

Tamil Arasu

MARCH 1997 Rs. 3



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(A Government of Tamil Nadu Enterprise)

Regd. Office : No.84, T.T.K. Road, (Near Alwarpet Signal), Alwarpet,
Chennai - 600 018. Phone : 4997689, 4995648.

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Tamil Arasu

Magazine of the Government of Tamil Nadu

MARCH - 1997

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JUSTICE M.FATHIMA BEEVI
HER EXCELLENCY
THE GOVERNOR OF TAMIL NADU

Justice M.Fathima Beevi, former Judge of the Supreme Court of India, was born on April 30, 1927 at Pathanamthitta in Kerala. Had school education at her home town and college education at Trivandrum. Graduated in Science in 1947 and in Law in 1949. Enrolled as Advocate on 14.11.1950 and practised in the Courts in Kerala until joining Subordinate Judicial Service as Munsiff in 1958.

Served in various capacities as Munsiff, Subordinate Judge, District/Chief Judicial Magistrate, District and Sessions Judge in different parts of the State. Was appointed Judicial Member of the Central Income Tax Appellate Tribunal in 1980 and elevated as Judge of the Kerala High Court in 1983; Retired in April 1989 and thereafter in October 1989 was appointed Judge of the Supreme Court of India. First Woman to hold this position in India and the first Muslim woman to be the Judge of the apex Court in the world. After retirement from the Supreme Court, nominated as Chairperson of the Kerala State Commission for Backward Classes. National Human Rights Commission was constituted in October, 1993. Joined the Commission as member in November, 1993.

Career started from the grassroot level and had occasion to deal with all branches of law in different capacities.

Associated in social work and women's development. Has received several awards, including honorary degree in D.Litt. Travelled wide in India and abroad. She took over the charge as the twentieth Governor of Tamil Nadu on January 25, 1997.



Tamil Nadu Government is Committed to Health Care

The Third Annual Convention of the Indian Academy of Echocardiography was inaugurated by the Hon'ble Chief Minister, Kalaingar M.Karunanidhi, at the Sri Ramachandra Medical College, Chennai on 24.1.97.

The Chief Minister said that the Government was committed to health-care of the masses and several diseases had either been controlled to the maximum extent or eradicated. The role of private hospitals was commendable as they supplemented the efforts of the Government in providing health-care to people. The Government alone could not cater to the increasing health care needs of the people and hence the growth of private hospital was a welcome trend. The incidence of diseases along with population, the number of doctors and hospitals also increase, he added.

The Hon'ble Minister for Health, Thiru Arcot N.Veerasamy, releasing a scientific book, said

in terms of facilities, the Government hospitals in the State were superior to leading private hospitals. In Tamil Nadu a record of Rs.800 crores had been spent in a year on health-care alone. Last year, Rs.20 crores was allotted for the purchase of modern equipment.

He sought the support of doctors in the efforts of the Government in improving the hospital services in the State; steps like round the clock PHC service and extension of OP time had been introduced as part of these efforts. Echocardiography was a cheaper alternative diagnostic methods like angiography, he added.

Dr. Ketan Desai, President, Medical Council of India, said that medical care had become very expensive in the country.

Dr. S. Thanikachalam, Cardiologist and Organising Secretary, Dr. K. Chandrasekar, Thiru Kamal Hasan, film actor and Dr. Alagesan spoke on the occasion.

NATIONAL LEPROSY ERADICATION PROGRAMME

Leprosy is an ancient disease and still one of the most misunderstood diseases, social prejudice, superstition and fear continue to obstruct the early detection of cases in the society. Advent of Multi Drug Treatment promises a bright future and offers a possible hope for elimination of Leprosy as a public health problem in the country.

Present Situation in Tamil Nadu

Tamil Nadu has a population of 55.6 million as per 1991 census out of this 36.6 million people live in rural areas and 19.0 million people live in urban areas.

Tamil Nadu was a high endemic state for leprosy in India with a prevalence rate of 11.8 per 1000 during 1983 with a case load of 5.8 lakhs. M.D.T. was introduced (composite North Arcot District) in 1983 and later extended to other Districts in a phased manner. The case load as on 31.01.97 in Tamil Nadu was 51824 cases of which 13312 (25.7%) were Multi Bacillary and 38512 (74.3%) were Pauci-bacillary accounting for a prevalence rate of 0.9/1,000 as on 31.01.97. The achievements in performance to control leprosy during the decade has been remarkable. The prevalence has been brought down to 0.9/1000 from 11.8/1000 in a period of 13

years.

Objectives:

The National Leprosy Control Programme is in operation since 1955 with the main-objective of controlling the leprosy through domiciliary sulphone treatment. The control programme was redesignated as National Leprosy Eradication Programme (NLEP) in 1982 with the goal of total elimination of Leprosy in Tamil Nadu by the Year 2000 A.D.

The dramatic reduction in prevalence from 11.8 in 1983 to the present 0.9/1000 is due to effective diagnostic supervision by the specialist services in leprosy coupled with the impact of the wonder drugs of M.D.T.

The active involvement of voluntary organisations in all these

activities are encouraged. Motivation for retrieval of absences, healthy contact work and survey work are also being done.

Organisation Structure:

Additional Director of Medical and Rural Health Services (Leprosy) is incharge of the Programme. He is responsible for planning and development of the programme.

The District Leprosy Officer is incharge of the programme in the District. Government Leprosy Control Units, Urban Leprosy Units, Temporary Hospitalisation Wards and Voluntary Organisations are under the control of District Leprosy Officer.

KNOWN CASES AND PREVALENCE

Year	Known Cases			Prevalence per 1000
	MB	PB	Total	
31.3.88	67739	359749	427488	8.8
31.3.89	69418	272391	341809	7.1
31.3.90	68629	187681	256310	5.3
31.3.91	56153	119874	176027	3.1
31.3.92	42771	74513	117284	2.1
31.3.93	27098	47171	74269	1.3
31.3.94	17197	37192	54389	0.97
31.3.95	14378	36151	50529	0.908
31.3.96	13488	29723	43211	0.7
31.1.97	13312	38512	51824	0.9

The staffing pattern of each Government Leprosy Control Units are:

Medical officer	...	1
Non Medical		
Supervisor	...	4
Leprosy Inspectors	...	20
Health Educator	...	1
Lab. Technician	...	1
Physiotherapy Technician	...	1

SET - (Survey Education and Treatment) is situated in rural areas covering the population of 20,000 and is manned by Leprosy Inspector. Urban Leprosy Centre covers a population of 30,000 to 50,000 in urban areas with one Leprosy Inspector. Temporary Hospitalisation Wards serves for treatment of

complications in leprosy like reaction, neuritis etc.,

School Survey

TamilNadu is pioneer among all other States in India in the performance of School Survey. School Survey is being conducted since 1977. It is done every year during July and August. The main reasons for success in the above activity is due to excellent cooperation offered by the Education Department Officials and Teachers.

Voluntary Organisation in Leprosy

Voluntary organisation supplement Government efforts in the eradication of leprosy. There are 33 Voluntary Organisations in Tamil Nadu. The Voluntary Organisations are engaged in case

detection, case holding and discharge of cured cases. Voluntary Organisations operate under the direction of NLEP and are subjected to the same type of monitoring and evaluation system. Some voluntary organisations organise training of staff and engaged in rehabilitation of Leprosy patients and reconstructive surgery.

Rehabilitation

10 Reconstructive Surgery Units and one Leprosy Rehabilitation and Promotion Unit are functioning under NLEP to cater to the physical and vocational needs of disabled patients. L.R.P.U. aims at providing vocation rehabilitation besides facilities for surgical correction of deformed/disabled Leprosy patients.

EFFORTS ON IN TAMIL NADU TO ERADICATE LEPROSY

Speaking at the Valedictory of the Leprosy Award and Intensive Case Detection Campaign on 28.2.97. The Hon'ble Minister for Health and Electricity Thiru Arcot N.Veerasingam said that over 2.99 crore persons throughout the State were screened by the Health Department under the National Leprosy Eradication Programme of which nearly 2.6 lakh persons were found to be infected with the disease.

He said every year nearly 66,000 persons were found to be afflicted by the disease and the

State Government was taking all steps to eradicate it soon. He lauded the efforts of the field staff of the Health Department, who conducted the survey.

He also added that the State Government had allocated Rs.1.60 crore to organise the detection programme and the drugs and other expenditure involved in the programme were provided by the World Health Organisation (WHO) and the Central Government.

A New Satellite Port at Ennore



A satellite port is coming up at Ennore about 20 km North of Chennai. The Chennai Port authorities are thinking in terms of shifting dusty cargo like coal and iron ore to Ennore in future.

The idea of establishing a new port at Ennore was conceived for handling coal meant for the North Chennai Thermal Power Project. The estimated cost of the project is Rs.593.90 crores with a Foreign Exchange component of Rs.307.58 crores. The Asian Development Bank has agreed to provide a loan for Rs.450.45 crores. The remaining amount will be funded by Chennai Port Trust. The total cost of the project is likely to be revised at the end of this year.

The project scheduled to be completed by December 1999 was conceived following a study conducted by M/s.RITES, a Government of India Undertaking which recommended rail-cum-sea mode as the least cost mode of transport for bringing coal from Kalinga Mines, Talcher, to the North Chennai Thermal Power Project at Ennore.

The main works involved are construction of two new berths for handling coal vessels upto 65,000 DWT size, capital dredging of approach channels and harbour basin, construction of breakwaters, groynes, on-shore civil works, utilities and amenities, procurement of floating crafts, navigational aids, etc.

