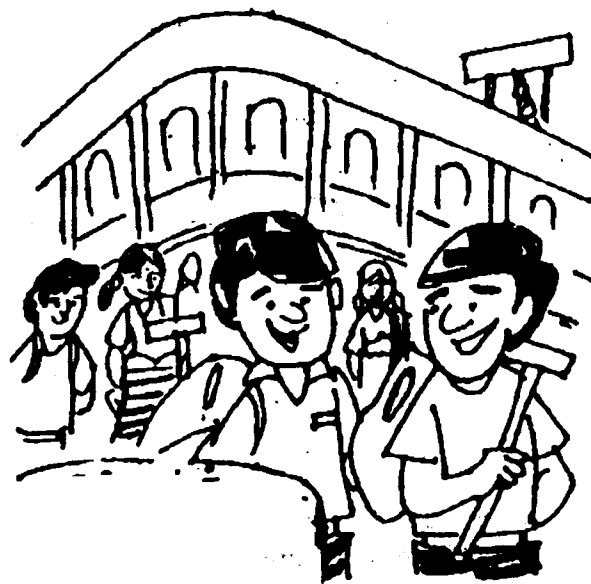
22/191

(vi) that its work in the field of welfare of women/ social welfare/women's education has been reported as satisfactory during the last three years; (vii) that the organisation/institution is not run for profit to any individual or a body of individuals (viii) that the organisation/institution does not charge capitation or other similar fees from inmates of other States; (ix) that the land for the construction of hostel building is available. The locality is good and respectable. (x) that the accommodation proposed to be constructed and rates of the proposed construction to conform to the standards laid down by the State Government. (xi) that assistance has/has not been given by the State Government. In the former case, details of the assistance sanctioned during the last five years for the purpose may be given (xii) that the organisation / institution is on a sound financial position; and (xiii) the organisation/institution has facilities, resources, personnel and experience to initiate construction of the hostel building and the balance expenditure will be met by the organisation/institution or by the State Government 2. The State Government / Union Territory Administration recommend that the grant for Rs.....may be sanctioned to the organisation/institution by the Ministry of Human Resource Development, Department of Women & Child Development for the construction of the hostel building. Signature Name in block letters Designation Office Stamp Date..... Note : The officer signing this certificate should be of/above the rank of an Under Secretary to the State Government/Union Territory Administration.	Norms / Guidelines / Points to be taken into consideration in formulation of project - Working Women's Hostel 1. Please ensure that you have land available and it is suitably located for a working women's hostel. 2. Please remember that the hostel is meant for working women whose income does not exceed Rs.16000(consolidated) in Class 'A' cities Rs.15000 (consolidated) in other cities/ towns/places per month and their needs are for privacy, comfort, economy, safety and friendly company. 3. Please keep in view the potential residents of your hostel and try to provide essential needs and comforts for them. 4. Discuss the needs with your architect and then see the land sketch of the building before getting the plans made. Do not leave it to your architect only. 5. Please exercise maximum economy in the layout land building specifications. 6. You may try to provide - (a) Common bath-rooms and toilets on each floor instead of attaching them to each room. It saves cost, (b) Lockable Cupboards for each inmate in a room with storage space over/below it, and (c) Small Kitchenette on each floor which would provide the facility to women to cook and save money and avoid use of rooms for cooking leading to maintenance problems. You may also attach a day care centre for children to your hostel for 25-30 pre-school children. It should have a floor space of 15-20 sq.ft per child. There can be 2-3 rooms of 150 sq.ft. each and a kitchen, a wash room and a lavatory each of 50 sq.ft. in a city and one room of about 150 sq.ft.with a small wash room in a rural area. 7. A common lounge/recreation room, dining room, kitchen and store are essential. 8. The room and toilets should be so laid out that they are well ventilated and well lighted. 9. Accommodation for the warden and office should be provided in the hostel building itself to facilitate supervision and guidance.
--	--

10. On an average, each woman should have room area of 65-70 sq. ft., attached kitchen, toilet and bathrooms are not to be provided. 11. Common facilities should include dining hall, kitchen, store, warden's room, office, common room and a separate block of toilets and bathrooms. On an average, the area for common facilities should be 45-50 sq.ft. per woman. 12. There should be provision for construction of Compound Wall. 13. Please keep adequate funds for furniture and furnishings in the hostel as this is not an item eligible for assistance under the scheme. 14. Please remember that the hostel and the day care centre have to be run on no profit basis. 15. Encourage group activities for the residents and provide for guidance to them when needed. 16. Have arrangements for a doctor to be available for consultation for the residents. 17. Ex-servicemen may be considered for gainful re-employment on watch and ward duties. 18. Competitive rates may be obtained before construction work is entrusted to any individual or body. A building committee including representative of the State PWD/ Social/ Women's Welfare Department/ Directorate and District Collector/District Magistrate/Deputy Commissioners of the District should be made for implementing the project. 19. There should be formal rules and regulations for the admission of residents to the hostel and children to the day-care centre and for the hostel administration laying down the form of application, procedure, rent/license fee and charges etc. 20. There will be a Hostel Management Committee for looking after the management of the hostel in which a representative of the State Government/Union Territory Administration (Department or Directorate of Social Women's Welfare) State Social Welfare Advisory Board (if existing in the State/UT), District Collector/ District Magistrate/Deputy Commissioners of the District and a representative of the inmates of	the hostel shall be included. The meeting of the Hostel Management Committee will be convened as frequently as possible, at least once in three months. 21. Reasonable amounts should be kept from the hostel receipts to ensure regular maintenance of the building. Maintenance, repairs etc, in the building should be regularly taken up to ensure that the building remains in good conditions. 22. Documents to be attached with the application - i) Recommendations of the State Government in Part II of application form accompanied with Inspection Report ii) Memorandum and Articles of Association of the Organisation iii) List of Members of the Executive committee with details of their experience iv) Audited receipt and payments statement, Income and expenditure statement, balance sheet and annual report for the last two years. v) Proof of ownership of land including Sale deed/Allotment letter vi) Blue-prints of the site plan accompanied with a postcard size photograph vii) Blue-prints of architectural plans with the statement indicating the following - A) Floor-wise plinth area B) Size and area of each room and the proposed occupancy C) Size and area of each of the common facilities proposed. viii) Detailed structural estimates duly verified by State PWD authorities about the reasonableness of rates. ix) Permission of local authority for construction of the hostel building x) In case the hostel is to be located in a village, then its distance from main town and how is it connected with main city and justification for the location of hostel in a village. Source : Schemes for Assistance - A handbook - Department of Women and Child Development, Government of India. * * *
--	--

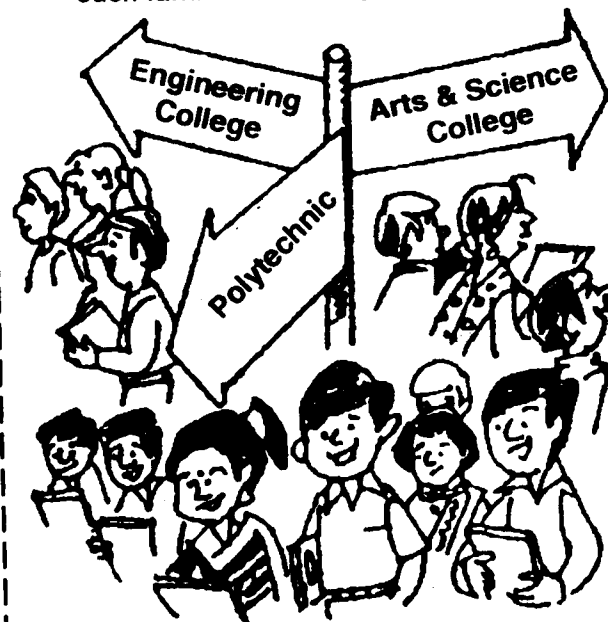
Beneficial Education to all

- ★ A novel single window system of admission of students to Engineering Colleges in Tamil Nadu has been introduced for the first time in the whole of India during 1997-98. Under this transparent system, the students are allotted branches in the first year itself on the basis of merit, reservation and options given by them along with admission to colleges of their choice. This system has brought an end to the commercialisation of allotment of branches in the beginning of the second year by self-financing engineering colleges. This single window system has also been introduced in the Polytechnics courses also from 1998-99 and has proved to be very beneficial to the students.



- ★ This Government has reserved 15% of the seats in all professional colleges for the rural students.

★ The Government has introduced a new scheme wherein the Government will meet the entire expenses of education of the students from families which do not have any graduates and are interested in pursuing professional courses who secure the first 10 places among students from such families without graduates based on



the marks obtained out of the total of 300 qualifying marks in the Entrance Examination. Under this scheme, the Government will bear the entire expenses for education in professional courses.

- ★ A new scheme was introduced to meet the expenses of the higher education of the first three rank holders in the State level and District level who pass in 10th and 12th standard examinations with Tamil as a subject.
- ★ Thanthai Periyar University in Salem.
- ★ Dr. Ambedkar Law University in Chennai.

- ★ Permissions granted for starting 43 self-financing Engineering Colleges, 59 Polytechnics and 67 Arts and Science Colleges.

- ★ "Elementary Education Movement" to ensure all children upto 14 years of age get compulsory education. As per this programme all school age children, particularly the children from economically weaker sections, will not only be enrolled but their retention also be ensured.

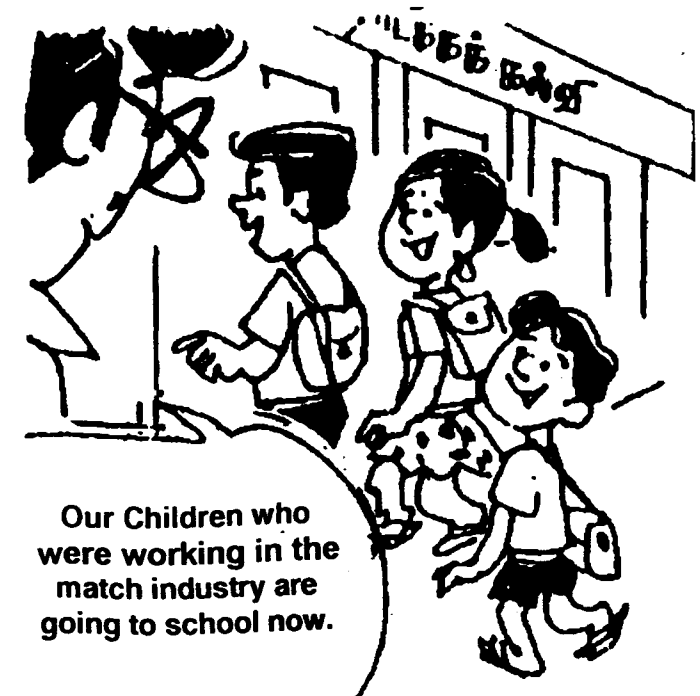
- ★ Introduction of Department of Higher Education.

- ★ 953 new Primary Schools were opened.

- ★ 462 Primary Schools were upgraded as Middle Schools; 314 Middle Schools were upgraded to High schools; 246 High Schools were upgraded as Higher Secondary Schools.



- ★ According to the seniority registered in the employment office, 39,824 secondary grade teachers; 3,672 graduate teachers and 3,162 post graduate teachers were appointed.
- ★ 2001 teachers were appointed in private schools.
- ★ 828 Assistant Professors were appointed in colleges.



Our Children who were working in the match industry are going to school now.

- ★ Text books are supplied free of cost to all students studying in first to fifth standards.
- ★ Free travel concessions in State owned Transport Corporation buses for students studying upto 12th standard.
- ★ New class rooms constructed in 6,466 schools.
- ★ Electrical facilities provided in 18,750 schools.
- ★ Laboratory equipments supplied to 1000 schools.
- ★ Sports goods supplied to 7,847 schools.
- ★ Toilet facilities to 541 schools.
- ★ Computer education introduced in 666 Government Higher Secondary Schools to benefit 30,000 students at a cost of Rs.112 crores. Tamil Nadu is the first State to introduce this scheme in the whole of India.
- ★ TANITEC to bring out professionals in Information Technology.
- ★ Formation of Tamil Virtual University to benefit Tamils throughout the World.

Varma is one of the ancient arts that is slowly disappearing. Ancient Kings kept varmanis as their body guards so that they could treat them when they are injured in the war. The visitors from abroad, understood the efficacy and effectiveness of this rare secret art of treatment and so carried it to their countries.

Varmam is a crucial and integral part of the Siddha method of treatment which was practised even before the 3rd century B.C. This system was conceived by 18 saints of Siddhars, of whom Agastiyar described as the Hippocrates of this system, is supposed to have made a major contribution.

Varmam means nerve centers or nerve junctions that control the entire human anatomy. Siddha system teaches how to prevent diseases, but Varmam deals with the treatment.

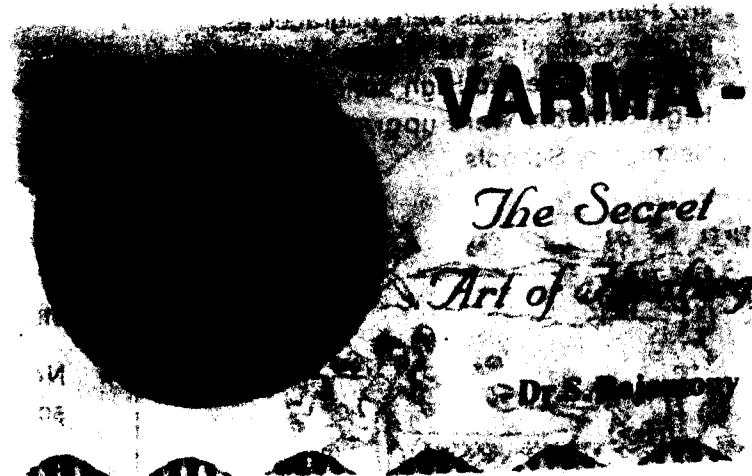
The Acupressure and the Acupuncture of China and Japan was originated from South India. The close relationship between these systems and Varma evidently support this fact. The accupressure points, to be treated for a particular illness are the same in Acupuncture, Acupressure and in Varma.

Varma is not only practised in India, but also in countries like Japan, Australia, America, England, Germany etc. under the name acupuncture, which penetrates the anatomy with a needle but acupressure corrects ailments by applying external pressure. The Varmam system is acupressure that owes its origin to the Indian Siddha system. Prescriptions are laid down in palm leaf scripts which guide us to determine the line of treatment to be taken.

This is a sacred knowledge, taught exclusively in the old Guru-Sishya pattern. The disciple shall

have to remain with the mentor all the time. He must be dedicated, teetotaler, free from all evil influences and of flawless character. If the teacher is fully satisfied with the caliber of the student, then, after several years, one by one, the nerve centers are taught through practical demonstrations, under a solemn oath. These precautions are taken because, any misuse of the Varmam techniques could drop a man dead.

