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Covid - 19 Federal Benefits End

Some new support programs will continue



By Siva Sivapragasam

The federal government is ending several COVID-19 support programs, Deputy Prime Minister and Finance Minister Chrysti Freeland has announced, as she reminded Canadians that the measures were always meant to be temporary.

Deputy Prime Minister and Finance Minister Chrysti Freeland said new measures will be put in place to replace the broad Canada Emergency Wage Subsidy (CEWS) and the Canada Emergency Rent Subsidy (CERS), which expired.

The federal government is spending \$7.4 billion to extend and create new COVID-19 supports for hard-hit businesses and workers that will carry

into the spring.

According to David Macdonald, a senior economist for the Canadian Centre for Policy Alternatives, as many as 1.5 million workers are set to be directly affected once those programs end -- most of whom won't have another source of income or support.

Of those one and a half million workers, about 900,000 would be set to lose support from the CRB being cut according to Macdonald. He said that the newly announced programs "don't look like they will cover them anytime soon."

As wage and rent subsidies end with more rigid programs in their place, there is a growing fear among business owners, economists, and wage earners that many could lose jobs and a closure of business establishments.

LORD VENKATESWARA, THE BENEVOLENT BEACON ON SEVEN HILLS

Compiled by Kidambi Raj

Introduction

Tirumala and Tirupati are places well-known all over India. Sri Venkateswara, the presiding deity of Tirumala or Vengadam, is revered by lakhs of people all over the country. The chief centres of pilgrimage in this region are Sri Venkateswara's temple on the Tirumala hill, the shrine of Sri Govindaraja in the town of Tirupati and the shrine of Sri Padmavathi situated in Tiruchanur.

Full coverage in Pages 38, 39, 40 & 41



Vina Devadas elected President of the Canadian Tamils' Chamber of Commerce (CTCC)

By Siva Sivapragasam

Vina Devadas who holds twin professional qualifications as a lawyer cum Accountant has been elected as the President of the Canadian Tamils' Chamber of Commerce (CTCC) at the AGM held on October 31, 2021. Canadian Tamils' Chamber of Commerce is the principal organization representing the Canadian Tamil business community in Canada.

Mr. Devadas holds several years of accounting and legal experience coupled with accounting related fields of law, namely Tax Law, Business Law and Employment Law. He runs his own Law firm in Toronto with his lawyer wife Vasuki Devadas that also deals in Real Estate Law, Family Law and Wills. He had earlier worked as a Senior Financial Analyst at CGI, Toronto and previously as the Chief

Financial Officer (CFO) at the Colombo Stock Exchange in Sri Lanka. He is a Chartered Professional Accountant of Ontario and an Associate Member of CIMA, UK. He holds an MBA with merit from the University of Colombo.

He is actively involved in the community by way of sponsorships for events through his Law firm. He Served the CTCC Board as VP Finance twice and as VP Membership previously. Mr. Devadas also engaged himself in activities of his old schools in Sri Lanka, namely Royal College and Hindu College Bambalapitiya.



Remembrance Day November 11

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Prime Minister announces standardized Canadian COVID-19 proof of vaccination for travel



October 21, 2021
Ottawa, Ontario

Vaccination is the best way to keep Canadians safe and healthy, get back to enjoying the things we love, and prevent future lockdowns. As new travel requirements roll out in Canada and around the world, the Government of Canada has been working closely with provinces and territories on a standardized proof of vaccination that facilitates international and domestic travel.

The Prime Minister, Justin Trudeau, today announced that, in collaboration with provinces and territories, a standardized Canadian COVID-19 proof of vaccination is now available to residents of Newfoundland and Labrador, Northwest Territories, Nova Scotia, Nunavut, Ontario, Quebec, Saskatchewan, and Yukon, and will be available in the other provinces soon. Canada is also engaging with international partners to obtain recognition and acceptance abroad, so the proof can also be used to facilitate travel around the world.

The Canadian COVID-19 proof of vaccination provides Canadians a reliable and secure way to demonstrate their COVID-19 vaccination history,

both in Canada and abroad. It is issued by provinces and territories to individuals who are vaccinated and registered with their provincial or territorial health authority. The proof of vaccination can also be used with ArriveCAN, the mobile app and website for travellers to submit mandatory information when arriving in Canada from other countries.

This standardized proof will support Canada's new traveller vaccination requirements that will come into effect on October 30, 2021. Travellers can continue to use their provincial proof of vaccination for domestic or international travel if their province is not yet issuing the standardized proof of vaccination.

