


# Tamil Arasu

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 ഭരണാധികാരിമാരുടെയും അംഗങ്ങളുടെയും  
 സഹായത്തോടെ, കേരളത്തിലെ വിവിധ ഭാഗങ്ങളിൽ  
 പ്രവർത്തിക്കുന്ന, അമ്മയുടെയും കുട്ടിയുടെയും  
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# Tamil Arasu

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# "WE ARE DETERMINED TO PROVIDE AN INVESTOR - FRIENDLY ENVIRONMENT TO PROMOTE RAPID INDUSTRIAL GROWTH AND ECONOMIC DEVELOPMENT"

Inaugural speech of Hon'ble Chief Minister of Tamil Nadu on 11th September 1996, at Energy Summit '96



Every one of us is aware that Electrical Energy is a vital input for the development of a country. I am happy to note that this Energy Summit '96 is designed to look at the opportunities in the Indian Power Sector, in the areas of Energy Conservation, Renovation and Modernisation of the existing power plants, establishment of small power plants and setting up of major power plants in the Private Sector. I am also given to understand that an Exhibition displaying the Energy Saving Devices, Energy Monitoring Equipments, etc. is being conducted during this period of Energy Summit. I am confident that this Exhibition would be an attraction to the large number of Business Visitors from all over India.

The Tamil Nadu Government is determined to provide an investor-friendly environment to promote rapid industrial growth and economic

development. We are aware that provision of adequate infrastructure, especially power, is an essential pre-requisite for development and are taking a number of steps to increase the generation of power and improve its transmission and distribution.

The present total installed capacity at our command, including the share from the Central Generating Stations is 6,579 Mega Watts. The highest peak demand met so far is 4,555 Mega Watts and the highest daily energy consumption registered is 96 Million Units. As on date, there is no Power Cut in the State. The Load Growth in Tamil Nadu is 10% per annum. The Demand and Energy requirement at the end of the Ninth Plan is estimated to be 9020 Mega Watts and 49,200 Million Units.

In line with the Central Government's Liberalisation and Globalisation Policy, throwing open the Power Sector to Independent Power Producers, Sixteen Memoranda of Understanding (MoUs) have been signed for a total capacity of 10,650 Mega Watts. We expect 200 Mega Watt of Power from IPPs by the end of 1998, about 3000 Mega Watts by 2002 and about 9,000 Mega Watts by 2005 from these IPPs. Transmission facilities to evacuate the power have already been planned and would be executed in time. Suitable sites are being identified for additional power projects in the Private Sector in this State.

National Thermal Power Corporation, the Premier Power Generating Company in the Private Sector in the country will set up a 2000 MW Thermal Power Station at Cheyyur, about 80 KMs South of Chennai.

As the power from large IPPs is likely to be substantially available only after the year 2000, in order to meet the demand for power in the State during the next four years, we have decided to set up smaller liquid fuel based power plants of capacity upto 100 MW. Tamil Nadu Industrial Development Corporation, with the technical support from Tamil Nadu Electricity Board will be calling for bids to establish power plants of capacity ranging from 40 MW to 100 MW in 20 locations in Tamil Nadu.

We are determined that the entire process of selection and award of contracts to the successful bidder should be fair, transparent and on internationally competitive basis. I would therefore invite the interested firms both from India and abroad to take part in the bidding. I would like to state certainly that we are aware of the capital constraint in this country and welcome investment in the Power Sector of this State from foreign investors.

Our Government takes Energy Conservation seriously. We are aware that energy conservation results in reduction of investment needs as well as environmental pollution. We have planned to create awareness among the electricity consumers to encourage the use of energy efficient lamps and equipment in houses, agricultural, industrial and commercial sectors. We have made energy audit compulsory in industries. Various measures like installation of capacitors in substations and on transmission lines, adopting Demand Side Management Techniques, reconfiguration of the present Power Network, planning for

more substations at optimal locations to improve the voltage profile are being taken to reduce the line losses. The Transmission and Distribution Loss in Tamil Nadu is 17% which is well below the All-India average of 22%. We expect to bring this down further. Realising that Energy Conservation benefits the State in reducing the investment in generation reduction in environmental pollution, our Government would actively promote Energy Conservation measures. Adequate State Plan allocation would be ensured to strengthen the Transmission and Distribution Network to ensure reliable and quality power to the consumers.

In the Renewable Energy Sources Front, Tamil Nadu has been a pioneer in promoting power generation from

Renewable Energy Sources. I am proud to state that our State has been in the forefront in respect of windmill power generation, with a capacity of 555 Mega Watt already installed. The potential available in our State of Tamil Nadu is estimated at 2000 MW and every year 100 Megawatts are being added. The generated power is purchased by Tamil Nadu Electricity Board. In respect of harnessing Solar Energy, 100 Solar Photo Voltaic Pumpsets are in operation. A programme of installing larger number of Solar Photo Voltaic Pumpsets in Tamil Nadu is being actively considered.

Co-generation in Sugar Mills and other Industries is an area of priority for our Government. As on date, about 55 Megawatts of power is generated by Sugar Mills in the State. In 1996-97 and 1997-98, about 88 Megawatts and 104 MW of new co-generation capacity will be added by the Sugar Mills. By the year 1999, Tamil Nadu will have 500 MW of co-generation capacity.

*(Excerpts from the original text of the Speech)*



# ANCIENT TAMIL NADU'S LOFTY CONCEPTS TRANSCENDING PAROCHIALISM

*Arignar Anna*

**T**o-day under the auspices of Pachaiappa's College Tamil Sangam, the portraits of two great Tamil men of letters are being unveiled and a special number also is being issued to commemorate the occasion. I am elated to take part in this function and unveil the portrait of Mu. Va. the great Tamil savant and professor who had rendered yeoman service as professor of Tamil in this college and contributed much to research in Tamil besides authoring books of essays, stories etc. that breathe life-truths of perennial interest. He had said everything in his own inimitable style and in a manner illuminating than polemical. There are speakers and writers who speak or write without forethought. But Mu.Va. thinks as he writes and makes others think simultaneously. Such is the might of his pen. For a literary piece to be enduring it should not be the product of emotional outburst alone. Such works born of emotion can't stand the test of time. The works that cause astonishment lead to clarity which in turn paves the way for rightly perceiving the truth of the matter. This correct perception should give a sense of assurance and certainly to the reader and impel him to spread the knowledge so gained to others. Dr. Mu.Va's works have this power of alchemy, as it were; he has embellished in well over seventy of his works the ideas and message of Kural and the Tamil classics.

Time was when Pandits delighted in writing literary works that others could not understand and that they alone could decipher. The Tamils felt delighted in writing cryptically. Even cures for scorpion's sting and snake bite were kept secret. Very many works of Tamil pulavars seem obscure by their own pedantry and so unintelligible to others.



Our worry is not that there are no classics or great literary works in Tamil. Many others don't possess this much literary lore in their languages. But our comprehension of our classics had not kept pace with the uniqueness of our classics. Mu.Va had taken upon himself the task of propagating the message of the Tamil Classics to people at large by diction, simple and intelligible to masses and classes of TamilNadu. A portrait can't be an adequate recompense to what he had done for Tamil and Tamil Nadu. We should note how he had served Tamil and developed it. So also we should have the determination that we would transmit all that we had learnt from our ancient Tamil works to others in a manner suited to them. If students resolve to do so firmly, then the future of Tamil is safe and secure.

If any one ask what are the concepts, ideals that Tamil literature is endowed with that other literatures can't boast of, my reply is this. Nowadays leaders of rank all over India social reformers and people who are eager to spread modern liberal ideas among the people, all of them are emphatic in their conviction that the caste system should go. For so long as caste

differences prevail, social cohesiveness among people can't be seen and there will be tendencies of mutual jealousy and dupe and looking down upon each other. But the feelings or ideas that tended to create caste-system are conspicuous by their absence in ancient Tamil Nadu. The very word 'Jati' is foreign to Tamil. The first letter 'ja' of the word is not a Tamil letter. As no caste system prevailed in ancient Tamil Nadu the word 'jati' is not to be seen in old Tamil works. Aram is so meaningful that it can be expatiated upon at great length. A line in a Tamil classic poem says, "I am not a merchant trading in "aram" (Righteousness) performing a good deed in this birth with a view of reaping the benefit there of in the next world."

When I had been to U.S.A., I had occasion to visit U.N.O. where I found the flags of every nation flying side by side in gorgeous colours and in fine array. I observed in course of a talk with the Secretary-General of the U.N that our ancient Tamils had this universal vision as is clear from the dictum, "any hamlet is ours and any one our kinsman." I suggested to the Secretary-General to kindly arrange displaying this lofty Tamil dictum in the U.N. along with its translation.