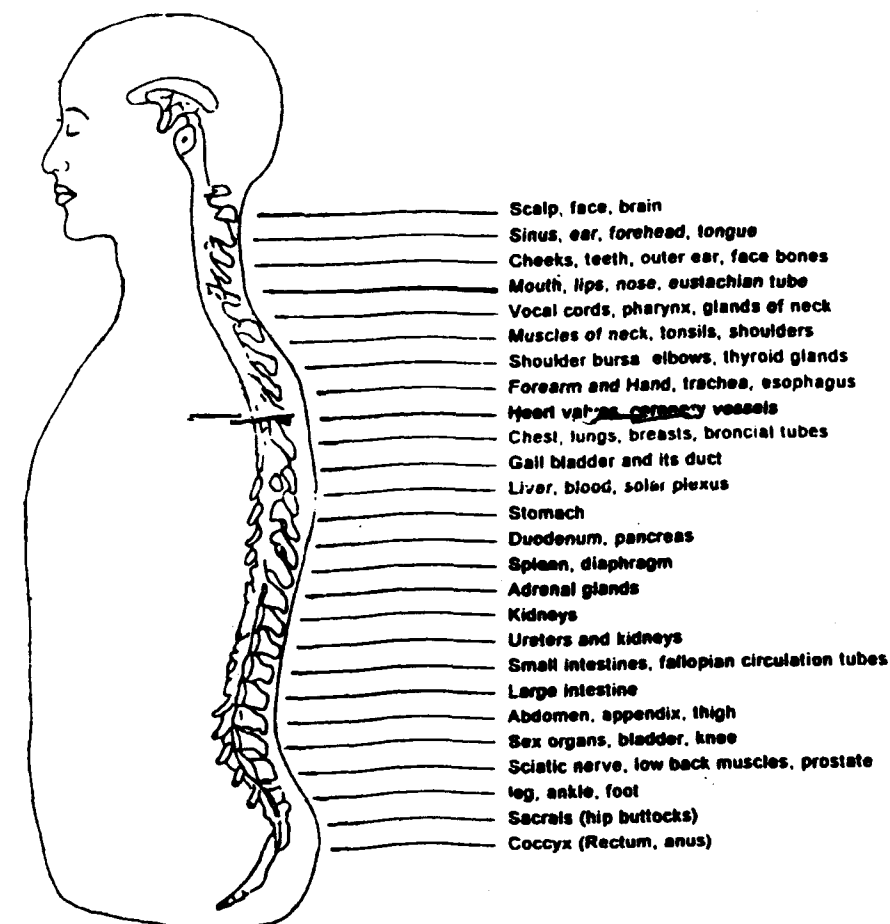
In the Varmam system, every disease from ordinary cold and headache to fatal cancer that are caused by affliction of the nerves, could be cured. By proper correction of the nerve disorder this is achieved, provided, the treatment is begun in time, instead at the fag end, when all other systems have



failed. Earlier the treatment, faster the relief. Certain massages could be done as a routine by the patient or his relatives at home, once the nerve points have been identified by the physician and the type of pressure prescribed. Other areas where Varmam is most effective are injuries, both external or internal bone fractures, hemorrhages and the like. Cataract and the ENT problems could also be averted.

Unlike other professional education, here undivided devotion is the *sine quo nan* for learning this art. It is a fast world today where people try to make quick money with the help of a certificate, which is not possible here.

SPINE REACTIVATE VARMA POINTS



There are about 10,000 ancient volumes in palm leaves, which are being translated by me in modern Tamil so that people could have an insight into this treasure chest. The ancient scripts is of the Sangam Era, (B.C.Tamil) which is not intelligible to the present generation. I have had training to read the old scripts. Each individual leaf takes about 10 days for transliteration.

In the Arignar Anna Hospital most of those who report to the Varma section choose this treatment as the last resort, and they get the surprise relief. This system is not yet widely known, But there is a market increase in the number of patients as news spreads. Each system of medicine has its own merits. My conviction is that the varma technique is emerging as the ultimate. Before registering a case, some vital tests are conducted to access the extent of damage already suffered. Only if encouraging facts are discovered, treatment

is begun. Terminal cases can't get relief in any system of medicine.

Drugs are also prescribed, mostly herbals. The Directorate of Indian Medicine and Homeopathy, Government of Tamil Nadu, runs a medical plant farm where about 125 herbs are grown, to study their agro technology as also for use in the hospital pharmacy. Bogar, one of the Siddhars has described the medicinal prosperties, sources, description and action of as many as 473 plants as also organic and inorganic materials. But we are yet to lay our hands on all of them. They are inscribed on the palm leaves by the disciples of the saints, with prescription of formulations, methods of massages, medicines and the dosages.

A human being has 108 main varma points (MAIN GATES) on the body. Hen has 6, horse 40, elephant 60 and so on. Placements of varmas in

all being are almost same. For animals, more pressure has to be applied as the nerves are planted deep.

For the pregnant woman, there are certain nerve centers under the sole as also over the thumb which when activated on the physician's direction could avert probable congenital malformations. Just 10 minutes exercise a day will ensure a baby healthy in physique and mind.

We have heard that heavy exercisers, weight lifters, boxers, athletes etc., have cardiac problems. For this, if some specific nerves are scientifically massaged and pacified, such problems could be eliminated. Some invisible damages could develop into serious troubles when age advances. The varma pressure after each event could avert this risk. If a heart ailment is detected on time, even a bye-pass surgery could be avoided.

Loose hanging abdomen after cesarean deliveries, flabbiness prolapsed uterus etc., could be treated effectively. Exercises of surgeries are hardly needed. Projecting rectum could be drawn inside by manipulating certain specific nerves, along with exercise that we prescribe. Similarly for irregular menstruation there is a remedy. Epilepsy has no cure anywhere else except in the varma system. There is a point which when pressed, with the index finger for 7 to 10 seconds thrice a day, will gradually correct the erring nerve. A young girl who suffered this several times a day, had been fully cured with head massage. She is married now and has children too.

The Japanese have printed books on acupressure in English. When we compare those with the palm leaf inscriptions there is an exact agreement. It is certain that the acupuncture and acupressure have had their origin in South India. It is noteworthy that our system is much more advanced than what is practised abroad. Once we translate the palm leaf prescriptions into English, we can prove that India leads in cost effective health delivery system. Thus there is a lack of propagation about the benefits of the Varma System.

Impressed by the miracle cure and amazing results, German Government is planning to give Aid for the Development of Science of Varma.

If an ordinary sprain is left unattended, it could develop into paralysis later. The sprain could be corrected in minutes.

Marriage between blood relations should be discouraged. There is a congenital disease called myopahy which means stiffening of the muscles quite common among children born to such parents. The offsprings progressively become weak with limbs thinning out. There is no treatment for this malady in any system, but relief is available in the Varma system.

Christianity preaches that if you are slapped on the left cheek, show the right too. It is of course a noble religious principle. It also conforms to the requirements of the varma system of acupressure because the shock suffered on the left could be instantly corrected only by a similar knock on the right.

Human anatomy is activated by the lunar system. Diseases like lunacy, asthma (respiratory disorder), tuberculosis etc. are aggravated during the full/new moon phases. Varma points too ascent on the left side of human anatomy after new moon, and right side after full moon.

Similarly plants too provide effective cure for certain diseases. Jaundice responds to keezhanelli (Phyllanthur Niruri) leaf. Thulasi or Holy Basil (Ocium sanctum) is an effective treatment for Diaphoresis. It is also said that snakes dare not enter where Thulasi plant grow.

In India women wear ear and nose screws, anklets etc. These are prescribed as protection from several diseases and are mentioned in the palm leaves.

Varma technique should spread all over the world and the benefits spread to more people.

Varma is wonderful and sure treatment for many illness. This is true only as long as it is given by a man who knows this subject and an Expert. If the wrong Varma points is chosen, or if the pressure or massage is given by a quack, even death may result.

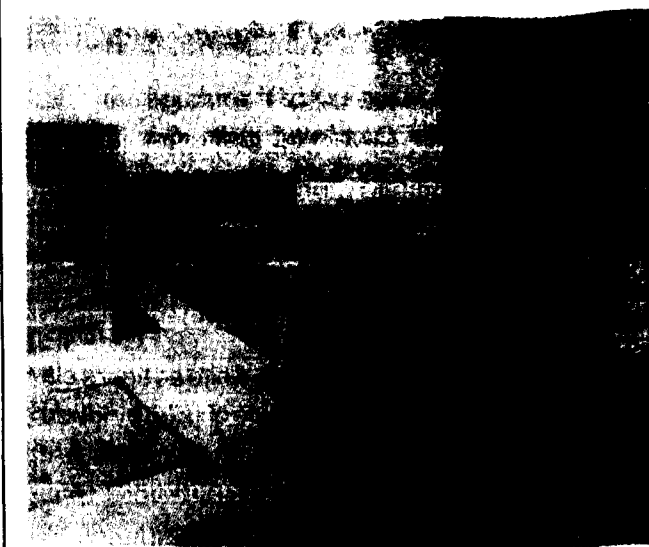
The Tamil Nadu Industrial Co-operative Rubberised Coir Products Limited, was commenced on 27.5.90 by the Honourable Chief Minister Dr. Kalaingar M. Karunanidhi. It is functioning under the administrative control of the Director of Industries and Commerce, Government of Tamil Nadu.

This factory is located in the most backward taluk of Orathanadu in the District of Thanjavur. This Industrial Co-operative Society is a pioneer venture in the field of manufacturing Rubberised Coir Products in Co-operative Sector in the whole of the country.

This society is marketing its products in the name of "Incofom". The products range includes rubberised coir mattresses, pillows, cushions, baby Sets, carpet underlays and bolsters; car, sofa and Chair cushions, etc. The products are durable, cheaper in rate and recommended by doctors to avoid backpain.



The Tamil Nadu Industrial Cooperative Rubberised Coir Products Limited, is a :



★ Registered Small Scale Unit.

★ Its products are licensed to mark ISI.

★ Having Permanent Registration with DGSD for supply of mattresses, pillows and cushions.

★ Having Rate Contract with DGSD for the year 1999-2000 as the 8th consecutive year.

★ Having Rate Contract with ASRTU for the year 1998-2000.

INCOFOM's Prestigious Customers are

★ State and Central Government Institutions.

★ Indian Navy.

★ Tamil Nadu State Transport Corporations

★ Tamil Nadu State Government Hospitals

★ Jipmer, Pondicherry

★ Neyveli Lignite Corporation Ltd., Neyveli

★ Neycer India Limited, Vadalur

★ T.V.S. Ltd., Madurai

INCOFOM has its own showrooms at Thanjavur and Trichy. Further, it has its

Marketing Federation, Tancofed at Chennai to sell its products.

Apart from this, it has 17 dealers all over Tamil Nadu to sell rubberised coir mattresses, pillows, cushions, etc.

The rubberised coir products are sold to Private Institutions, Lodges, College Hostels and Private Hospitals.

Performance

This society is running on profit for the past 3 years. It has repaid the loan amount of Rs.41.42 lakhs out of Rs.85.15 lakhs.

Steps taken for the welfare of the society

To increase the sale of Incofom products, steps are taken to appoint Agents. Effective steps are also taken to sell Incofom Products on 'Instalment Basis' to Non-transferable employees.

Naladiyar

வறுமைமுதலியவற்றான் எய்திய இடுக்கண்
அன்புள்ள சுற்றத்தாரைக் காணிற்கெடும்.

வயாவும் வருத்தமும் என்றக்கா னோவும்
கவாஅன் மகற்கண்டு தாய்மறந் தாஅம்
கனாஅத்தான் உற்ற வருத்தம் உனாஅத்தன்
கேளினரக் காணக் கெடும்.

Comfort from sympathy of kinsmen.

As a mother when she sees her son upon her lap
forgets the languors, the pains, and the throes of birth;
so trouble arising from weakness will die when a man
sees his sympathizing kinsmen around him.

★ ★ ★

முயற்சியால் வருந்துகிற உறவினர்பலரையும்
பாதுகாத்தலே ஆண்மையையுடையவனுக் குரியகடன்.

அழன்மண்டு போழ்தின் அடைந்தவர்கட் செல்லாம்
நிழல்மறம்போ னோடுப்பத் தாங்கிப் - பழுமறம்போற்
பல்லார் பயன்றுப்பத் தான்வருந்தி வாழ்வதே
நல்லான் மகற்குக் கடன்.

Good friends like trees that afford
both shade and fruit.

To yield ready protection alike to all, as a tree
affords shade to those that seek its shelter when the
heat grows fierce; and to live toiling so that many may
enjoy the gain, resembling thus a fruit-producing tree,
is the duty of the manly man.

★ ★ ★

மேலோரோடு சேர்ந்த உறவு நிலைக்கும்.

உலகறியத் தீரக் கவப்பினு நில்லா
சிவகலாஞ் சிற்றினத்தார் சேன்மை; - நிலைதிரியா
நிற்கும் பெரியோர் நெறியடைய நின்றனைத்தால
ஒற்கும் இலாளர் தொடர்பு.

The Friendship of the great alone is lasting.

Though mingled in a complete intimacy so that all
the world knows of it, the friendship of the little will last
but little time. Connection with the firm unyielding men
endures till the great ones' path, who never swerve, is
reached.

★ ★ ★

பாவறையும் உறவினராக் கருதிக்காப்பவரே
மேன்மக்கள் ஆவர்.

இன்னர் இனையர் எய்ப்பிறர் என்னுஞ்சொல்
என்னும் இலராம் இயல்பினால் - துன்னித்
தொலைமக்க டுன்பந்தீர்ப் பாரேயார் மாட்டும்
தலைமக்கள் ஆகற்பா வார்.

Universal benevolence.

Such are they and so many; these are ours; those
strange: those worthy to be classed as chief of men
say nothing like this; so to speak is not their nature; for
they relieve the distress of ALL that troubled come to
them!

★ ★ ★

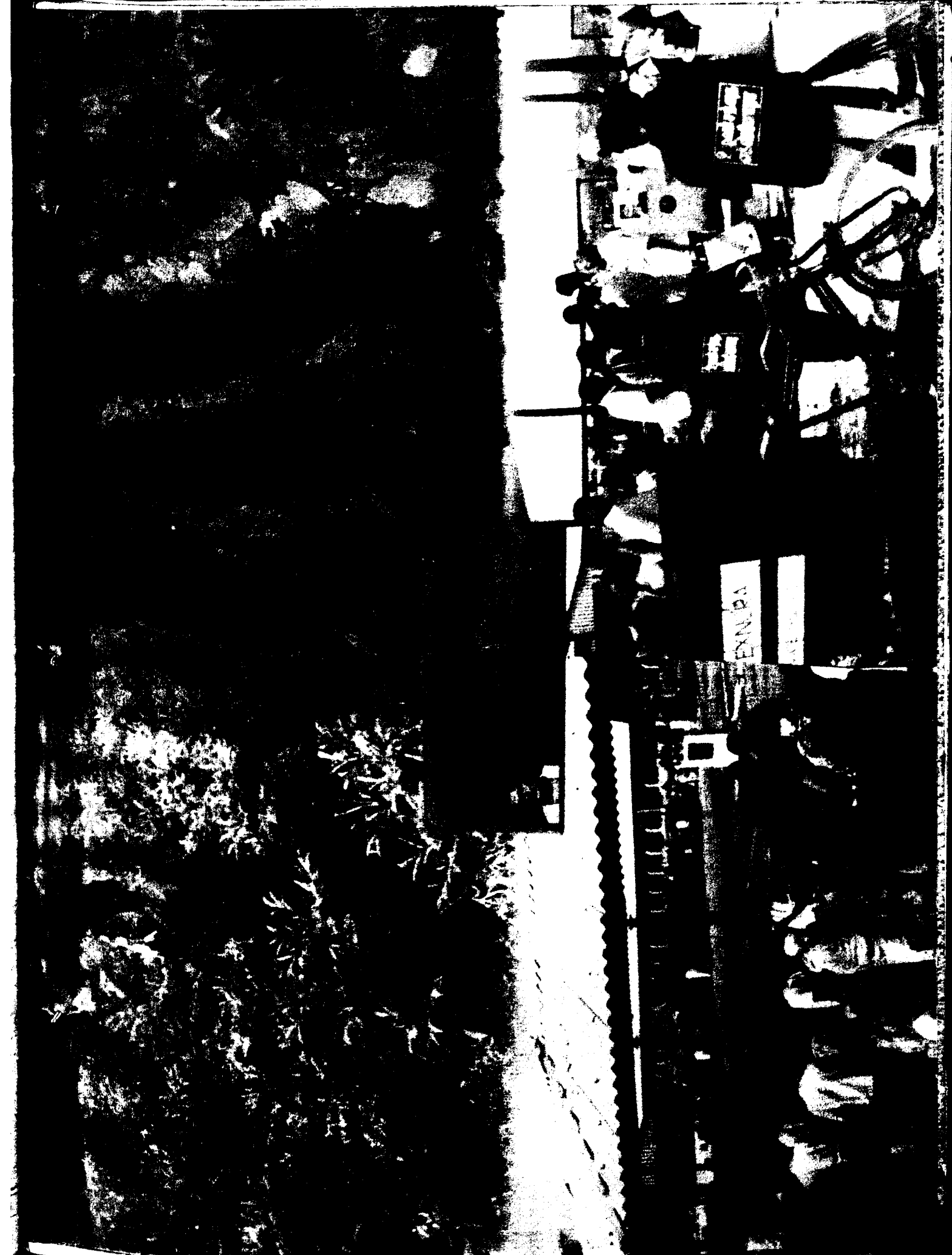
அன்பிலாரிடத்து இனியவை உணவில்
அன்பிடத்துக் கூழை உண்ணுதல் நன்று.