Today's announcement is part of the five vaccination commitments that the Government of Canada will implement in the first 100 days of its new mandate. More than 83 per cent of eligible Canadians are fully vaccinated against COVID-19, but the fight against the virus continues. The government will continue to make vaccination a priority so we can keep Canadians safe, finish the fight against COVID-19, and build a better country for everyone.

Via pm.gc.ca

Apple Wallet Update Now Compatible with Ontario Vaccine Certificate Additional Option to Easily and Conveniently Show Proof of Vaccination



October 29, 2021

Health

TORONTO — Individuals who use an Apple mobile device can now choose to add their enhanced vaccine certificate with official QR code directly to their Apple Wallet. This feature is available with iOS 15.1, Apple's newest operating system for iPhones that launched this week, and provides users with a convenient way to access and display their proof of vaccination from their device.

Apple users with the iOS 15.1 operating system can save their vaccine certificate with QR code to their Apple Wallet and Apple Health app. To do so, once an individual has opened their enhanced certificate with QR code on their computer desktop or by printing it out, they can follow these easy steps:

Open the iPhone camera.

Point the camera at the QR code.

Once the QR code is in focus and centred on the phone screen, the phone will scan it automatically.

Once the phone scans the code, users will be prompted to save it to Apple Wallet and Apple Health.

Users do not have to redownload their enhanced certificate with QR code to add it to their Apple Wallet. Anyone who hasn't already downloaded their enhanced vaccine certificate with official QR code can do so from the COVID-19 vaccination portal.

Individuals who already have their

vaccine certificate in Apple Health can also add it directly to Apple Wallet:

After updating their Apple device to iOS 15.1 and launching the Health app, a new message at the top should read, "there is a COVID-19 vaccination in your immunization records. You can add it to Wallet for easy reference."

Under that message, click the option to "Add to Wallet."

The next screen shows a summary of the vaccination record about to be added to Wallet to be reviewed.

The final screen shows confirmation that the vaccination card has been added to Wallet.

This is one of the many ways Ontarians can store and easily access a copy of their proof of vaccination on their mobile device for verification purposes. Businesses must accept both electronic and paper versions of the enhanced vaccine certificate with official QR code.

Ontarians will need to continue to show a piece of identification with their name and date of birth along with their proof of vaccination when visiting select businesses and organizations.

Google Pay, the wallet app used on Android devices, is not currently compatible with the enhanced vaccine certificate. Android users can save their vaccine certificate to their device using a file management or cloud storage app such as Google Drive, OneDrive or Dropbox.

Via news.ontario.ca/

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Monsoon Journal wishes
Readers, advertisers, distribution outlets, friends and
well-wishers a happy Fall Festive season:

- Halloween - October 31
- Deepavali - Diwali, Nov 3rd
- Skanda Shashti - Nov 5th thru Nov 10th
- Thanksgiving - USA, Nov 25th

Tribute November 27
- We Remember -
Tribute & Homage to Maveerar- Heroes Day



World Tsunami Awareness Day 2021: From Halloween and beyond, let's work together to make tsunamis and climate change less scary for our planet

By Harrish Thirukumar

October 31 brings about a time of pumpkin carving, trick or treating and all things spooky with the occasion of Halloween. However, Halloween 2021 also marks another significant occasion. This Sunday, October 31, 2021, the 26th United Nations (UN) Climate Change Conference of the Parties (COP26) will be held in Glasgow, Scotland. Held from Sunday until November 12, 2021, COP26 summit will bring parties together to accelerate action towards the goals of the Paris Agreement and the UN Framework Convention on Climate Change. In continuing the activities that will emerge from the conference at the start of November 2021, this is an opportunity to bring attention towards World Tsunami Awareness Day.

Annually observed on November 5, World Tsunami Awareness Day encourages the development of national and community-level, local disaster risk reduction strategies to save more lives against disasters. The UN General Assembly designated November 5 as World Tsunami Awareness Day in December 2015. It calls on countries, international bodies and civil society to raise tsunami awareness and share innovative approaches to risk reduction.

World Tsunami Awareness Day was initiated by Japan. It was in large part due to its repeated, bitter tsunami experiences that had led to developing major expertise in areas such as tsunami early warning, public action and building back better after a disaster to reduce future impacts. UN Disaster Risk Reduction (UNDRR) facilitates the observance of World Tsunami Awareness Day in collaboration with the rest of the United Nations system.