M/s.Haskoning Royal Dutch Consulting Engineers and Architects, The Netherlands, have been appointed for the preparation of detailed design and construction supervision of the Project.

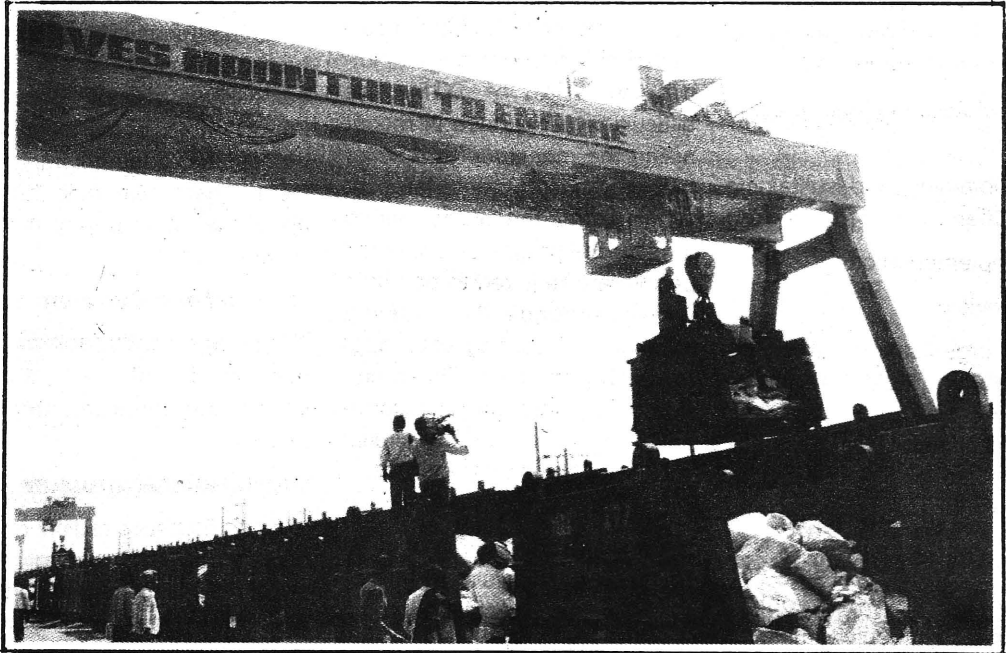
For construction of breakwater structures, a hilly quarry measuring about 40 acres at Karikkal near Arakonam has been taken on lease for the stone requirement. The site contains a hill with a total quantum of 12 million tonnes of stones. A Rs.119.52 crore contract to quarry 3.1 million tonnes of granite stones and transport the same to project site has been given to a Mumbai based firm. Transportation of boulders from

Karikkal quarry to Melpakkam transfer station is done by road and then by rail from Melpakkam to Ennore Port site.

To facilitate the transportation of stones from Melpakkam to Ennore, construction of railway siding at Melpakkam and Ennore at an approximate cost of Rs.15.20 crores was entrusted with the Southern Railway.

Transportation of rocks in skips loaded in bos type railway wagons commenced in November '96 and it is in progress. The State Highways and Rural Works Departments have taken up the work of widening and strengthening of the road between Karikkal and Melpakkam at an approximate cost of Rs.11 crores, which is nearing completion.

Out of the total extent of 2,500 acres of land required for the new port, about 1000 acres of land has already been acquired. The port will have two coal berths, each 560 metres to handle the ultimate coal requirement of 16.12 million tonnes per annum. The first berth is scheduled to be completed by September 1998 and the whole project is expected to be completed by the



Prohibition Campaign by Makkal Nala Paniyalargal

The Government of Tamil Nadu had decided to entrust the work of prohibition campaign to Makkal Nala Paniyalargal. In the recruitment of Makkal Nala Paniyalargal, it was decided to take back those who were appointed to these posts in 1989, if they expressed a desire to rejoin the post. They would be paid an Honorarium of Rs.500. The guidelines for their appointment would shortly be notified to District Collectors.

end of December 1999.

Officials of the Port Trust say that several industries in the Ennore and Manali belt, have started demanding that the Ennore Port should also handle LPG and hazardous chemicals as well as more coal from Andhra Pradesh and Karnataka. A Master Plan study is to be commissioned shortly to define the appropriate future development strategies for Chennai and Ennore Ports. The construction of breakwaters for Ennore Port will commence in June.

MANAGING THE CHANGE

TQM approach and implementation is a change process. **Managing change means taking control of the process** and shaping the direction of the change. To do this effectively, a structural approach would be required. This change can be viewed as four stage process.

- 1) Establishing the need to change
- 2) Obtaining and sustaining commitment.
- 3) Implementation
- 4) Review.

Any organization attempting to establish TQM has to go through the above steps and could face difficulties in one or more of the above processes. They are to be expected and have to be overcome for a safe journey. As everybody is aware, TQM is basically a people's movement, by people (employer & employees), for people (internal & external customers), through people (the process adopted by all concerned). Hence, in an ultimate analysis it will be seen that the difficulties are also caused by people. It could be from any quarter from top management to middle level management, to middle level management down to last level employees and it could occur at any stage from TQM awareness stage to review or auditing stage.

Clearly knowing our present status is an important requirement for establishing the need to

change. For this purpose, the factors to be considered are to be well defined and then measuring scale has to be agreed upon. TQM is a managed, measured process. If there is a lacuna in understanding the prime measurement factors, it is ascertained that at every stage of implementation of TQM, the difficulties will surface in recognising the measures to monitor the progress, or deterioration. While fixing the measures to monitor the progress concerned people are required to be taken into confidence by involving them and accepting valid suggestions and ideas. These can be decided through brainstorming sessions or quality circles which are again tools of TQM.

Once the process begins and the initial enthusiasm wears off and there is always a temptation to say we have achieved some good results- let us do something different. This should not be allowed to happen.

FORCES AGAINST CHANGE (ROAD BLOCKS)

Conflicting Measures

Measurements and standards that are not uniformly practised, would confuse and send conflicting messages. NOT knowing the real target can lead to no targets being met at all.

Complacency

We no longer need to change attitude is clearly a negative outlook and does not guarantee the

future.

Lack of Time

Time does not wait for any one. It is the organization to find time to start.

Fear

Doing things differently in future can imply that things are being done wrongly now. It is important to convince people that change does not imply criticism. There can also be fear about the future due to the proposed change.

Disbelief and Cynicism

Management's lack of commitment, sincerity will lead to disbelief and mistrust amongst people.

Organisational structure

In some cases radical rethink of structure is necessary for a successful implementation process.

While executing the implementation of TQM monitoring and controlling the progress ensures the allocated responsibilities are met by all concerned through out the company. The organisational structure, hence, has to include a steering group consisting of a representative from each functional group. Steering group meetings should be run separately from other meetings. The steering group develops policy and release resource activities.

Quality Improvement Plans (QIPs) are the key steps in mak-

ing quality improvement permanent and continuous improvement. QIPs are used by steering group.

An effective QIP, like any other company plan should contain all the necessary detail.

- ★ Priorities clear objectives and requirements.
- ★ Visibility of ownership
- ★ Resources required.
- ★ Links to other functional departments.
- ★ Targets, dates, milestones.
- ★ Points where communications are necessary.

QIP should necessarily focus on:

- ★ Education and Training.
- ★ Improvement opportunities.
- ★ Culture and style.
- ★ Communication.
- ★ Recognition.
- ★ Internal customer.
- ★ Business processes.

TQM tools to be employed in practicing TQM could be so chosen that would offer effective and perceivable results. The list of TQM tools is ever increasing and in fact any tool or process that would lead to improved customers satisfaction, continuous improvement, higher productivity, better employee participation and team work is regarded as a TQM tool. Total Quality MANAGEMENT IS NOT JUST about awareness of Quality. TQM demands the implementation of new systems. The quality delivery process is a genetic name for such a system.

An appropriate system of recognition and reward is critical to any company's TQM programme as it offers greater involvement to ordinary working people. People work for many reasons-for achievement, advancement, increased responsibility, recognition job interest as well as money. Both recognition and rewards have a powerful motivating effect on people at work. They enhance persons awareness of self worth and self esteem. The given recognition and rewards are gestures that recognise a person's uniqueness and human dignity. They also have a social value since they are often given in the presence of colleagues. The following are recognition and rewards guidelines for managers.

1. Managers should look for positive behaviour to recognize and reward rather than for negative conduct to criticize.

2. Manager should give recognition and rewards in a public way to maximise their impact and effectiveness.

3. Managers should strive to be open and genuine in the process of recognition and reward-giving. A single word of sarcasm or cynicism can ruin a recognition programme.

4. Managers should have a wide range of recognition and reward options to allow them to match the recognition or reward to the individual or special group involved.

5. Managers need to develop a sense of timing about recognition and rewards. Recognition

should be continual and rewards should follow hard in the heels of achievement.

6. Managers must remain impartial and evenhanded in giving out recognition and rewards. They should also be able to communicate exactly why individuals and groups are receiving awards. Ambiguities in this area create hard feelings and can be destructive of the very participative process they are intending to foster.

Understanding of TQM must be translated into commitment, policies, plans and actions for TQM to germinate. Making this happen requires not only commitment, but a competence in the mechanics of quality management and in making changes. Without a strategy to implement TQM through systems, capability and control, the extended effort will lead to frustration. The strategies should assure continuous improvement involving people at all levels of the organisational hierarchy. The message of Kaizen strategy is that not a day should go by without some kind of improvement being made somewhere in the company.

TQM is a part of holistic approach to progress. It is an ascendency as the year 2000 approaches. Total quality has the potential power to transform the tangrams into running figures liberating people at work to become more truly themselves and more creative.

