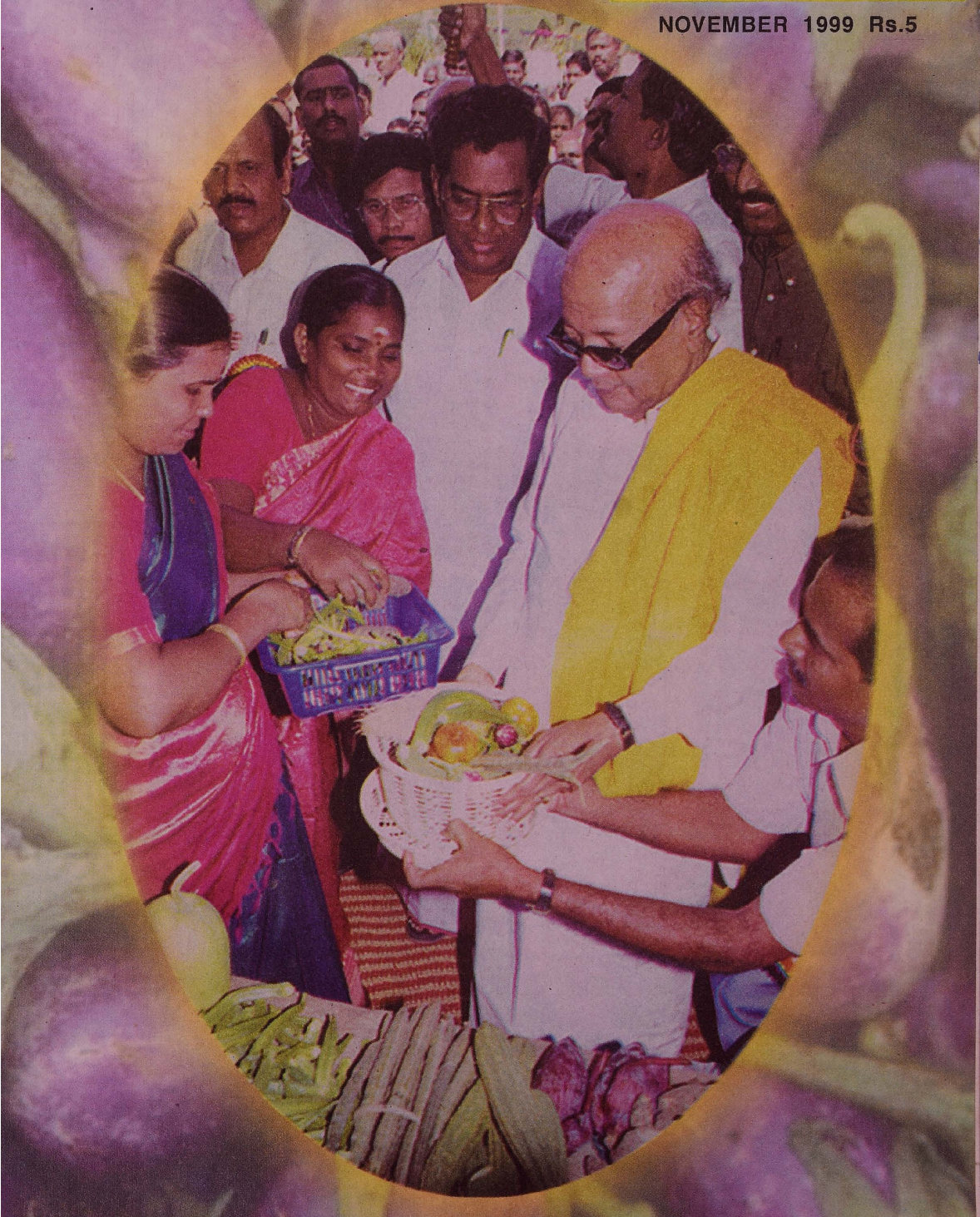


Tamil Arasu

NOVEMBER 1999 Rs.5





தமிழ்நாட்டின்
முதல்

உய்யும் சிந்தையுடன்

காய்கறிகள், பழங்கள் நேரடி விற்பனை வளாகம்
மதுரை சிற்பனைக்குழு - அண்ணாநகர், மதுரை-20.

