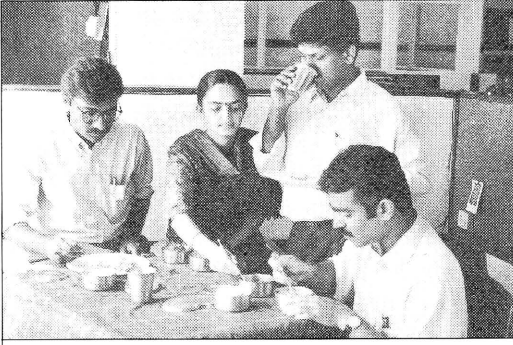


Tamil Arasu

JULY 1999 Rs.5





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

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

இவர்களில் யாருக்காவது எச்ஐவி/ எய்ட்ஸ் பாதித்து இருக்கலாம்.

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


ஆனால் அப்படி இல்லையே...

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

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

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

**சிறிதளவு ஆதரவு பெருமளவு
சுமையைக் குறைக்கும்.**

 குழந்தை பிறப்பைத் தடுப்போம்
எய்ட்ஸ் வந்தோரைக் காப்போம்



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

TAMIL ARASU

Magazine of the Government of Tamil Nadu

THIRUVALLUVAR YEAR 2030

AANI-AADI

JULY - 1999

In this issue...

- ★ Kargil is a challenge to our nationalist commitment, democracy and secularism. Let us unitedly meet the challenge **2**
- ★ The Government is committed to the welfare and economic development of the Adi-draavidars..... **4**
- ★ Master Health Check-up Scheme **16**
- ★ Tamil Keyboard Standard and Tamil Glyph encoding Schemes launched **17**
- ★ Wear your positive attitude **20**
- ★ Bananas can check hypertension **22**
- ★ Fight against drug abuse **24**
- ★ Let us Ponder! - World Population Day **27**
- ★ Thirukkural - The code of conduct for the mankind **28**
- ★ The cup that cheers **30**
- ★ Naladiyar..... **32**

I - WRAPPER

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

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

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

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

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

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

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

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

***Kargil is a
challenge
to our
nationalist
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and
secularism.***

***Let us
unitedly
meet the
challenge.***

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

Agreement.

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

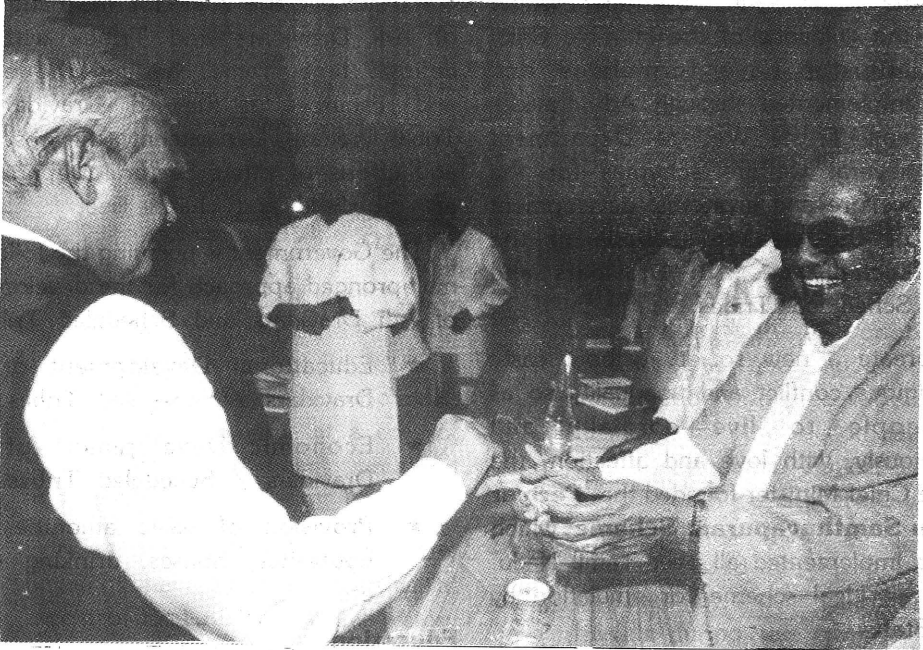
It is the first time in our history that Pakistan has been internationally isolated, thanks to the diplomacy and dexterity of our Prime Minister. The problem with Pakistan is not likely to go away till that country stops encouraging terrorism. Therefore, our security problem in relation to extremists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