பொற்கலத்துப் பெய்த புலியின் வான்பழக்கல்
அக்காரம் பாலோ டமறார்கைந் துண்டலின்
உப்பிலிப் பற்கை உயிர்போற் கிளைஞர்மாட்
டெக்கலத் தானும் இனிது.

Hard fare with kindred, better than
a feast without love.

More sweet than rice, though white as tiger's claw,
with milk and sugar served on plate of gold, by loveless
hands, is any tasteless mess, in any dish, when
shared with kindred dear as life.

★ ★ ★



கலைஞர் ஆட்சியில்

விரிவான நிறநுட்ப பானை
விரிவான நிறநுட்ப பானை

1996 முதல் இன்று வரை தமிழகம் முழுவதும்

	நீளம் கி.மீ.	முதிப்பு
செப்பனிடப்பட்ட நெடுஞ்சாலைகள்	12842	748.66
செப்பனிடப்பட்ட ஊரகச் சாலைகள்	2748	149.00
புதிய நெடுஞ்சாலைகள்	1500	100.00
புதிய ஊரகச் சாலைகள்	2017	100.00
கட்டப்பட்ட பாலங்கள்	72 எண்கள்	59.29
கட்டப்படும் பாலங்கள்	200 எண்கள்	369.94
கட்டப்படும் மேம்பாலங்கள்	6 எண்கள்	54.00

முன்னேற்றப் பாதையில் தமிழகம்





**நமது அன்றாட
பழக்கவழக்கங்களால்,
எய்ட்ஸ் வராது.
அதற்கு நீங்களே
ஒரு உதாரணம்.**

காலையில் எழுந்தது முதல் ராத்திரி படுக்கப் போகும் வரை நீங்கள் எத்தனையோ பேரைச் சந்திக்கிறீர்கள். ஓட்டலுக்குச் செல்கிறீர்கள், சினிமா பார்க்கிறீர்கள், நெரிசலான பஸ்ஸில் பயணம் செய்கிறீர்கள், பலருடன் கை குலுக்குகிறீர்கள்.

இவர்களில் யாருக்காவது எச்ஐவி/ எய்ட்ஸ் பாதித்து இருக்கலாம்.

சாதாரண பழக்கவழக்கங்களின் மூலம் எய்ட்ஸ் பரவுவதாக இருந்தால், உங்களையும் எய்ட்ஸ் பாதித்திருக்க வேண்டும்.

ஆனால் அப்படி இல்லையே...

ஏனெனில், கை குலுக்குவதாலோ, உணவைப் பகிர்ந்து கொள்வதாலோ, தொடுவதாலோ, தும்மலினாலோ, கழிப்பிடத்தை அனைவரும் உபயோகிப்பதாலோ, எய்ட்ஸ் பரவுவதில்லை.

எனவே எய்ட்ஸ் பாதித்தவரைக் கண்டு நீங்கள் ஒதுங்க வேண்டியதில்லை. உங்களுக்கு எந்த ஆபத்தும் இல்லை.

அவர்களும் நம்மைப் போன்றவர்கள்தான். அவர்களுக்கு எப்பொழுதும் போல நாம் அன்பும், ஆதரவும் காட்டுவோம்.

**சிறிதளவு ஆதரவு பெருமளவு
சுமையைக் குறைக்கும்.**

**குழந்தை பிறப்பைத் தடுப்போம்
எய்ட்ஸ் வந்தோரைக் காப்போம்**



மேலும் விவரங்களுக்கு அனுகூல வேண்டிய முகவரி :
தமிழ்நாடு எய்ட்ஸ் கட்டுப்பாட்டு அமைப்பு
417, பாந்தியன் ரோடு, சென்னை - 600 008.
தொ.பே.: 8255467, 8255261, 8254517.
24 மணிநேர தொ.பே.: 8256882, 8256864.

Mudra:TNSACS:6259:98

TAMIL ARASU

Magazine of the Government of Tamil Nadu
THIRUVALLUVAR YEAR 2030
KARTHIGAI - MARGAZHI
DECEMBER - 1999

1 மார்ச் 2000

தமிழ்நாடு
எழுத்து

In this issue :

- ★ Free Comprehensive Health Care Scheme for the poor ----- 2
- ★ Mahalir Thittam - to achieve socio-economic development of women ----- 4
- ★ Contribution of sugar industry in the development of the State ----- 8
- ★ Working of Women Co-operative Societies ----- 10
- ★ The sweet disease ----- 12
- ★ Thirukkural - The Code of Conduct for the Mankind ----- 22
- ★ TNSC Bank - 93 years of useful service ----- 24
- ★ Tamil Nadu State Palmgur and Fibre Marketing Co-operative Federation ----- 28
- ★ Naladiyar ----- 30
- ★ Long-term lending by Agriculture and Rural Development Banks ----- 31

Editor and Publisher : G.MUTHUSAMY, I.A.S., Director of Information and Public Relations, Government of Tamil Nadu
Office : Tamil Arasu, Omanthurar Government Estate, Anna Salai, Chennai - 600 002. Phone : 5368926/5368927
Printed at : Tamil Arasu Press, Chennai - 600 002. Phone : 5364906

Free Comprehensive Health Care Scheme for the Poor

There are 12,617 Panchayats, 613 Town Panchayats, 102 Municipalities and 6 Corporations in Tamil Nadu. There are about 1,400 Primary Health Centres in rural areas and 364 District and Taluk Hospitals.

Poor people seek the help of doctors and visit hospitals only at the time of their illness. To bring about an awareness on the prevention of various illness among the rural folks and to educate them in the method of prevention, Free Comprehensive Health Care Scheme for the poor has been introduced by this Government. The main aim of the scheme is to conduct free medical



camps at Primary Health Sub-centres level and diagnose various diseases among the poor and give them proper treatment. The other important aim of this scheme is to give utmost care to the people who need continuous treatment,

in addition to the treatment to the needy poor who come forward for checkup and treatment during camps. Free check-ups are made and treatment provided for diseases related to eye, teeth, ear, nose, throat, stomach, diabetes, TB, heart and child birth. Blood tests are done to all persons attending the health camp. This health camp will be conducted in 50 places in every District, every month.

This scheme will envisage health check-ups and treatment to benefit people living in all the Villages, Town



Panchayats, Municipalities and Corporations in Tamil Nadu. A committee will be formed under the Chairmanship of the District Collector to ensure proper implementation of the scheme.

This committee will decide beforehand, every month, the 50 places where free health camps are to be conducted and give wide publicity to people about the forthcoming health camps.

Arrangements will be made for exhibitions, illustrations and video films on health care in order to educate the rural masses.

After check-up, the first aid and the medicine will be provided to the patients. If continuous treatment is necessary the patients will be provided with identity cards with details of hospitals and the days on which the patients should



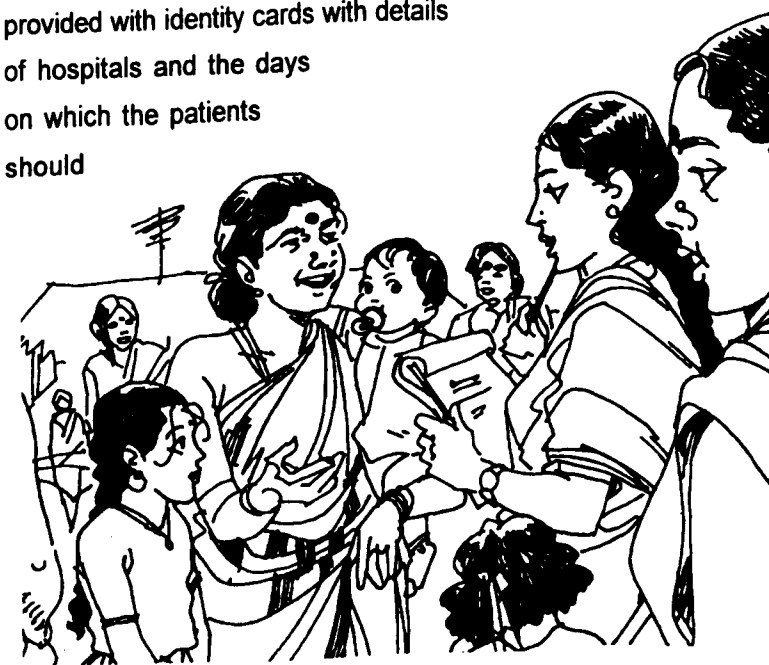
go to Hospitals. The details of the patients needing continuous treatment will be fed into the computer and treatment will be continued.

A Special Officer will be appointed to co-ordinate the implementation of the free comprehensive health care scheme for the poor in the State level.

The services of the NGOs, the district branches of the Indian Doctors' Association, Medical Colleges, Private Nursing Homes and Specialists in the medical field will be utilised for the conduct of health camps.

Concurrent evaluation will be made by an expert committee during the conduct of health camps and defects will be rectified.

★ ★ ★



Tamil Nadu Women Development Project was jointly implemented by Tamil Nadu Corporation for Development of Women Limited, Indian Bank and NGOs, since 1989. In continuation of IFAD assisted Tamil Nadu Womens Development Project, Mahalir Thittam is being implemented since June '98 onwards. Mahalir Thittam is an expansion of the IFAD Project. This project lays emphasis on the qualitative and socio economic aspects of development of women rather than more targets. In this unique project which is based on the lessons learnt during the implementation of the IFAD assisted project since 1989-90, the Tamil Nadu Corporation for Development of Women, (DEW) NGOs and commercial banks come together to work to achieve common objectives related to socio economic development.

The Budget allocation for last year was Rs.8 crores for this project. During this financial year Rs.33 crores has been allocated for the implementation of the Project in all the 28 Districts (excluding Chennai).

Formation of Groups

Under this project NGOs select the villages, where the need for intervention is acute. A household survey is conducted in the villages and poor women are organised to form a cohesive, mutually supporting group. At present the Mahalir Thittam groups have members not exceeding 20 though earlier groups were sometimes larger. The group selects among themselves a leader called Animator. The Animator conducts two to four meetings every



month in the evening times, when they are free from daily works. The group members save a regular amount of Rs.20 to Rs.100 every month. The monthly saving amount is decided by the group themselves. In some groups, the

MAHALIR THITTAM - TO ACHIEVE SOCIO - ECONOMIC DEVELOPMENT OF WOMEN

members save as much as they can. Animator facilitates the groups functioning and maintains the group records such as cash book, loan ledger, savings ledger, general ledger, minutes book, receipt and payment vouchers. She is given various modules of training, in different spell for 32 days covering general orientation to accounts and leadership development and so on. For every 17 groups, PIU had posted supervisors for monitoring the groups in the IFAD scheme. Now, the NGOs have appointed supervisors for monitoring Mahalir Thittam in the villages and they also formed cluster level federations of SHGs where groups are interested in networking with other SHGs.

Rotation of Savings

The group rotates the savings mobilized by way of small loans to the needy members for various purposes like consumption as well as production purpose at an interest rate ranging from 24% to 36%. As the groups mature in handling the small loan rotation over 2 to 3 years, the groups bring down the rate of interest from 36% to 24% for consumption loans and some groups adopt variable interest rates for different



Project Implementation Unit also arranges training for NGOs, bankers and line department personnel in attitude change and other related aspects.

Link up with Banks

After the group stabilizes over a period of 6 months or more in the management of its own funds by way of regular meetings, regular savings, giving internal loans and recovering the loans with interest, the groups are linked up with the bank for external credit under the project. The group members are credit linked in a phased manner. The group identifies the activity and discusses the feasibility and viability with the individual prospective beneficiary. Then the group resolves and recommends the loan for specific economic activity.

purposes i.e., for consumption 24% and for productive activities 12% to 18% interest. These small loans repayment is cent percent. As the recycling is fast, own funds increases faster due to the accrual of interest incomes.

Training

To bring about any social change, first awareness has to be created among the beneficiaries. With this in view, training under the project assumes greater significance at all levels and for all the participants. Training is given to the group animators, supervisors and representatives. Now training for members has also been introduced. The training modules are prescribed by Project Monitoring Unit.

Line Departments offers the training on technical aspects to the beneficiaries selected for bank loan, before and after the asset creation.

The joint appraisal team consisting of Bank Manager, Rural Development Officer, NGO, PIU and Line department visits the group and select the borrowers proposed by the women groups.

Banks lend for various activities for example under Agriculture for purchase of Electric Motor, Oil Engine, Power Sprayer under Horticulture for Mango, Guava and Flower cultivation, under Sericulture for rearing of Silkworms, under Animal Husbandry for Dairying, Poultry, Sheep and Goat rearing, under K&VIC for rural and cottage industries and small business. The application for loan is sponsored by PIU to the concerned branch, where the group has a bank a/c. The group



a/c is jointly operated by the animator and any one of the representatives. For each withdrawal they have to submit to the bank a copy of the resolution of the group indicating the purpose of withdrawal. Given the strengths of the SHGs, increasingly loans without subsidy are also considered by Banks on group/SHG pattern. Such SHG loans are sanctioned on the basis of group savings to the group as a whole. The group jointly decides regarding who the individual borrowers will be SHSY loans with subsidies are also available.

Lending Norms

SHG credit guidelines have been developed at the PMU in consultation with the bankers, NGOs and feedback from the groups. A simple two stage selection has been put in place to :

- First screen likely SHGs who may be ready for bank credit.
- Second, apply a set of easily understood indicators prescribed to SHGs that pass the first screening test to establish eligibility.

All loans from banks, whether under government programmes like the SGSY or savings linked loan to groups have to meet the SHG credit guidelines. Ofcourse, the group member should have saved a minimum period of six months. The group member should be a woman of age between 21 and 60 years who is considered "settled" in the village. The group member should be from a poor family and not a defaulter under any other government programmes.

The loan amount is credited to the group's savings a/c on getting proper authorization from the members.

As the borrowers under this project are highly motivated, they maintain the assets intact and out of the additional income earned, they repay the bank loan properly. They remit the loan dues to the animators at the group meetings

and she repays the dues collected to the bank. Because there is no chasing of targets and the step by step methodology is followed with continuous followup from all sides, the recovery under the project was high.

The subsidy as per IRDP norms is released by PIU in IFAD scheme. Subsidy is kept in the beneficiary's name in Reinvestment Plan Deposit for 3 years. The subsidy is repayable on completion of 3 years after loan is repaid, whichever is later as an incentives for good repayment. In Mahalir Thittam the group will access both subsidy and non subsidy loans.