By the year 2030, an estimated 50 per cent of the world's population will live in coastal areas exposed to flooding, storms, and tsunamis. According to COP26, the world is currently not on track to limit global warming to 1.5 degrees. The

targets announced in Paris would result in warming well above 3 degrees by 2100 compared to pre-industrial levels.

If climate change trends like these are ongoing, temperatures will carry on rising, bringing even more catastrophic flooding, bush fires, extreme weather, and destruction of species. Now that is quite spooky. In turn, having plans and policies in place to reduce tsunami impacts will help to build more resilience and protect populations at risk as a significant measure in the fight against climate change.

In 2021, World Tsunami Awareness Day will promote target (f) of the "Sendai Seven Campaign." This is set towards substantially enhancing international cooperation to developing countries through adequate and sustainable support to complement their national actions for implementation of the present Framework by 2030.

Decisions and resolutions adopted in June 2021 at the 31st Session of the Intergovernmental Oceanographic Commission of UNESCO (UNESCO/IOC) will further boost global efforts to strengthen tsunami preparedness. The UN Ocean Decade (2021-2030) will provide "a once-in-a-generation opportunity" to improve tsunami detection and early warning systems "even from the near instant they form, and to enhance the preparedness of coastal communities for tsunamis through the UNESCO/IOC Tsunami Ready Programme.

In thinking about your role, you can visit <https://tsunamiday.undrr.org/> to learn and engage with the 2021 World Tsunami Awareness Day campaign. Additionally, take the time to advocate to your elected representatives in Canada in prioritizing tsunami awareness and disaster prevention as a key part in the fight against climate change to prevent natural disasters. From Halloween and beyond, let's work together to make tsunamis and climate change less scary for our planet.

Canada Historic Milestones

November 5, 1939

CBC broadcasts the National Research Council's (NRC) time signal for the first time. To this day, CBC's radio stations broadcast the time signal during the country's oldest and shortest radio program, which consists of the words "At the beginning of the long dash, it will be exactly..." Every day, at noon on the French network and at 1:00 p.m. on the English network, radio stations broadcast this signal, enabling listeners to set their watches, clocks and electronic devices to the NRC's precise scientific time.

These days, time plays an important role in people's lives. Cellphones, GPS systems and stock markets all rely on precision timekeeping.



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- President Harry Truman

Printing the Winds of Change around us All lands home, all men kin.

Government Takes Further Action to Protect Schools

Expanded Testing Options Will Reduce Disruption and Absenteeism

October 28, 2021

Education

TORONTO — To support safer schools and reduce barriers to testing for all school-aged children, Ontario's Minister of Education, Stephen Lecce, announced increased access to low-barrier testing options to support in-person student attendance at school and reduce disruptions to families.

Ontario schools remain safe, according to the province's Chief Medical Officer of Health and the Children's Health Coalition, supported by high levels of immunization and strong public health measures, including ventilation improvements across all publicly funded schools in the province. Currently, more than 83 per cent of youth aged 12 and up have received their first dose of the COVID-19 vaccine, and more than 77 per cent have received two doses. With approximately 3,300 cumulative cases per 100,000 amongst individuals aged 0 to 19, Ontario has one of the lowest case rates for youth under 20 in the country. Transmission continues to remain low in schools, and since September 2021 more than 99 per cent of students have not reported a case of COVID-19.

With the support of Ontario's Chief

Medical Officer of Health, the government announced new measures, to build upon this work and to ensure schools remain open and safe, including:

offering take-home polymerase chain reaction (PCR) self-collection kits to all publicly funded schools across the province, with a phased rollout starting in mid-November.

the launch of a new "test-to-stay" approach for asymptomatic, unvaccinated students using the deployment of rapid antigen screening tests at the direction of public health units to support in-person learning and avoid whole school dismissals.

elevating the requirement for unvaccinated staff to undergo rapid antigen screening from two to three times per week.

Ontario is leading the way in offering take-home PCR self-collection kits for all students and staff. The PCR self-collection initiative builds on the existing COVID-19 take-home PCR self-collection pilot that was launched in 160 schools in September, which focuses on secondary school students who are contacts of confirmed cases and are asymptomatic and fully vaccinated.

"While Ontario schools are safer places to learn supported by enhanced



ventilation and high vaccination rates, we are taking nothing for granted," said Stephen Lecce. "By expanding access to testing and helping to better screen for COVID-19, we are protecting the progress we have made so far in keeping our schools safer for students and helping to limit disruption to the school year. These additional efforts build on the extensive safety protocols and investments we have made to protect schools, including the more than \$600 million our government has provided to support ventilation improvements."