Courtesy: Quality Focus
Jan:1997.

work

- Kahlil Gibran

You work that you may keep pace with the earth and the soul of the earth.

For to be idle is to become a stranger unto the seasons, and to step out of life's procession that marches in majesty and proud submission towards the infinite.

When you work you are a flute through whose heart the whispering of the hours turns to music.

Which of you would be read, dumb, and silent, when all else sings together in unison?

Always you have been told that work is a curse and labour a misfortune.

But, I say to you that when you work you fulfil a part of earth's furthest dream, assigned to you when that dream was born.

And in keeping yourself with labour you are in truth loving life.

And to love life through labour is to be intimate with life's inmost secret.

But if you in your pain call birth an affliction and the support of the flesh a curse written upon your brow, then, I answer that naught but the sweat of your brow shall wash away that which is written.

And to love life through labour is to be intimate with life's inmost secret.

You have been told also that life is darkness, and in your weariness you echo what was said by the weary.

And I say that life is indeed darkness save when there is urge.

And all urge is blind save when there is knowledge.

And all knowledge is vain save when there is work.

And all work is empty save when there is love.

And when you work with love you bind yourself to yourself, and to one another, and to God.



And what is it work with love?

It is to weave the cloth with threads drawn from your heart, even as if your beloved were to wear that cloth.

It is to build a house with affection, even as if your beloved were to dwell in that house.

It is to sow seeds with tenderness and reap the harvest with joy, even as if your beloved were to eat the fruit.

It is to charge all things your fashions with a breath of your own spirit.

And to know that all the blessed dead are standing about you and watching.

Often have I heard you say, as if speaking in sleep, "he who works in marble, and finds the shape of his own soul in the stone, is nobler than he who ploughs the soil".

"And he who seizes the rainbow to lay it on a cloth in the likeness of man, is more than he who makes the sandals for our feet."

It is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy.

But I say, not in sleep, but in the overwakefulness of noon tide, that the wind speaks not more sweetly to the giant oaks than to the least of all the blades of grass;

And he alone is great who turns the voice of the wind into a song made sweeter by his own loving.

Work is love made visible.

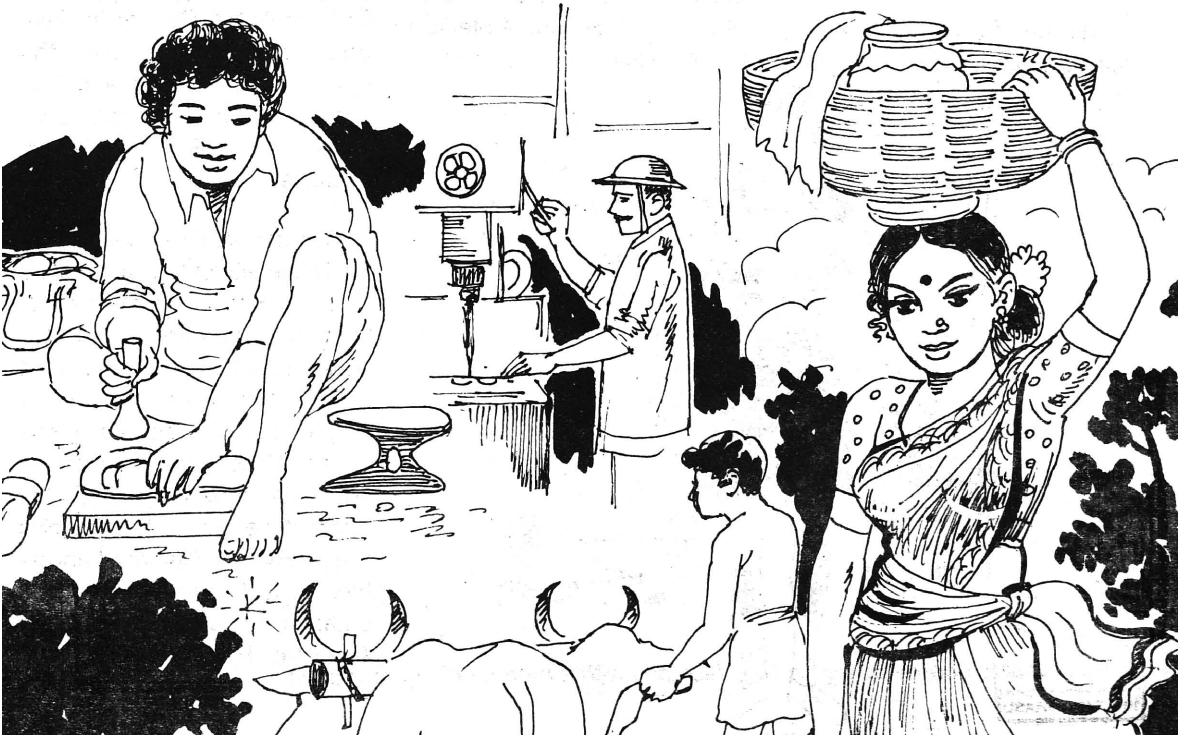
And if you cannot work with love but only with distaste

It is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy.

For if you bake bread with indifference, you bake a bitter bread that feeds but halfman's hunger.

And if you grudge the crushing of the grapes, you grudge distils a poison in the wine.

And if you sing though as angels, and love not the singing, you muffle man's ears to the voices of the day and the voices of the night.



SHORTCUTS TO FITNESS

Everyday Activities like Talking on the Phone, Playing with the Kids-can Add Up

You don't have a second to spare in your day for exercise. Although you have tried countless times, you have never been able to stick with a workout routine.

Your house is much too small to accommodate bulky exercise equipment. You can only dream of being able to afford one of those expensive health-club memberships. Besides, You'd be much too embarrassed to prance around in front of an aerobics class full of women and men who are thin, fit and gorgeous. So you're a helpless case right?.

Wrong. You don't have to spend hours a week at a gym to

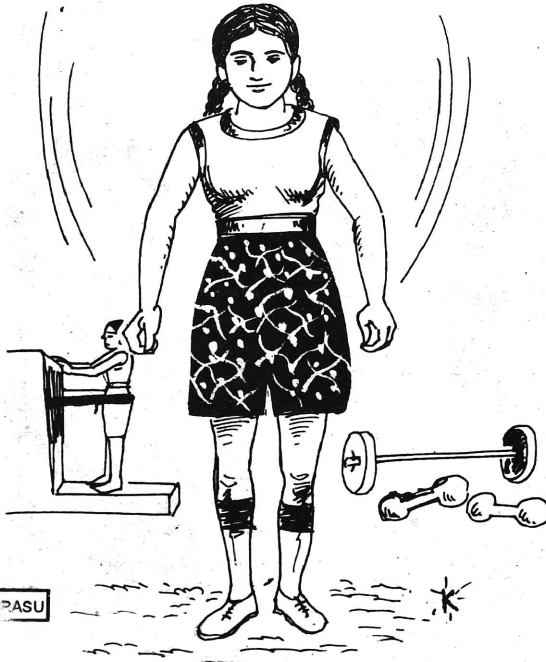
get in shape. You can improve your health and fitness-and look and feel a lot better-by incorporating even small doses of physical activity into your day. As a matter of fact, you hardly even have to break a sweat.

Ridiculous, you say? Not at all, according to the most recent findings from the nation's leading exercise experts. "The fitness gurus used to insist that we had to punish ourselves with strenuous aerobic exercise for at least 30 minutes three times a week to get fit?", says Bryant Stamford, Ph.D., Director of the Health Promotion Centre at the University of Louisville School of Medicine in Kentucky and author of Fit-

ness without Exercise. "But new studies show major benefits from exercise so modest it doesn't feel like a workout".

A recent study involving 102 women between the ages of 20 and 40 at the Cooper Institute for Aerobics Research in Dallas showed that strolling a 20 minute mile-a lap or two around the typical mall- significantly decreases blood pressure and cholesterol levels which reduces the risk of heart disease. "For lowering cholesterol and blood pressure, moderate exercise works as well as a strenuous workout", says John Duncan, Ph.D, Associate Director of the Cooper Institute and Senior co-author of the study. "And the more out of shape you are, the more you will benefit from doing low intensity exercise".

Another study conducted at the University of Massachusetts Medical School in Worcester showed that even moderate walking reduces tension and anxiety. "No matter how slowly they walked, everyone felt less stressed afterward", says study author James M. Rippe, M.D., Director of the University's Exercise Physiology and Nutrition Laboratory. In fact, these studies and others have helped convince the American Heart Association to



promote modest exercise a few times a week as an excellent way to significantly reduce the risk of heart attack, currently the leading Killer of American women.

"The Health benefits if low level exercise are great news for sedentary Americans", Dr. Duncan says, "Intensity does not matter. What is most important is regularity. If you become even slightly more active and stick with it your health will improve".

EXCUSES, EXCUSES

Everyone starts with the best of intentions. But all too often, we wind up making excuses for why we can't make time for fitness. Do any of these sound familiar?

"I am Just too busy". Of course you're busy. You lead a hectic life. That's more reason to exercise- to help manage your stress and build the self-esteem, stamina, strength and flexibility you need to cope with all the daily demands you.

"I don't have large blocks of time to exercise". You don't need them", Dr. Rippe says, "Sporadic exercise adds up. If you take just three 10 minute walks a day during breaks, you're exercising for 30 minutes".

What kind of physical activities do you already engage in? Shopping, cooking, child care? Stretch, bend and lift more during house work. Walk briskly while running errands. Get physical when you play with your children.

"I hate exercise". Don't sign up for water aerobics if you hate to swim. Choose a physical ac-

tivity you like and do it regularly. You don't have to run, do sit-ups and use a stair climbing machine. Even gardening or a nightly stroll burns calories.