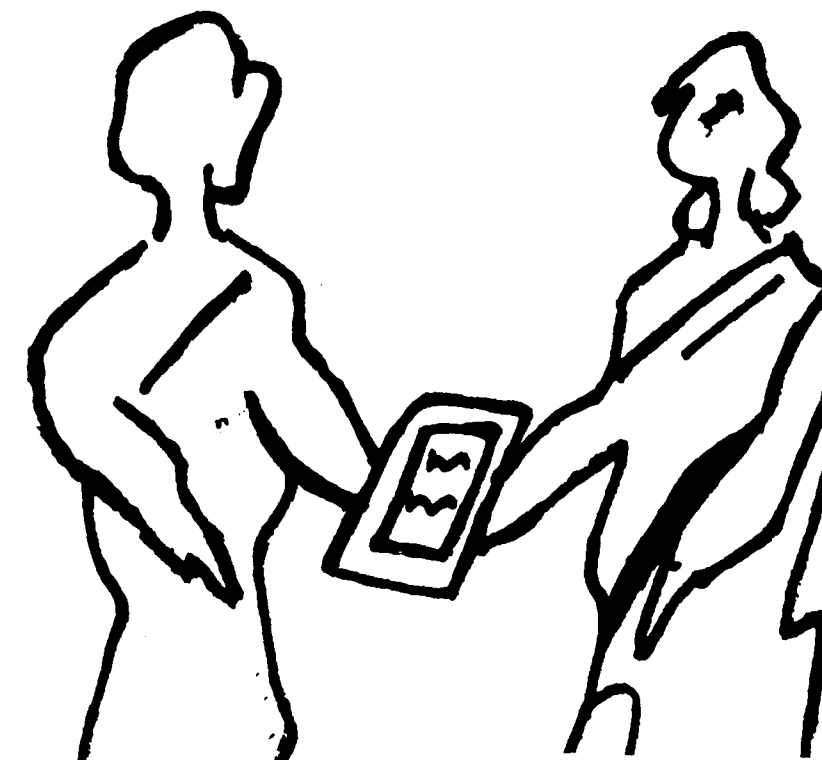
Monitoring

Project Implementation Unit (PIU) Office is headed by Project Officer. The structure has been modified based on experience. Now the Project Officer is assisted by Assistant Project Officers. They are incharge of Implementation Supervision in the District. The NGOs and supervisors also monitors the groups performance regularly. The APO(C) concentrates on credit. Once in a quarter, the branches prepare the overdue list and the groups are informed of the same. These overdue cases are discussed in the regular

Non-Credit Services

Besides focussing on economic upliftment, the groups focus their attention on all-round development of the beneficiaries and their village as a whole. So, the groups take up responsibility of delivering the non-credit services like literacy, health and environmental issues.

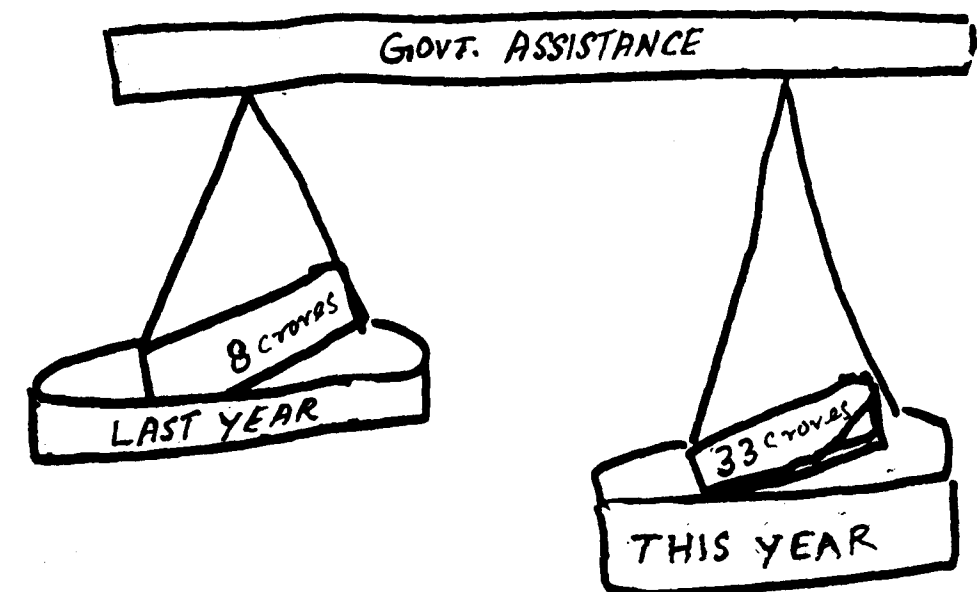
The involvement of groups in social issues has earned a good name to the groups in the villages. Many groups have taken up many social activities like provision of borewell, renovation of temples and organising health camps and planting of tree saplings.



Block Level Co-ordination Committee Meetings also.

At the District level, the DPCC (District Project Co-ordination Committee) headed by the District Collector reviews the project regularly.

Under the project, as the beneficiaries are organised and awareness is created, the required skill is developed through appropriate training before the credit is given, the asset creation is total and the income generation is real and the repayment is also faster. The beneficiaries are highly motivated to utilise the opportunity given to them for their betterment.



"IFAD PROJECT" is a milestone in enlarging our reach to the poor through rural women.

★ ★ ★

CONTRIBUTION OF SUGAR INDUSTRY IN THE DEVELOPMENT OF THE STATE

Sugar Industry is the largest among the processing industries next only to textiles. It contributes significantly to the economy of rural India. The growth of Sugar Industry in Tamil Nadu has been very impressive particularly in the Co-operative Sector and is one of the leading producers of sugar in the country and its contribution is about 10% of country's production. There are 36 sugar mills functioning in this State of which 17 are in co-operative sector, 3 in public sector and 16 in private sector. The total crushing capacity of all these factories for 1998-99 is 99,550 tonnes per day. The crushing capacity of the co-operative and public sector sugar mills alone is 44,150 tonnes per day.

PHYSICAL PERFORMANCE OF SUGAR MILLS

The sugar industry in Tamil Nadu has achieved a high degree of stability and there has been a steady

increase in output in Tamil Nadu. The average number of crushing days is also higher than the All India level. During 1998-99 season, these mills crushed 75.27 lakh MTs of cane and produced 6.236 lakh MTs of sugar with average recovery of 8.28%

FINANCIAL PERFORMANCE OF CO-OPERATIVE AND PUBLIC SECTOR SUGAR MILLS

In 1998-99 season, the sugar mills had just sufficient cane to achieve a total cane crush of 75.27 lakh tonnes. Due to the low realisation from free sale sugar, high interest costs, and fall in recovery in the coastal belt, the mills continue to face financial difficulties.

GUMMIDIPOONDI CO-OPERATIVE SUGAR MILLS

Gummidipoondi CSM will be established in Pudukkottai village in Thiruvallur District for which 80.20 acres of land was purchased. Government has contributed Rs.700 lakhs and cane growers contributed Rs.148 lakhs as share capital.

CO-GENERATION OF POWER IN CO-OPERATIVE SUGAR MILLS

Co-generation plants have been set up in M.R.Krishnamurthy Co-operative Sugar Mills, Cheyyar Co-operative Sugar Mills and Subramania Siva Co-operative Sugar Mills. These co-generation plants use the existing bagasse effectively through high pressure boilers and turbines and generate power and supply surplus power to Tamil Nadu Electricity Board grid.

The details of power evacuated are as follows :

Sl.No.	Name of the Sugar Mills	Qty. in units					
		Power					
		Generated		Consumed		Exported	
		1998-99	1997-98	1998-99	1997-98	1997-98	1996-97
1.	M.R.K.	6733000	6601360	8981300	8174500	6181200	4410720
2.	Cheyyar	21805914	12336660	11961694	7677890	10029860	4718920
3.	S.Siva	17172814	14010238	14204134	14101508	2968680	--
		45711728	32948258	35147128	29953898	19179740	9129640

NEW PROJECTS

Permission is granted to Kallakurichi CSM to establish 1.0 MW to 1.5 MW cogeneration plant at an estimated cost of Rs.200 lakhs and 5 MW in NPKRR CSM at an estimated cost of Rs.770 lakhs. TNEB has agreed to purchase power generated from their mills.

DISTILLERY PLANTS

In Salem and Amaravathy Co-operative Sugar mills, two distilleries in Co-operative sector have been established, with a capacity of 10 KLPD of ENA and 55 KLPD of Rectified Spirit.

SOUTH INDIA SUGAR RESEARCH FOUNDATION

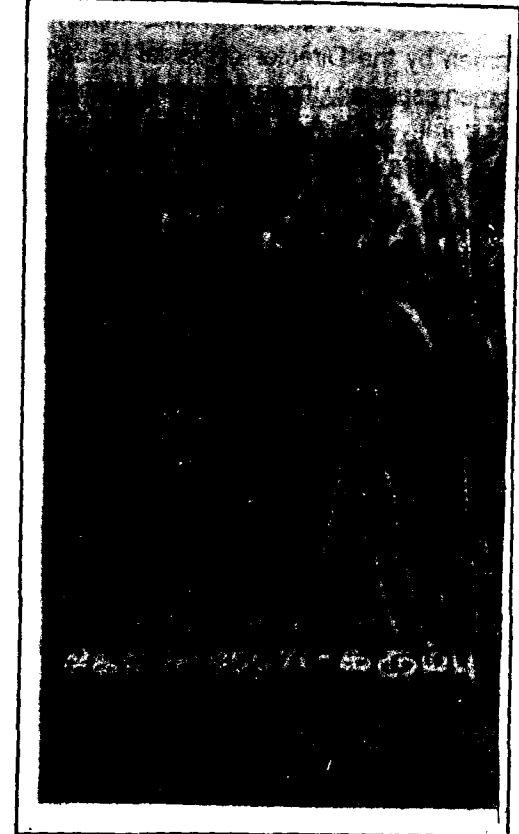
South India Sugar Research Foundation was established in 1987 by the Government of Tamil Nadu. The Co-operative and Public Sector Sugar Mills in this State and the Tamil Nadu Co-operative Sugar Federation are the members of the Foundation.

TAMIL NADU CO-OPERATIVE SUGAR FEDERATION LIMITED

Tamil Nadu Co-operative Sugar Federation started functioning from 30.5.1962 as an Apex Organisation of the Co-operative Sugar Factories. It has a membership of 17 Co-operative and 3 public sector sugar mills. The Federation is now managed by a Special Officer in the rank of Additional Registrar of Co-operative Societies.

MAIN OBJECTS

1. Co-ordinate and facilitate the working of the affiliated factories.
2. To assist in the promotion and organisation of new sugar factories
3. Arrange to finalise rate contract for supply of chemicals, gunny bags, lubricants, fertilizers, pesticides and other requirements of the factories.
4. Arrange for the sale of sugar, by-products, like bagasse and old vehicles of the factories. Due to decontrol of molasses, sale of molasses is also done by Federation.



ACTIVITIES

Bulk purchase and supply of A.Twill gunnies, fertilizers, pesticides, lime, chemicals, lubricants, bearings, welding electrodes and uniform clothes by all the member mills including Pondicherry Co-operative Sugar Mills.

Sale of sugar, spirit, molasses, bagasse, old vehicles and scrap. Member mills offer Technical advice and arrange export of sugar, starting of new mills etc.

MBRL

The Federation is running MBRL at Chengalpattu for production of parasites, virus, bio-fertilizers, brocons for biological control of pests and improving cane production and also conduct R & D work on sugar cane. The lab is recognised by ICSR, Government of India. This is the 1st lab in India isolated Acetobacter, Diazotrophicus a sound nitrogen fixing bacterium. The lab formulated its own bio pesticides viz. Plexin nemento to control pest.

★

Among the various schemes implemented for the welfare of the women by the Director of Social Welfare providing employment to women especially those who are living below poverty line by organising co-operative societies is the main object of the Special Programme of this Department. At present 135 co-operative societies are functioning under the control of Social Welfare Department.

The goods produced by these societies are being supplied to Government sponsored schemes like free supply of uniforms to children studying in Std I to VIII under Nutritious Meal Programme and supply of weaning food and energy food to the children of age from 6 months to 2 years and pregnant and lactating mothers in the ICDS Programme.

Types of societies functioning in the Social Welfare Department (1997-98)

1. Women Tailoring Co-operatives	78
2. Weaning Food Manufacturing Co-operative Societies	26
3. Chalk Crayon Manufacturing Co-operative Societies	5
4. Stationery Manufacturing Co-operative Societies	20
5. Miscellaneous type of Societies	6
Total Co-op. Societies	135

TAILORING CO-OPERATIVE SOCIETIES (SUPPLY OF FREE UNIFORMS)

There are 78 Tailoring Co-operative Societies functioning in the State. Nearly 38,000 women are members in these societies. These societies are engaged in stitching of uniforms for the school going children studying in Std. I to VIII under Nutritious Meal Programme and also for children studying in the schools run by the Directorate of Backward Classes, Most Backward Classes and Adi Dravidar and Tribal Welfare.

Every District has been supplied free of cost with automatic cutting machines and cloth is cut in the cutting centre located in each District. The cut clothes are distributed to Women Development Co-operative Societies for stitching.

Apart from stitching of uniforms these societies are undertaking stitching orders for bags from Co-optex, manure bags from Agricultural Department etc. for providing continuous and gainful employment to these women. During the year these societies have disbursed Rs.463.06 lakhs as wages to the members.

WEANING FOOD CO-OPERATIVE SOCIETIES

Children between the age of 6 months and 3 years and pregnant and lactating mothers are being supplied weaning food to improve

WORKING OF WOMEN CO-OPERATIVE SOCIETIES

the nutrition and health of children and women. 26 weaning food societies are functioning in this Department for production of weaning food. Over 1600 members of these societies also work and earn wages in production of weaning food. During the year 1998-99 about 7724.03 M.Ts. of weaning food was produced and Rs.44.76 lakhs was paid as wages to the members. The scheme of free supply of weaning food to children and women are being implemented with the funds provided by the World Bank, Government of India and Government of Tamil Nadu.

CHALK CRAYON MANUFACTURING WOMEN DEVELOPMENT INDUSTRIAL CO-OPERATIVE SOCIETIES

5 Chalk Crayon Co-operative Societies are functioning under the control of this Department and there are about 132 women members in these societies. During the year 1998-99 Rs.0.05 lakhs has been paid to members as wages.

STATIONERY SOCIETIES

20 Stationery Co-operative Societies are functioning in this Department. These societies have a total membership strength of about 1014. In this 13 societies have been equipped with printing machines,

double ruling machines and envelope making machines at free of cost by Government. During the year 1998-99 the members of the societies have earned Rs.5.12 lakhs as wages.