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

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

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

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



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

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

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

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

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

★ ★ ★

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

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

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

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

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

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

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

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

Education

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

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



- ★ During the last three years, laboratory buildings have been constructed at a cost of Rs.78 lakhs in 15 Higher Secondary Schools. Laboratory equipments at a cost of Rs.26 lakhs have been purchased and distributed.
- ★ For 44 High Schools Laboratory buildings have been constructed at a cost of Rs.1.60 crores. Laboratory equipments have been purchased and distributed at a cost of Rs.21.50 lakhs.
- ★ Every year, two sets of uniforms are being supplied to the boys and girls studying upto 12th standard. During the current financial year, a sum of Rs.7.50 crores has been allocated for this scheme.
- ★ New buildings and additional class rooms are under construction at a cost of Rs.5.85 crores in 48 schools. During 1999-2000, a sum of Rs.3.10 crores are allocated for the construction of additional class rooms and laboratory buildings.
- ★ During the last three years after the assumption of this Government top priority has been given for the construction of hostels with adequate facilities for the accomodation of Boy/Girl students. So far, 81 hostels have been constructed with an expenditure of Rs.25.48 crores. A sum of Rs.13.86 crores has been allocated for the construction of 42 hostels during the current financial year.
- ★ During the last three years this Government have opened 111 hostels in private rented buildings. Out of these, 5 hostels are meant for Post Graduate students.
- ★ Last year, 50 primary schools as Middle Schools, 6 Middle Schools as High Schools and 6 High Schools as Higher Secondary Schools were upgraded. During 1999-2000, a sum of Rs.2.38 crores will be spent to upgrade 25 Primary Schools as Middle Schools, 5 Middle Schools as High Schools and 5 High Schools as Higher Secondary Schools.

- ★ Text Books and Note Books are supplied free of cost to Adi Dravidar and Scheduled Tribe Boy/Girl Students. For the year 1999-2000, a sum of Rs.12.40 crores has been allocated for this scheme.
- ★ During the year, a sum of Rs.2.08 crores under State Scheme and a sum of Rs.2.46 crores under Central Scheme has been allocated towards prematric scholarship.
- ★ The ceiling on Annual Income of Parents or Guardian has been enhanced during 1997-98 from Rs.15,000 to Rs.50,000 for admission of boarders in hostels.
- ★ The food charges for College and Industrial Training Institute students staying in Hostels has been enhanced from Rs.300 to Rs.400 per month from 1998-99.
- ★ The prize amount of Rs.1,000 to Rs.1,500 to the Boy/Girl Students who secured 60% of marks and passed in Bachelor Degree, Post Graduate and Professional Course has been enhanced to Rs.2,000 to Rs.5,000 from last year. During the current year, a sum of Rs.32.25 lakhs has been allocated for this scheme.
- ★ The application and registration fees for appearing in the entrance examination for professional course have been fully exempted from 1998-99 onwards.
- ★ The registration and admission fees for the students who are studying Graduate, Post Graduate Courses and Graduate and Post Graduate in

Professional Courses have been fully exempted from 1999-2000.

- ★ A Tribal Residential Higher Secondary School was opened at a cost of Rs.1.00 crore at Vellimalai in Kalrayan Hills in Villupuram District during 1998-99. Further, two more Tribal Residential Higher Secondary Schools will be opened during the current financial year. A sum of Rs.6.50 crores will be allotted totally for these three schools. These schools will be administrated by Registered Society consisting of tribal as members.
- ★ A sum of Rs.56.76 lakhs have been sanctioned for the construction of toilets in 40 High Schools and 46 Higher Secondary Schools in the last financial year.
- ★ A sum of Rs.30 lakhs has been sanctioned for the provision of drinking water in 30 High School and 30 Higher Secondary Schools in the last financial year.
- ★ A sum of Rs.37.40 lakhs has been sanctioned for the construction of new hostel at Swami Sagajanantha Government Industrial Training Institute, Chidambaram.
- ★ Last year, a sum of Rs.22.50 lakhs has been sanctioned to Swami Sagajanantha Government Industrial Training Institute, Chidambaram for the construction of a new building.
- ★ Writing slates are distributed free of cost to the students studying from first to third standard.
- ★ Text books and notebooks are supplied free of cost to the students

studying from third standard to the 10th standard.

- ★ Special diaries are supplied to the students appearing for public exams ie. 10th and 12 the standard.