Such ideas that we cherished from times immemorial and that were so natural to Tamil society had to be brought home to us by the forceful revolutionary poems of Bharathidasan and the didactic essays of Mu. Va after an interrugnum of 2,000 years. The virtuous precepts formed the basis of ancient Tamil Society were disturbed and thrown out of the shape by the graft of ideas, customs that came from without. We can get rid of the intruded, unhealthy matter only by drawing sustenance from the writings of Mu.Va and Bharathidasan. Their literary creations have the added significance immortally. They will infuse courage whenever the Tamils are dejected and look forlorn. Their works will keep aloft the true Tamil genius, spirit and culture.

It is but fitting that you have called upon me to unveil the portrait of Mu.Va and my brother Karunanidhi to unveil the portrait of the revolutionary poet Bharathidasan.

My connection with Pachaiyappa's College is an intimate one. I used to visit my alma mater atleast once a year and address meetings. Though I had no benefit of studying Tamil as an optional subject of study my deep fervour and love for Tamil were the result of fruitful guidance I had from the Tamil Professors Mani Tirunavukkarasu Mudaliar and Mosur Kandaswamy Mudaliar. The latter was well versed both in Tamil and English.

In those days conditions of college life were different. During the five years of my study in this college I had called on the Principal only thrice. We could not meet the Principal so easily as you do nowadays. So different were we.

It is a welcome trend that students are developing a liking for Tamil and its growth. In order that the message of Tamil is spread to other societies Tamil should gain pride of place atleast in Tamil Nadu. The incursion of Hindi even in a piece meal manner either overtly or covertly should be resisted by the combined strength of all of us.

*(Gist in English of Anna's Speech in Tamil at Pachaiyappa's College.)*

*Courtesy : The voice of Great Anna.*

### "CHENNAI TAKEOVER MADRAS"

The Government of India has accepted the Tamil Nadu Government's recommendation changing the name of the city of Madras to "Chennai". The alteration of name was published in an extraordinary gazette of the Government of Tamil Nadu. The city of Madras (alteration of name) Act 1996 was officially notified by G.O.Ms. No. 1002 - Revenue Department dated 13.9.96.

# Common Man

- Kalaingar M. Karunanidhi.

To raise our life  
To heaven of peace  
Is my belief -

To high and low,  
Distinctions barred,  
Equality  
Is sure relief!

All Revolts  
Are mind creations!  
All Revolts  
Are feelings, explosions!  
All Risings  
Are in Writings!  
All Resolves  
Equality raise!

All these  
Must have genesised  
Long long ago  
A saga to praise,  
A Era to sing,

Is there a Man  
Who has known  
Life in all its own?  
We call the birds,  
Mammals and Movables  
As fully alive:  
We call a man  
Not rationale  
But just mobile,

All pride to cry  
"We live our life  
In peace and strife!"

We see them sip  
Life's honeyed bliss  
Like babes in cues!



They mire their paths  
Like bullock pairs! -  
The tiger pleased with prey,  
The python mouthing deers,  
More than its hunger needs,

The scenes witnessed,  
They do not learn  
The art of running life, -  
What else to do?

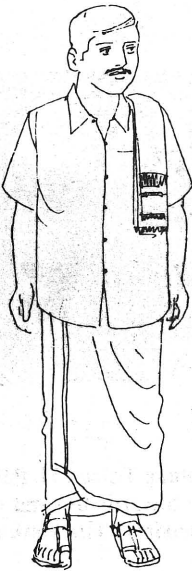
Death may be at Six  
Or may be one hundred-  
A truthful man  
Is not afraid of long life span;  
He braves all storms,  
He fights all harms;

But one sunk  
In sensuousness,  
Can never Survive  
And will perish  
In life devilich

That one who clings  
To home and mate,  
His own children  
And Kith and Kin  
Is not Human;

But he alone  
Is truer man  
Who swears to lift  
His countrymen  
And his dialects  
To freedomed heights  
And he alone is chosen man,  
A common man -  
A man to illumine  
All his countrymen!

(Translated by Dr. Krishna Srinivas) ◆



## SECOND ROUND OF TALKS ON CAUVERY WATERS



“**F**or a very long time, Tamil Nadu has been engaged in constructive discussions with Karnataka and the discussions would continue, however, keeping in mind the existence and importance of Tribunal. As the United Front was in power at the Centre, the discussions could lead to a fruitful solution”, said the Chief Minister Kalaignar M. Karunanidhi addressing a Joint Press Conference with the Chief Minister of Karnataka at Bangalore on 4.9.96. The Chief Ministers were addressing the press after about an hour long discussions at Vidhan Sowdha held earlier.

The discussions to find a permanent solution to the Cauvery Waters issue also centered around the release of water during this month. It was decided at the meeting to have a third round of talks in the fourth week of September. The Chief

Minister of Karnataka Thiru J.H. Patel said, “We are meeting again towards the end of the month to take a final decision” The venue is yet to be decided.

Thiru J.H. Patel said at the press meeting, the second round of talks was held with the same confidence and co-operation as the first round of talks at Chennai on August 5.

The Deputy Chief Minister of Karnataka, Thiru Sidaaramaiah and the Major Irrigation Minister Thiru. K.N. Nage Gowda were part of the Karnataka delegation. Minister for Public Works Department, Thiru Duraimurugan, Minister for Health and Electricity, Thiru Arcot N. Veerasamy, Law Minister Thiru Aladi Aruna, Chief Secretary Thiru K.A. Nambiar, and senior officials assisted the Tamil Nadu Chief Minister during the discussions. ♦

Koyambedu Wholesale Market Complex inaugurated

## GOVERNMENT TO PROVIDE HOUSING TO TRADERS

The Hon'ble Chief Minister Kalaingar M. Karunanidhi declared open the Koyambedu Wholesale Market Complex at Koyambedu, Chennai on 28th August 1996.

Declaring open the complex, the Chief Minister in his address referred to a demand made by a traders' representatives said, the Government would take necessary steps to

member Market Management Committee having representatives from traders and Government Officials, for managing and maintaining the complex.

He commended the Minister in charge of MMDA Thiru K. Ponmudi and officials of the MMDA for the excellent facilities provided in the complex. He also honoured Thiru Kuldeep



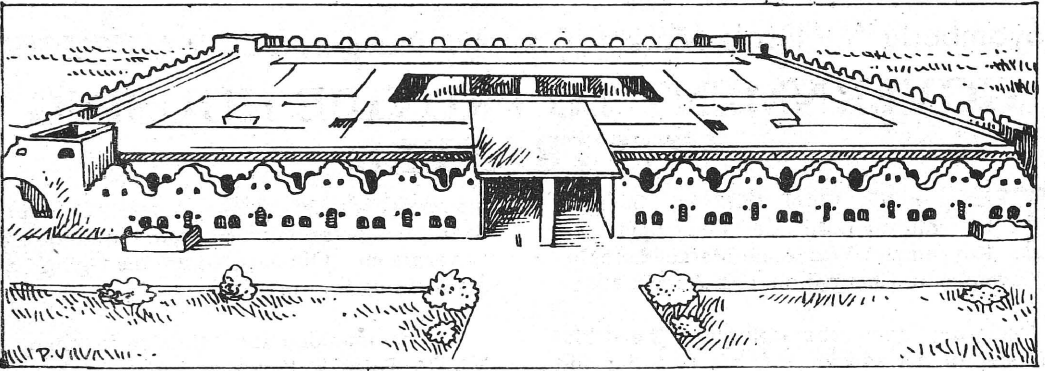
provide housing facilities for traders of the Koyambedu Wholesale Market.

The Chief Minister said he has had a look at the facilities and infrastructure provided in the market complex. He had suggested construction of more number of toilets and said the open lands in the market area could be used for the housing schemes.

Referring to another demand from the traders' representatives, the Chief Minister said the Government with assistance from MMDA would provide support for managing and maintaining the complex for one year. He also said the Government has formed a seven

Singh, who had designed the complex. The Chief Minister detailed the measures being initiated for decongesting the Kothawal Market. He said compared to the perishable shops which were now on 4 acre plot in North Chennai, the new complex had come up on a 300 acre site, with various infrastructural facilities.

Chiding his party colleagues for converting the issue of naming the complex after him into a debate, he refused to oblige by naming the complex on his own name. He said the name should have some historical significance and that was why he had refused to name Thiruvarur District after himself and gave it the name of Dravidian Leader A.T. Paneerselvam



and MMDA Complex after Thalamuthu Natarajan, who participated in anti-Hindi agitation. He announced that the vegetable market would be named after Periyar, the fruit market after Anna and flower market after Kamarajar.

Thiru K. Ponmudi, Minister for Transport said 306 shops were being allotted to platform vendors, besides 456 fruit shops, 456 flower shops and 1,422 vegetable shops. Tmt. Jayanthi, Vice Chairperson of the MMDA said the Koyambedu Wholesale Market Complex had been built at a cost of Rs. 77

crores. Thiru Arcot N. Veerasamy, Minister for Health distributed the documents for the shops to some traders.