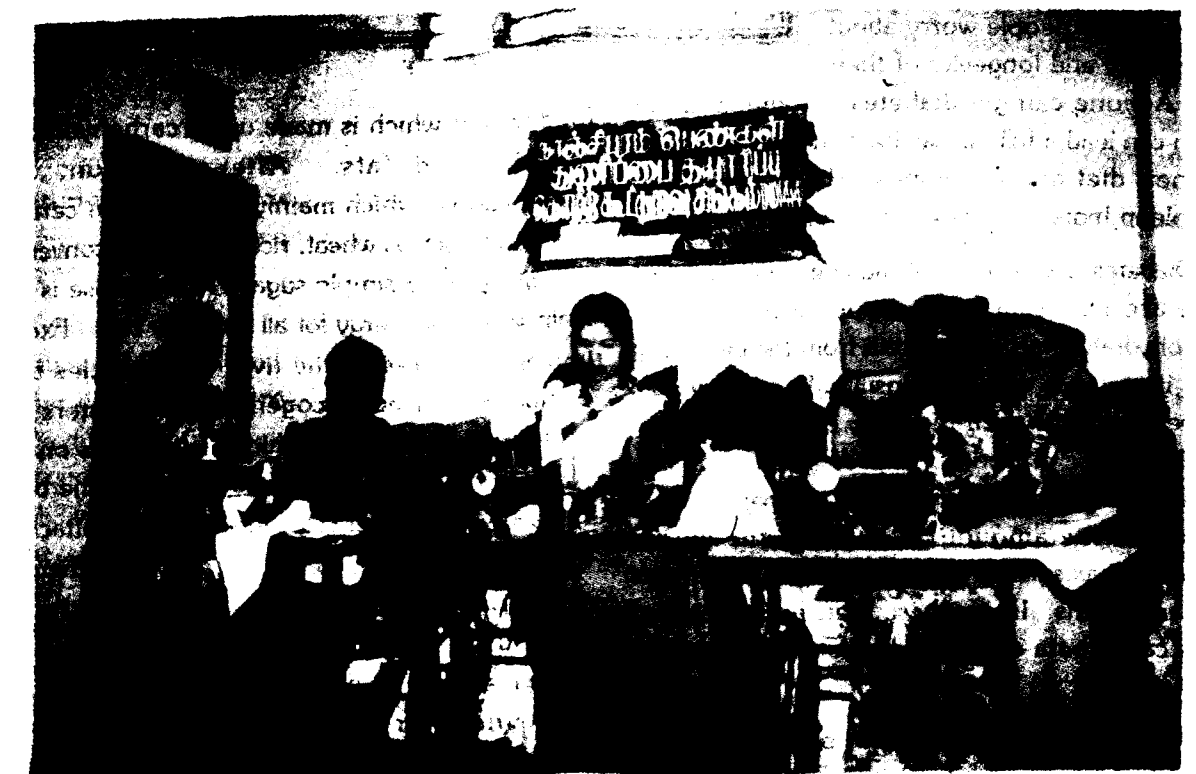
COIR SOCIETIES

2 Coir Industrial Co-operative Societies for women are functioning in Nallur and Thirunageswaram at Thiruvavur and Thanjavur Districts. There are about 1000 women members

in these societies and a sum of Rs.3.41 lakhs has been paid as wages in these societies.

Coir Board is offering 20% rebate on sales effective by the Nallur Society. It has also sanctioned Rs.2.95 lakhs as subsidy for setting up of a model coir village at Nallur.

There are also 4 other societies engaged in various miscellaneous activities. As their performance need improvement, action is being taken to them.



S.No.	Type of Society	No. of Societies	No. of beneficiaries	Disbursement of wages for members (Rs. in lakhs)
1.	Tailoring Co-op. Society	78	37,683	463.06
2.	Weaning Food and Energy Food Society	26	1,652	44.76
3.	Chalk Crayon Society	5	132	0.05
4.	Stationery Co-op. Society	20	1,014	5.12
5.	Other Societies	6	1,132	3.46
Total		135	41,613	516.45

Diabetes is a disorder of the chemical reactions that are necessary for proper utilisation of carbohydrates, fats and protein from diet along with inadequate or lack of insulin.

DIABETES mellitus commonly called diabetes, is a condition that makes many people worry about the quality and longevity of their life. Anyone can get diabetes but almost all of them can lead a full, active life with regular control of their diet and medicines. About 18 million people in India are suspected to have diabetes.

Diabetes is a disorder of the chemical reactions that are necessary for proper utilisation of carbohydrates, fats and protein from the diet along with inadequate or lack of insulin. In other words, diabetes results when the body cannot use some foods because of inadequate production of insulin. Insulin is a hormone produced in the pancreas to regulate the amount of sugar in the blood. Pancreas has small groups of cells called the **Islets of Langerhans**. Inside these islets are specialised cells called beta cells. These beta cells produce insulin.

What is the role of insulin in our body?

All cells in the body need energy in order to function normally. This energy is derived from the

The Sweet Disease

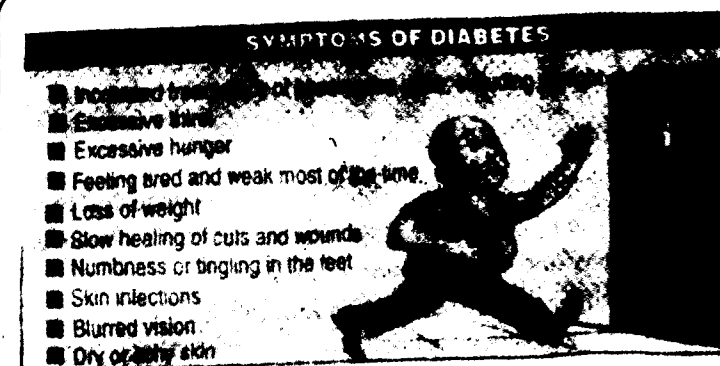
food we eat which is made up of carbohydrates, proteins and fats. After digestion, the carbohydrate, which mainly comes from cereals and starch such as wheat, rice and fruit is converted into glucose, or simple sugar. This glucose is the main source of energy for all the body cells. Excess glucose is stored in the liver and muscles as a compound called glycogen. Glucose enters the cells through receptors, which are proteins on the surface of the cells. All the hormones in the body can act on the target cells only after they attach to the receptors. Thus, the glucose can enter the cells only if the insulin, which is a hormone, attaches itself to the receptors on the cell wall. When the insulin is either inadequate, absent, or abnormal, it is difficult for glucose to enter the cells and provide energy.

In addition, insulin is also involved in storage of glycogen in the liver and muscles. Thus, it is involved in storage of reserve energy. In between meals when the cells need energy, glycogen is converted back into glucose and used by the cells.

Normally, pancreas releases insulin proportional to the amount of food you eat. The beta cells monitor blood glucose level regularly and release the amount of insulin necessary to use the glucose in the blood. In diabetes, the pancreas either does not produce insulin or produces too little or produces defective insulin that cannot be used by the body. Thus, the blood glucose cannot be used effectively by the cells and excess glucose cannot be stored in the liver.

PREDISPOSING FACTORS OF DIABETES

- Obesity
- Hereditary
- Age
- Sex
- Pregnancy
- Viral infection
- Injury to the pancreas
- Stress
- Sedentary life



What are the symptoms of diabetes?

There are three main symptoms of diabetes. These include (a) increased thirst (b) increased hunger and (c) increased frequency of passing the urine.

- **Frequent passing of the urine and increase thirst:** Kidneys filter about 1,500 litres of blood per day. They excrete some water and waste products as urine and absorb most of the filtered blood including glucose. If the blood has more glucose than what the kidneys can reabsorb, it passes out with the urine. As glucose passes out, it takes a lot of water along it in order to flow easily out. Increased water in the urine increase the frequency of passing urine, which in turn results in increased thirst.
- **Excessive hunger:** When adequate insulin does not attach to the receptors, the cells in the body do not get any energy. They therefore send a message of 'hunger' to the brain. The brain responds to this message by giving you a feeling of excessive hunger. Despite eating more, the glucose derived from the food cannot be used for energy as it passes out in urine.

Lack of energy in the cells results in general weakness and tiredness. Also, in the absence of insulin, the cells cannot derive any energy. Energy is therefore derived from the fat and muscles. When energy is derived from fats and muscles, you will lose weight, even if you eat enough to satisfy your hunger.

- **Skin problems:** Excess blood sugar suppresses the body's natural defence mechanism. This is why cuts and wounds heal very slowly. Also,

sugar is a very good food for the bacteria to grow. Thus, skin infections are more common in diabetes. The skin, especially around genitals may be itchy.

What are the types of diabetes?

There are two main types of diabetes:

- **Type I or insulin dependent diabetes.** About ten percent people with diabetes have Type I diabetes. Their bodies do not produce any

insulin and therefore regular insulin injections are necessary to maintain normal blood sugar.

- **Type II or non-insulin dependent diabetes:** About 85 percent diabetes have Type II diabetes. Their bodies produce some insulin but it is either inadequate or is defective.

Malnutrition related diabetes: Diabetes among young people with severe malnutrition and starvation is called malnutrition-related diabetes. Although this condition leads to high blood sugar, some of the complications associated with other types of diabetes are absent, Insulin is necessary to control diabetes.

Gestational Diabetes: Some women have high blood sugar during pregnancy. Diabetes during pregnancy is called gestational diabetes.

What are the predisposing factors of diabetes?

Predisposing factors are those that increase the risk of your getting a particular disease. There are many conditions that increase the risk of diabetes.

- **Hereditary:** Blood relatives of people with diabetes are more likely to develop diabetes than those who do not have it in their family. The risk depends upon the number of family members who have diabetes. Higher the number of relatives with diabetes, greater is the risk. There is five percent risk of your developing diabetes if your parents or siblings have diabetes. This risk may increase to fifty percent if you are over weight.

- **Obesity:** Almost 80 percent people who develop diabetes later in life are overweight. Excess weight increases the body's demand for insulin. Obese adults have larger fat cells in their bodies. It is believed that large fat cells do not respond well to insulin. Symptoms of diabetes may disappear with loss of weight.
- **Age:** The risk of diabetes increases with age, especially after 40 years, mainly because the number of beta cells in the pancreas that produce insulin decrease as age advances.
- **Sex:** Both men and women have the same risk of developing diabetes till early adulthood. After 30 years, women are at higher risk as compared to men. Women who develop diabetes during pregnancy are at higher risk of developing Type II diabetes later in life.
- **Viral infections:** Some viral infections may destroy the beta cells in the pancreas and therefore cause diabetes.
- **Injury:** An accident or injury that damages the pancreas may also destroy the beta cells, thus leading to diabetes.
- **Stress:** Some hormones released during stress may block the effect of insulin on the cells, thus causing diabetes.
- **Sedentary life:** Some recent studies have indicated that people with sedentary life-style are more likely to have diabetes as compared to those who lead an active life. It is believed that exercise and physical activity increases the effect of insulin on the cells.

How is diabetes diagnosed?

Diabetes can be diagnosed by blood and urine tests. In case of a routine checkup where you do not have any symptoms, your doctor is likely to suggest random blood sugar test. This means that your blood can be tested at any time of the day irrespective of when you have last eaten. In case diabetes is suspected, fasting blood sugar (after 12 hour fast) and post-prandial blood sugar levels are tested (two hours after food). Diabetes is diagnosed

if random blood sugar level is more than 200mg/100ml of blood and fasting blood sugar is more than 140mg/100ml.

Until some years ago, urine tests were routinely recommended for diagnosis of diabetes. However, it is not recommended anymore because several other health conditions and medicines may give false positive results.

Glucose tolerance test: Occasionally, an oral glucose tolerance test is necessary to confirm diagnosis. This test, which indicates the body's capacity to use glucose, is performed in the morning after an overnight fast. You should have had normal diet for three days before taking the test. In this test, blood for measuring fasting blood sugar level is first taken. Next, you will be given 75 grams glucose. Blood samples are taken half an hour, one hour and two hours after taking glucose. The results of glucose tolerance test are interpreted as normal, impaired glucose tolerance and diabetes. Impaired glucose tolerance test is considered to be a risk factor for future diabetes. It, however, is not included in the diagnosis of diabetes. Glucose tolerance test is not recommended for people who are either on bed rest or are suffering from some diseases, especially infections.

What are the complications of diabetes?

Complications of diabetes can be either acute because of insulin deficiency, which increases blood sugar to very high levels and chronic because of changes in the blood vessels of various parts of the body.

Acute complications include diabetic ketoacidosis and repeated infections.

- **Diabetic ketoacidosis or coma:** When insulin levels are low, the body cannot use glucose for energy and therefore body fats are mobilised from their stores. The breakdown of fats to release energy results in formation of fatty acids. These fatty acids pass through the liver and form a group of chemical compound called ketones. Ketones are excreted in the

urine. Presence of ketones in the urine is called ketonuria.

- Increased level of ketones in the body tissues is called ketosis. Ketosis may increase acidity of the body fluids and tissues to abnormally high levels and cause a condition called acidosis. Acidosis as a result of increased ketones is called ketoacidosis.
- Diabetic ketoacidosis is an emergency condition, and if not treated in time, can cause death. Appropriate dose of insulin and intravenous fluids can reverse diabetic ketoacidosis. In case you have symptoms suggestive of ketoacidosis, you can take the following measures until you reach the hospital.
- Increase regular insulin dose by at least 20 percent
- Drink as much fluids as possible; and
- Get urine tested for ketones and blood for glucose levels every four to six hours.
- **Infections:** People with diabetes are more likely to have infections because of three main reasons : (a) bacteria grow very well if blood glucose levels are high; (b) natural defense mechanism of people with diabetes is low and (c) associated complications of diabetes increase the risk of infections.

Common infections among people with diabetes include skin infections, urinary tract infections.

diseases of the gums, tuberculosis and some fungal infections.

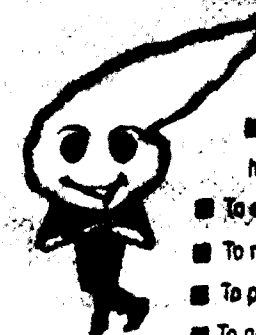
Chronic complication are more common if normal blood sugar levels are not maintained regularly. People with diabetes are more likely to have diseases of the heart, blood vessels, kidneys, eyes and the nerves.

- **Diseases of the heart and the blood vessels:** Atherosclerosis is a condition in which there is (a) hardening of the arteries and (b) narrowing of the arteries due to deposits of fat in its inner lining. It is a slowly progressive disease. It however develops faster in people with diabetes. This is why diabetics are twice more likely to have heart attack or angina as compared to non-diabetics. They are also at higher risk of developing high blood pressure.

Hardening of the arteries of the legs can affect the leg muscles because of reduced blood supply. This may result in cramps, discomfort or weakness while walking. If the blood supply to the leg is greatly reduced or cut off a long time, there may be death of the tissues. If this happens, the affected part may have to be cut off to save life.

- **Damage to the kidneys:** Diabetes can affect small blood vessels of the kidneys. As a result, the efficiency of the kidneys to filter waste products is adversely affected. Adverse kidney functions result in excretion of a protein called "albumin" in the urine. Damage to the kidneys

AIMS OF TREATMENT OF DIABETES



- To achieve best blood sugar level that is appropriate for you
- To provide relief from symptoms of diabetes
- To balance diet, exercise and medicines or insulin
- To reduce risk factors associated with complications such as obesity, smoking, high cholesterol and high blood pressure
- To ensure normal growth among children and young adults who have diabetes
- To maintain normal body weight
- To prevent acute complications such as ketoacidosis and infections
- To prevent, if possible, or detect at the earliest and manage chronic complications

may continue to deteriorate, especially if blood sugar levels are not under control. Kidney damage due to diabetes is more common in Type I diabetes as compared to Type II diabetes.

- **Damage to the eyes:** People with diabetes are more likely to have partial or complete loss of vision as compared to those without diabetes.
- **Damage to the nerves:** Almost seventy percent people with diabetes have varying degrees of nerve damage. Damage to the nerves is called neuropathy. Neuropathy as a result of diabetes is called diabetic neuropathy.

High blood sugar destroys nerve fibres and a layer of fat around the nerves. Damaged nerves cannot pass the signals to and from the brain properly. As a result, you may either have loss of sensation, increased sensation or pain in the affected parts. Damage to the nerves on the periphery of the body is more common than in other parts of the body. The damage normally starts from the toes, and progresses to feet and legs. This can lead to numbness, tingling sensation, burning, dull pain, stabbing pain or cramps. The skin may become so sensitive that even pressure from the shoes and clothes may not be tolerated.