Assistance extended to students studying in other schools

- ★ Students are exempted from paying tuition fees studying in Government and aided schools, upto 12th standard, under free education scheme.
- ★ The special fees is remitted by the Government directly to the schools for the Adi Dravidar and Tribal students studying from 6th standard to 10th standard. And they are exempted from paying the public examination fees also.
- ★ Food allowance is given to the Adi Dravidar and Tribal students studying 6 - 10 standard staying in school hostels and other hostels recognised by the Government. The annual income of their parents is to be below Rs.15,000 for eligibility.
- ★ Text books will be distributed free of cost to Adi dravidar and Tribal students studying in 9th standard and 10th standards in public schools and text books to students studying from 4th to 10th standard.
- ★ Assistance extended to the children of scavengers, sweepers, labourers employed in tanneries etc.

For the day Scholars

- ★ Rs.25 every month for the students studying from 1st to 5th standard for ten months.

★ Rs.40 every month to 6th - 8th standard students - for ten months.

- ★ Rs.50 every month, for ten months for the students of 9th and 10th standard.

For boarders

- ★ Rs.200 every month for ten months for the students of 3rd to 8th standard.
- ★ Rs.250 per month for ten months for the students of 9th and 10th standard.

Incentive Prizes

- ★ An intelligence prize amount of Rs.800 in the first year and Rs.960 for further five years is given as Incentive Prize to the top scorers among Adi Dravidars/Converts in the 10th standard public examinations. This prize is given to two boys and two girl students. The condition is that they should continue their education, after passing the public examinations.
- ★ First ranking Adi dravidar student, in the +2 examinations a boy and girl will be given a cash prize of Rs.1500 each in the first year and Rs.1000 per year for further five years, if they continue their education after passing the +2 examinations under Gandhi Memorial Cash Award.
- ★ This scheme is extended to converted students of Adi dravidars and Tribals.

- ★ The top ranking Adi dravidar and Tribal and converted students in the 12th standard public examinations

are given Rs.1500 per year for five years. This assistance is extended to 1000 boys and 1000 girl students, under Chief Ministers Prize for the meritorious students. The condition for eligibility is that they should continue their education after passing +2..

- ★ A cash prize of Rs.500 per year is given to 60,000 girl children studying from third standard to fifth standard to encourage Adi dravidar girl students to continue their education and to avoid drop-outs. This scheme is being implemented in the districts of Dharmapuri, Thiruvannamalai, Kancheepuram, Thiruvallur, Vellore, Thiruvarur, Perambalur, Villupuram, Cuddalore, Virudhunagar, Nagapattinam, Salem, Namakkal, Trichy and Karur. And Rs.100 per month is given to 30,000 girl children who enrol in sixth standard, to avoid drop-outs.
- ★ Adi dravidar students passing graduate, post graduate and professional courses with 60% marks in the first attempt will be given a cash award of Rs.2000, Rs.4000 and Rs.5000 respectively. A total of 550 prizes per year.

State Level Prizes

- ★ Rs.25,000 cash award is given to high scorers in the +2 public examinations, among Adi dravidars/Tribals/Christians converted from Adi dravidar community. This cash prize is given to a boy and a girl student from each category.
- ★ Rs.10,000 cash award is given to high scorers in the 10th public

examinations, among Adi dravidars/Tribals/Christians converted from Adi dravidar community. This cash prize is given to a boy and a girl student from each category.

- ★ Rs.2000 is given to high scorers in subjectwise in the +2 examinations in the state level, among Adi dravidars/Tribals/Christians converted from Adi dravidars. A boy and a girl from each category will benefit.
- ★ Rs.1000 is given to high scorer in each subject in the 10th Public Examinations in the State level, among Adi dravidars/Tribals/Christians converted from Adi dravidars. A boy and a girl from each category will benefit.
- ★ Rs.3000 cash prize to a boy and a girl each who score high mark in the 12th examinations, in the district level.
- ★ Three boys and three girls scoring high marks in the 10th standard examinations in the district level will be given cash prize as follows:

1st Prize - Rs.1000

2nd Prize - Rs.500

3rd Prize - Rs.300

A boy and a girl student from each category who score high marks in the eighth standard examinations, belonging to Adi dravidar/Tribals/Christians converted from Adi dravidar community, will be given cash prizes in the district level as follow:

First prize : A boy and a girl-- Rs.1000

Second prize Rs.500

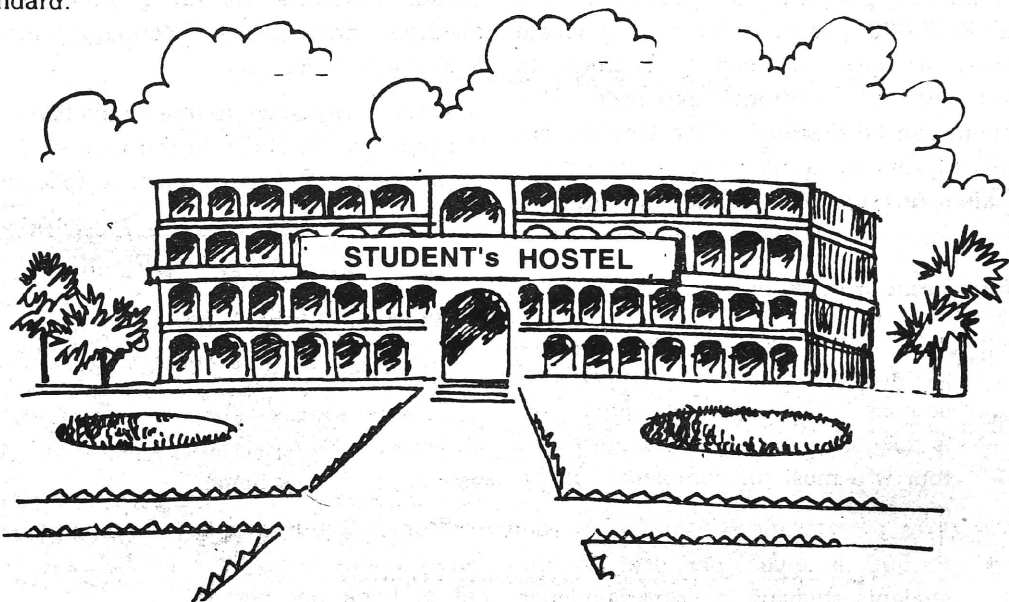
Third prize : Rs.300

- ★ A special meritorious prize of Rs.300 is given to students who have passed scoring 60% and above in the 10th and 12th standard examinations. The condition for eligibility for this prize is that, they should continue their education.
- ★ Central Government Assistance Scheme : An allowance of Rs.90 - Rs.190 is being given to students studying 11th standard and above as day scholars. The annual parental income should not exceed Rs.50,920.
- ★ An allowance of Rs.150-Rs.425 is given to boarders according to their studies.
- ★ Apart from this all the non refundable fees to the colleges will be given to them.
- ★ Rs.100 to Rs.150 to blind students to be given for their helpers.
- ★ Rs.100 as transportation allowance to the blind, deaf and spastic.
- ★ Rs.100 per month to physically handicapped day scholars to be given to their escorts.
- ★ Special allowance of Rs.100 to the assistants recommended by the institution for physically handicapped students staying in hostel.
- ★ Rs.150 per month allowance to the trainers of spastic.

State Governments special educational assistance

This scheme is eligible for the students who do not qualify for the Central Government's educational assistance, who study 11th standard and above, belonging to Adi dravidar/Tribal/converted from Adi dravidar community. The annual parental income should not exceed Rs.50,000.

Additional allowances to the handicapped students belonging to Adi dravidar/Tribal community, pursuing education after 10th standard.



Rs.65 to Rs.125 is given according to their studies to the day scholars, Rs.115 to Rs.280 is given to boarders according to their studies. Apart from this the non refundable fees of the colleges are also given to them.

Free education

Those students who do not qualify for the Central Government as well as State Governments assistance are given free education viz.the +1, +2 and day college graduate students are given the special fees and exam fees.

Free educational scheme for professional courses

Tuition fees, Special fees, Exam fees and all the non refundable fees of the colleges are given to the first generation graduate students of professional courses. The annual parental income should not exceed Rs.15,000.

Loan assistance for education

Rs.6,500 per year for graduate studies and Rs.7,000 per year for post graduate studies are given as loan to boarders to meet out the additional expenses. This amount can be returned to the Government after 3 years of completion of the course or after one year of getting employment. This scheme is eligible for Boarders only.