Thiru N.V.N. Somu, the Union Minister of State for Defence, Thiru Parithi Ilamvazhuthi, Deputy Speaker of the Tamil Nadu Legislative Assembly, Thiru K. Pichandi, the Minister for Housing, Thiru M.K. Stalin, Thiru J.M. Haroon, Thiru K. Kittu, Members of the Legislative Assembly, Thiru S. Rajarathinam, Secretary of Housing Department and Thiru M.M. Farooqui, the MMDA Member Secretary, spoke on the occasion.

## DECONGESTION OF CHENNAI - MMDA'S PLANS

Chennai, the capital of Tamil Nadu is the fourth largest city in our country. The population in Chennai city and in Chennai Metropolitan Area is about 40 lakhs and 60 lakhs respectively and it is estimated to grow to 60 lakhs and 95 lakhs respectively by 2011. The George Town (GT) area, CBD of Chennai City is intermixed with wholesale activities in steel, vegetable, fruits, flowers, stationaries and paper, textile, food grains and intense residential developments and office uses. It has become incapable of serving the vastly expanded metropolis. Intensive activities, high land and rental values, narrow street system (developed during past centuries), lack of parking spaces and movement of a mixture of

vehicle types (ranging from slow moving bullock carts / cycle rickshaws to heavy trucks), and non-availability of space for expansion have led to over crowding, traffic congestion, woeful inadequacies in infrastructure such as water supply, sewerage and conservancy. Particularly the trades in perishables are conducted in the area in unhygienic environment. The premises are in old outworn condition.

### MMDA'S PLANS FOR GEORGE TOWN

The adverse impacts of this unsatisfactory quality of life in general in the CBD are suffered not only by the public at large but also by all those who are directly concerned including

the traders, labourers, transport operators, the authorities in charge of traffic regulation, city maintenance and conservancy. Recognising the close connections with the trades, movement of goods and economic life of the city relatively painless solutions have been worked out by Madras Metropolitan Development Authority (MMDA). As a possible solution to the above said problems of CBD, MMDA has planned for establishment of new market complexes for wholesale trades and new city level bus and truck terminals at sites which are well clear of the congested areas, and also without being much far away from the City. Market Complexes at Koyambedu (for perishables, textiles, foodgrains) and Sathangadu (for iron and steel), Bus and Truck Terminal at Madhavaram, are the few such developments being executed to decongest the GT area and to provide better / healthy environment for these activities. Once the activities are shifted, the premises used for these activities will be or allowed to be redeveloped for less intense activities (particularly for those which do not attract truck / heavy vehicles traffic) with adequate open spaces to improve the living environment of the areas.

### MOVING EXISTING MARKETS

The congestion is the main problem in the existing markets at GT; vehicles parked in front of shops / stalls obscure the shop and hold up traffic in the very narrow streets. The goods-in function is mixed up and impedes the goods-out function. There is a social reason also to shift these markets: to make the process of market more efficient as a means of moving goods from producer to consumer, thus protecting the price mechanisms and availability. Further old outworn premises are inconvenient for trades. Markets rely more on modern methods of goods handling and communication; more efficient buildings and layouts can improve efficiency of operation.

A large proportion of the traders have indicated not only their willingness but also their desire to move to Koyambedu. The traders are not only convinced about the goods the project may deliver to them and to the general public, but also for looked security of tenure in

the new market which is absent in their present location. They also see it as a means of investing for their future.

### THE KOYAMBEDU MARKET COMPLEX

The wholesale market complex at Koyambedu is being developed over an area of 295 acres, to house wholesale markets in perishables, foodgrains and groceries, and textiles with all required amenities and facilities. The project site comprises of Government / Government agency lands of 60.04 acres and private lands of 235.68 acres. So far 166.05 acres of private lands has been taken possession and the remaining lands to extent 69.63 acres are under varrious stages of acquisition. In the contiguous areas development of facilities and amenities in the perishable markets complex have been taken up and completed. Once the remaining private lands are acquired, the Food Grains Market (over an area of about 80 acres) and Textile Market (over an area of about 22 acres) will be taken up.

In Phase-I, the development of perishable markets viz., flower (456 shops), fruit (456 shops) and vegetable (1,422 shope) was taken up at a cost of about Rs. 77 crores. The sizes of shops ranges from 150 sq.ft to 2400 sq.ft in floor area. The facilities provided include restaurants, kiosks, godowns, police station, fire station, telephone exchange, etc. The shops have been allotted since 1987 to G.T. traders at concessional price and also to other traders who conduct the trade elsewhere. Unlike the markets for such perishables developed by Agricultural Produce Market Committees elsewhere in India, the new market is a unique of its kind in design and facilities provided.

In planning and designing of these three perishable markets, their individual physical requirements in terms of internal spaces, selling areas, loading and unloading areas, storage areas etc., were considered and adequately provided. Further these were related to common functions such as bus service areas, restaurants, lorry parking areas etc., Perishable food stuffs necessarily generate considerable amounts of solid wastes and for



cleaning these wastes separate lanes are provided in the rear of the shops without conflicting with the ways for movement of incoming and outgoing goods and also to pedestrian movement areas. The layout is also developed in such a way that good-in function and goods-out function do not result in conflicts, and are clearly segregated.

A Common Amenity Building is being constructed at KWMC to accommodate the supporting facilities for the Koyambedu Wholesale Market Complex like Banks, Post Office, Management Committee Offices, Office space for Traders Association etc., An estimated cost of the construction of building is of Rs. 2.20 crores. As a first phase, part of GF + 2 floors is being developed (1500 sq.ft in area) with an anticipated estimated cost of Rs. 110 lakhs - in which MIDC share is of Rs. 45.40 lakhs. The construction work is in advanced stage and it will be completed soon.

#### NEW LAW

There is no provision of law available to enable MMDA or Government or a Government agency to take any appropriate step for establishing or shifting such markets to other localities. Therefore, the necessity was felt to enact a new law to regulate the location of wholesale markets in respect of commodities specified from time to time, and to establish market committee to manage and control such markets and to provide for matters connected therewith. A new legislation called "Tamil Nadu Specified Commodities Markets (Regulation of Location) Act" was therefore enacted.

#### MARKET MANAGEMENT

The market complex will be managed by the

Market Management Committee to be set up under the Act, comprising representatives of traders and Government Officials. MMDA after development of the markets will hand over the complex fully along with common assets to the Market Management Committee for its maintenance.

#### FINANCE

The total cost of the Perishable Markets Complex project executed in Phase-I is Rs. 77 crores. For the project, Government loan of Rs. 14.32 crores and HUDCO loan of Rs. 15 crores have been availed. Remaining part of the fund required for the project has been met from the Planning and Development Fund of MMDA and the cost recoveries made from the allottees in instalments.

#### BIO METHANE PLANT

Fuel from waste is one of the recognised policy of the Government. Presently all these perishable wastes are dumped as filling material in Corporation dumping yards. It is proposed to set up a pilot plant of 30 MT / day capacity to generate methane gas from the perishable waste and eventually electricity out of the gas generated, with the Government of India's assistance. The Bio-Technology would be acquired from western countries. The total cost of the pilot plant, including acquisition of technology is estimated as Rs.2.85 crores. The Bio-Tech pilot plant project is first of its kind in our nation and when it is made successful, it could be replicated in other parts of our State and our Nation.

(CBD means Central Board District) ◆

# KEEPING GIRLS IN SCHOOL

- Patricia Lone

**C**hoose a desk in a primary school in the developing world and the chances are that it will be occupied by a boy.

Many forces combine to spell an early end to education for girls. Chief among them is poverty. The cost of "voluntary" contributions, uniforms, books and bus fares can make even free education expensive-especially if there are many children. When a poor family considers how much a daughter can help in cleaning, cooking, collecting wood and water and looking after younger children, and how little opportunity there will be for her to get a paying job even if she is educated, then the returns rarely seem to warrant the expenditure. So it is usually the daughters who are withdrawn from school.

Even when girls are enrolled, the burden of domestic chores stands in the way of educational progress. A study in Mozambique's primary schools found that the single most important factor in poor performance was the time and strain imposed by the child's workload.

Close behind poverty follows tradition. And perhaps the strongest tradition of all is the idea that sons should be educated because they will be the bread-winners of their own future families and the supporters of their aging parents. A girl's work, though it may be longer and harder, is considered less likely to bring in monetary income. And in cultures where marriage means that a daughter becomes part of her husband's family, the incentive to educate girls is weaker still.

Yet when asked, many poor families will say that they want their daughters to be educated. Many girls stay home, not because parents are poor or culturally intransigent, but because they

do not believe that the kind of education on offer is appropriate for their daughters or because they feel the risks are too great.