தமிழ்நாடு சுகாதாரத்துறை
14 91 59.



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, Omanthur Government Estate, Anna Salai, Chennai - 600 002. Phone : 5368926/5368927
Printed at : Tamil Arasu Press, Chennai - 600 002. Phone : 5364906

FARMERS

These vendors in turn sell these perishable products to the consumers further increasing the price for profits.

MARKET

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 Kalaignar 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



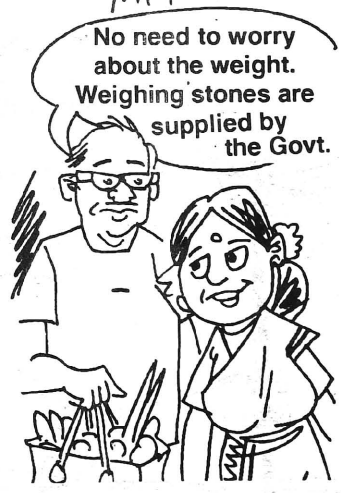
farming on an area of 200 ha. within 40 k.m. radius.

- ★ 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.

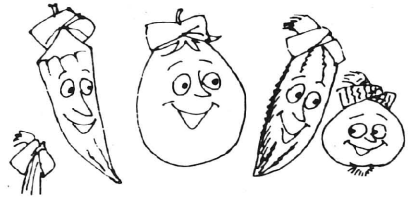
- ★ Shops will be allotted only to these farmers/ family members having identity cards.
- ★ The farmers need not pay any fees to use the facilities available in the farmers market.
- ★ A 'farmers committee' will be formed in every farmers market to overcome the problems in the administration of the market.



- ★ 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

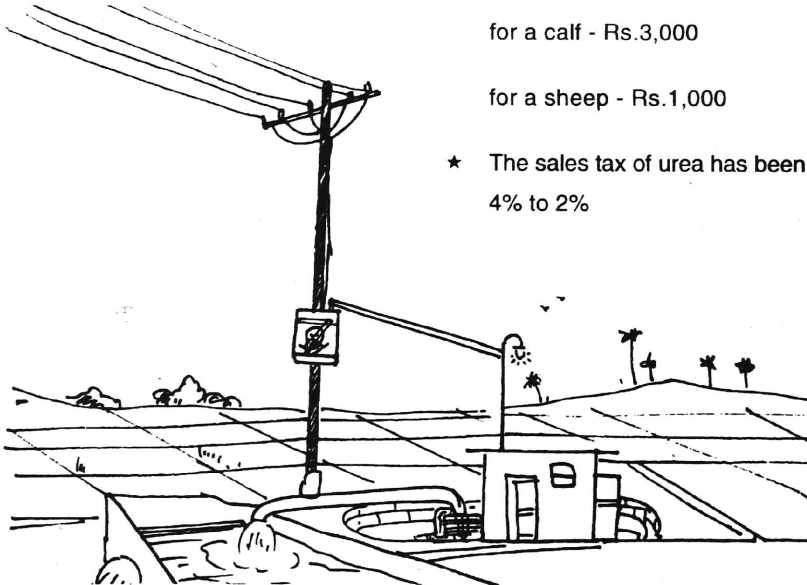


for a cow - Rs.5,000

for a calf - Rs.3,000

for a sheep - Rs.1,000

- ★ The sales tax of urea has been reduced from 4% to 2%



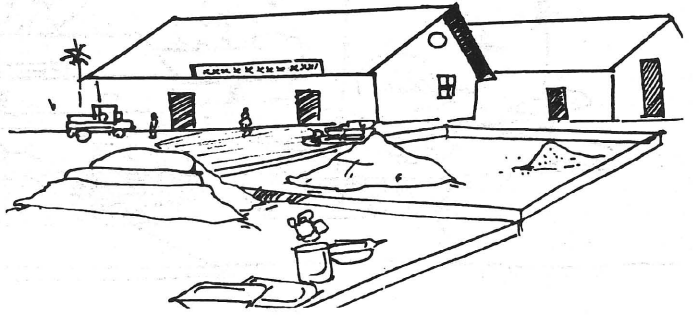
★ Fertilizer identity cards to farmers to enable them to get chemical fertilizers at the time of their need at prescribed price.