Students with COVID-19 symptoms and students who have been identified as close contacts of a confirmed COVID-19 case will be able to pick up PCR self-collection kits at school, complete the specimen self-collection at home and drop the specimen

off at convenient locations in the community.

In addition, the newly introduced "test-to-stay" approach, intended to support continued in-person school attendance in schools with multiple cases of COVID-19, involves frequent rapid antigen screening over a 10-day period for asymptomatic, unvaccinated students in a school that might otherwise require whole school dismissal. While people who are confirmed cases or high-risk contacts in the school will still need to self-isolate and access PCR testing according to public health guidance, other students in the school will be able to continue attending school in person. The frequent rapid antigen screening in the "test-to-stay" approach will identify any additional COVID-19 cases in a timely manner.

Ontario's plan for safer schools is focused on minimizing disruption and maximizing safe, in-class learning. It is supported by \$1.6 million in resources for the 2020-21 school year and major improvements in mechanical ventilation and 70,000 HEPA and other ventilation devices in learning spaces, in addition to various other strategies to support infection prevention and control.

Via news.ontario.ca/

Prime Minister welcomes new Cabinet

October 26, 2021

Ottawa, Ontario

The Prime Minister, Justin Trudeau, today announced the members of Cabinet following this fall's election, when Canadians chose to keep Canada moving forward. This diverse team will continue to find real solutions to the challenges that Canadians face, and deliver on a progressive agenda, as we finish the fight against COVID-19 and build a better future for everyone.

The past year and a half has been difficult for Canadians. We have all made sacrifices to keep each other and our communities safe from COVID-19, and the Government of Canada has had people's backs every step of the way. As we continue to take strong action to beat the pandemic and get

the job done on the vaccine rollout, the government will keep putting Canadians first and delivering on their priorities. We will create new jobs and grow the middle class, put home ownership back in reach for Canadians, accelerate our fight against climate change, deliver on \$10-a-day child care, and walk the shared path of reconciliation. Together, we will continue to move Canada forward for everyone.

The new Cabinet is appointed as follows:

Chrystia Freeland remains Deputy Prime Minister and Minister of Finance

Omar Alghabra remains Minister of Transport

Anita Anand becomes Minister of National Defence

Carolyn Bennett becomes Minister

of Mental Health and Addictions and Associate Minister of Health

Marie-Claude Bibeau remains Minister of Agriculture and Agri-Food

Bill Blair becomes President of the Queen's Privy Council for Canada and Minister of Emergency Preparedness

Randy Boissonnault becomes Minister of Tourism and Associate Minister of Finance

François-Philippe Champagne remains Minister of Innovation, Science and Industry

Jean-Yves Duclos becomes Minister of Health

Mona Fortier becomes President of the Treasury Board

Sean Fraser becomes Minister of Immigration, Refugees and Citizenship

Karina Gould becomes Minister of Families, Children and Social

Development

Steven Guilbeault becomes Minister of Environment and Climate Change

Patty Hajdu becomes Minister of Indigenous Services and Minister responsible for the Federal Economic Development Agency for Northern Ontario

Mark Holland becomes Leader of the Government in the House of Commons

Ahmed Hussen becomes Minister of Housing and Diversity and Inclusion

Gudie Hutchings becomes Minister of Rural Economic Development

Marci Ien becomes Minister for Women and Gender Equality and Youth

Helena Jacek becomes Minister responsible for the Federal Economic Development Agency for Southern Ontario

Contd. on page 6...

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Ontario Releases Plan to Safely Reopen Ontario and Manage COVID-19 for the Long-Term

Gradual, cautious approach to manage COVID-19 now and moving forward

October 22, 2021

Office of the Premier

TORONTO — The Ontario government, in consultation with the Chief Medical Officer of Health, has released A Plan to Safely Reopen Ontario and Manage COVID-19 for the Long-Term, which outlines the province's gradual approach to lifting remaining public health and workplace safety measures by March 2022. The plan will be guided by the ongoing assessment of key public health and health care indicators and supported by local or regional tailored responses to COVID-19.

"Thanks to our cautious and careful approach to re-opening, we are now in position to gradually lift all remaining public health measures over the coming months," said Premier Doug Ford. "This plan is built for the long term. It will guide us safely through the winter and out of this pandemic, while avoiding lockdowns and ensuring we don't lose the hard-fought gains we have made."