Those risks are real. Girls are sexually harassed, by their fellow students, or their teachers, or sometimes by strangers as they walk

**Why do more girls than boys drop out of school? And what can be done to keep them there? A survey by Patricia Lone (UNICEF), based on information and research from Ann Cotton (Cambridge Female Education Trust, UK), Randy Hatfield (Academy for Educational Development, US), Peter Laugharn (Save the Children Federation), Molly Melching (Tostan Literacy Project, Senegal) and Saudamini Siegrist, Rosa Maria Torres and Malak Zalouk (UNICEF).**

to school. Girls get pregnant. And these sexual pressures and vulnerability are central to low enrolment and retention rates for girls in the classrooms of many countries. If classes are overcrowded, if children are poorly supervised, if male students are unruly and violent, then many girls feel threatened and many parents fear for their safety. If no single-sex schools or classes are available, if there are no women teachers, and if the school is too far from the home or community, then female attendance tends to fall away. A study in Egypt, for example, showed that girls enrolment was at a low 30% when schools were three or more kilometers from the children's homes, but over 70% when the school was located within one kilometre.

Here, too, poverty plays its part. If their clothes are torn or inadequate, girls from poor families, constrained by the demands of modesty and propriety, will stay at home. If they do not have adequate sanitary protection, or if their school

does not have separate toilets then the beginning of menstruation can mean the end of a girl's education.

Few governments and development agencies have adequately addressed the many needs, risks and fears of girls and their families as they make their decisions on whether or not a daughter should attend school.

Just as there is no single cause of the low level of girls enrolment and retention in school, so there is no single answer.

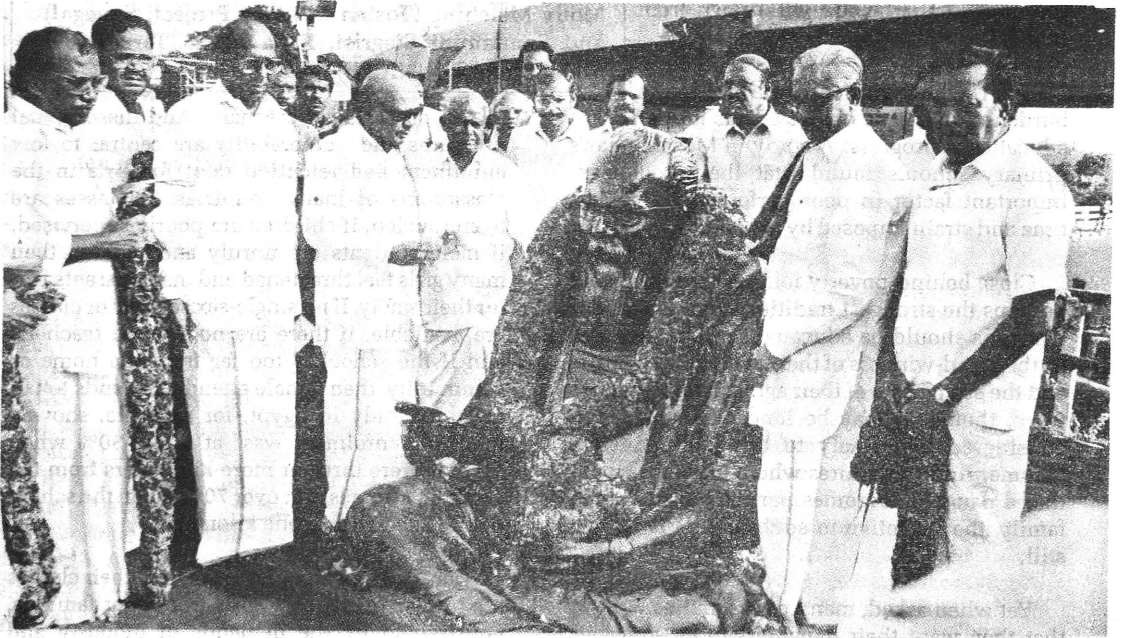
Many different approaches are being tried, most of them small in scale and as yet unevaluated. The common strands in the experiments to date appear to be the building of schools or classrooms closer to communities (at



least for the early years of primary education); the involvement of local communities and parents in the running of schools; the training of more female teachers; the offer of cash incentives to families who keep daughters in school up to specified grades; the expansion of non-formal education to try to give more girls basic literacy, numeracy, and life skills; information campaigns about the importance of girls' education; flexible schedules (to allow girls to

meet domestic responsibilities); and more preschool education both as a means of reducing later drop-outs and as a way of making it possible for girls to attend school while their young siblings are cared for.

Courtesy : The Progress of Nations 1996 ✧



The Hon'ble Chief Minister Kaignar M. Karunanidhi garlanded the statue of Thanthai Periyar on 17-09-96.

## RECORD PLAN OUTLAY FIXED AT RS.3,700 CRORES

**T**he 1996-97 annual plan outlay for Tamil Nadu has been fixed at Rs.3,700 crores more than last year's allocation of Rs.3,200 crores. The outlay was fixed at a meeting at New Delhi on 20.9.96 between the Chief Minister, Kalaignar M. Karunanidhi and the Deputy Chairman of the Planning Commission Thiru Madhu Dandavate.

As per the details worked out at the meeting the State's own resources would be mobilised to the extent of Rs.609.15 crores and the Central support to the plan will be Rs.2,474.15 crores bringing the total of Rs.3,093.30 crores in addition to this Tamil Nadu has got a share of Rs.92.36 crores out of the additional Rs.2,466 crores provided in the Central Budget. This amount has been earmarked for spending on basic minimum services.

During the discussions, it was also agreed that the State's open market borrowing would be Rs. 40.34 crores during the year and that additional resource mobilisation by the State would be to the tune of Rs. 494 crores. How these additional resources are to be mobilised would be decided by the Chief Minister.

Last year, the annual plan for Tamil Nadu was fixed at a level of Rs. 3, 200 crores and the revised figure was also the same. Consequently, this year's allocation is 15.6 per cent higher than last year's.

In his presentation at the meeting Kalaignar M.Karunanidhi said the State Government was of the view that local bodies and Panchayats should be actively involved in the planning process. In this context he pointed out that election to the local bodies were being held in the state after a gap of 20 years. He also requested the Commission to grant more time to Tamil Nadu to present its view on the Ninth Plan since the elected local bodies would become operational only by the end of October.

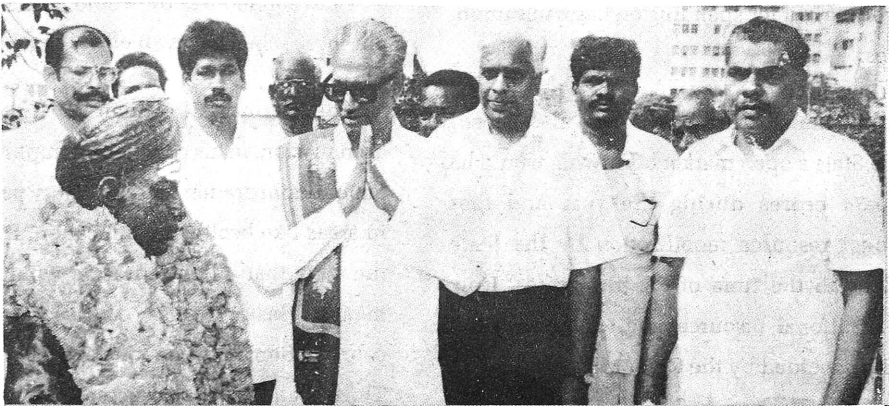
On the basic minimum services, the Chief Minister said the State's concentration would be on facilitating drinking water and rural link roads. He pointed out that the States had a satisfactory record in case of basic minimum services and more effort would be made to carry out these schemes in an effective manner.

The Deputy Chairman of the Planning Commission, in his comment, complimented the State administration for satisfactory performance in areas like health and education. He held out the view that decentralisation would become meaningless unless there was proper coordination between the agencies involved. Thiru Dandavate also agreed with the Chief Minister that there should be better supervision of the Plan projects and that the involvement of the Planning Commission and the Central Government would be essential in this. ◆

P H O T O



Hon'ble Chief Minister Kalaignar M. Karunanidhi was presented with a sceptre at a felicitation function organised by the Tamil Nadu Trade Union Corporation at Tiruchy, by the Chairman Thiru J.J.L. Gnanaraj. Thiru Arcot N. Veerasamy, Hon'ble Minister for Health and Electricity, Thiru Durai Murugan, Hon'ble Minister for Public Works and Thiru K.N. Nehru, Hon'ble Minister for Food participated in the function. (2.9.96).



In commemoration of the 125th Birth Anniversary of Kappalottiya Tamizhan V.O.C, the Minister for Education, Thiru K. Anbazhagan garlanded the statue of V.O.C. at Madras and paid homage. The Chairman, Chennai Port Trust Thiru S. Ramakrishnan was present (5.9.96).

## F E A T U R E



A Memorandum of Understanding was signed between MCC Investment Rai Surala Group, Calcutta and TIDCO for the establishment of a coconut processing - factory at Kinathukadavu in Pollachi Taluk at a cost of Rs.38.42 crores, in the presence of Hon'ble Chief Minister Kalaigñar M. Karunanidhi, on 29.9.96.