How can complications of diabetes be prevented?

You can prevent complications of diabetes through the following seven measures:

- Always maintain good control over blood sugar levels.
- Maintain normal blood pressure. If you have high blood pressure, take medicines prescribed by your doctor regularly.
- If you are obese, reduce your weight through proper diet control and regular exercise.
- Reduce intake of fats and cholesterol in your diet.
- Develop a routine of regular exercise after consulting with your doctor.

- Do not smoke

- Get regular general check-up done in order to detect complications of diabetes, if any, at the earliest.

What is the treatment for diabetes?

Diabetes cannot be cured but can be controlled through several ways. These mainly include insulin, medicines, diet control and exercise. Management options for diabetes depend upon the type of diabetes and its severity.

What is the treatment for Type I diabetes?

A regimen of insulin injections, diet and exercise are recommended for management of Type I diabetes. Insulin can only be given as an injection. This is because insulin is a protein and if taken orally, it is broken down during digestion and destroyed.

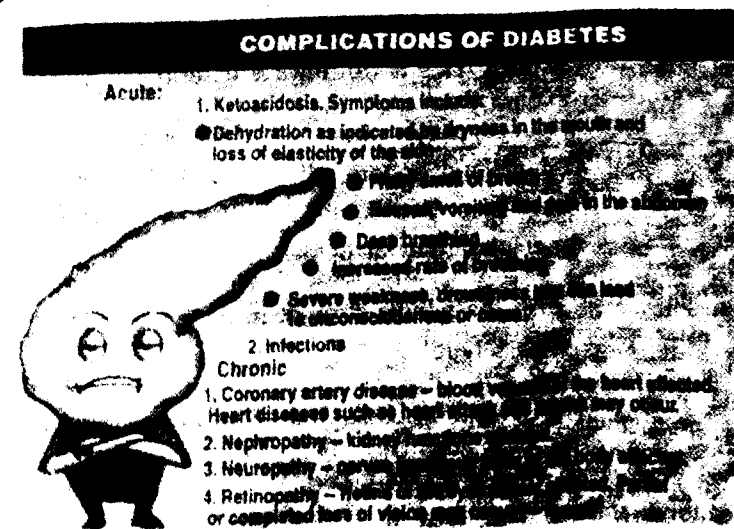
What are the types of insulin?

There are several types of insulin. All these types differ in three major characteristics: (a) when it begins its action on the body cells after injection, (b) when it reaches the peak activity and (c) the duration for which its action lasts. Based on these criteria, insulin injections can be grouped as short acting, intermediate acting or long acting.

The peak action of short acting insulin is about one to three hours and the action lasts for four to eight hours. Intermediate acting insulin reaches peak action within four to six hours and its action lasts for eight to twelve hours. Long acting human insulin reaches peak within four to eight hours and its action lasts for eight to 14 hours.

Short acting insulins are also known as soluble or regular insulin. It is transparent in appearance.

Intermediate acting insulin includes NPH (Neutral Protamine Hagedorn) and Lente insulin. NPH is a modified insulin that contains small amount of protamine, one of a group of simple proteins. Its action begins early and effect lasts for intermediate duration. Lente insulin, which is made from ultralente and semi-lente insulin, has



Long acting insulin include protamine zinc insulin and ultralente. They have prolonged duration of action. These insulins are not commonly used for treatment of diabetes.

In recent times, pre-mixed insulins are available and are preferred. These contain short and intermediate acting insulins. Pre-mixed insulins avoid the likely risk of manually mixing incorrect doses of more than one type of insulin. They are however recommended only if blood sugar levels are under good control. Earlier, insulin was extracted from the pancreas of some animals. In recent times, however, biosynthetic insulin is also available that is similar to human insulin. Although human insulin is expensive, it is preferred because it greatly reduces the risk of complications such as insulin resistance.

Human insulin is prepared by copying and putting the human gene (the basic unit of genetic material) that codes for insulin protein inside a bacteria. Several techniques are employed on this gene to make the bacteria want to use it so that insulin is made by it regularly. The insulin from the bacteria is then converted into human insulin through sophisticated techniques. Human insulin is also prepared by using yeast cells instead of bacteria.

When is insulin recommended for control of diabetes?

Insulin is recommended for five main conditions:

- Diabetes among children

- Diabetes among people who are under-weight and malnourished
- Tendency to develop ketoacidosis among diabetics
- In emergencies such as surgery, pregnancy, high fever, or diabetic coma.
- If other methods of blood sugar level such as medicines, diet and exercise have not been effective.

What are the insulin injection regimens?

Several insulin regimens are used to treat different people with insulin dependent diabetes. Your doctor will choose the regimen most suited to you based on (a) your blood sugar levels, (b) desired degree of diabetic control, (c) extent to which the insulin produced by the pancreas can fill the gap left by the insulin injections, (d) your lifestyle and (e) ability to adjust to insulin injections.

Once-daily injections, even if it is mixture of short and delayed action insulins cannot achieve desired insulin levels throughout the day among those who have little or no insulin being produced by the body. Twice daily mixed insulins is the simplest and most commonly used regimen. It aims to provide (a) back-ground and mid-day meal insulin requirement with an intermediate action insulin and (b) cover the two main meals of the day with short-acting insulin. Both insulins are injected before breakfast and evening meal.

Normally, about two-thirds of total daily insulin requirement is given in the morning and remaining one-third in the evening. The ratio of short and intermediate acting insulin normally differs in the morning and evening. Your doctor will recommend the desired ratio and dose based on the results of blood sugar measurements. If insulin regimen is not well regulated, blood sugar levels may fall

below normal, especially between meals and early in the morning.

INSULIN DEFICIENCY

Obesity, hereditary, age, sex, pregnancy, viral infections, injury to the pancreas, stress and sedentary life can lead to diabetes. Diabetes mellitus is caused by lack or inadequate insulin.

What is the correct method of taking insulin injection?

Your doctor is the best person to advise you on the correct method of taking insulin injections. The information included here may be used as a guideline or reference.

If you use one type of insulin:

- Wash your hands. Turn the insulin bottle on its side and roll it between your palms to mix it. Do not shake the bottle.
- Wipe the top of the insulin bottle clean.
- Pull the plunger of the injection syringe to draw in air equal to your insulin dose in units.
- Push the needle through the top of the bottle and inject air into the bottle.
- With the needle in the bottle, turn it upside down and pull the plunger to fill the syringe just beyond the marking of your dose of insulin.
- Carefully and slowly, push the plunger till the marking line of the correct dose of your insulin.
- Check for air bubbles. If they are present, gently tap the injection syringe so that the bubbles rise to the top. Repeat steps 5 and 6 above and check for bubbles again. Continue these two steps till there are no air bubbles in the injection syringe.
- Remove the needle from the bottle.
- Wipe the area where you want to take insulin injection clean. Some people prefer to clean

the injection site with a cotton swab dipped in alcohol. This is not always essential.

- Hold a large pinch of skin between your thumb and fingers. If you do not do it, you may inject insulin into the muscle, especially if there is little fat below the skin.
- Push the needle straight in to the skin or at a slight angle.
- Pull out the needle and wipe the injection site clean.

If you use more than one type of insulin:

- Wash your hands and wipe the tops of both the insulin bottles clean.
- Turn the bottle containing intermediate or longer-acting insulin such as NPH or Lente insulin upside down and roll between your hands to mix it. Do not shake it.
- Pull plunger of the syringe to draw in air equal to your dose of NPH or Lente insulin.
- Push the needle through the top of the NPH or Lente insulin bottle and inject the air into the bottle.
- Remove the empty syringe and needle from the bottle.
- Pull the plunger to draw in air equal to the dose of your regular or plain insulin. Push the needle through the top of the regular insulin bottle and inject air into the bottle.
- With the needle in the bottle, turn it upside down and pull the plunger to fill the syringe just beyond the mark of your dose or regulate insulin. Push the plunger slowly up to the line of your correct dose of regular insulin.
- Check for air bubbles. If they are present, gently tap the syringe so that they come to the top of the syringe. Repeat steps 7 and 8 and check for bubbles again. Repeat these steps till there are no bubbles.

- Remove the needle from the bottle with regular insulin and push it through the top of the bottle containing NPH or Lente insulin.
- Carefully pull the plunger back till the mark of your total dose of insulin.
- Inject the dose of insulin as detailed in steps 9-12 for taking one type of insulin.

Where is insulin injection taken?

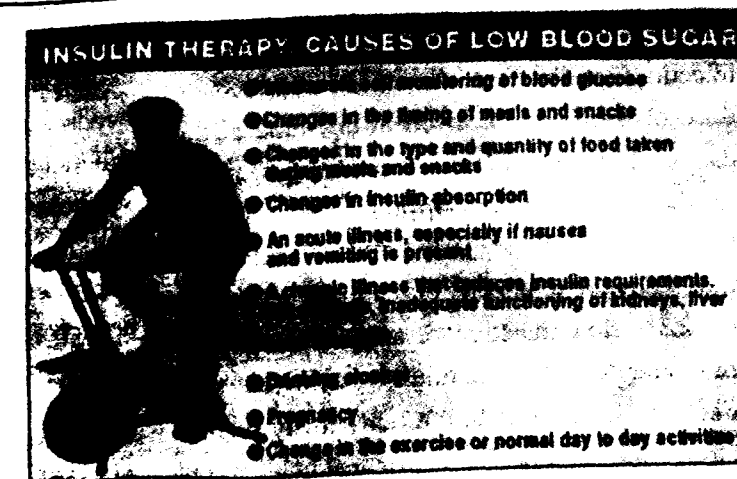
Suitable sites for insulin injection include lower abdomen, upper outer arm, upper outer thighs, and buttocks. Avoid injecting insulin near joints or bony areas. Injection sites are normally rotated to avoid formation of 'lumps'.

It is important that you learn to inject insulin yourself rather than depend on others in order to become more self-reliant. It will also allow flexibility in your normal day to day activities and routine.

What are the devices to inject insulin?

Devices for giving insulin include:

- **Insulin syringes:** These are special injection syringes that are available in several sizes, such as 30 units, 50 units and 100 units. It is important to remember that you should use the size of the syringe that corresponds to your insulin dose. For example, if your dose is 40 units and you use a 50 units size of syringe, you will not be able to measure 40 units exactly. Avoid buying bulk disposal insulin syringes, either from India or from abroad as they may not be suited for the changes made in the insulin dose after you have bought the syringes.



- **Insulin pens:** This device minimizes the inconvenience of injections and may also improve the accuracy of insulin delivery. It holds a pre-filled cartridge of the desired type of insulin and has a disposable needle that can be changed for each injection. In some pens, you need to give the correct dose by pressing the plunger repeatedly after the needle is pushed into the injection site. Each time you press the plunger, a fixed dose of insulin is injected. In some other types of pen, you need to dial the correct dose of insulin before the injection. This withdraws the plunger with the part that has insulin. After you have inserted the needle in the injection site, you need to push the plunger to deliver the dose you had adjusted in the pen.

If the needle is left on the pen between injections, air may enter the part of the pen that contains the insulin. This can slow the delivery of the dose and so cause wastage of insulin after the needle is withdrawn. It is therefore important that you learn the correct technique of using the pens from your doctor.

- **Jet injectors:** These devices are designed to eject insulin as a spray of small drops under such high pressure that these small drops enter the skin. These devices are not very popular because the absorption of insulin into the body may not always be uniform. They may also cause bruises at the site of giving insulin.

• **External insulin pump therapy:** A portable insulin pump is an alternative method of injecting insulin that allows an intermediate dose of insulin to be given at any time of the day or for pre-programming changes in the rate of insulin delivery throughout the day. It has a small portable pump with an infusion set that ends in a needle or cannula. Infusion means a slow injection of a liquid into a vein or under the skin. Cannula is a hollow tube designed for putting into a body cavity such as blood vessel. The needle or cannula is put below the skin and changed once in twenty-four to seventy-two hours.

To take full advantage of external insulin pump therapy, you need to do self monitoring of blood sugar level several times a day and then make adjustments on the insulin dose as recommended by your doctor.

The main advantages of external insulin pump therapy is improved flexibility in matching insulin with variations in your schedule. It also helps to make necessary changes in the rate of insulin delivery at all times, especially in between meals. The main disadvantage of external insulin pump is the possibility of infections at the site of infusion. It has a higher risk of developing ketoacidosis because of interruption in insulin flow.

• **Implanted insulin pump therapy:** In this option, small pumps that can be controlled from outside are put inside the abdomen. Insulin is released into the space around the organs of digestive system inside the abdomen. The insulin thus released is absorbed directly into the various organs. This method seems to reduce the risk of low blood sugar while trying to maintain normal blood sugar levels throughout the day. More research is needed before this technique can be recommended for control of diabetes.

Disposal of insulin syringes and needles:

It is desirable that you collect old syringes and needles in special containers for sharp objects. Whenever you visit a major hospital, request someone handling wastes to dispose your syringes and needles along with those of the hospital. Improper disposal of needles and syringes can be dangerous for those handling them in the municipal bins.

What are the complications of insulin injections?

There are four main complications of insulin injections. These include (a) low blood sugar, (b) insulin allergy and resistance, (c) local reactions at injection site and (d) swelling of the body.

• **Low blood sugar:** This is the most common complication of insulin injections. Until you achieve good control over blood sugar levels, you may have two to three mild to moderate insulin reactions. Insulin reaction is a condition where the normal blood sugar level falls below normal.

The normal blood sugar level is between 60-120 mg/100 ml. You may have insulin reaction in any of the following three conditions:

- The blood sugar level falls below 60mg/100 ml.
- Blood sugar falls rapidly from high level to low level; or
- Blood sugar falls below your normal level.

An insulin reaction is the body's response to low blood sugar. Whenever there is low blood sugar, the brain releases some hormones that cause paleness, sweating, increased heart beat, irritability, etc. These hormones also release sugar stored in the liver as glycogen. Released glycogen increase blood sugar levels.

• **Treatment:** Whenever you have the symptoms of insulin reaction, do not wait to see if they go away on their own. Eat some sugar or candies immediately. It is desirable that you keep sugar with you all the time. You should also stop all activities and sit or lie down in order to reduce the body's demand for energy and therefore sugar.

In case the symptoms persist for more than ten or fifteen minutes, have some sugar again. Avoid eating continuously till the symptoms disappear or eating whatever food is available as it will prevent blood sugar levels from stabilizing.

• **Prevention:** You can prevent insulin reaction by eating meals at fixed time everyday, avoiding sudden changes in diet, exercise or insulin dose and eating a light snack before doing exercises. It is important to carry a diabetic card with information about your diabetes condition so that others around can help you seek immediate medical help.

Sometimes, high blood sugar, and ketoacidosis may occur after taking excessive insulin.

This type of rebound high blood sugar is called Somyogi phenomenon. It occurs due to release of some chemical compounds in the body as a result of low blood sugar. Somyogi phenomenon may be responsible for worsening of diabetes.

- **Formation of lumps:** Sometimes, a firm round lump may form at the site of repeated insulin injection. The absorption of insulin from these lumps may not be complete. This complication is not commonly observed in those who take human insulin injections because they are more than ninety-eight per cent pure.
- **Insulin allergy and resistance:** Insulin allergy is also not a common complication in those who use purified insulins, especially human insulins. Allergic reaction to insulin injection may be either at the site of injection or all over the body. Local reactions result in hardness, itching, red discolouration or pain at the injection site. The symptoms normally appear after thirty minutes to four hours after taking

insulin and are first observed within the first week or month after starting insulin treatment. Insulin allergy disappears after some time.

Insulin resistance is a condition in which antibodies are formed in the body in response to insulin injections. Antibodies are special kinds of blood protein that are produced in response to a foreign or disease causing agent.