Ontario will slowly and incrementally lift all remaining public health and workplace safety measures, including the provincial requirement for proof of vaccination and wearing of face coverings in indoor public settings, over the next six months. This phased approach will be guided by the ongoing assessment and monitoring of key public health and health care indicators, such as the identification of any new COVID-19 variants, increases in hospitalizations and ICU occupancy and rapid increases in transmission to ensure that public health and workplace safety measures are lifted safely.

"Since the beginning of the pandemic, Ontario has taken a cautious approach to reopening to protect the health and safety of Ontarians," said Christine Elliott, Deputy Premier and Minister of Health. "Our plan will ensure we replicate this success and take a gradual approach that will protect our health system capacity, prevent widespread closures, keep our schools open and support the province's economic recovery."

In the absence of concerning trends, public health and workplace safety measures will be lifted based on the proposed following milestones:

October 25, 2021

In response to continued improvements to key indicators, including ongoing stability in the province's hospitals, effective October 25, 2021 at 12:01 a.m., Ontario will lift capacity limits, including physical distancing requirements, in the vast majority of settings where proof of vaccination are required, such as restaurants, bars and other food or drink establishments; indoor areas of sports and recreational facilities such as gyms and where personal physical fitness trainers provide instruction; casinos, bingo halls and other gaming establishments; and indoor meeting and event spaces. Limits will also be lifted in certain outdoor settings.

At this time, the government will also allow other settings to lift capacity limits and physical distancing requirements if they choose to require proof of vaccination, including:

Personal care services (e.g., barber shops, salons, body art);

Indoor areas of museums, galleries, aquariums, zoos, science centres, landmarks, historic sites, botanical gardens and similar attractions;

Indoor areas of amusement parks;

Indoor areas of fairs, rural exhibitions, festivals;

Indoor tour and guide services;

Boat tours;

Indoor areas of marinas and boating clubs;

Indoor clubhouses at outdoor recreational amenities;

Open house events provided by real estate agencies; and

Indoor areas of photography studios and services.

Locations where a wedding, funeral or religious service, rite or ceremony takes place may also implement proof of vaccination requirements for services, rites, or ceremonies at the location.

This will not apply to settings where people receive medical care, food from



grocery stores and medical supplies. In addition, the government intends to allow for greater capacity at organized public events such as Remembrance Day ceremonies and Santa Claus parades with more details coming in the near future.

November 15, 2021

The government intends to lift capacity limits in the remaining higher-risk settings where proof of vaccination is required, including food or drink establishments with dance facilities (e.g., night clubs, wedding receptions in meeting/event spaces where there is dancing); strip clubs, bathhouses and sex clubs.

January 17, 2022

In the absence of concerning trends in public health and health care following the winter holiday months and after students returned to in-class learning, the province intends to begin gradually lifting capacity limits in settings where proof of vaccination is not required. The Chief Medical Officer of Health will also lift CMOH directives as appropriate.

Proof of vaccination requirements may also begin to be gradually lifted at this time, including for restaurants, bars and other food and drink establishments, facilities used for sports and recreational facilities and casinos, bingo halls and other gaming establishments.

February 7, 2022

The government intends to lift proof of vaccination requirements in high-risk settings, including night clubs, strip clubs, and bathhouses and sex

clubs.

March 28, 2022

At this time, it is intended that remaining public health and workplace safety measures will be lifted, including wearing face coverings in indoor public settings. Recommendations may be released for specific settings, if appropriate.

In addition, the provincial requirement for proof of vaccination will be lifted for all remaining settings, including meeting and event spaces, sporting events, concerts, theatres and cinemas, racing venues and commercial and film productions with studio audiences.

To manage COVID-19 over the long-term, local and regional responses by public health units will be deployed based on local context and conditions. Public health measures that may be applied locally could include reintroducing capacity limits and/or physical distancing, reducing gathering limits and adding settings where proof of vaccination is required, among others. Public health measures would be implemented provincially in exceptional circumstances, such as when the province's health system capacity is at risk of becoming overwhelmed or if a vaccine resistant COVID-19 variant is identified in the province.

"We are now in a position where we can see the proposed plan for lifting the remaining public health and workplace safety measures in Ontario," said Dr. Kieran Moore, Chief Medical Officer of Health. "The months ahead will require continued vigilance, as we don't want to cause anymore unnecessary disruption to people's everyday lives. We must continue to prevent the transmission of COVID-19 in our communities by following the public health measures in place and by vaccinating those who have not yet received their shots. Ontario has the infrastructure in place to manage outbreaks, including a high-volume capacity for testing, and people to perform fast and effective case and contact management when needed."