★ 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.



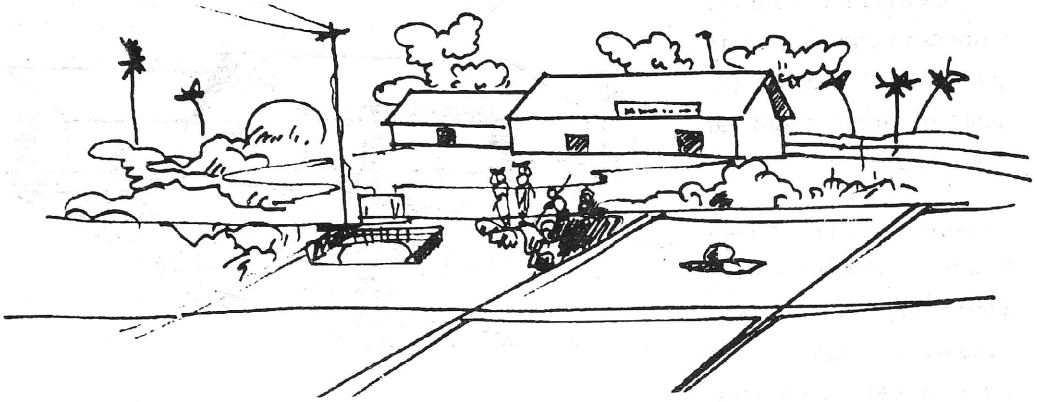
★ Commercial Complexes are being established for paddy in Madurai at a cost of Rs.13.57 crores; for sugarcane and jaggery at a cost of Rs.9.80 crores in Trichy and for Turmeric at a cost of Rs.30.89 crores in Erode.

★ 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.

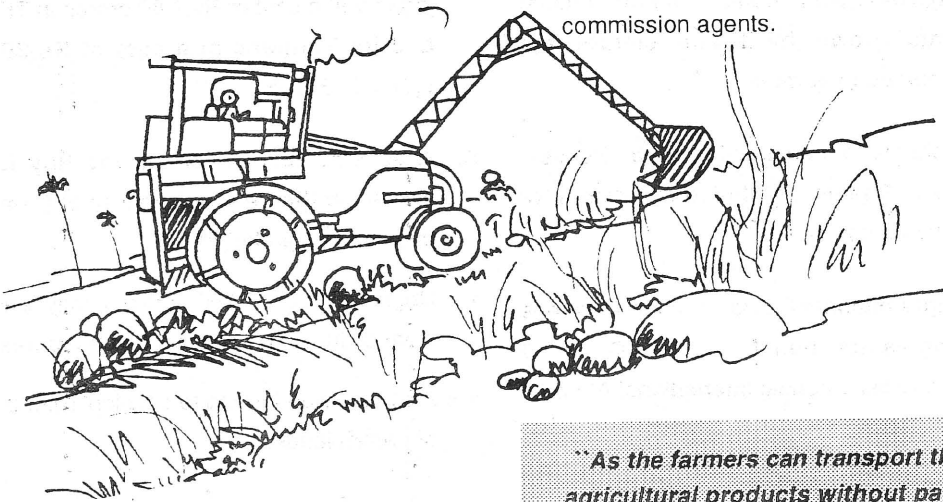
★ A commission formed to develop 10,000 ha. of barren lands.





★ The neglected waterways in Cauvery delta for over a Century has been desilted at a cost of Rs.108 crores.

★ '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.



★ 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.