Educational tour assistance

- ★ Rs.500 per year to Adi dravidar/ Tribal students studying professional courses for educational tours. This is eligible only if the educational tour is a must for completion of the course.
- ★ Rs.500 is given per year to the students studying in correspondence

course from 1-10-1995, as book fees. The annual income of the Adi dravidar/Tribal students should not exceed Rs.50,920.

- ★ Rs.600 per year is given to research scholars, belonging to Adi dravidar/ Tribal community, for their typing and printing their research papers.

Dormitories

Schools, Colleges and Professional Colleges have separate hostels, for male and female students. Here lodging and boarding are free. Admission to these hostels are as follows:

- Adi dravidar/Tribal - 75%
- Backward Class - 20%
- Other communities - 5%

The annual income should not exceed Rs.50,000.

Book banks

Book banks are functioning in educational institutions for the benefit of Adi dravidar/ Tribal students pursuing courses in Medicine, Engineering, Veterinary Sciences and Polytechnic.

Fund is allocated to the book bank for the purchase of books in the ratio of 1 set of books for 2 beneficiaries as follows :

- Medical & Engineering - Rs.7,500
- Veterinary Sciences - Rs.5,000
- Agriculture - Rs.4,500
- Polytechnic - Rs.2,400

The students should get Central Government's assistance, to avail the benefit of this scheme.

From 1998-99 funds are allocated as below to the book bank in the ratio of 1 set of book per person.

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

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

Assistance for studies abroad

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

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

Exemption for paying entrance and registration fees

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

Periyar Ninaivu Samathuvapuram Scheme

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

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

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

House Site Pattas

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

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

Housing

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



PERIYAR NINAIVU SAMATHUVAPURAM



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

Abolition of Untouchability

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

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

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

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

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

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

Abolition of Bonded Labour

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

Rehabilitation of Scavengers in Unclean Occupation

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

Reservation in Appointments to Adi Dravidars and Scheduled Tribes

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

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

Employment Oriented Training

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

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

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

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

Dr. Ambedkar Mani Mandapam

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



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

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

Tribal Sub Plan

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

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

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

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

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

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

Tamil Nadu Adi Dravidar Housing and Development Corporation

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

Special Central Assistance

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

Technical Works

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

Economic Development Schemes

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

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

Schemes executed by TAHDCO

a. Agriculture and allied schemes

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

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



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

b. Individual Entrepreneur Scheme

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

Petty Trade Loan

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

Master Health Check-up Scheme

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

The following tests are carried out

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

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

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



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

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

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

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

✳

T A M I L
K E Y B O A R D
S T A N D A R D
A N D
T A M I L
G L Y P H
E N C O D I N G
S C H E M E S
L A U N C H E D

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

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

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

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



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

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

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

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

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

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

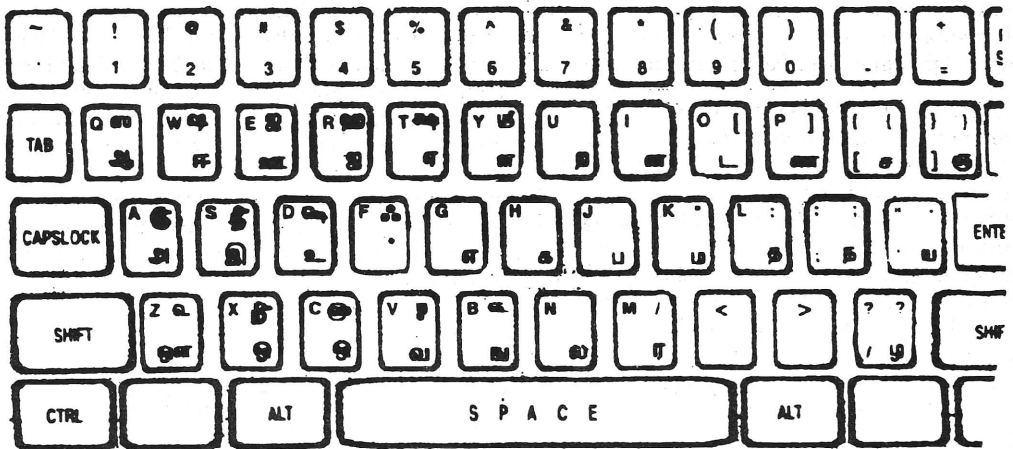
Former Union Minister for Industries and the Chairman of the Reception Committee, Thiru Murasoli Maran in his welcome address said, the Chief Minister had announced innovative schemes of introducing computer education at school level and establishing community internet centres throughout Tamil Nadu.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