The most common cause of insulin resistance is obesity. It may also be due to periodic stress and illness. Insulin resistance in people who are



not over-weight may be due to antibodies to insulin, abnormalities in the insulin receptors, increased local destruction of insulin or secretion of abnormal insulin.

Insulin resistance is a condition in which the more than two hundred units of insulin are required to control blood sugar for several days.

This demand should not be because of ketoacidosis, infection or some associated diseases of the endocrine glands that produce hormones one or more hormones and secrete them directly in the blood stream.

• **Swelling:** Insulin may rarely cause swelling of the body.

Courtesy : The Science Express

★ ★ ★



THIRUKKURAL

The Code of Conduct for the mankind

அழிவதும் ஆவதும் ஆகி, வழிபயக்கும்
ஊதியமும், சூழ்த்து செயல்

Azhivadhuum avadhuum aahi vazhibayakum
oodhiyamum Suzhndhu seyal

Before carrying out any scheme examine it
carefully, the initial expenditure involved, the general
benefit expected and probable future profit, and
then proceed to act.

★ ★ ★

தெரிந்த இயத்தோடு தேத்து, எண்ணிச் செய்வார்க்கு,
அரும்பொருள் யாதென்தும் இல்

Therindha inathodu therndhu, ennicheivarkku
Arumporul yadhondrum ill

For a king who before acting consults his chosen
counsellors and then himself carefully examines
the scheme, there is nothing impossible to achieve.

★ ★ ★

ஆக்கம் கருதி, முதல்இழக்கும் செய்கினை,
ஊக்கம் அழிவுடை யார்

Aakam karudhi mudhalizhakum cheivinal
ookar arivudai yar

The person in greed expecting enormous profit
and hastily launching his scheme without due
deliberation, will lose even his initial capital. The
wise abstain from such a rash affair.

★ ★ ★

தெளிவு இதைனைத் தொடங்கார் இயிவுஎன்னும்
ஒதப்பாடு அஞ்சு பவர்

Thelivu iladhanai thodangaar illivuennum
Edhapaadu anju bavar

A person, who naturally fears failure that may
bring on reproach, will never begin a work whose
future is not quite clear despite due deliberation.

★ ★ ★

வகையறச் சூழாது எழுதல், பகைவரைப்
பாத்திப் படுப்பதுஓர் ஆறு

Vahaiyara suzhadhu ezhudhal pahaivarai
Paathi padupadhor aaru.

Without carefully examining all aspects of the
course of action he is to pursue, if a king hastily
marches against his foe, it is but a sure way of
planting the foe firm in the ground where he will
grow in strength. Taken by surprise, the rash king
finds his foe gain a position of vantage.

★ ★ ★

செய்தக்க அகல் செயக்கெடும், செய்தக்க
செய்யாமை யானும் கெடும்

Seidhaka alla seyakedum, seidhaka
selyaamai yaanum kedum

If a king begins anything which ought not to be
done, it will end in ruin. Things which he ought to
do, if he leaves undone will equally bring ruin.

★ ★ ★

எண்ணித் துணிக கருமம், துணித்தபின்
எண்ணுவம் என்பது இழுக்கு

Enni thuniha karumam, thunindhabin
ennuvam enbadhu izhuku

Think first and then make bold to begin the
work. If you say, "Let me start the work. Later on
I can think about it", surely you shall court disgrace.

★ ★ ★

ஆற்றின் வருத்தா வருத்தம் பணிநின்று
போற்றினும், பொத்துப் படும்

Aatrin varundhaa varutham palamindru
Potrin pothu padum

If a person, without carefully examining the
correct method as to the efficient means to be
adopted, toils and strives to achieve it with a number
of men who help him, even then that work will end
in frustration.

★ ★ ★

நன்றுஆற்றல் உள்தும் தவறுஉண்டு; அவர்அவர்
பண்புஅறிந்து ஆற்றாக் கடை

Nandruaatral ullum thavarundu avaravar
panbarindhu aatrak kadai

Even when a proper method is adopted in achieving
a thing, a mistake may occur if you do not take
into consideration the character of the foe.

★ ★ ★

என்னாத எண்ணிச் செயல்வேண்டும்; தம்மொடு
கொன்னாத கொன்னாது உரை

Elladha enni seyalvendum; thammodu
kolladha kollaadhu ulahu

A king must carefully examine and begin only such
work that will not be ridiculed by the public. The

people will never approve of a course of conduct
which would be unbecoming and inconsistent with
his dignity.

★ ★ ★

வினைவலியும் தன்வலியும் மாற்றான் வலியும்
துணைவலியும் தூக்கிச் செயல்

vinaivaliyum thanvaliyum matran valiyum
thunaivaliyum thooki seyal

The power that may be required to achieve his
plan, his own power, the power of the enemy and
the power of his allies, he should weigh carefully
all these before he goes to war. Without having a
clear comparative knowledge of the forces on his
side and the forces against him he should not hastily
declare war.

★ ★ ★

ஒல்வது அறிவதுஅறிந்து அதன் கண்தங்கிச்
செல்வார்க்குச் செல்வாதது இல்

olvadhu arivadhuarindhu adhan kanthangich
selvarku selladadhu ill

'With a clear knowledge of the object aimed at and
of adequate means to achieve the same, if a person
decides to act, there is nothing impossible for him
to achieve'.

★ ★ ★

உடைத்தம் வலிஅறியார், ஊக்கத்தின் ஊக்கி
இடைக்கண் முறிந்தார் பரை

udaitham valiyariyar, vookathin ooki
idaikan murindhar palar

'Many a king was routed in the middle of the
operations because he hastily went to war without
a clear and comparative knowledge of his own
strength'.

★ ★ ★

TNSC BANK - 93 YEARS OF USEFUL SERVICE

The Tamil Nadu State Apex Co-operative Bank Ltd., was started in November 1905 and has completed 93 years of useful service to the co-operatives in Tamil Nadu. The Bank has been playing a vital and significant role in the dispensation of agricultural credit, both short term and medium term and has contributed in a big way to the "Green Revolution" in the State. It has also contributed to a greater extent to the progress of the co-operative sugar Mills and Spinning Mills by providing working capital refinance. The role of the Apex Bank in the service of the Primary Weavers Co-operative Societies and Co-optex is significant. Similarly, the Apex Bank has been playing a major role by providing refinance facility for the successful running of the Public Distribution System in the State.

SHARE CAPITAL

The Authorised share capital of the bank is Rs.50 crores. The Share Capital of the Bank on 31.8.99 is Rs.24.15 crores as against Rs.18.74 crores as on 31.8.98. The Government of Tamil Nadu have contributed a sum of Rs. 1.26 crores in the share capital of the Bank.

RESERVE FUND AND OTHER RESERVES

The Reserve Fund of the Bank as on 31.8.99 amounted to Rs.85.77 crores as against Rs.80.62 crores as on 31.8.98. The amount available in the Agricultural Credit (Stabilisation) Fund was Rs.52.31 crores as against Rs.48.53 crores as on 31.8.98 and other reserves amounted to Rs.38.70 crores. Reserve fund and other reserves amounted to Rs.178.78 crores.

DEPOSITS

The deposits of the bank as on 31.8.99 stood at Rs.2279.90 crores as detailed below :

- | | |
|-------------------------------|---------------------|
| 1. Individual and Institution | Rs. 409.60 (17.97%) |
| 2. Co-operatives | Rs.1870.30 (82.03%) |

as against Rs.1942.18 crores as on 31.8.98. The increase in deposits amounted to Rs.337.72 crores registering a growth of 17.39%.

BORROWINGS

The borrowings of the Apex Bank stood at Rs.416.19 crores as on 31.8.99

A major portion of the borrowings was raised from the NABARD. It has sanctioned:

- a limit of Rs.273.65 crores on behalf of the DCCBs under ST SAO for the year 1999-2000 and our borrowings as on 31.8.99 is Rs.24.10 crores.
- our borrowings from NABARD under medium term conversion loans sanctioned to CCBs amounted to Rs.12.91 crores as on 31.8.99
- a limit of Rs.351.62 crores for the year 1999-2000 for financing Primary Weavers Co-operative Societies (PWCs) through DCCBs and borrowings as on 31.08.99 is Rs.141.50 crores.
- a limit of Rs.149 crores to the Apex Bank on behalf of the CO-OPTEX for the year 1999-2000 for procurement of handloom and powerloom cloth and trading in yarn. The borrowings as on 31.8.99 is Rs.94.50 crores.

The NABARD is also providing necessary guidelines and assistance to the SCB/CCBs in formulating various schemes in addition to providing financial assistance for implementation of various programmes like non-farm sector/IRDP/MAP/Bio-gas Development Programme etc.

i. The borrowings from the NABARD under the schematic lending amounted to Rs.105.84 crores as on 31.8.99

ii. The borrowings from NABARD for financing non farm sector activities amounted to Rs.10.91 crores as on 31.8.99

The National Co-operative Development Corporation (NCDC) has come forward with a scheme to improve the storage capacity in Tamil Nadu under World Bank Storage Project III Assistance. The Apex Bank has been identified as an implementing agency. The TANFED, CO-OPTEX, SAGOSERVE, INCOSERVE, various co-operative spinning/sugar mills besides 134 PACBs were very much benefited by the assistance. The borrowings from NCDC as on 31.8.99 was Rs.5.56 crores.

The Apex bank is availing refinance for construction of hospitals, hotels, nursing homes etc. from the Small Industries Development Bank of India (SIDBI). The advances made to the Development Bank of India (SIDBI). The advances made to the Small Road Transport Operators through the CCBs and Urban banks are also refinanced by the SIDBI. For the year 1998-99 SIDBI has sanctioned a limit of Rs.5 crores and the outstanding borrowings as on 31.8.99 was Rs.7.89 crores which includes the amount of borrowings relating to previous years also.



INVESTMENTS

The Bank's investments in Government Promissory Notes (both Central and State). Debentures of the State Land Development Bank, bonds of the TNEB and other Trustee Securities, shares etc. aggregated to Rs.787.87 crores as on 31.8.99 as against Rs.500.09 crores as on 31.8.98.

ADVANCES

The total advances of the Bank stood at Rs.1172.52 crores as on 31.8.99 as against Rs.1329.43 crores as on 31.8.98.

In addition to routing the funds provided by NABARD for financing seasonal agricultural operations, medium-term agricultural loans, medium-term conversion loans and weavers finance, the bank has been advancing for various non-agricultural purposes from its resources to the DCCBs. Apex Co-operatives etc.

a) The Apex Bank has sanctioned limits aggregating Rs.674.26 crores to CCBs for various Non-Agricultural purposes such as Jewel loans, Employees Societies, Spinning Mills, Sugar Mills, Wholesale Stores, Public Distribution System etc. The DCCBs have availed Rs.210.67 crores at the end of August 1999. The purpose-wise limits sanctioned and the outstanding as on 31.8.99 are furnished below:

purpose	(Rs. in crores)	
	Limit	Outstanding
1. Employees Societies	111.20	30.50
2. Public Distribution System	32.37	16.51
3. Non -PDS	20.30	8.86
4. Jewel loans through PACBs	366.70	135.40
5. Jewel loans through branches of CCBs	118.25	10.10
6. Jewel loans through CUBs	5.20	0.50
7. Spinning Mills	--	--
8. Sugar Mills	20.24	8.80
Total	674.26	210.67

b) The Bank has sanctioned a cash credit limit of Rs.2.50 crores to TANSI under consortium basis where Canara Bank is the leader and the outstanding as on 31.8.99 is Rs.2.23 crores. The Apex Bank has retained a sum of Rs.5 crores under Food Credit Consortium with State Bank of India, Mumbai, which is the leader of the consortium. The Apex Bank has sanctioned Term loan of Rs.20 crores to Kallakurichi Co-operative Sugar Mills Unit II. The Bank has sanctioned a cash credit limit of Rs.4.60 crores to Arignar Anna Sugar Mills under Consortium basis where IOB is the leader.

c) The Bank has been providing direct term finance to Spinning/Sugar mills in the State. It has also been providing project finance pending disbursement of loans by IDBI/IFCI/ICICI. The Bank has been accepting usance bills by the Spinning/Sugar mills for purchase of machinery under deferred payment terms.

d) The Bank has sanctioned cash credit limits directly to the following Apex Co-operative Institutions for the year 1999 and the limits sanctioned and the outstanding as on 31.8.99 are indicated against each:

Sl. No.	Name of the Institution	Limit sanctioned	Out standing Rs. in crores
1.	T.N.Co-op.State Land Dev. Bank	1.00	NIL
2.	T.N.Co-op. Marketing Federation	10.00	NIL
3.	T.N.Consumers Co-op. Federation	1.00	0.60
4.	T.N.Industrial Co-op. Bank	--	--
5.	T.N.Co-op. Housing Federation	--	--

e) The Bank has sanctioned a term Loan of Rs.75 crores to the Tamil Nadu Co-operative Housing Federation as on 31.8.99

WORKING CAPITAL

The Working capital of the Bank increased to Rs.2997.40 crores as on 31.8.99 as against Rs.2570.22 crores as on 31.8.98.

AGRICULTURAL AND RURAL DEBT RELIEF SCHEME 1990

The Apex Bank submitted a claim for Rs.211.21 crores under the scheme on behalf of the DCCBs in the State to NABARD. Out of which the NABARD has released Rs.203.18 crores to the Apex Bank.

NON-RESIDENT INDIAN ACCOUNTS

With a view to mobilising deposits from the Non Resident Indians and to extend the Banking facilities the Bank had obtained licence from the RBI to introduce Non-Resident (Ordinary) A/c and Non-Resident (External) A/c. This scheme has been introduced in 7 select branches in the first phase.

AFFILIATES DEVELOPMENT PROGRAMME

- The Bank is providing 50% subsidy to PACBs selected in Intensive Development Programme for putting up of modern banking counters and provision of furniture and fittings. The total subsidy provided by the Bank amounted to Rs.42.74 lakhs benefiting 787 PACBs upto 31.8.99.
- The Apex Bank has supplied vehicles to all CCBs to enable them to make use of the same for effective collections at a cost of Rs.428.23 lakhs.
- The Apex Bank has supplied 150 jewel safes to 150 PACBs to enable them to diversify their activities at a cost of Rs.60 lakhs.
- The Apex Bank has provided Computers & Printers, air conditioners, UPS etc. to all the DCCBs to computerise their operations at a total cost of Rs.32 lakhs.
- The Apex Bank has supplied Electronic photo copier to all the CCBs at a total cost of Rs.20.07 lakhs.
- The Apex Bank is paying the premium towards the corpus fund for the deposits mobilised by the PACBs from the year 1991-92. The total premium paid by the Apex Bank upto 31.8.99 aggregated to Rs.71.67 lakhs.

CREATION OF PRIMARY CO-OPERATIVES DEVELOPMENT FUND

In order to strengthen the Primary Co-operatives in the State, "Primary Co-operatives Development Fund" has been created at the Apex Bank level. The Apex Bank and DCCBs are to contribute 5% of their net profit from the year 1990-91. The balance as on 31.8.99 amounted to Rs.908.18 lakhs.

BRANCHES

The Bank is catering to the needs of the public in Chennai through its network of 40 Branches situated in an around the city.

PROFIT

The Bank earned a net profit of Rs.3.17 crores for the year 1998-99 as against Rs.15.07 crores for 1997-98.

DIVIDEND

The Bank has paid a dividend of 15% for the year 1996-97.

DEVELOPMENT ACTION PLAN

As desired by the Government of India/NABARD, the Apex Bank requested all the DCCBs to prepare Development Action Plans for a period of five years, i.e., from 1994-95 to 1998-99. Accordingly, the DCCBs have prepared Development Action Plans for themselves and for all PACBs functioning in their area of operation. Based on the above, the Apex Bank has prepared a State Action Plan.