"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 Kalaignar

KING INSTITUTE OF PREVENTIVE MEDICINE

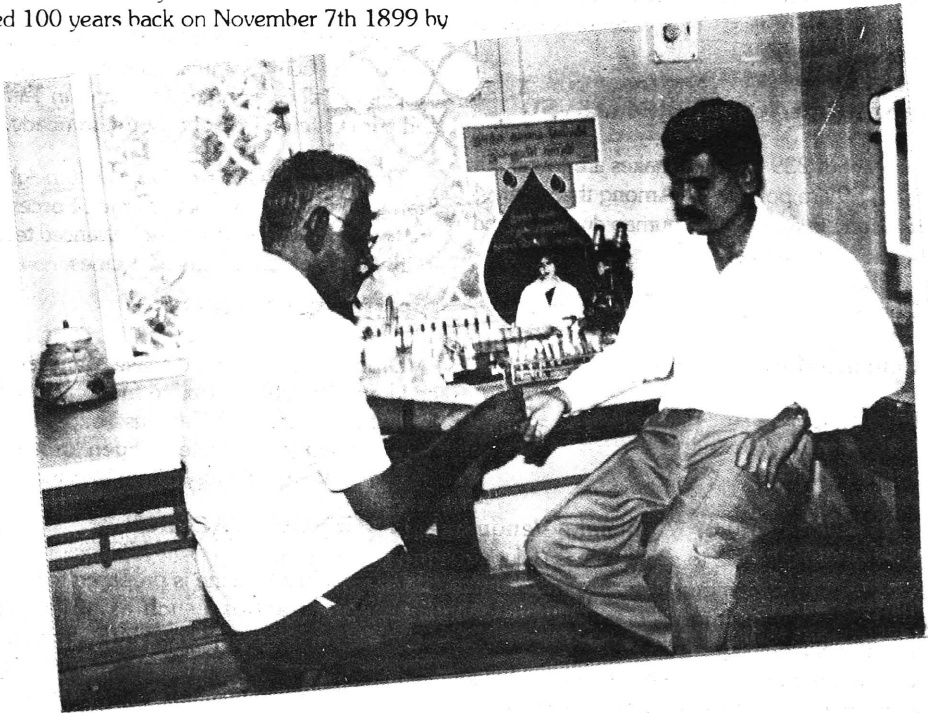
Yeoman Service to the mankind

Dr.C. Chandra Prabha, Director

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. Kalaingar M. Karunanidhi.

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

"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.

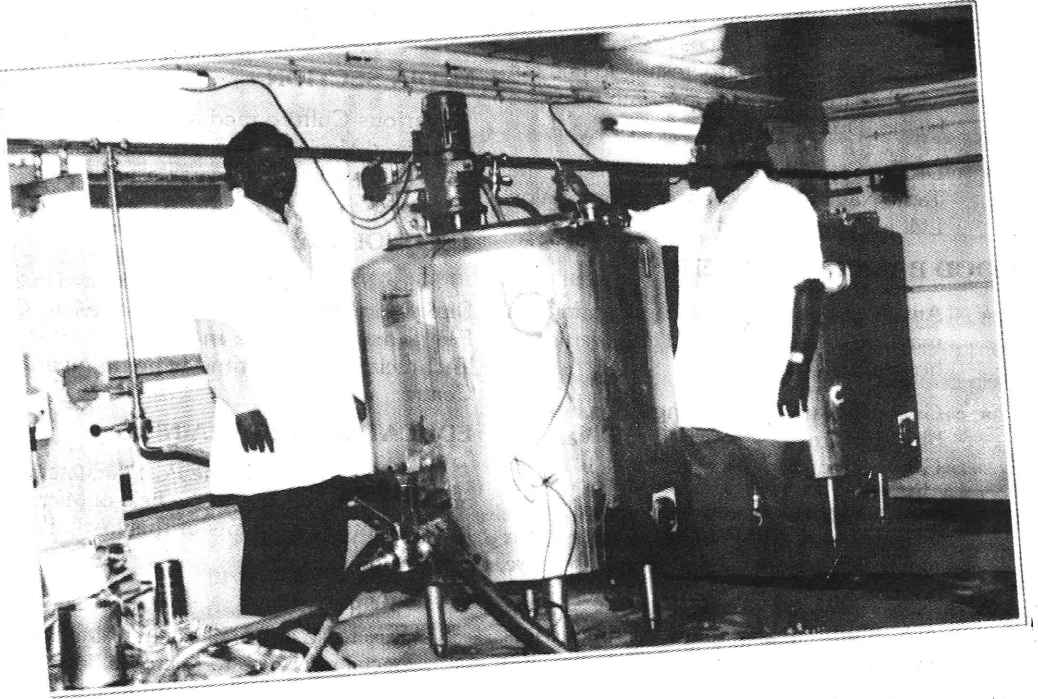
DIPHThERIA TOXOID

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. ★

Housing Federation 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. Kalaigarnar. 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. Kalaignar, 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.