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

LEFTSIDE - ENGLISH

TAMIL KEYBOARD

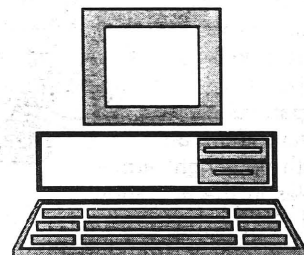
RIGHTSIDE-ENGLISH



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

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

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



WEAR YOUR POSITIVE ATTITUDE

By Francis C. Assisi

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

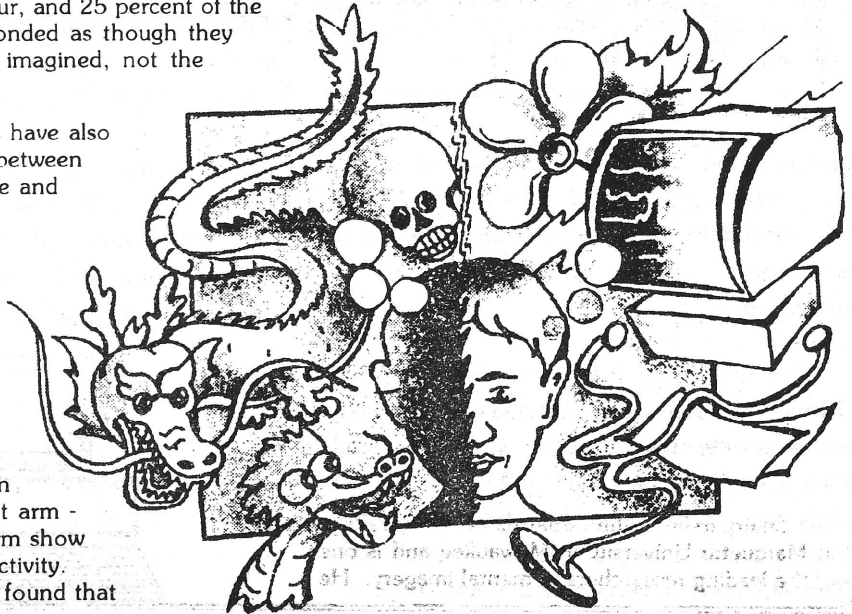
Let the image fade. What remains? Your mouth is actually primed with saliva. This simple demonstration of the power of the imagination is impressive, but consider a study conducted by Robert Kunzendorf, a cognitive psychologist at the University of Lowell in Massachusetts. Kunzendorf attached electrodes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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

Courtesy :
Science Express

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

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

Varieties

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

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

The major differences between bananas and plantains are:

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

Chemical Composition

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

Bananas Can Check Hypertension

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

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

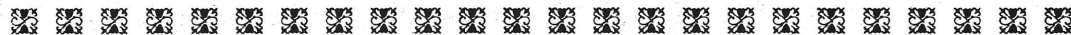
vasconstricting agent. The therapeutic uses of banana may be due to the presence of these active principles.

Banana in health

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

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

Courtesy : Nutrition



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

FIGHT AGAINST



DRUG ABUSE

CHALLENGE

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

APPROACH

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

STRATEGY

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

ACTION PLAN

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

- Under a unique programme of Government-NGO collaboration Scheme for Prevention of Alcoholism and Substance (Drugs) Abuse shall provide funds to the extent of 90% of the expenditure to the NGO for providing awareness, counselling, treatment, aftercare, follow up and vocational rehabilitation Centres.
 - The NGOs shall mobilise the community support for the social reintegration of the addicts.
 - Under the Scheme a network of Drug Awareness Counselling Centres and Treatment-cum-Rehabilitation centres are being run all over the country.
- the involvement of the Panchayat institutions and local bodies in awareness generation programmes.
 - Flexibility in the eligibility conditions of NGOs;
 - Raising the extent of financial support to NGOs in the North-East, Jammu&Kashmir and Sikkim from 90 to 95 percent of the expenditure.
 - Broadening the scope of Workplace Prevention Programmes by soliciting greater involvement of NGOs and enterprises.
 - Providing the entire treatment and rehabilitation services under the redesigned Treatment-cum-Rehabilitation centres.

ACHIEVEMENTS

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

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

- Encouraging innovative interventions for rehabilitation.

FUTURE TASKS

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

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

TURN ON MUSIC TURN OFF DRUGS

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

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

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

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

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

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

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

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

Narcotics Control Bureau

Source : davp

★ ★ ★



LET US PONDER!