On the occasion of Rakshabandhan on 28.8.96, a Rajasthani girl tied Rakhi to the Chief Minister Kalaigñar M. Karunanidhi.

# If It weren't for Caterpillars, There wouldn't Be Any Butterflies

**M**etamorphosis is the passage from one state or condition to another. In nature there are many levels of metamorphoses. The changes that occur during metamorphosis range from dramatic to slight. During their life cycle, butterflies undergo complicated changes, while silverfish sustain only minimal alterations.

The four-stage metamorphosis of a butterfly is amazing. All butterflies begin life, an egg laid singly on the surface of a leaf or stem. Next they become larvae, more commonly referred to

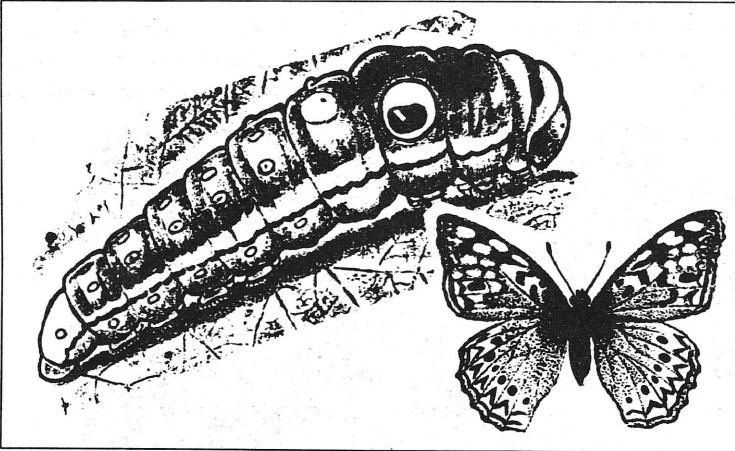
Moving to the next stage, the caterpillars abruptly stop eating. With its head hanging down, each caterpillar attaches itself by its stomach to a leaf or twig. During this third phase, most butterfly caterpillars spin a tuberculate or sculptured pupal case (the chrysalis) about themselves. Unlike the hardened protective case (the cocoon) of a moth in this stage of development, the chrysalis is soft and the butterfly (chrysalid) hangs unprotected in it.

In the fourth and final stage of the metamorphosis each butterfly gradually frees itself from its chrysalis. As adults, butterflies are sun-loving insects who usually live only a few weeks.

Because they eat by sucking nectar from flowers through a long hollow tongue, called a proboscis, butterflies are valuable pollinators.

The biological process of metamorphosis also happens to human beings. The changes we experience involve physical growth and deterioration, intellectual development, and emotional maturation over the entire course of our lives. We may also experience spiritual transformation.

A wonderful illustration of how people change for the better is found in Frances Hodgson Burnett's novel, *The Secret Garden*. The central character is Mary Lennox, a neglected orphan sent to live with her uncle at his huge estate, Misselthwaite Manor.



as caterpillars. In this second phase of their metamorphosis, the caterpillars are ravenous eaters of vegetation. Many of them have hairy bodies and look quite ferocious, so some people are afraid to pick them up. Some can give off an odour when agitated. A few have hairs that can sting or irritate human skin. Most caterpillars however, are quite harmless to handle. Because they eat foliage, bore into fruit, and are serious pests of cultivated plants, caterpillars aren't usually welcome in backyards.

Mary arrives at her uncle's home as an ill-tempered, plain looking, spoiled brat. Her uncle is a cripple with a crooked back. Mary spends a lot of time with the maid, Martha, and her brother Dickon. After a short time, Mary also discovers Colin, her uncle's son. The young boy is sickly and, like his father, has a crooked back.

Mary, with the help of a robin, discovers the key to a gate that leads through a wall into a secret garden. Once beautiful and well manicured, it has been left unattended; its gate has been locked tight for ten years since her aunt died after an accident in the garden.

Mary tells Dickon about the secret garden. She suspects that Dickon used his almost supernatural powers with wild creatures to direct the robin to help her find the key. Mary also tells Colin about the garden, and all three children cultivate it, returning it back to its former beauty. Mary helps Colin overcome his perceived disability - he really isn't a hunchback after all. Out of fear, his father always treated Colin as if he were deformed. Near the end of the story, the master is first shocked and then overjoyed to learn that Colin can walk, that he is normal and healthy, and that Mary's leadership to the children have restored the secret garden to its former radiance. By the end of the book, Mary has become a lovely, sweet, and sensitive young girl.

\* \* \* \* \*

Every community has its share of unsung heroes-ordinary people who make tremendous, if unappreciated, contributions. Doug was just such an unsung hero. He was an inconspicuous man who never achieved anything outstanding on the job. Dependable, competent, and honest, Doug worked at a dairy. He and his family lived in a comfortable home with a beautiful vegetable garden.

Why? years after his passing, do many people remember Doug as one of their hometown's unsung heroes? Because he helped a number of boys through the vulnerable years

of adolescence - a time marked by metamorphosis. Doug was a scoutmaster.

For most of his life, Doug was involved with the Boy Scouts of America. The Boy Scouts have clearly defined requirements for boys who earn merit badges and progress through the ranks. They encourage achievement, personal growth, the character development.

Eagle Scout is the highest rank that a Boy Scout can earn. There are no short cuts, and the requirements are the same for the rich and poor alike. Every boy can become an Eagle Scout. But he can't do it alone. No youngster can achieve the personal growth, skill and character development this programme affords, without people like Doug.

Doug took his scout troop camping on weekends and during their summer vacations. Sometimes they fished in the mountains. Other times, they camped out in the foothills. Doug helped his scouts learn to build safe campfires, how to cook, and how to hike through unfamiliar territory. During their weekly meetings, Doug made sure his scouts learned first aid and citizenship skills. He took them to the local pool and taught them swimming and life-saving skills. Doug was important in the lives of his scouts, augmenting the guidance and counselling they received from their families, teachers and coaches.

No one was ever made to feel unwelcome in Doug's scout troop. He showed no favoritism and tolerated the boy's harmless rebellions. He instilled in them a sense of personal discipline by teaching them to obey the troop's rules. Doug helped guide many young men through the biological and emotional metamorphosis of adolescence.

Caterpillars become butterflies without external interference. Humans, like Mary Lennox and the other characters in *The Secret Garden* need help from others to improve their lives. And that's why people in every community owe a great deal in men and women like Doug, the unsung heroes.

**REFLECTION ON  
IF IT WEREN'T FOR CATERPILLARS THERE  
WOULDN'T BE ANY BUTTERFLIES.**

In the life of the butterfly, metamorphosis advances according to a predictable time schedule. The progress is generally the same for all butterflies; without intervention or opposition, they all achieve the same end - moving in a positive direction from ugly pest to beautiful pollinator.

For human, change is not totally predictable. It doesn't always progress in an orderly or convenient fashion. Unlike the one-way metamorphosis observed in insects, reversals in the human condition can and do occur. Just when you begin to behave as independant, fully functioning adults, you may revert back to childish behaviour. You can lose skills that you previously mastered if you neglect them. And unlike a butterfly that does good but not harm, humans are capable of both good and evil.

Had her early childhood been happier, perhaps the fictional Mary Lennox would have been a lovable and charming young lady when she arrived at Misselthwaite Manor. And had it not been for Dickon's "Supernatural" Power over the robin that led Mary into the secret garden. She and several other characters would have remained in their miserable states.

Without men and women like Doug whose accomplishments are in their service to others, none of us would ever realize our human potential. But with their guidance, we can reason and make choices during our own metamorphoses - the changes we experience.

**LESSONS LEARNED FROM  
IF IT WEREN'T FOR CATERPILLARS  
THERE WOULDN'T BE ANY BUTTERFLIES.**

Change is exciting. Education changes us by releasing us from a prison of ignorance. Developing skills and abilities that enable us to make a living and interact effectively with other people also requires a metamorphosis.

Here are some tips that may help in your own metamorphosis :

- \* The first step in changing and progressing is to realize that both change and progress are possible. Most unrealized potential is the result of failure to try, not of failed attempts.
- \* Unlike insect metamorphosis, human metamorphosis is never complete. There is always more to learn and to achieve. So try to overcome habits, attitudes, and weaknesses, that block achievement of your full potential.
- \* You can change your circumstances. If you dropped out of high school, you can go back and get your degree. If your grades were poor last semester, you can improve them in the current term. If you don't like your job, there are others to be had. If you have just received a poor performance appraisal, perhaps you ought to change what you do on the job.
- \* Some kinds of transformation require a good deal more personal effort than others.
- \* To resist change is natural, so if you get struck, ask people you respect to help you get moving again.
- \* To take advantage of new opportunities, you often have to leave something behind. Just make sure what you leave behind isn't something you'll need in the future.
- \* The accumulation of a lot of little skills and the steady development of abilities makes you increasingly effective.
- \* Don't let people push you into trying to be someone you can't or don't want to - be. Instead, rely on people whose goals for you are compatible with your goals for yourself.
- \* A penultimate thought on human metamorphosis. Mary Lennox illustrates a curious property of personal progress - you usually help yourself most when you are helping others.
- \* And last, people of achievement see opportunity and make the necessary personal change, or changes, to grasp it. ✧

## CORPORATE CARE



Thiru Alex Trotman, Chairman, Thiru John Parker, Managing Director and Senior Officials of Mahindra Ford India Ltd. called on the Hon'ble Chief Minister Kalaignar M. Karunanidhi on 28.8.96. They presented a cheque for Rs.25 Lakhs, as their contribution for the establishment of a Health Centre at Maraimalai Nagar.