<i>Year</i>	<i>Amount Disbursed (Rs. in Crores)</i>
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. Kalaignar 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. Kalaignar.

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

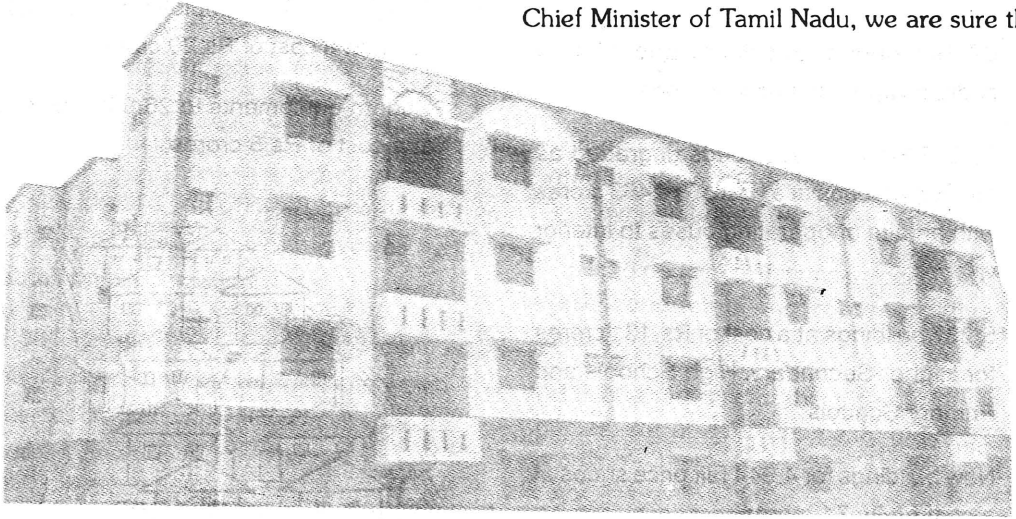
crores alone has been collected in the previous year during the same period.

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



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.

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. Kalaigñar, Chief Minister of Tamil Nadu, we are sure that

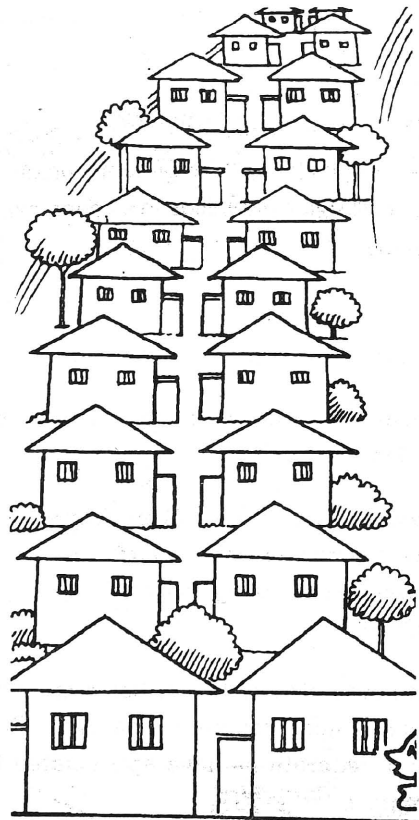
we will attain many more achievements in the years to come.