The Apex Bank and the State Government have signed Memorandum of Understanding (Mou) with NABARD assuring successful implementation of the Development Action Plan in the State. District Level Monitoring and Review Committees have been constituted to review the progress made by the DCCBs and the PACBs under DAP. A State Level Monitoring Committee has also been constituted by the State Government under the Chairmanship of the Secretary to Government, Co-operation, Food and Consumer Protection Department, Government of Tamil Nadu. The above Committee meets once in a quarter to review the progress made in the implementation of various covenants of the Mou as well as the progress made under DAP by the Apex Bank, DCCBs and the PACBs.

★ ★ ★

TTDC 'Gold Card Scheme'

The Tamil Nadu Tourism Development Corporation (TTDC) introduces a 'gold card scheme' for the benefit of tourists from January 1, 2000 coinciding with the millennium year celebrations.

The gold card will enable the tourists to avail themselves of 20 percent discount in accommodation charges at all the TTDC Hotels except those in Hill Stations where a rebate of 10 percent will be allowed during off-season.

Concessions in boat hire charges and catering will also be extended to the card holders.

The cards can be bought on payment of Rs.1000 from the TTDC Head Office at Chennai or at any of its Hotels.



The Tamil Nadu State Palmgur and Fibre Marketing Co-operative Federation is functioning for the following motivations.

- ★ To develop the activities of Palmgur Industry in the State level.
- ★ For the development of the District Federations and to Primaries, the State Federation would give valuable suggestions, technical ideas, marketing technology and support for their uplift.
- ★ Technical problems will be solved by way of carrying out some Research work.
- ★ Introducing new technological points through Palmgur, Coconut and Date Palm artisans.
- ★ Providing trainings to the village artisans for knowing the technical points through Regional Palm Products Training Centre.
- ★ New technological points will be utilised for the production which would help to increase the sales.

Tamil Nadu State Palmgur and Fibre Marketing Co-operative Federation

- ★ Local sales and Exports will be carried out in large scale.
- ★ The demand of the foreign buyers will also be provided.
- ★ Action will be taken to get more traders.
- ★ Tappable trees will be utilised by utilising the artisans available in the surrounding areas of the JMCS's and a complex will also be formed for the development of the Palmgur Industry.
- ★ Required funds will be availed from the Khadi and village Industries Commission for developing the Palmgur Industry through Tamil Nadu Khadi and Village Industries Board and Tamil Nadu Palm Products Development Board.
- ★ The Loan amount sanctioned will be collected from the respective artisans and the same will be remitted back to the Mumbai Khadi and Village Industries Commission.
- ★ Participating in the Government schemes being newly introduced by the Government of Tamil Nadu.
- ★ Implementing the Amendments passed in the By-laws of the Tamil Nadu State Palmgur and Fibre Marketing Co-operative Federation.

There are 22 branches working under the control of this State Federation. All seven District Federations are functioning under the control of Tamil Nadu Palm Products Development Board, Chennai. 1171 JMCS has also been Registered and functioning in this State.

ADMINISTRATION

The Tamil Nadu Government has recently conducted an election for the apex level Co-operative organisation and an administrative Board with a Chairman and 21 Board of Directors have also assumed charge on 31.8.99. Hence the post of Speical Officer has been abolished and Managing Director has been posted who control the administration work of this State Federation.

136 staffs are working in the State Federation. All the Palmgur artisans are disposing the manufactured articles to the JMCS in their surroundings for reasonable prices. In turn the JMCS taking effective steps to sell the entire edible and the non edible palm products on bulk basis. During the year of 1998-99. The State Federation has produced Rs.208.43 lakhs worth of palm products and Rs.266.13 lakhs of palm products have been sold. Rs.87.89 lakhs worth of palm fibre was also exported to various Countries.

There are three palm sugar plants functioning under the control of the State Federation. By running this sugar plants, direct employment at Mathur, Kada- pakkam and Kumarappapuram are being provided to 525 palmgur artisans during the peak season.

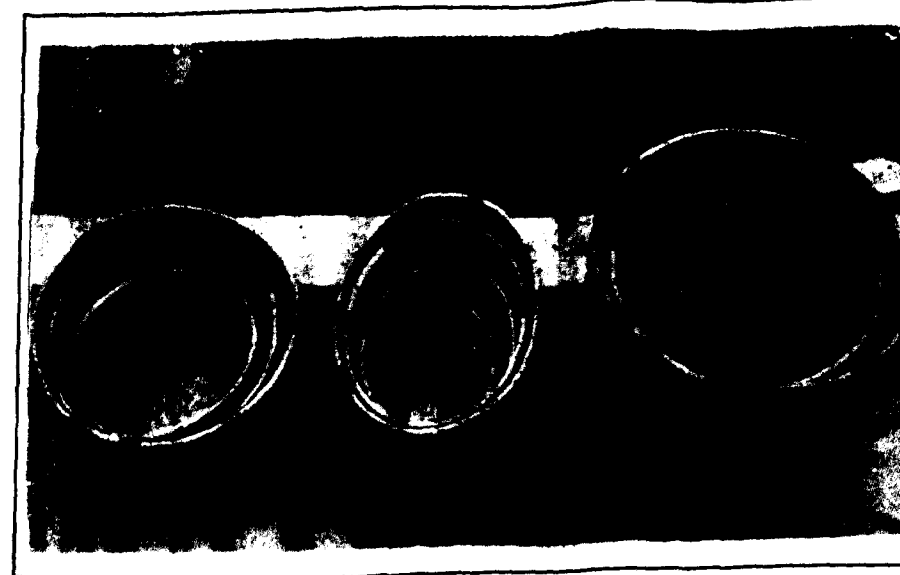
During the year 1998-99 under Part II Scheme, machinaries for processing the coco fibre was allotted by the Government of Tamil Nadu with the grant of Rs.3 lakhs and it is functioning at the Colachel fibre centre.

During the year 1997-98 under Part II Schemes a sum of Rs.2 lakhs was allotted for starting up coco brooms centre at Thiruchitrabalam in Pudukottai District. The produced coco brooms are being supplied to Chennai and to other corporations in the District level. For the current Financial year of 1999-2000, the Government of Tamil Nadu has provided pre-pac machine and cooler for increasing the sales of neera during the season time under Part II schemes.

The variety of edible and non-edible palm products being produced are sold in the out-lets in Chennai City and in other Districts of Tamil Nadu.

Target has also been fixed for production and sales for the current year 1999-2000 as noted below.

Year	Target	
	Production	sales
	Rs. in lakhs	
1999-2000	438.36	507.45



The State Federation is taking effective steps, for achieving the target fixed. The State Federation participates in all the exhibitions being conducted by the Government and in Co-operatives almost in all the places of Tamil Nadu.

For developing and to give employment opportunities palm products training at Regional level are being provided at Cuddalore.

★ ★ ★

பெருஞ் செல்வவாழ்க்கையையும் வறியராய் இரந்துண்பர்;
ஆதலின் செல்வம் நிலைபெறுபதன்று.

அறுகவை உண்டி அமர்ந்தில்லார் ஊட்ட
மறுசிகை நீக்கி உண்டாரும் - வறிகுராய்ச்
சென்றிரப்பர் ஓரிடத்துக் கூழ்எனிக் செல்வம் ஒன்
றுண்டாக வைக்கற்பாற் றன்று.

Who today dine luxuriously tomorrow beg.

Those who ate erewhile, course after course,
food of six flavours, supplied by thier complaisant
spouse, now roam as paupers and beg a mess of
pottage here and there; if so, let wealth be counted
as a thing of nought.

★ ★ ★

செல்வமானதுபாவிடத்தும் நிலைப்பதன்று; ஆதலால்
அதுஉண்டான பொழுதே பாத்துண்க!

துகடப் பெருஞ்செல்வத் தோன்றியக்காற் றொட்டுப்
புகடு நடத்தகூழ் பல்வாரோ டுண்க!
அகடுற யாழ்மாட்டு நில்லாது செல்வம்
சுடக்கால் போல வரும்.

Wealth abides not, share it and enjoy.

When you own ample wealth acquired by
blameless means, with many sharing eat the grain
that steers have trodden out! In centre poised
prosperity stands with no man, but revolves like the
waggon's wheel.

★ ★ ★

தால்வகைச் சேனைகளை உடையவராய் வாழ்த்த
அரசர்களுங் கெடுவர்.

யானை எருத்தம் பொலியக் குடைநிழற்கீழ்ச்
சேனைத் தலைவராய்ச்

சென்றோரும்-ஏனை
வினைஉட்ப வேறாகி வீழ்வந்தாய்
கொண்ட

மனையானை மாற்றார் கொன.

Mighty warriors fall.

Those who rode resplendent forth
on the neck of an elephant, beneath
the state umbrella's shade, as the
leaders of the horse, when 'other deeds'
destroy, shall change and fall, while foes
lead away their wives as captives.

★ ★ ★

செல்வம்பில்லாது ஆகலானும், மரணம் உண்டாம்
ஆகலானும், வினாத்து அறஞ்செய்து உய்க!

நின்றன நின்றன நில்லா என உணர்ந்
தொன்றின ஒன்றின வல்லே செறிற் செய்க;
சென்றன சென்றன வாழ்நான், செறுத்துடன்
வந்தது வந்தது கூற்று!

Do your duty, knowing the instability of all
things. Time flies! Death comes!

The things of which you said, 'they stand, they
stand, 'stand not; mark this, and perform what befits,
yea! what befits, with all your power! Your days are
gone, are gone! and death close pressing on is come,
is come!

★ ★ ★

யாதாவினும் ஒருபொருள் கிடைக்கின் அதுநில்லாது;
ஆகலின் கிடைத்தபொழுதே அறஞ்செய்தவர் விடுபெறுவர்.

என்னானும் ஒன்றுதம் கையறப் பெற்றக்கால்
யின்னாவ தென்று பிடித்திரார்-முன்னே
கொடுத்தார் உயப்போவர் கொடிக் கூற்றம்
தொடுத்தாறு செல்லுஞ் சுரம்.

Give before death comes

When you have gained and hold in hand any
single thing, retain it not with the thought, 'This will
serve some other day! Those who have given
betimes shall escape the desert road along which
death, an unyielding foe, drages his captives away.

★ ★ ★

NALADIYAR

LONG-TERM LENDING BY AGRICULTURE AND RURAL DEVELOPMENT BANKS

The Long-term Co-operative Credit Structure is a two tier one with the Tamil Nadu Co-operative State Agriculture and Rural Development Bank Ltd., at the State Level and 181 Co-operative Primary Agriculture and Rural Development Banks at the Taluk/Block level. These credit institutions are providing credit to the members for development purposes like minor irrigation, cultivation of horticulture and plantation crops, poultry keeping, Dairying, Sheep breeding, tyre carts, sericulture etc. on schematic basis. Besides, keeping the welfare of public, the Co-operative Primary Agriculture and Rural Development Banks are also providing long term credit under normal lending programme for purposes like repairs to wells, laying of

pipelines, purchase of tractors, power tillers, construction of cattle sheds, farm house etc. The period of repayment of such loans ranges from 3 to 15 years.

**Tamil Nadu Co-operative
State Agriculture and Rural
Development Bank**

The Tamil Nadu Co-operative State Agriculture and Rural Development Bank raises the needed fund for loaning

operations through floatation of Ordinary and Special Development Debentures. The Ordinary debentures are subscribed by State and Central Governments, Life Insurance Corporation of India, State Bank of India and its groups. Commercial Banks, Tamil Nadu State Apex Co-operative Bank and other State Agriculture and Rural Development Banks. The Special Development Debentures are subscribed by NABARD, State and Central Governments.

The Tamil Nadu Co-operative State Agriculture and Rural Development Bank is publishing a monthly journal "Nilavalam" as an extension service to farmers. The Bank is running one NABARD assisted Junior Level Training Centre at Chennai for giving training to the staff of Primary Agriculture and Rural Development Banks and State Agriculture and Rural Development Bank to update their knowledge and skill for qualitative improvement of the working of the Banks.



Co-operative Primary Agriculture and Rural Development Banks

The needed funds for long-term credit of Primary Agriculture and Rural Development Banks are being channelised by the Apex institution (viz). The Tamil Nadu Co-operative State Agriculture and Rural Development Bank.

The details of long-term loans issued by Primary Agriculture and Rural Development Bank are given below:

(Rupees in crores)

Details of Plan Period	Year	Programme	Achievement
(1)	(2)	(3)	(4)
IX Plan	1996-97	200.00	205.55
	1997-98	226.00	191.60
	1998-99	248.60	212.51

It has been programmed to issue long-term loans under Schemes and Normal to the extent of Rs.247.60 crores and Rs.1.00 crore respectively during 1999-2000.

Financing of Non-Farm Sector

The Primary Agriculture and Rural Development Bank have also undertaken financing of rural artisans, handicraftsmen, small scale entrepreneurs etc, under Non-Farm Sector, since 1990-91 onwards. Under such financing the rural people are benefitted to a great extent in augmenting their income through gainful employment. The NABARD provides 100% refinance under their scheme. The maximum individual credit limit under the scheme is fixed at Rs.2 lakhs under composite loan and at Rs.15 lakhs under integrated loan.

Loan to Weaker Sections of Society

The details of loans issued during the IX Plan period are as follows :
(Rs. in crores)

Year of Issue	Total loans issued	Loans issued to weaker sections	% of loans issued to weaker sections to total loans issued
(1)	(2)	(3)	(4)
1996-97	205.55	37.09	18.0%
1997-98	191.60	36.83	19.2%
1998-99	212.51	40.89	19.2%

It is programmed to issue loans under Non-Farm Sector, to the extent of Rs.101 crores during the year 1999-2000.

Loans to Small Road Transports

The Primary Agriculture and Rural Development Banks are permitted to provide loans to individuals and group of individuals including Co-operative enterprises in rural areas for purchase of both goods carriers and passenger vehicles including Auto rickshaws whose gross vehicle weight does not exceed 16.2 tonnes. As such, now financing for mini lorries, pick-up vans, passenger vans, cars and auto rickshaws registered as public goods/passenger carriers with the Regional Transport authorities can be done under NFS Scheme of "Small Road Transport Operators" for transport of farm/industrial produce and passengers. The loan under the above scheme is fixed at 85% of the unit cost, which includes the cost of chassis, cost of body building, taxes etc.

Assistance from the Failed wells Compensation Scheme

A Scheme called "Failed Wells Compensation Scheme" is under implementation in this State with effect from 1.7.1986. Under the scheme, the small farmers, marginal farmers, farmers belonging to Scheduled Caste / Scheduled Tribes who may take up sinking of wells with loan assistance from Primary Agriculture and Rural Development Banks, Commercial Banks and Regional Rural Banks are eligible for 100% subsidy from the Failed Wells Compensation Scheme, in case such wells have failed. This principal subsidy will be shared equally by the State and the Central Governments and the interest is to be shared equally by the financing bank and the NABARD in respect of schematic lendings. In respect of non-schematic lendings, interest has to be waived by the financing bank from its own funds. From 1993-94 onwards, the Central Government have stopped assistance towards this scheme. However the State Government continues to implement the scheme. ★

Any Festival... Any season...

Any time...

Co-optex *Verified m*



Co-optex ranges:

- Cotton, Silk, Polyester and Blends
- Sarees • Dress Material • Suitings
- Shirtings • Lungis, Towels, Dhotis
- Furnishings, Bedsheets

Co-optex
TAMILNADU HANDLOOMS

• Visit your nearest Co-optex Showroom.

Tamil Arasu