Extending a helping hand to its new neighbours, Mahindra Ford India Ltd. today pledged start up funds for a new health care facility near the site of its planned automotive plant.

The new health care facility will offer a range of health care services to the residents of Maraimalai Nagar.

"Following the tradition of our corporate parents, Mahindra Ford intends to be a responsible corporate citizen contributing to the well-being of the communities where we do business", said John Parker.

"We are proud to help provide this facility for the people of Maraimalai Nagar and hope it is the first of several community initiatives for MFIL".

Mahindra Ford India Ltd. is a joint venture company between Ford Motor Company and Mahindra & Mahindra Limited. Mahindra Ford will market the Ford Escort produced at Mahindra's Nasik facility and Ford Fiesta to be produced at the new manufacturing facility in Maraimalai Nagar in Tamil Nadu. ◆

# ASPIRING FOR CIVIL SERVICE

## *A training guide*

DR. K.M. PATHUSHA.

**T**amil Nadu was considered the intellectual capital of the country, dominating the All India scene in respect of Civil Services manned by men of eminence coming from Tamil Nadu. Tamil Nadu was the envy of several states and supplied the largest number of candidates to the IAS and other services concerning several high ranks.

The slide from the pinnacle of glory started twenty years ago. Since then the situation has been deteriorating continually and what is surprising is that even as of today there is no proper diagnosis of the cause and initiative of effective measures. In a federal polity like India, it is necessary that every State plays a role in policy formulation and implementation. If Tamil Nadu is unable to secure adequate representation in the higher Civil Services it will not be able to play this role satisfactorily. The State will not have the opportunity of enjoying its share of power in the Centre there by hampering its change of getting its due in terms of projects has allocation of funds. Tamil Nadu has now been reduced to a position of not having enough officers to fill its own quota at the state level.

This precarious situation is also true of the IIT Joint Entrance Examinations, National Talent Search Examinations, Defence Academy Examinations, GATE Examinations and UGC-CSIR Fellowship Examinations.

An analysis of the performance of students from over 100 universities in India in the UGC Junior Research Fellowship (JRF) Examinations conducted by Mr. R.P. Bhatnagar of Meerut University and Mr. N.K. Jain, Deputy Secretary, UGC has concluded that Delhi University (14.67%) and JNU (11.85%) retain the top two positions and Madras secured 2.8%, whereas

M.K. University secured 1.33%. The Universities in the top slots of the UGC examinations for administrative services conducted by the UPSC. While Delhi, JNU, Punjab, Allahabad, Rajasthan, Lucknow, Patna, Andhra, Ranchi Universities and I.I.T's have had a lion's share of prospective candidates for the Civil Service Examinations, Universities of Tamil Nadu have been trailing behind miserably.

Factors responsible for the poor performance are: Failure to build appropriate courses in the Universities, lack of motivation, deficiencies in the syllabi, improper coaching facilities, little or no awareness among rural students, inadequate infrastructural facilities in affiliated Colleges. Liberal marking system in Tamil Nadu Higher Secondary Examinations and the Universities is one of the major drawbacks leading to poor performance in the competitive examinations. After strengthening curriculum, infrastructural designs and evaluation techniques in the Universities in Tamil Nadu they have to plan, implement, monitor strategies to motivate aspirants towards Civil Service Examinations to regain the past glory. In this connection, Tamil Nadu State Council of Higher Education has taken the lead. The following suggestions may be tried in our Universities.

### **Assumptions**

The aspirants are faced with two hurdles. First is psychological and the second is related to the academic. There has to be different techniques to overcome these hurdles. However, the second cannot be arrested until the first has been overcome. Not every student can make it to the All India Services. Hence there should be an objective and professional approach in identifying the aspirants who have the

potentialities to be successful. Only then should they be motivated and groomed. The resources within the varsities in terms of men, material, money, time, expertise etc., are all limited. Hence there should be an optimal utilisation of the resources for achieving the best results.

### Strategies to be adopted

Based on the P.G./B. Tech/B.L. Pre-finals year results, the top five ranking students of each course may be identified. Young and dynamic faculty members from different departments may be identified and they can be appointed counsellors. They may be rewarded suitably and they can be appointed counsellors. They may be suitably oriented by Academic Staff Colleges of the University concerned of collaboration with the Administrative Staff College of India, Hyderabad. Such counsellor's work load may be reduced by 4-5 hours every week.

This time should be utilised by them to either consult their counsellors or collect literature/reference/materials for them from libraries/allied sources. Ten prospective aspirants may be attached to a counsellor. The counsellor will have to invite the attached aspirants by name and by sending written invitations for evening tea. After initiating a dialogue with the aspirants about their future plans and the varsity is role in achieving their goals, motivation towards the competitive examinations may be offered. After realizing the varsity's recognition and voluntary and sincere help, the aspirants will be willing to take up the challenging task.

The counsellors may be given some funds/allowances (say Rs. 300/- month) towards refreshments expenses. The University Guidance and Coaching Centre may also make multiple copies of the literature prepared by subject experts in leading coaching centers of the country and circulate the same among the aspirants, apart from a very rich and well-designed Civil Services library, parallel efforts to develop a computerised database of the question/materials collected as stated above or developed on its own by the Centres of the varsities. By paying handsome remuneration to interested expert faculty members, model answers for previous years question papers for key subjects may be made. In

the selection of aspirants apart from rankers, extreme professionalism must play a vital role. Very strict and efficient screening test must be conducted.

### Advisory Committee

An advisory committee may be set up for the Varsity's Centre comprising the following:

Two persons from those who have got selected in IAS/IPS/IFS/IES/IFS/Eng.S/I GeoS/ISS etc. One prominent journalist and a faculty member from one of the varsity departments. One person who has been an examiner in the past. The tenure of the members should be only for two years. Only this can ensure that vested interests are not pampered.

For bringing about a sense of accountability as well as for monitoring purpose, the Head of the Department should have the list of aspirants from his departments. They should conduct monthly meetings with the respective counsellors along with the prospective aspirants to review the progress. A roll of honour depicting the name of the topper of a given year of the P.G. Course must be displayed in each department with a view to making known the recognition the varsity gives to its brilliant students. The varsity can allot a hostel exclusively for the aspirants like the one as A.N. Jha Hostel of Allahabad University / Shivalk / Vindhya Hostel of IIT, New Delhi.

### Awards and Incentives

Successful candidates may be offered cash awards on the convocation day and honoured suitably. The HOD and the counsellor concerned may be honoured by a Syndicate resolution appreciating their rôle in guiding the successful aspirants. The services of the counsellor may be given weightage for his career promotions. Leading educational trusts may also be motivated to institute specific endowments in the varsities for honouring successful candidates. The mass media must give wider publicity to such successful candidates.

Undoubtedly these measures, if effected sincerely, may go a long way in regaining the past glory of Tamil Nadu in Civil Services. ✧

# TAKE THE ACHE OUT OF BACKACHE

**YOU DON'T HAVE TO SUFFER ANYMORE,  
HERE'S THE LOWDOWN ON HOW TO SOOTHE THE PAIN.**

**S**uddenly my back felt made of glass. One wrong move could shatter its delicate equilibrium, sending spasms of agony down my lower back to the toes of my right foot. Years of a sedentary job as a writer, weak back and abdominal muscles and a failure to warm up before exercising made me a prime candidate for a major back incident. The result? A bulging disk pressing mercilessly on my sciatic nerve.

Desperate to recover, I tried virtually every method of pain control. Finally, by learning ways to protect my back during every activities - like sitting at my desk - I found relief. Within three weeks, I was back at work and pain free .... I hope for good.

My experience taught me there's no universal fix for an aching back. What works for some may not work for others- with one exception. Staying fit - maintaining firm abdominal and back muscles - will help you achieve life-long flexibility and manage stress, both keys to preventing back problems.