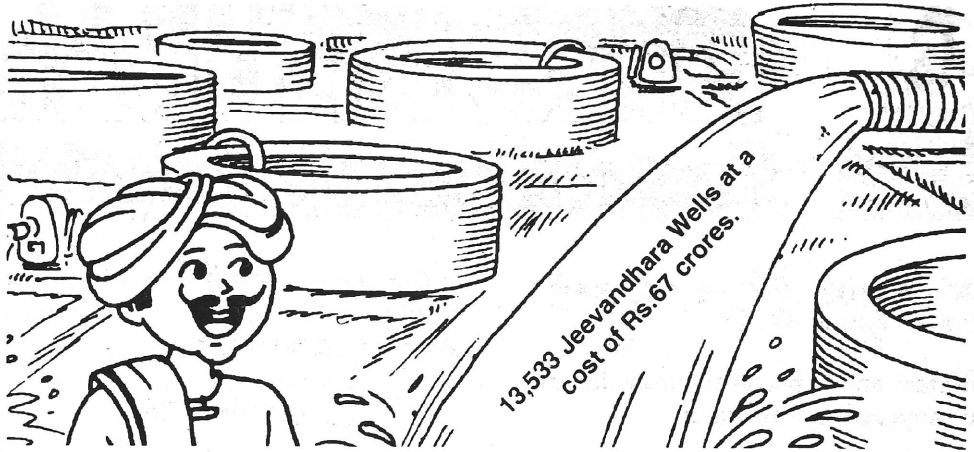
**Long Live Co-operative
Movement!**

**Let the Co-operative
Housing develop further!**

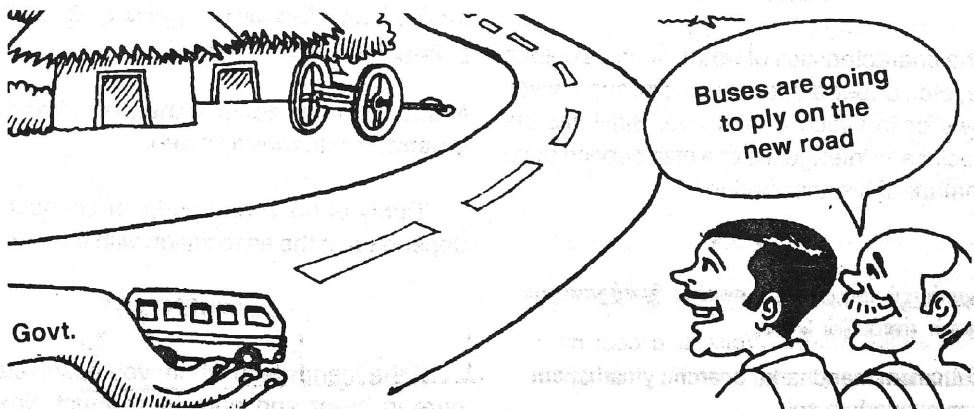
A Golden Era of Rural Development

- ★ 2,53,053 houses at a cost of Rs.480 crores under the scheme of constructing group houses for poor, Adi-draavidars, 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-draavidar 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

சிறிநிளம் அஞ்சும் பெருமை; சிறுமைதான்
சுற்றமாச் சூழ்ந்து விடும்.

Sitrinam anjuna 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, atruahum; 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.

★ ★ ★

மனத்தான் ஆம் மாந்தர்க்கு உணர்ச்சி; இனத்தான் ஆம்
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, seivinaithuimai, 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.

★ ★ ★

மனம்தூயார்க்கு எச்சம்நன்று ஆகும்; இனம்தூயார்க்கு இல்லைநன்று ஆகா வினை.

Manamdhyarku echamnandru ahum; yinamdhyarku yillainandru aha vinai.

‘Pure-minded men have virtuous offspring and no evil deed can be imputed to men of pure companionship’.

★ ★ ★

மனநலம் மன்உயிர்க்கு 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; மற்று 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 குணையில்லை; தீயினத்தின் அல்லல் படுபுதுறும் 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 countersigned 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;

(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

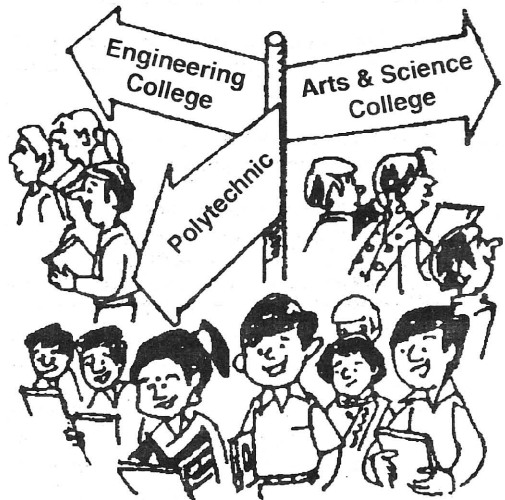
- ★ A novel single window system of admission of students to Engineering Colleges in Tamil Nadu has been introduced for the first time in the whole of India during 1997-98. Under this transparent system, the students are allotted branches in the first year itself on the basis of merit, reservation and 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