"I have never been active, It's too late to start now." A recent study shows that even 90 year old lifelong fitness phobics gained significant physical and emotional benefits from modest, regular exercise. No matter how long you've been out of shape, it's never too late to get fit. Just start now and keep at it.

"I feel self-conscious. I'm a Klutz when I exercise and I look terrible in tights". You don't look ridiculous. You look like a woman who's taking control of her life and health. You look great. Besides, everyone else is too busy obsessing about the way they look to worry about you.

"I never seem to improve." Be patient. It takes a month or two to notice the aerobic payoffs of exercise, and a while longer for any physical changes to ap-

pear. Keep a record of your progress. Make a chart that shows how many blocks from work you park or how many flights of stairs you can climb before you feel winded-anything that you can measure. Plot your progress on a weekly basis. Before you know it, you're sure to see some improvement.

"I can't afford to join a gym or turn my home into one." You don't have to. Do it yourself workouts-like housework and walking-don't cost a penny.

"I never stick with it." You're not alone. Half of those who start exercising give it up within 12 months.

To keep from being a quitter, follow these steps.

★ Be realistic. For every year you've been out of shape, it takes a month to get fit again. What's more, remember that you may not reap the physical benefits exercise until six to eight weeks have passed. But you'll begin to feel the emo-



tional benefits almost immediately.

- ★ Start slowly and don't overdo it. You should be able to carry on a conversation while exercising. If you find yourself becoming breathless you may be pushing too hard.
- ★ Do only activities that feel fun. If one type of exercise isn't enjoyable, switch to another. Getting exercise should not turn into a chore.
- ★ Find a buddy. It is much easier to stick to a regular fitness routine when you exercise with a friend.
- ★ Vary your activities. You'll be less likely to get bored and lose interest in working out.

FITNESS FIXES

There are plenty of simple shortcuts you can do to integrate more physical activity into your daily life. "Choose two or three and commit to doing them everyday", recommends Ralph La-

forge, Director of Health Promotion at the Sandiego Cardiac Center Medical Group.

Try walking up the stairs instead of taking the elevator. If you're out of shape, start by walking down the stairs. When climbing stairs no longer leaves you winded, climb a little faster.

Park a few blocks further away. Walk the extra distance to work, the mall, the movies, or friends' homes. As you gain stamina, park even further away and walk more briskly.

Stash a pair of walking shoes at work. Slip them on for walks at lunch. Better yet, take a daily ten-minute stroll before lunch. You may discover that you'll want to eat less lunch afterward.

Buy a backpack. Then instead of driving around town when doing your errands, walk as much as possible and use the backpack to hold your purchases.

Avoid "Food dates". Instead of meeting friends for lunch, coffee or desert, make arrangements to take walks, go dancing or shopping, visit a museum or go for bike rides together.

Walk your dog. If you don't have one, borrow a neighbour's. Dogs are great exercise companions.

Make breaks count. During television commercials or breaks at work, get up and stretch or walk around. Encourage co-workers and family members to join you. Use the opportunity to chat.

YOUR BEST EXERCISE INVESTMENT: GOOD SNEAKERS

Forget expensive health clubs, exercise equipment and designer sweats. You don't need them to get fit. But good sneakers are essential to even modest exercise programmes.

- ★ Check your feet, if you are flat-footed, you need extra arch support. If you have a high arch, you need extra shock absorption. For weak ankles, consider high-tops.
- ★ Check your old sneakers. Notice where they're most worn and look for shoes reinforced in those areas.
- ★ Shop in the afternoon. Feet swell during the day.
- ★ Don't get overwhelmed by the different types of sneakers. Worry less about whether they're crosstrainers or aerobic sneakers and instead concentrate on the quality and





features.

- ★ Get the right fit. Experts say there should be about 1/4 inch between your toes and the tip of the sneaker.
- ★ Try on both sneakers. Feet vary greatly in size.
- ★ Check the weight. The lighter the better.
- ★ Check the traction. Shoes should not slip on any surface.
- ★ Test them. Sneakers should feel comfortable in the store. They shouldn't require breaking in. Jump up and land on your fore feet. In well-cushioned shoes, you should feel almost nothing. Rock from side to side. You should not wobble. Pivot in different directions. Your shoes should always feel flexible.

Don't automatically use the phone or intercom at work. Walk to your co-workers desks instead.

Make the most of phone time. Don't sit while talking-pace instead. Invest in a longer handset cord so you can walk further, or get a cordless phone.

If you must stand in one sport, march in place, raising your knees up high. Or rise up on your tiptoes. Do this five times, then do five half-knee bends. Gradu-

ally work up to doing ten repetitions.

Another telephone tip: Keep a small three pound weight or a can of food near the phone and, while talking, do weight-training curls and presses.

Curls: With your arm straight, hold the can or weight down by your hip. Bend your elbow and bring the weight up to your shoulder.

Presses: Start with your arm in the curled position, then, straighten it over head. Do five or each. When you feel ready, do ten.

Make the most of "micro-wave minutes": Don't stand around thinking about the snack you're going to scarf down. Pace, stretch or do some calisthenics.

Put more energy into house work: Scrubbing floors, vigorously sweeping and vacuuming, washing the windows and other chores provide more exercise than you might think. What's more, if you step up the pace you will finish much sooner and get a worthwhile workout as well.

Make the most of time spent unpacking groceries: Curl and press cans a few times. When you feel ready, try it with six-

packs.

Don't always automatically reach for the food processor:

When time permits, cut, chop and dice all those vegetables by hand.

Wash and iron your own clothes: You will get a workout and save on laundering. Spend that money on something exercise-related, such as dancing class or an aerobics tape.

Work outdoors: Pushing a power mower is great aerobic exercise. Or retire your power mower and invest in a push model. Digging, weeding, raking and shovelling are also good-for the body and the mind.

MOTHERS NEED FITNESS, TOO.

Here are a few more tips, just for mothers;

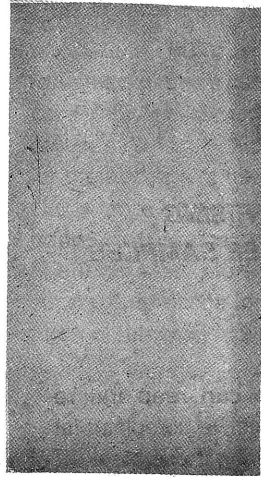
Walk your baby: Infants, love motion, put your baby in a backpack or carriage and take a stroll to the park or the store.

Weight train with your baby: Play with your little one on the floor. Lift her overhead, exercise her arms and legs.

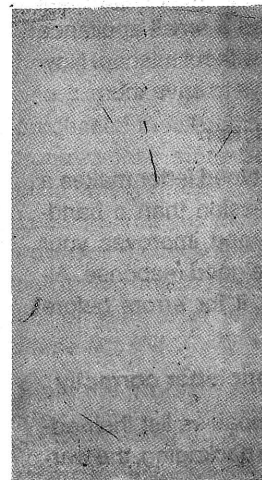
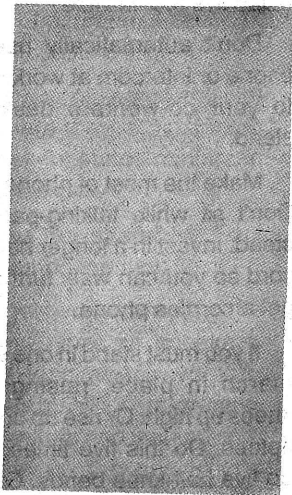
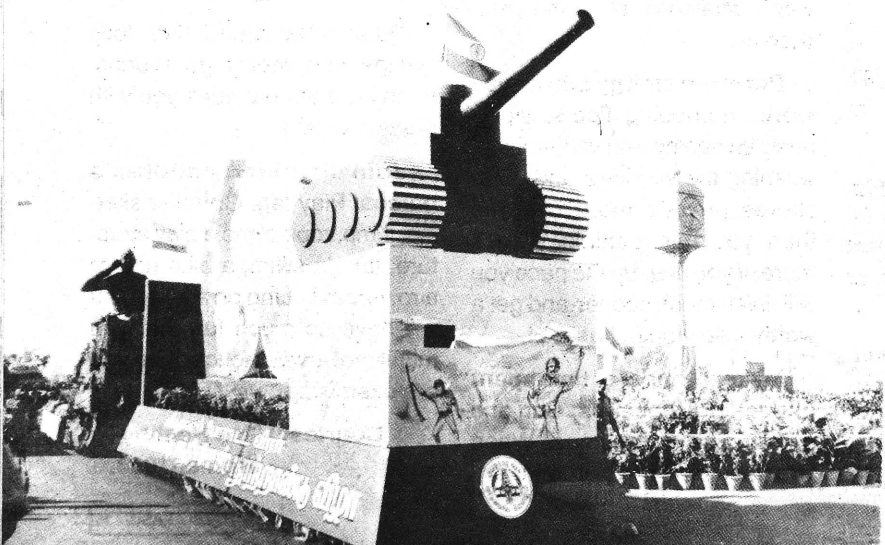
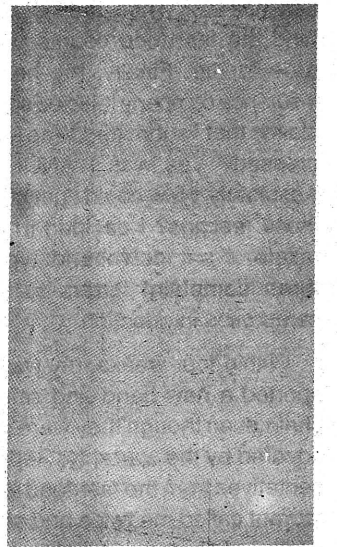
Push your child: Kids love swings and merry go rounds. Pushing them provides you with great exercise.