## WHY BACKS GO OUT

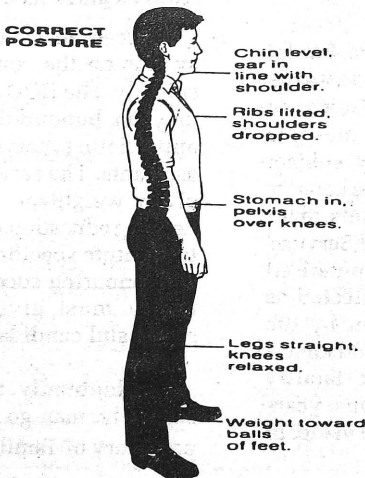
The spine, an intricate stack of shock-absorbing disks and bony vertebrae, is

stabilized by two muscle groups, which help the body lift, straighten and bend forwards and control the degree of curvature in the lower back. These muscles, along with posture-supporting muscles in the buttocks and thighs, help us conduct our daily activities without undue strain. But the gradual increase of physical and/or emotional stress to the back over time can trigger muscles to spasm, causing back pain.

Indeed, the likelihood of back pain increases as we age, when spinal disks (ringed by cartilage tissue on the outside and composed of a jellylike centre) begin to dehydrate and lose flexibility. Being in poor physical shape, in particular, can aggravate this process and cause a disk to herniate or bulge. "When the back is 'ripe' to go, one awkward movement bending to pick up something (whether it's light or heavy) can trigger a back attack", says Diana Dong, Director of Physical Therapy at the Texas Back Institute (TBI) in Houston.

## THE SELF-HELP SOLUTION

Roughly 75 percent of all back injuries happen after working hours, when we try to compensate for the effects of our stress-filled lives with sporadic exercise



bodies have not been properly conditioned to handle.

Luckily, most of us can survive a back episode without medical help and resume normal activities in no time. Before you rush off to a doctor, try managing your pain at home.

Stop the pain-producing activity. Avoid lifting your two year old or any heavy object. Skip aerobics class and don't sit for long periods of time.

Rest in bed for no more than two days. Until just recently doctors believed that up to two weeks of bedrest was the best first step to recovery. No longer. New research proves that getting moving soon after a back attack (regardless of whether you still hurt) prevents loss of strength, muscle weakness and ligament tightness, which increase pain.

When you do rest in bed, lie on your back with your knees bent and propped up on one or two pillows, or on your side with a pillow cushioned between your knees. Avoid resting or sleeping on your stomach.

Take Aspirin or Ibuprofen four times a day. This will help control pain and reduce inflammation the first few days, when the pain is most acute. (Long term use of pain relievers is not recommended.)

Apply heat, cold or gentle massage. Heating pads, cold packs, over-the-counter ointments and massage (professional or amateur) all can help bring minor back pain under control.

For a homemade cold pack, fill a large zipper-type plastic bag with three parts water and one part alcohol. Freeze to a slush and wrap the bag in a towel.

**Most back specialists today acknowledge that emotional problems play a role in triggering a back episode. Others believe that back pain is almost always caused by emotional factors.**

If pain persists, seek a referral (through your hospital's orthopedics department) to a physiatrist, a physical medicine rehabilitation specialist who can assess nerve function and/or muscle damage by using an arsenal of diagnostic techniques - of which surgery is the very last option. In fact never allow anyone to rush you to surgery unless a battery of

tests (such as X-ray, magnetic resonance imaging or computerized tomography scans) confirms a condition that won't respond to more conservative, noninvasive methods.

#### HOW PHYSICAL THERAPY CAN HELP

When Rolando Romo, 45, a community relations representative from Houston, suddenly became unable to turn his head, he was diagnosed with degenerative arthritis. This condition was causing severe disk deterioration.

Romo's doctor prescribed physical therapy involving lower back and lower neck stretches. Though skeptical, he gave it a try. After just one exercise session, the pain disappeared.

Although considered one of the most effective tools in combating a back attack, physical therapy should not be undertaken when there's unusual weakness in the extremities, nerve damage or a ruptured disk.

Though many people will, like Romo, improve right away, others may need four to six treatments. Those who don't respond within six visits should be reevaluated. Physical therapy is covered by virtually all insurance carriers.

#### CAN CHIROPRACTIC HELP?

Recent studies have helped prove the value of chiropractic in treating back pain. For example, in a study published in the British Medical Journal, researchers compared the two year progress of 741 low-back-pain patients treated by either physical therapists performing soft-tissue manipulation or by chiropractors who applied force to their spines to move vertebrae beyond their normal range of motion.

Chiropractic won hands down. While hospital patients began to deteriorate after just six months, chiropractic patients were still doing well two years later.

Chiropractic treatment generally relieves symptoms within six weeks, involving about three treatments per week for the first two weeks, tapering down to once a week or once every other weeks as the patient improves. Cost varies and is covered by most insurance policies.

#### MIND OVER BODY

Registered nurse Jaime Wallace, 34, felt "her life was caving in" and thought she's have to quit her work when it seemed her back pain would never subside. Then she began treatment at the Pain Management and Behavioural Medicine Centre in Farmington, Connecticut. After six months, Wallace learned to recognise stress-triggering events and how to relax her muscles to prevent a pain spasm.

Most back specialists today acknowledge that emotional problems play a role in triggering a back episode. Others believe that back pain is almost always caused by emotional factors.

The guru of this school of thought is John E. Sarno, M.D., Professor of clinical rehabilitation medicine of New York University School of Medicine in New York City. Dr. Sarno is convinced that back pain is the brain's way of diverting repressed feelings of anger, anxiety or inferiority to a place where we don't have to deal with them directly - our backs.

Dr. Sarno, who once prescribed two months of physical therapy for back pain, now advises patients to avoid any physical treatments for the back, as they may block recovery.

His solution? To teach patients that the pain is acting as a distraction from the underlying emotional problems. His programme, includes two-hour lectures, with group follow-up for some patients. Says Dr. Sarno, "The most important factor in recovery is information. It's the penicillin for this disorder"

Just how do you determine which came first-heartache or backache?

#### IS IT REALLY A BACK PROBLEM?

The following symptoms, alone or when they accompany back pain, warrant immediate medical attention.

- \* Loss of bowel or bladder control.
- \* Radiating pain down your arm or leg.
- \* Numbness or weakness in the hands, arms, buttocks, legs or feet.

- \* A lump on the spine's surface.
- \* A dull, aching pain that prevents sleep.
- \* Back pain that won't subside or that aches in your kidney area.

Such symptoms may indicate any number of underlying problems, from kidney disease to cancer, which have nothing to do with back problem.

"Ask yourself probing questions about your psychological well - being", advises Arthur White, M.D., Medical Director of the San Francisco Spine Institute.

Are you under unusual pressure at work or at home?

Sudden changes in appetite, sleep, sexual interest, decisiveness or mood-especially feelings of hopelessness and prolonged crying-indicate depression.

Short-term counselling, a brief course of antidepressants (or programmes such as Dr. Sarno's) can quickly elevate your mood, control pain and help you deal effectively with difficult people and situations - controlling back pain.

#### BIOFEEDBACK TO RELAX MUSCLES

Pain management also may involve biofeedback training, a technique that teaches you how to control stress through muscle relaxation. Working with a biofeedback machine, on an average of four to ten 30-minute to one-hour sessions, people may receive

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feedback on tensions in the muscles and learn to relax them. Home relaxation tapes are also provided.

"Biofeedback helps patients under great stress and others for whom pain has become the dominant event of their lives", says Diane Lokay-Nickell, a behavioural medicine clinician at TBI.

#### LIVING THE GOOD LIFE

A bad back doesn't have to mean a life diminished by disability. You can still remain active as long as you keep back safety in mind. Here are some quick hints.

- \* Walk instead of jog (for less impact on the spine)
- \* Swim or bike for cardiovascular fitness and flexibility training.
- \* Protect your back with a lumbar support when you drive, and move the car seat forward to keep your knees level with your hips. Interrupt long trips with stretch breaks.
- \* Bend from the knees-not from your waist or back-whenver you pick something up, whether it's light or heavy.
- \* Practice good posture. Avoid slouching or a "military" position. Tuck in your chin and stomach and move your pelvis slightly forward.

By following some sensible guidelines, you can live a vigorous, productive, passionate, successful life.

*Courtesy: The Healthy Women* ✧

# THE WHOLE EARTH AGENDA

## CLIMATE AND POLLUTION MAY FIGURE IN FUTURE WORLD PEACE

In August of 1989, a surprise invasion in Bangladesh killed several thousand people, leveled 2 million homes, devastated 4 million acres of cropland, disrupted 25 million lives and cost the impoverished Asian nation \$ 1.5 billion. Had this destruction been wrought by the military invasion, Bangladesh would have gone to war. It was instead an environmental blitzkrieg; Monsoon floodwaters cascading from the denuded foothills of the Indian Himalayas. But this flood was no random natural disaster. Bangladesh's land and people were violated by deforestation: A deliberate, albeit nonhostile, act of environmental destruction by another nation.