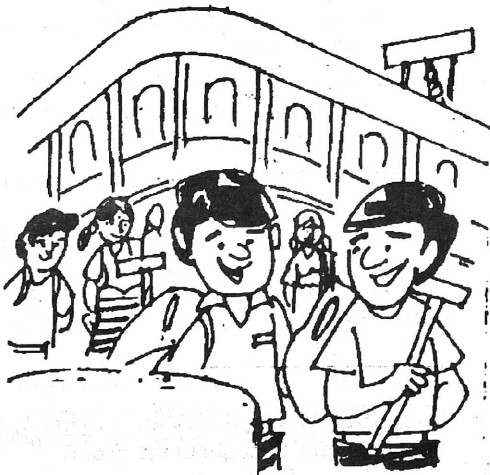
graduates and are interested in

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.



Our Children who were working in the match industry are going to school now.



★ 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.

★ 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.

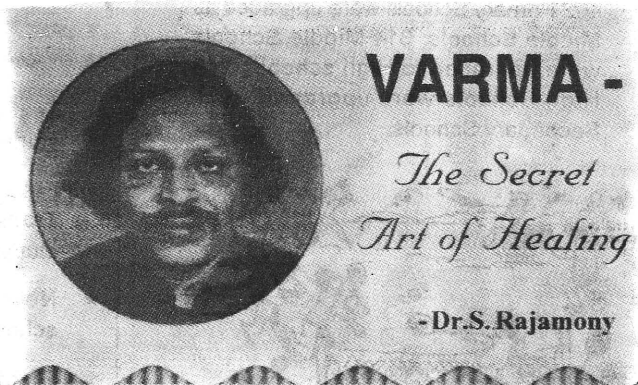
The Acupressure and the Acupuncture of China and Japan was originated from South India. The close relationship between these systems and Varma evidently support this fact. The accupressure points, to be treated for a particular illness are the same in Acupuncture, Acupressure and in Varma.

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.

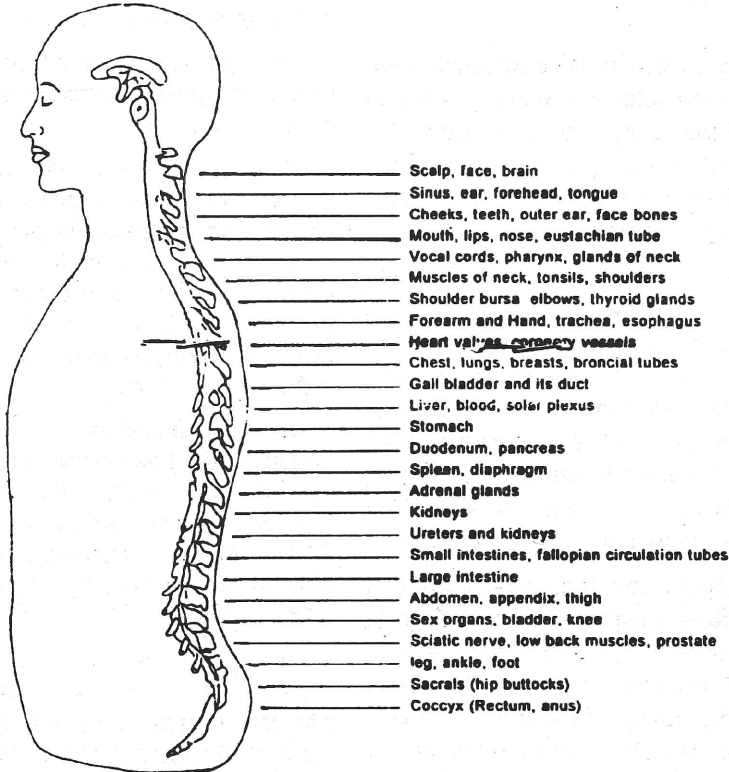
In the Varmam system, every disease from ordinary cold and headache to fatal cancer that are caused by affliction of the nerves, could be cured. By proper correction of the nerve disorder this is achieved, provided, the treatment is begun in time, instead at the tag end, when all other systems have



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 by-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 myopathy 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. Kalaignar 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.