Join in older children's games: Play tag. Go roller skating, jump, rope climb a play structure, take a swim, a bike ride or a row-boat cutting on a lake. You will have so much fun that you might not even notice that you are exercising.

Courtesy: The Healthy Woman 1994.



**Republic Day
Celebrations
at
Chennai
26.1.97**



IT PAYS TO COMPLAIN

AN EFFECTIVE COMPLAINT LETTER CAN PRODUCE SURPRISING RESULTS: REPLACEMENTS, REFUNDS, GIFT CERTIFICATES, FREE SAMPLES, EVEN IMPROVED PRODUCTS AND SERVICES

It was a day to forget. First, I noticed that the band of my six month old watch was coming apart. (The safety chain had broken already) Then the boy behind the fast food counter was rude to me. Finally, my health insurance company rejected some claims that I submitted. Was I depressed? Yes was I ANGRY? Absolutely. How could I get rid of those feelings? I decided to retaliate. I sat down and typed three complaint letters to the companies in question.

Within four weeks, my watch sported a new band and safety chain, even though they were not covered by the warranty. Representatives from the fast-food restaurant called me twice and sent a letter of apology, including two coupons for free food. And the insurance company reexamined my claims and agreed to pay 90 percent of the bills.

In the past five months, I have written more than 25 complaint letters to companies ranging from manufacturers of toys and medical supplies to clothing suppliers. My response rate is 92 percent. I have received food coupons worth \$16.50. \$ 55 in gift certificate and products worth medical supplies valued at \$ 149.

I should have started my retaliation campaign sooner.

Letters get the most action

As a remedial-writing instructor, I taught my students how to write effective complaint letters. The results of those they mailed were encouraging, but I never practiced what I preached. Instead I fretted over flawed socks, badgered my husband to fix the broken stroller and swore I'd never return to a restaurant whose employees gave me poor service.

My husband grew tired to my complaints and urged me to write

Send a thank you letter to any one who is extremely helpful. This courtesy should give the company incentive to continue helping customers.

letters instead. I did and quickly learned the emotional and financial rewards of effective complaints. Suddenly, I was in control. And in helping myself, I felt I was helping to improve products and services for others. When I complained about a split seam in an infant overall, for example, the company promised to increase seam allowances and reinforcements.

You also can reap the rewards of effective complaint letters by following these steps.

Be sure your complaint is valid

Don't approach a company with a problem that's your own fault or stems from a misunderstanding. Make sure you have followed directions and have been reasonable in your expectations.

Save all parts and relevant papers

It helps to have the model or serial number, warranty and receipt when you write to complain. Never throw away the broken product, the company may ask to examine it. I used to discard receipts after I'd worn a garment once or used a small appliance a few items without mishap. Now I know it pays to save them.

Type your letter^c

A neatly typed letter makes a better impression than a handwritten one and improves your chances of a good response. Always check it for errors before mailing.

Address your letter correctly

Most companies list their address on the packaging, the war-

ranty card and instruction booklets. If you need the corporate headquarters consult the local telephone directory for the company's local office and ask for the address of headquarters. Call a store or restaurant for the address of their corporate headquarters. Most stores also can supply addresses of manufacturers of the products they carry.

Write to the person in charge

And be sure to get the correct spelling of his or her name; by calling the firm's local number.

You need not write to the President of the company over a small matter

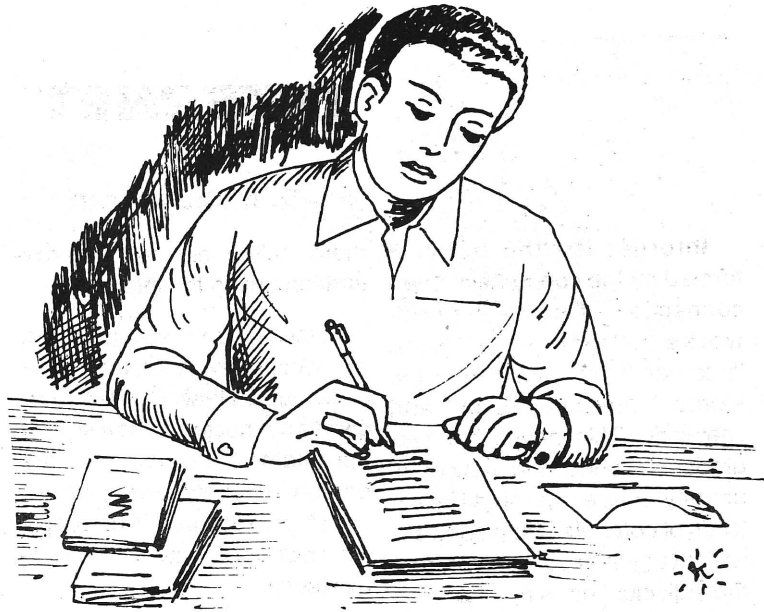
Some one at a lower level may provide better and faster results-especially if you send a copy to the President and indicate that at the bottom of the letter. When a box of my favourite crackers were undercooked, I received prompt results from the customer service manager. But when the safety of my children was at risk because of an unsafe toy, I went straight to the top.

Establish rapport in your opening

The person who receives your letter will be more eager to help if you are a loyal customer and say so. If you have never purchased their products or patronized their store before, explain why you did so this time. Learning that you love the firms advertising or admire its reputation for top quality puts the recipient of your letter in a positive frame of mind.

State the problem succinctly

A few paragraphs are usually



sufficient to explain your complaint. Include a careful description of the product, the model or serial number and copies of relevant papers. If your problem relates to service include relevant dates, times, locations and names of employees, when possible.

Don't write when you are angry

Wait until you have calmed down, then write on the assumption that the recipient of your letter cares about your problem and is eager to help you resolve it.

Ask for a specific resolution in clear-cut cases only

When my son's stroller snapped going over a curb and couldn't be fixed, I requested a replacement. But I'm glad I didn't request a replacement when I complained about a pair of flawed socks. I received two pairs of better-quality socks in return. Specific requests may limit your chances of a more gen-

erous settlement.

End on a positive note

Write that you hope the problem can be resolved quickly so that your confidence in the company will be restored. A thank-you for assistance is always appreciated. Include your phone number in case the person wants more information.

Make a copy of your letter before mailing

If the company does not respond in four to six weeks, send a copy with a note expressing your disappointment at not receiving a response. If you did not write the President the first time, send him or her the follow-up letter.

Send a thank you letter to any one who is extremely helpful. This courtesy should give the company incentive to continue helping customers.

INTERNET

- R. Maheswaran

Internet is "the network formed by the cooperative inter-connection of computing networks". Infact, the word "Internet" was coined from the words "Interconnection" and "network". This means that hundreds of connecting networks, usually made up of different kinds of computers and software are put together so smoothly that the individual parts appear to be one big network.

Origin

In 1969, an American Defence Department Agency- The Defence Advanced Research Projects Agency. Realised to develop an easy way to exchange military information between scientists and researchers based at different geographical locations:

A simple network of 4 computers-connecting 3 in California with one unit in Utah known as ARPANET. It was soon changed to ARPANET and by 1972 it had grown to include 37 computers.

By 1983, ARPANET had grown to such an extent that the Defence Department decided to split the network into two parts.

- i) The Internet (devoted to Research and education).
- ii) DDB (devoted to military optional activities).

Who Owns IT?

No one owns the Internet.

To many people's surprise,

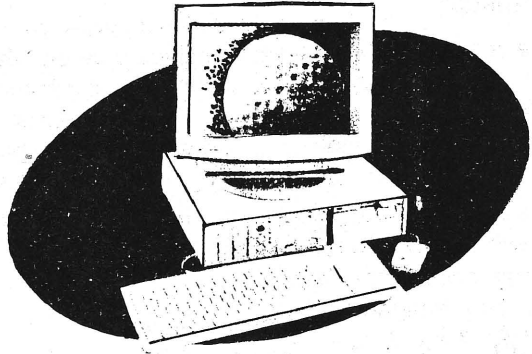
there really is no central administration unit to the internet.

Every person who makes a connection, every group whose Local Area Network (LAN) becomes connected owns a slice of the Internet. So while no one person or entity owns the Internet, all who use it or supply materials for it play a part in its existence.

ices anywhere in India on a commercial basis.

Under GIAS, VSN has set up a country wide network with the main node at Bombay and link nodes at Delhi, Calcutta, Chennai and Pune for providing Internet Access.

The devices required to get on to Internet are:



Through Internet people can use their computers on their local networks to send messages or exchange files with people using computers in another company or in another state, in another region, in another country; in fact, that is connected.

Internet in India

On August 14,1995, Videsh Sanchar Nigam Limited (VSNL) along with the Department of Telecommunications (DOT) and Mahanagar Telephone Nigam Ltd (MTNL), introduced gateway Internet Access Service (GIAS) to make available Internet serv-

- 1) 386 PC with 4 MB RAM
- ii) VGA Monitor
- iii) Mouse
- iv) Phone Line
- v) Error-connecting MODEM at 14.4 kbps
- vi) Software

Subscribing for Internet

In the four metros, VSNL offers subscription for Internet. On paying the subscription, VSNL give a password of your own, to enter into the world of Internet.

GIAS would enable subscrib-

ers to log into data bases, Send E-Mails, read news, down load files remotely run programmes on distant hosts and range of other applications.