Throughout modern history national security has meant safe-guarding the homeland from military threats. But increasingly cross-border environmental threats are fostering regional tensions and threatening stability between neighbours. Water-supply arguments between Egypt, the Sudan and Ethiopia, for instance have

already prompted Egypt's Foreign Minister to warn: "The next war in our region will be over the waters of the Nile, not politics." As the U.S. - Soviet ideological struggle winds down, some environmentalists and politicians are beginning to argue that national security should be redefined in far broader terms than military strength. Their vision is that in the coming decades, problems such as global warming, ozone depletion, deforestation and pollution will pose greater threats to world peace than any foreseeable military menace. "Ecological integrity," argues Administrator William Reilly of the Environmental Protection Agency, "is central to any definition of natural security."

Climate change poses the greatest threat to the security of many nations because of its potential to cause vast changes in food-growing cycles, destroy forests, inundate coastal areas and displace populations. Although the prospect of massive global warming is still open to much scientific debate, the World watch

Institute estimates that disasters related to climate have already created some 10 million environmental refugees-people forced to evacuate areas where they cannot find enough food, potable water or means of support. Global climate change, if it should come, would exacerbate this refugee problem enormously, threatening regional stability.

Tennessee Senator Albert Gore, a presidential hopeful and leading "green" on Capitol Hill, introduced a legislative package he calls the Strategic Environment Initiative (SEI), an ecological version of Reagan's Strategic Defense Initiative (SDI). Domestically, it would focus on transportation efficiency, alternative fuels, reforestation, comprehensive recycling and drastic cuts in ozone-depleting chemicals. SEI would also help Third World Nations obtain energy-efficient technology, develop environmentally sustainable, labour-intensive industries and promote high-yield, low tech farming on marginal land. "SDI can't assure our survival for the next seventy years," Gore argues. "An environmental initiative might."

Some defense experts see the proposed redefinition of national security as a mistake, or simply a clever strategy to raise the political profile of the environment and loosen the

congressional purse strings. "Whenever people want to get something funded-highways, education, drug enforcement-they call it national security," says Lawrence Korb, a former assistant secretary of defense. Robert Mc Namara, former Defense Secretary and World Bank President, thinks the environment security coupling is "illogical, " not because the environment is unimportant, but because it is too important to include under the national-defense umbrella. Doing so, he argues, could lessen the sense of urgency around environmental problems.

As the cold war ends and military budgets are reduced, environmentalists on both sides of what is left of the iron curtain will press for a greater share of resources to solve massive challenges that face their countries. A combined \$800 billion is now spent annually on military defense by the East and West blocs. Current Pentagon plans envision a \$150 billion budget reduction over the next five years, and ecologists would like to see this so-called peace dividend invested in the environment.

This will likely come from a military-industrial complex forced to wean itself from the Defense Department and refocus on innovative solutions

**The Worldwatch Institute estimates that disasters related to climate have already created some 10 million environmental refugees-people forced to evacuate areas where they cannot find enough food, potable water or means of support.**

to such potential big ticket programmes as toxic waste and garbage disposal. "I think that Lockheed and the other big defense industries can find a role in the area of environmental improvement," says former CIA Director William Colby. "And they will have as rich and as good a business after they have made the transition".

## ENVIRONMENTAL ALLIANCES?

While it remains nascent, EPA chief Reilly and White House environmental head Micheal Deland say the kernel of the strategic-environment idea is slowly beginning to filter into the thinking of administration leaders, particularly in the wake of recent cataclysmic events in Eastern Europe, where the green political movement, much more sophisticated than in the U.S., is poised to seize

the day. Five East-bloc nations, for example, have already asked the U.S. to send EPA teams to advise in restoring landscapes polluted by decades of industrial vandalism.

It is too early to speculate how strategic ecology will play out in the Pentagon, at the diplomatic bargaining table or under the direction of such a logical global forum as

the United Nations Environment Programme. But observers feel the initiative holds promise for warmer East-West relations. Revitalizing the Soviet and Eastern European economics, believes Worldwatch's Micheal Renner, will require among other things strong environmental security. New global environmental coalitions replacing the old adversarial military alliances like NATO and the Warsaw Pact could lay the foundation for a more cooperative and secure world. While possibilities for useful co-operation between the two superpowers are limited, says U.S. elder statesman George Kennan: "The greatest and most important of these, without question, is that of environmental protection and improvement on a planetary scale."

- Michael Satchell

Courtesy : USIS ✧

## CONSUMER AWARENESS

## IT PAYS TO COMPLAIN

*An effective complaint letter can produce surprising results :- replacements, refunds, Gift Certificates, Free Samples, even improved products and services.*

**LETTERS GET THE MOST ACTION**

I always 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 of my complaints and urged me to write 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 coverall, 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 times without mishap. Now I know it pays to save them.

Type your letters. A neatly typed letter makes a better impression than 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 warranty card and instruction booklets. If you need the corporate headquarters, consult Telephone Directory, Yellow Pages or Business Directory. 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, from the Telephone Directory or by calling the company phone.

You needn't write to the president of the company over a small matter. Someone at a lower level may provide better and faster results - especially if you send a copy to the president and indicate that the bottom of the letter. When a box of my crackers were undercooked, I received prompt results from the customer-service manager. But when the safety of my children was at risk because on an unsafe toy, I went

straight to the top.

### **ESTABLISH RAPPORT IN YOUR OPENING.**

The person who receive your letter will be more eager to help if you're a loyal customer and say so, If you've never purchased their products or partonized 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 problems relates to service, include relevant dates, times, locations and names of employees when possible.

### **DON'T WRITE WHEN YOU ARE ANGRY**

Wait until you've calmed down, they write on the assumption that the recipient of your letter cares out 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 could't be fixed, I requested a replacement. But I'am glad I didn't request a replacement when I complained about pair of flawed socks. I received two pairs of better - quality socks in return! Specific requests may limit your chances of a more generous settlement.

### **END ON A POSITIVE NOTE.**

Write that you hope the problem can be re-

moved 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 response. If you didn't write the president the first time, send him or her follow-up letter.

### **DON'T GIVE UP.**

If you still don't get a response or your're not satisfied, contact the local consumer forums or Consumer Action Group.

### **SEND A THANK-YOU LETTER TO ANYONE WHO IS EXTREMELY HELPFUL.**

This courtesy should give the company incentive to continue helping customers. ♦

## **WRAPPERS**

**I - The Chief Minister Kalaigiar M. Karunanidhi received the President of India Dr. Shankar Dayal Sharma on 19.9.96 at Chennai Airport. The Governor of Tamil Nadu, Dr. M. Channa Reddy was present.**

**II - The Chief Minister declared open the Koyambedu Wholesale Market Complex on 28.9.96.**

**IV - Mahatma Gandhi**

TRUE STORY

# LITTLE ANNIE

A number of years ago, in a mental institution just outside Boston, Mass., a young girl known as "Little Annie" was locked in the dungeon. This institution was one of the more enlightened ones for the treatment of the mentally disturbed. However, the doctors felt that a dungeon was the only place for those who were "hopelessly" insane. In Little Annie's case, they saw no hope for her, so she was consigned to a living death in that small cage which received little light and even less hope.

About that time, an elderly nurse in the institution was nearing retirement. She felt there was hope for all of God's creatures, so she started taking her lunch into the dungeon and eating outside. Little Annie's cage. She felt perhaps she could communicate some love and hope to the little girl.

In many ways, Little Annie was like an animal. On occasions, she would violently attack the person who came into her cage. At other times, she would completely ignore them. When the elderly nurse started visiting her, Little Annie gave no indication that she was even aware of her presence. One day, the elderly nurse brought some brownies to the dungeon and left them outside the cage. Little Annie gave no hint she knew they were there, but when the nurse returned the next day, the brownies were gone. From that time on the nurse would bring brownies when she made her Thursday visit. Soon, the doctors in the institution noticed a change was taking place. After a period of time, they decided to move Little Annie upstairs. Finally, the day

came when this "hopeless case" was told she could return home. But Little Annie did not wish to leave. The place had meant so much to her she felt she could make a contribution if she stayed and worked with the other patients. The elderly nurse had seen and brought out so much in her life that Little Annie felt she could see and help develop something in others.

Many years later, Queen Victoria of England, while pinning England's highest



award on a foreigner, asked Helen Keller, "How do you account for your remarkable accomplishments in life? How do you explain the fact that even though you were both blind and deaf, you were able to accomplish so much?" Without a moment's hesitation, Helen Keller said that, had it not been for Anne Sullivan (Little Annie), the name of Helen Keller would have remained unknown.

It's not too well known, but Helen Keller was a normal healthy baby before some mysterious disease left her almost helpless and hopeless. Anne Sullivan saw Helen Keller as one of God's very special people - treated her as she saw her - loved her - disciplined her - played, prayed, pushed and worked with her until the flickering candle that was her life became a beacon that helped light the pathways and lighten the burden of people all over the world. Yes, Helen Keller influenced millions after her own life was touched by "Little Annie".

Courtesy : Zig Ziglar's, 'See you at the top'.



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