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

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

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

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

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

World Population Day - July 11, 1999

Source : davp



THIRUKKURAL

The Code of Conduct for the mankind

அரங்கின்றி வாட்டாடி யற்றே நிரம்பிய
நூலின்றிக் கோட்டி கொளல்

Arangindri Vatadi yatre nirambiya
nulin dri koti holal.

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

COMMENTARY

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

★ ★ ★

கல்லா தவரும் நனிநல்லர் கற்றார்முற்
சொல்லா திருக்கப் பெறின்.

kalladhavarum naninallar katrarmut
jolla dhiruka perin.

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

COMMENTARY

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

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

★ ★ ★

கல்லாதா னெட்பங் கழியநன் றாயினுங்
கொள்ளா ரறிவுடை யார்

kalladha notpan gaziyanan drayinun
golla rarivudai yar.

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

COMMENTARY

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

★ ★ ★

கல்லா வொருவன் றகைமை தலைப்பெய்து
சொல்லாடச் சோர்வு படும்.

kalla voruvan drahaimai dhalaipaidhu
soilada sorvu badum.

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

COMMENTARY

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

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

★ ★ ★

உளரென்று மாத்திரைய ரல்லாற் பயவாக்
களரணையர் கல்லா தவர்.

Ularennu mathiraiya ralat payava
kalaranaiyar kalla dhavar.

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

COMMENTARY

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

★ ★ ★

நுண்மா னுழைபுல மில்லா னெழினல
மண்மாண் புனைபாவை யற்று.

nunma nuzhaibula milla nezinala
manmaan bunaipavai yatru.

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

COMMENTARY

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

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

★ ★ ★

நல்லார்கட் பட்ட வறுமையி னின்னாதே
கல்லார்கட் பட்ட திரு.

nallarhat patta varumaiyi ninnadhe
kallahat patta dhiru.

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

COMMENTARY

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

★ ★ ★

விலங்கொடு மக்க னையை ரிலங்குநூல்
கற்றாரோ டேனை யவர்.

vilangodu makka lanaiya rilangunul
katro denai yavar.

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

COMMENTARY

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

★ ★ ★

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

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

Tea Plant and Types of Tea

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

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

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

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

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

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

Varieties of Tea

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

The Cup That Cheers

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

Recent Trends

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

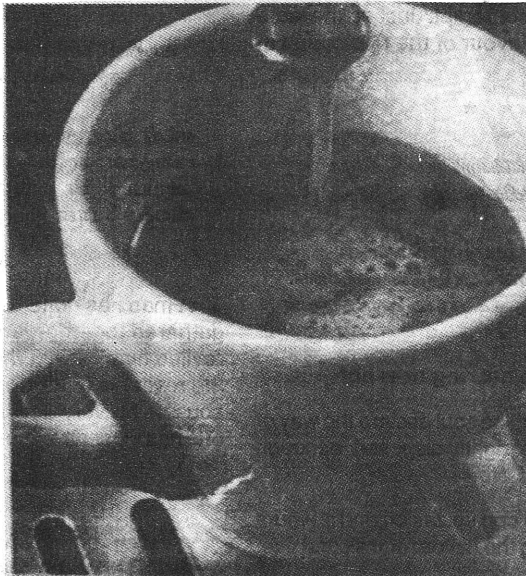
Dr. A. SAIBABA

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

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

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

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



Nutrient profile

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

daily requirements of minerals like manganese and zinc respectively.

History

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

The taste of tea spread to Japan in the 11th Century. Drinking tea became a ritual, precisely orchestrated to achieve a purity of spirit and an aesthetic perfection. The earliest mention of the use of milk in tea appeared in a book of travel by Dutch author, Jean Nieuhoff, who observed this practice in Canton area of China in 1655.

Tea arrived in Europe in the 17th Century. In Britain, it gained immense popularity. By 1834, the Britishers introduced tea in India and Sri Lanka and British planters started growing it in these countries. Later, they began to compete with China for the top slot in tea production. The history of tea production in India spans more than 160 years. The rapid expansion of its cultivation in Assam was followed by the establishment of plantations in Darjeeling, Tarai and Dooars regions of Northern Bengal and the Nilgiris and is often referred to in relation to the places where it is grown. This beverage is also known as *chai* in India. The word *chai* is derived from a Cantonese word *chah*. Orange Pekoe Tea from Sri Lanka, Lapsant Tea, Sonchong Tea, Earl Grey Tea from China, etc are quite popular.