- ★ 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

The Tamil Nadu Industrial Cooperative Rubberised Coir Products Limited, is a :

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.

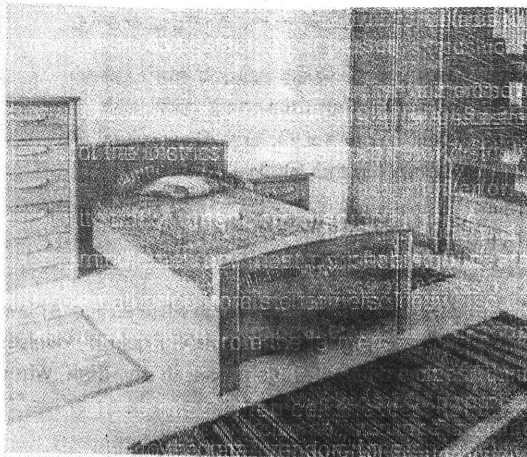
The rubberised coir products are sold to Private Institutions, Lodges, College Hostels and Private Hospitals.

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. ★



மேலோரோடு சேர்ந்த உறவு நிலைக்கும்.

Naladiyar

வாழ்வு

வறுமைமுதலியவற்றால் எய்திய இடுக்கண்
அன்பள்ள சுற்றத்தாரைக் காணிற்கெடும்.

வயாவும் வருத்தமும் ஈற்றுக்கா னோவும்
கவாஅன் மகற்கண்டு தாய்மறந் தூஅங்
கசுஅத்தான் உற்ற வருத்தம் உசுஅத்தன்
கேளிரைக் 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
பாகுதாத்தலே ஆண்மையையுடையவனுக் குரியகடன்.

அழன்மண்டு போழ்தின் அடைந்தவர்கட் கெல்லாம்
நிழன்மரம்போ னேர்ஓய்த் தாங்கிப் - பழுமரம்போற்
பல்லார் பயன்றுய்ப்பத் தூன்வருந்தி வாழ்வதே
நல்லாண் 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.

★ ★ ★

உலகறியத் தீரக் கலப்பினு நில்லா
சிலபகலாஞ் சிற்றினத்தார் கேண்மை; - நிலைதிரியா
நிற்கும் பெரியோர் நெறியடைய நின்றனைத்தால
ஒற்கம் 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.

★ ★ ★

யாவரையும் உறவினராக் கருதிக்காப்பவரே
மேன்மக்கள் ஆவர்.

இன்னர் இனையர் எம்பிறர் என்னுஞ்சொல்
என்னும் இலராம் இயல்பினால் - துன்னித்
தொலையக்க ண்பந்தீர்ப் பாரேயார் மாட்டும்
தலையக்கள் ஆகற்பா லார்.

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
அன்பரிடத்துக் கூழை உண்ணுதல் நன்று.

பொற்கலத்துப் பெய்த புலியுகிர் வான்பழக்கல்
அக்காரம் பாலோ டமராரகைத் 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

விரிவடைகிறது சாலை
வியப்படைகிறது வானம் !

1996 முதல் இன்று வரை தமிழகம் முழுவதும்

	நீளம் கி.மீ.	மதிப்பு ரூ	
செப்பனிடப்பட்ட நெடுஞ்சாலைகள்	12842	748.66	கோடி
செப்பனிடப்பட்ட ஊரகச் சாலைகள்	2748	149.59	கோடி
புதிய நெடுஞ்சாலைகள்	1500	150.00	கோடி
புதிய ஊரகச் சாலைகள்	2947	206.00	கோடி
கட்டப்பட்ட பாலங்கள்	79 எண்கள்	59.29	கோடி
கட்டப்படும் பாலங்கள்	295 எண்கள்	369.94	கோடி
கட்டப்படும் மேம்பாலங்கள்	6 எண்கள்	54.02	கோடி

முன்னேற்றப் பாதையில் தமிழகம்