Applications:

1) E-mail: Through E-Mail communication can be done with high accuracy and high speed.

ii) Education: Journals, Lectures and Tutorials, books, software, major education sites and specialised sources in education are available.

iii) Travel: Use the travel department to book airline tickets, hotel rooms and rental cars.

iv) Shopping: It can be done without even having to leave the comfort of your home.

v) Money and Matters: Offers a broad range of investment information on stocks, mutual

bonds, commodities and the money market.

vi) Health related topics: Full of updated information are described and explained in easy to understand terms and definitions.

Internet, has indeed open a world of opportunities and possi-

bilities, hitherto unimagined. Education, cultural, trade barriers are being brought down at the split of second, thanks to Internet. The day is not far away when being part of the net would be the in thing and being out of it, would be considered undeveloped, uneducated and may be backward too.



Co-operatives to be involved in the sale of Indian Made Foreign Liquor

The Hon'ble Chief Minister Kalaingar M. Karunanidhi informed the Tamil Nadu Legislative Assembly on 25.1.97 that the Government would entrust the Indian Made Foreign Liquor trade to co-operatives in areas where the liquor shops were not auctioned.

He said that the pre-

vious AIADMK regime fetched the upset price earmarked 4,500 shops only and the remaining 85 of them 466 shops could not be auctioned. Of these When the renewal of 186 were en- licence for the current year trusted to the coopera- came up, 556 shops did- tives. Even for these, the not opt to renew. When private traders obtained a these 641 shops (the 85 court stay. The stay had that were not auctioned now been vacated and and the 556 which did not the Government would renew the licence) were examine whether all the auctioned, 175 of them remaining shops that

could not be auctioned could be entrusted to the cooperatives, he said.

Replying to a question, he said that his Govt improved the liquor revenue to Rs.130 crores per annum from Rs.60 crores previously by plugging the loop holes for corruption.

A TAMIL ARASU WELFARE GUIDE

Most Backward and Denotified Communities Welfare Department

Name of the scheme and Concessions.	Qualification/Conditions	Whom to approach
<p>4. Free education Professional courses (Students belonging to Most Backward and Denotified communities studying Medical, Engineering, Law, Veterinary science, Agriculture, Professional courses can avail all the above mentioned concessions) Annual income of the parent should be below Rs.25,000/- Any one of the Family member should not be a graduate.</p>	<ol style="list-style-type: none">1. Parent/guardian's annual income should not exceed Rs.25,000/-2. No graduate should be in the student's family3. The student should be the first member in his family studying professional course.	<p>College Principals/District Backward and Minority Welfare Officers, Special Deputy Collector (Kallar Reclamation) Madurai.</p>
<p>5. Distribution of free tools and instruments. Brass iron boxes to washermen, kits to barbers, stone breaking tools to poyers and others.</p>	<p>Annual income should not exceed Rs.12,000/-</p>	<p>Concerned District Backward And Minority Welfare Officer.</p>
<p>6. Loan schemes at low rate of interest for 1. Establishing</p>	<p>Annual income should not exceed Rs.12,000/-</p>	<p>Concerned District Backward and Minority Welfare Officer.</p>

saloon

2. For laundry and mobile laundry.

7. Distribution of house sites scheme.

House sites will be allotted to those Most Backward and Denotified community people who do not possess own house. 0.03 cent of land will be allotted for construction of houses.

Hostels

Free boarding and lodging for students belonging to Most Backward/Denotified communities studying in School/College/Technical Educational Centres. Students who are residing at school hostels will be given two sets of uniforms free of cost.

8. Kallar Reclamation Schools.

Free education for students in Kallar Reclamation Schools run by this Department belonging to Piramalai Kallar community in Madurai, Dindigul and Theni Districts.

Should belong to Most Backward/Denotified community.

Concerned District Most Backward and Minority Community Welfare Officers.

Annual income of the parent should not exceed Rs.15,000/-

Preference will be given to students whose residence is far away from the school.

Preference will be given to students whose annual income is less than Rs.15,000/-

Concerned District Most Backward/ Minority Community Welfare Officer Special Deputy Collector (Kallar Reclamation) Madurai.

Preference will be given to Piramalai Kallar Community students in school admissions.

No income limit.

Principals of Kallar Schools, Special Deputy Collector (Kallar Reclamation) Madurai.

Students will be given text books, note books, mid day meals and two sets of uniforms free of cost.

9. Short hand/ Typewriting course.

(Shorthand-1 Year; Typewriting 6-months)

Educational qualification-Plus Two. Annual income of the parent Rs.15,000/- (Typewriting Course at Lower Grade/Higher Grade. For Shorthand course should have passed typewriting. The institution should be a recognised one).

Concerned District Most Backward and Minority Welfare Officers.

10. Computer Course (6 Months)

Should be a graduate. Parents annual income limit Rs.12,000/-

Director, Backward and Minority Welfare Department, Chennai-5.

Should apply after the release of yearly advertisement in Newspapers, in the format published in the advertisement.

11. Heavy Vehicle, Training Courses (3 months)

Should have passed 10th std; weight 50 kgs; height 160 cm; Age between 20 and 28. Annual income should not exceed Rs.12,000/- Should have obtained light vehicle driving licence an year earlier. Training will be given at the Road Transport Training Institute, Gummidipoondi.

Should apply to Director of Backward and Minority Welfare Department, Chennai-5, after the yearly advertisement published in newspaper, in the format published in the advertisement.

12. Training for Law Course (3 Months)

Should be a Law Graduate, parent/guardian income should not exceed Rs.12,000/- Age limit 30.

Should apply to Director, Backward and Minority Welfare Department, Chennai-5 after the yearly advertisement published in newspaper in the format published in the advertisement.

13. IAS/IPS Examination Training

Qualification; Should have obtained not less than

Should apply to Director, Backward and Minority

Course.

80% of marks in B.A., B.Sc., B.Com., or not less than 55% of marks in M.A., M.Com., or not less than 65% of marks in M.Sc., or in Professional Courses like M.B.B.S., B.E, B.Sc., (Agri) B.V.Sc., B.L., No income limit for admission. But for hostel students parent/guardian's annual income should not exceed Rs.24,000/-

Welfare Department, Chennai-5, after the yearly advertisement published in newspaper in the format published in the advertisement.

14.Pre-Training Course for entrance examinations for Professional Courses (15 days)

Should submit proof of application, applied for entrance examination for professional courses. No annual income limit.

Headmasters/Govt/ Govt Aided High/Higher Secondary Schools, District Backward and Minority Welfare Officers/ Press release of District collector.

15.Food subsidy (Private hostels)

Annual income Rs.15,000/- should be a recognised private hostel of this Department.

All District Backward and Minority Welfare Officers.

POWER: Concessions to domestic users.

The Hon'ble Chief Minister Kalaingar M.Karunanidhi announced relief to a section of electricity consumers withdrawing the hike in respect of domestic consumption upto 50 units (100 units bimonthly).

In the tariff hike effected from February 15, the Government spared only the consumers in the first slab upto 50 units bimonthly, continuing the old rate of 65 paise per unit for consumption from 51 units to 100 units bimonthly, the rate was increased by five paise, from 75 paise to 80 paise.

The Chief Minister, said it had since been decided that in the second slab of consumption from 51 units to 100 units also, there would be no change in the energy charges and it would continue at the old rate of 75 paise.

He said the modification would benefit another 17 lakh consumers. The income to the exchequer would be less by Rs.20 crores. Already 31 lakh consumers benefit by the non-revision tariff for upto 50 units bimonthly and now 49 lakh persons will be left untouched by the new power rate, he added.

THE INTERLOCKING CRISES



Until recently, the planet was a large world in which human activities and their effects were neatly compartmentalized within nations, within sectors (energy, agriculture, trade), and within broad areas of concern (environmental, economic, social). These compartments have begun to dissolve. This applies in particular to the various global 'crises' that have seized public concern, particularly over the past decade. These are not separate crises; an environmental crisis, a development crisis and energy crisis. They are all one.

The planet is passing through a period of dramatic growth and

fundamental change. Our human world of 5 billion must make room in a finite environment for another human world. The population could stabilize at between 8 billion and 14 billion sometime in next century, according to UN projections. More than 90 percent of the increase will occur in the poorest countries, and 90 percent of that growth in already bursting cities.

Economic activity has multiplied to create a 13 trillion world economy, and this could grow five or tenfold in the coming half-century. Industrial production has grown more than fiftyfold over the past century, four-fifths of this growth since 1950. Such

figures reflect and presage profound impacts upon the biosphere, as the world invests in houses, transport, farms, and industries. Much of the economic growth pulls raw material from forests, soils, seas, and waterways.

A mainspring of economic growth is new technology, and while this technology offers the potential for slowing the dangerously rapid consumption of finite resources, it also entails high risks, including new forms of pollution and the introduction to the planet of new variations of life forms that could change evolutionary pathways. Meanwhile, the industries most heavily reliant on environmental resources and most heavily polluting are growing most rapidly in the developing world, where there is both more urgency for growth and less capacity to minimize damaging side effects.

These related changes have locked the global economy and global ecology together in new ways. We have in the past been concerned about the impacts of economic growth upon the environment. We are now forced to concern ourselves with the impacts of ecological stress-degra-



dation of soils, water regims, atmosphere, and forests-upon our economic prospects. We have in the more recent past been forced to face up to a sharp increase in economic interdependence among nations. We are now forced to accustom ourselves to an accelerating ecological interdependence among nations. Ecology and economy are becoming ever more interwoven-locally, regionally, nationally, and globally-into a seamless net of causes and effects.