- Courtesy : Science Express

NALADIYAR

அன்புடையார் சொல்லும் அறநெறிகளை அறிவுடையார் அன்றி
அறிவினார் பயனுள்ளதாகக் கொள்ளார்.

அருளின் அறம் உரைக்கும் அன்புடையார் வாய்ச்சொற்
பொருளாகக் கொள்வர் புலவர்; - பொருள் அல்லா
ஏழை அதனை இகழ்ந்துரைக்கும்; பாற்கூழை
மூழை சுவை உணரா தாங்கு.

Only the wise value the wise

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

★ ★ ★

மேலோர் கூறும் நன்னெறிகளைக் கீழோர்
கேளாதிசூழுவார்

அவ்வியம் இவ்வார் அறத்தா றுரைக்குங்காற்
செவ்வியர் அவ்வார் செவிகொடுத்துங் கேட்கலார்;
கவ்வித்தோ றின்னும் குணக்கர்நாய் பாற்சேற்றின்
கவ்வி கொளற்றேறா தாங்கு.

Foolish people hearing hear not.

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

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

★ ★ ★

அறநெறிகளை அறிவுமறிவிலாத கீழோர் இருக்கினும்
இறப்பினும் பயனில்லை

இமைக்கும் அளவிற்கும் இன்னுயிர்போ' மார்க்கம்
எனைத்தானுந் தாங்கன் டிருந்தும் - தினைத்துணையும்
நன்றி புரிகல்லா நானின் மடமாக்கன்
பொன்றில்ள்ள், பொன்றாக்கால் என்?

Useless in life and unmourned in death

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

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

★ ★ ★

புல்லறிவினோன் பலரோடும் பகைகொள்ளுவன்

உளநாள் சிலவால் உயிர்க்கேமம் இன்றால்
பலர்மன்னுந் தூற்றும் பழியால் - பலருள்ளும்
கண்டாரோ டெல்லா' நகாஅ தெவன் ஒருவன்
தண்டித் தனிப்பகை கோள்?

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

★ ★ ★

புல்லறிவினோன் பிறரை இகழ்ந்து பேசுவதையே
தனக்குப் பயனாகக் கொள்வான்

எய்தி இருந்த அவையுள்ளார்ச் சென்றெள்ளி
வைதான் ஒருவன் ஒருவனை; - வைய
வயப்பட்டான் வாளா இருப்பானேல், வைதான்
வியத்தக்கான் வாழும் எனின்.

The evil tongue

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

★ ★ ★

புல்லறிவினார் நற்கருமாங்களைச் செய்யாது
செல்வப்பெருக்கத்தினால் மதிமயங்கி வீணான் கழிப்பார்

தாமையும் இன்புறார், தக்கார்க்கு நன்றாற்றார்,
ஏமஞ்சார் நன்னெறியுஞ் சேர்கலார், - தாமயங்கி
ஆக்கத்துட் டீங்கி அவத்தமே வாழ்நாளைப்
போக்குவார் புல்லறிவி னார்

Wasted lives.

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

★ ★ ★

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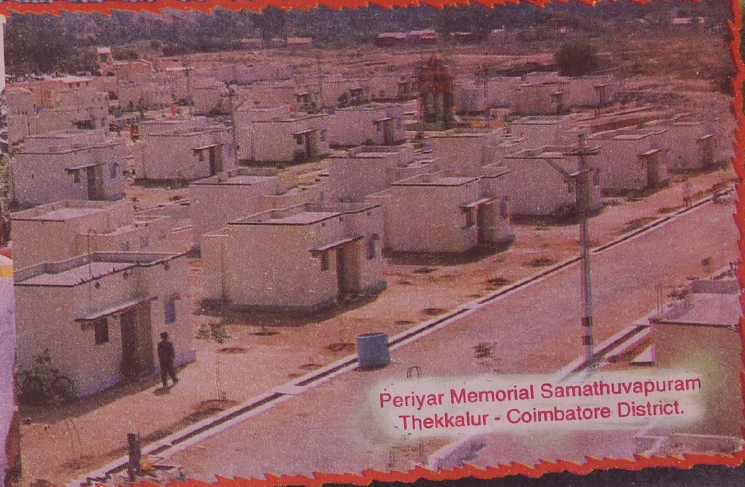
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