Impoverishing the local resource base can impoverish wider areas. Deforestation by highland farmers causes flooding on lowland farms; factory pollution robs local fisherman of their catch. Such grim local cycles now operate nationally and regionally. Dryland degradation sends environmental refugees in their millions across national borders. Deforestation in Latin America and Asia is causing more floods, and more destructive floods, in downhill, downstream nations. Acid precipitation and nuclear fallout have spread across the borders of Europe. Similar phenomena are emerging on a global scale, such as global warming and loss of ozone. Internationally traded hazardous chemicals entering foods are themselves internationally traded.

In the next century, the environmental pressure causing population movements may increase sharply, while barriers to that movement may be even firmer than they are now.



Over the past few decades, life-threatening environmental concerns have surfaced in the developing world. Countrysides are coming under pressure from increasing numbers of farmers and the landless. Cities are filling with people, cars, and factories. Yet at the same time these developing countries must operate in a world in which the resources gap between most developing countries and industrial nations is widening, in which the industrial world dominates in the rule making of some key international bodies, and in which the industrial world has already used much of the planet's ecological capital. This inequality is the planet's main environmental problem; it is also its main development problem.

International economic relationships pose a particular problem for environmental management in many developing countries. Agriculture, forestry, energy production, and mining generate at least half the gross national product of many developing countries and account for

even larger shares of livelihoods and employment. Exports of natural resources remain a large factor in their economies, especially for the least developed. Most of these countries face enormous economic pressures, both international and domestic, to overexploit their environmental resource base.

The recent crisis in Africa best and most tragically illustrates the ways in which economics and ecology can interact destructively and trip into disaster. Triggered by drought, its real causes lie deeper. They are to be found in part in national policies that gave too little attention, too late, to the needs of small holder agriculture and to the threats posed by rapidly rising populations. Their roots extend also to a global economic system that takes more out of a poor continent than it puts in. Debts that they cannot pay force African nations relaying on commodity sales to overuse their fragile soils, thus turning good land to desert. Trade barriers in the wealthy nationals- and in many

developing ones-make it hard for Africans to sell their goods for reasonable returns putting yet more pressure on ecological systems. Aid from donor nations has not only been inadequate in scale, but too often has reflected the priorities of the nations giving the aid rather than the needs of the recipients. The production base of other developing world areas suffer similarly both from local failures and from the workings of international economic systems. As a consequence of the debt crisis of Latin America that regions natural resources are now being used not for development but to meet financial obligations to creditors abroad. This approach to the debt problem is short sighted from several standpoints; economic, political, and environmental. It requires relatively poor countries simultaneously to accept growing poverty while exporting growing amounts of scarce resources.

A majority of developing countries now have lower per capita income than when the decade began. Rising poverty and un-employment have increased pressure on environmental resources as more people have been forced to rely more directly upon them. Many governments have cut back efforts to protect the environment and to bring ecological considerations into development planning.

The deepening and widening environmental crisis presents a threat to national security- and even survival that may be greater than well-armed, ill-dis-

Wrapper:-

I - Vedanthangal Bird Sanctuary

Photo Courtesy:

Forest Utilisation Division, Chennai.

IV - The Hon'ble Chief Minister Kalaignar M.Karunanidhi with the awardees at the 22nd Anniversary Celebrations of the Muthamizh Peraval on 9.2.'97.

posed neighbours and unfriendly alliances. Already in parts of Latin America, Asia, the Middle East, and Africa, environmental decline is becoming a source of political unrest and international tension. The recent destruction of much of Africa's dryland agricultural production was more severe than if an invading army had pursued a scorched earth policy. Yet most of the affected governments, still spend far more to protect their people from invading armies than from the invading desert.

Globally, military expenditures total about 1 trillion a year and continue to grow. In many countries, military spending consumes such a high proportion of gross national product that it itself does great damage to these societies' development efforts. Governments tend to base their approaches to 'security' on traditional definitions. This is most obvious in the attempts to achieve security through the development of potentially planet destroying nuclear weapons systems. Studies suggest that the cold and dark nuclear winter following even a limited nuclear war could destroy plant and animal ecosystems and leave any human survivors occupying a

devastated planet very different from the one they inherited.

The arms race- in all parts of the world- pre empts resources that might be used more productively to diminish the security threats created by environmental conflict and the resentments that are fuelled by widespread poverty.

Many present efforts to guard and maintain human progress, to meet human needs, and to realize human ambitions are simply unsustainable- in both the rich and-poor nations. They draw too heavily, too quickly, on already overdrawn environmental resources accounts to be affordable far into the future without bankrupting those accounts. They may show profits on the balance sheets of our generations, but our children will inherit the losses. We borrow environmental capital from future generations with no intention or prospect of repaying. They may damnus forourspend thrift ways, but they can never collect on our debt to them. We act as we do because we can get away with it: future generations do not vote; they have no political or financial power; they cannot challenge our decisions.

But the results of the present profligacy are rapidly closing the options for further generations. Most of today's decision makers will be dead before the planet feels the heavier effects of acid precipitation, global warming, ozone depletion, or widespread desertification and species loss. Most of the young voters of today will still be alive.

(Continued from Previous Issue:)

THE HIDDEN HISTORY OF KUMARI CONTINENT

Dr. S. Padmanabhan

KANNIYAKUMARI DISTRICT

This paper further gives a few additional facts available in Kanniyakumari District which establish the Lemurian theory. The river Parali now known as Palayaru in Kanniyakumari District is but Pahruli river in the lost continent swallowed by the sea. From the poetic Inscription found in the first dam in the river Palayaru, the dam is mentioned as "Paraliyarru anai". It is also confirmed by the Travancore Land Revenue Manual which calls the river as Paraliaru. After the construction of the dam near Bhuthapandi in the Kollam year 920 M.E. (1745 A.D.), the new branch of the river was called Puthanaru and the old river came to be known as Palayaru. The word "palaya" means old and 'Puthen' means new in Tamil and Malayalam. Even now there is a river named Paraliaaru flowing in the taluks of Kalkulam and Vilavankodu in Kanniyakumari District. Before the deluge the rivers now known as Palayaru and Paraliyaru were flowing, as one single river named Pahruli and because of the deluge this river might have been divided into two. We have already seen that the submersion of the river Pahruli and the city Kumarikodu which was surrounded by a mountain range under the sea is

mentioned in Cilappathikaram. Even now the district Kanniyakumari consists of numerous places bearing names ending in Kodu, such as Athankodu, Andukodu, Idaikodu, Mekkodu, Nettankodu, Thiruvithankodu, Thiruviaikodu, Pakodu, Vellaikodu, Kattimankodu, etc., (Kodu means a hill in Tamil).

Among the seven main divisions of Kumari Nadu the divisions named Thenganadu and Kurmpainadu were in the area now known as Kanniyakumari District and Thengappattinam and Kurumpanai their capitals are now in the same district. Thenganadu is also mentioned in a copper plate Inscription which belongs to the Aay king Varaguna of the 9th Century A.D. From these facts we can conclude that the present Kanniyakumari District is the remnant of the lost continent of Kumari.

Even now the people of Kanniyakumari District have a fear that the high seas which destroyed their glorious civilization are very cruel. There is a practice among the people of Kanniyakumari District that the newly married couple should witness the car festival of Suchindrum temple first and then only have glimpse of the sea. The slogan still recited in Kanniyakumari is "thirai kaanum mun therai kaanaven-

dum" (see the car festival before you see the tides of the sea). It only reflects the historical tragedy of the Tamils that the Turbulent seas cruelly swallowed their land was still lingering in the minds of the people. Bearing in mind the disaster of the deluge the fisherman of the western coast in Kanniyakumari District used to perform poojas to the sea God. The divers who collect sea-shells under the sea used to celebrate this festival every year during November. A careful and impartial study of the places in the Western coast may reveal many new findings. The rock locally known as "aadu mechaan paarai" (the rock which was used as pasturage for goats) is now in the sea. According to the local fishermen there were mandapams under the sea and one could hear the ringing of bells from there sometimes. The cults of serpent, Mother Goddess named Morima and Mountain God Murungu are prevalent in East Africa and they are worshipped in Kanniyakumari District as Naagar, Amman and Muruga respectively.

There are several evidences to show that Agasthiyar, Tholkappiyar and Athenkottu Aasaan belonged to the soil of Kanniyakumari. Tholkappiyam which appeared during the period of the Second Tamil Sangham is

the only work which escaped from the deluge since the author of the work and the scholar named Athenkottu Aasaan who released the work belonged to the area which was escaped from the sea that is the area of the present Kanniyakumari District. It is very clear that the area around Kanniyakumari is the remnant of the lost continent of Kumari.

The author of Tholkappiyam refers one source book "Aindiram" in its prefatory verse. The epithet referred to here as "Aindiram Niraintha Tholkappiyam" denotes that Tholkappiyam is full of references to Aindiram. The text of the ancient work Aindiram was found out from the enormous accumulation of Palm leaves in Saraswathi Mahal Library at Thanjavur. It is a matter of great pleasure and pride that the Directorate of Technical Education of Tamil Nadu Government has published this rare book in the year 1986. We learn from this ancient work Aindiram that its author Mayan lived in the lost Continent of Kumari. One can witness the ancient tradition of Mayan in the art and architecture of not only the whole of India but in various parts of the world. It is regrettable to note that nobody cares about the tradition of Mayan, the pioneer in the field of art and architecture who lived in the lost continent of Kumari.

The Research scholar Chamanlal find in his field research a number of similarities between the civilizations of the Tamils in India and Maayans in Mexico. There are two versions regarding Mayan. According to one school of thought, there are

two Mayans living in the remote past, one in Kumaric continent and another in Mexico. Another school of thought headed by Dr.V.Ganapathi Sthapathi, a Doyen of Indian traditional art and architecture of International repute, the Mayan of the east and the Maayan of the west were not two different entities, but are one and the same individual. They stand separate by space but not by time. The proven continental drift, accounts for the dual role of one and the same single personality. It is a fine field for further research on multidimensional basis.

Maulana Azad once remarked, "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". The history of South India particularly of Tamil Nadu is hidden not only under the soil but also under the sea. In the southern end of India no sincere attempt has been made so far in the field of excavation and underwater archaeology. The history of South India can be wonderfully 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.

In the first half of the 19th century a ship named Challenger first started the underwater research in the Indian Ocean. In the Year 1889 a German ship named Fasel and a Russian ship named Vidyasu with all the upto-

date equipments undertook the ocean-based study in the Southern and Northern India respectively. Again in the the year 1960 the American French and Russian ships continued the underwater research which revealed the fact about the existence of long and high mountain ranges under Indian ocean. It is a confirmatory piece of evidence for the destruction of the river Pahruli and the city Kumari Kodu with many ranges of hills by the tidal waves of the sea detailed in Cilappathikaaram. But their underwater research was not continued further. If the research under the Indian Ocean would have continued in multidimensional basis, the hidden history of not only the ancient Tamils, but even the beginning of the human history would have been brought to light. It is presumed that the age old civilization of the lost Lemuria was many millions of years older to the civilizations of the Sind and Gangetic valleys. If the lost Lemurian civilizations is unearthed and brought to light the other old civilizations of the world particularly of Indus Valley and Gangetic Plain would have receded far behind. Perhaps that may be the reason the historians of North India are not interested to undertake the project of underwater archaeology in Indian Ocean in a detailed way and give credit to the ancient civilization of the Tamils.

It is the prime duty of the State and Central Governments with the help of UNESCO to carryout the underwater archaeological exploration in the Indian ocean and bring out the hidden history of the Kumari continent and also the original abode of mankind.

We present a G.O. every
for the benefit of readers



ABSTRACT

FORESTS-Wildlife-Sanction of financial assistance to the victims who are killed/injured by the attack of Wild animals-Pattern of Relief Rationalised - Orders - Issued.

ENVIRONMENT AND FORESTS (FR.V) DEPARTMENT

G.O. Ms. No.235

Dated:4-10-1996

Read:

1. G.O.Ms.No.17, Food and Agriculture, dt. 2-1-65
2. G.O.Ms.No.3212, Agriculture, dt. 8-12-1970
3. G.O.Ms.No.430, Forests & Fisheries, dt.9-4-83
4. G.O.Ms.No.629, Public (L&O-B), dt.3-5-1991
5. Govt. Ln.No.13551/FR.WL/92-4, dt.22-6-1992
6. G.O.Ms.No.874, Public (L&O-B) dt.8-8-96
7. From the Chief Conservator of Forests (WL) and Chief Wildlife Warden, Ref. No.A4/7908/96, dt.2-8-96

ORDER:

In the Government Order first read above, the Government have ordered the payment of compensation to the owners of the Cattle viz. Buffaloes, bulls, oxen and cows that are killed by the Tigers in the vicinity of the Sanctuaries. In the Government Order second read above, the scheme was extended to the animals killed by panthers also (in addition to tiger). In the Government Order third read above, the said scheme was extended to the entire State of Tamil Nadu and the quantum of compensation fixed as Rs.500/- or 50% of the value of the animal killed. Now, the Chief Conservator of Forests (Wildlife) and Chief Wildlife Warden in his letter seventh read above, has suggested to include 'bears, elephants and Hyena in addition to 'Tiger and Panther'.

2. The Chief Conservator of Forests (WL) and Chief Wildlife Warden in his letter last read above has further stated that at present the compensation of Rs.5,000/- is paid for the human death caused by the wild animals to the legal heirs and also there is a provision for ex-gratia payment for the following:-

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|---|------------|
| a) Total permanent disablement disqualifying to continue in any avocation | Rs.3,500/- |
| b) Grievous hurt falling within Section 320 of the Indian Penal Code | Rs.3,000/- |
| c) Loss of eye-sight of both the eyes | Rs.1,500/- |
| d) Permanent incapacitation or loss of joint of the body | Rs.1,500/- |
| e) Permanent disfiguration of face or head | Rs. 600/- |

The Chief Conservator of Forests (WL) and Chief Wildlife Warden has added that he has examined the case with reference to other States, that it is found that in Gujarat they have raised the amount of compensation to Rs.1:00 lakh for the loss of life. He has added that the compensation now paid so far is very low and in fact does not have any impact on the protection of Wildlife and it is definitely not adequate to the loss of human life. Hence, he has requested that the relief now given may be revised.

3. The Government have examined the whole issue in detail based on the orders issued in the Government orders fourth and sixth read above and accordingly they have decided to enhance the norms as detailed below for the following categories as noted against each:

1) Relief for the death/injury to human beings due to the attack by the Wildlife elephants, Tiger etc.

- | | | |
|---------------------------------------|---|--|
| a) To the legal heirs of the deceased | - | Rs.50,000/- (Rupees fifty thousand only) |
| b) Permanent incapacitation | - | Rs.50,000/- (Rupees fifty thousand only) |
| c) Major injuries | - | Rs.10,000/- (Rupees ten thousand only) |
| d) Partial incapacitation | - | Rs.10,000/- (Rupees ten thousand only) |
| e) Minor injuries | - | Rs.5,000/- (Rupees five thousand only) |

2) Relief for the losses to the houses, shops and crops, other than human death/injury caused by the attack of

Wildlife:

Quantum of Relief

- | | |
|-------------------------------|--|
| i) Loss of or damage to house | |
| a) ROC roof or tiles house | - a) Actual loss or Rs.2,500/- (Rupees Two thousand and five hundred only) which ever is less. |
| b) Thatched house | - b) Actual loss or Rs.1,500/- (Rupees One thousand and five hundred only) whichever is lower. |

(a) and (b) includes loss of movable property such as grains, clothes and other household effects.

ii) Loss or damage to shops:

- a) Tiled shops, including loss of goods in the shop Actual loss or Rs.2,500/- (Rupees Two thousand and five hundred only) whichever is lower.
- b) Thatched shops or bunks including loss of goods in the shops Actual loss or Rs.1,500/- (Rupees One thousand and five hundred only) whichever is lower.
- iii) Loss of earning assets like vehicles, boat, cattle Actual loss or Rs.2,000/- (Rupees Two thousand only) whichever is lower.
- iv) For loss of movable property such as grains, clothes and other household effects without loss of or damage to house, loss of articles in shop without loss or damage to building containing the shop. Actual loss or Rs.1,000/- (Rupees One thousand only) whichever is lower.

Relief under Items 2(i) and (ii) will disentitle relief under Item 2 (iv) above.

- v) Damage to irrigation, drinking water wells, tube wells, electric motor, fittings, fruit bearing trees etc. in the ownership of the victims. Actual loss or Rs.1,000/- (Rupees One thousand only) whichever is lower.

4. The Chief Conservator Forests (WL) and Chief Wildlife Warden, Chennai is hereby empowered to issue necessary sanction orders in respect of compensation to the legal heirs of victims who lost his life due to attack by wild animals. For permanent disability and injuries referred to above, the same will be sanctioned by the concerned Wildlife Conservators or Territorials Conservators as the case may be after getting the due certificates from the Medical Officers concerned and payment will be made by the Wildlife Wardens or District Forest Officers.

5. In respect of human loss of life or injury or crop damages etc. due to the attack by the Elephant the same will be paid under the 'Project Elephant'. The expenditure towards relief sanctioned to the victim will be met under the following need of account.

"4406 Capital Outlay on Forestry and Wildlife-02. Environmental, Forestry and Wildlife-110. Wildlife preservation Schemes in the Eighth Five Year Plan - III. Centrally Sponsored Scheme-SD. Project Elephant-Anamalai and Mudumalai-16. Major works (D.P.C.No.4406 02 110 SD 1600)".

6. Similarly, the expenditure towards payment of compensation in case of death by carnivores like Tiger, Leopard, Hyena etc will be met under the following head of account:

"2406. Forestry and Wildlife 02. Environmental, Forestry and Wildlife-110. Wildlife Preservation-VI. Scheme shared between State and Centre-UE. Tiger Reserve Scheme (D.P.C. No.2406 02 110 00 0003)".

Necessary provision of funds will be made in Revised Estimate/Final Modified Appropriation 1996-97.

7. The Chief Conservator of Forests (WL) and Chief Wildlife Warden, Chennai is requested to take necessary action to get the ratification of the Government of India for meeting the expenditure at the enhanced rate now ordered by the Government. He is also requested to take necessary action to provide adequate funds under the above two heads of accounts.

8. For the purpose of paying compensation for the death of cattle, due to attack by wild animals, 'donkey' 'horse' and 'sheep' be included in the list in addition to the existing 'cow', 'ox' and 'buffalo

Similarly, now compensation paid for the death of cattle died due to the attack of tiger and panther. In future, in this list, 'bear' 'hyena' and 'elephant' shall also be included.

9. The rearing of goats within a radius five kilometers in and around the Wildlife Sanctuaries/National Parks/Reserve Forests is thereby banned. The Chief Conservator of Forests (WL) and Chief Wildlife Warden, Chennai is requested to take necessary action to ban the rearing of goats in consultation with the Director of Animal Husbandry, Chennai.

10. The Chief Conservator of Forests (WL) and Chief Wildlife Warden, Chennai is empowered to sanction the compensation as at present.

11. This order issues with the concurrence of Finance Department vide its U.O. No.326/AH&F/96-1, dt.3-10-96.

(By order of the Governor)

K.S. SRIPATHI,
Secretary to Government



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