Via news.ontario.ca

...New Cabinet Contd. from page 5

Mélanie Joly becomes Minister of Foreign Affairs

Kamal Khara becomes Minister of Seniors

David Lametti remains Minister of Justice and Attorney General of Canada

Dominic LeBlanc becomes Minister of Intergovernmental Affairs, Infrastructure and Communities

Diane Lebouthillier remains Minister of National Revenue

Lawrence MacAulay remains Minister of Veterans Affairs and Associate Minister of National Defence

Marco E. L. Mendicino becomes Minister of Public Safety

Marc Miller becomes Minister of Crown-Indigenous Relations

Joyce Murray becomes Minister of Fisheries, Oceans and the Canadian Coast Guard

Mary Ng becomes Minister of International Trade, Export Promotion, Small Business and Economic Development

Seamus O'Regan Jr. becomes Minis-

ter of Labour

Ginette Petitpas Taylor becomes Minister of Official Languages and Minister responsible for the Atlantic Canada Opportunities Agency

Carla Qualtrough remains Minister of Employment, Workforce Development and Disability Inclusion

Pablo Rodriguez becomes Minister of Canadian Heritage and remains Quebec Lieutenant

Harjit S. Sajjan becomes Minister of International Development and Minister responsible for the Pacific Economic Development Agency of Canada

Pascale St-Onge becomes Minister of Sport and Minister responsible for the Economic Development Agency of Canada for the Regions of Quebec

Filomena Tassi becomes Minister of Public Services and Procurement

Dan Vandal becomes Minister of Northern Affairs, Minister responsible for Prairies Economic Development Canada, and Minister responsible for the Canadian Northern Economic Development Agency

Jonathan Wilkinson becomes Minister of Natural Resources

Via pm.gc.ca



India Slams New Chinese Land Border Law

October 28, 2021 5:08 AM

by Anjana Pasricha

NEW DELHI —

Although it has expressed concern over a new land boundary law passed by China, India has said it expects that Beijing will not take action that could “unilaterally” alter the situation in the countries’ border areas.

China’s National People’s Congress passed the law Saturday amid a protracted military standoff that has led the Asian rivals to deploy tens of thousands of soldiers along disputed stretches of their frontier in the Himalayas.

Analysts in New Delhi see the new law as a signal of a hardening stance by China on their boundary dispute.

The Land Borders Law, which is to take effect Jan. 1, calls China’s sovereignty and territorial integrity “sacred and inviolable.”

“The state shall take measures to safeguard territorial integrity and land boundaries and guard against and combat any act that undermines territorial sovereignty and land boundaries,” the law says.

The measure marks the first time China has passed a law spelling out how it guards its land borders. While it shares land borders with 14 countries, including Russia, it has unsettled boundaries with only two — India and Bhutan.

The dispute between India and China in the Himalayas flared last year



amid accusations by New Delhi that Chinese soldiers had encroached into Indian territory in Ladakh, resulting in their deadliest clash in nearly five decades, killing 20 Indian and four Chinese soldiers.

India’s foreign ministry said on Wednesday that “China’s unilateral decision to bring about a legislation which can have implication on our existing bilateral arrangements on border management as well as on the boundary question is of concern to us.”

Ministry spokesperson Arindam Bagchi said in a statement that “both sides have agreed to seek a fair, reasonable and mutually acceptable resolution to the boundary question through consultations.”

“We also expect that China will avoid undertaking action under the pretext of this law which could unilaterally alter the situation in the

India-China border areas,” he said.

Claims between the two countries overlap at several places along the 3,488-kilometer so-called Line of Actual Control that serves as their de facto border.

The new law has raised concerns that it could become harder to resolve the dispute that has bedeviled their ties.

Talks aimed at finding a political settlement to their unsettled border have dragged on for years but have made little headway. While confidence-building measures put in place had long helped to keep a lid on tensions, the hostilities that erupted last summer have eroded trust between the two sides.

The latest talks held this month between their military commanders aimed at disengaging troops from friction points in the Himalayas also

ended in a deadlock.

“Multiple rounds of talks, whether it is at the diplomatic or military level between the two countries have made virtually no progress in overcoming the impasse,” said Rajeswari Pillai Rajagopalan, director of the Centre for Security, Strategy and Technology at the Observer Research Foundation in New Delhi.

“The new law indicates a hardening of position, it aims to show that China is powerful,” she said.

The deputy dean of the School of Law under Renmin University of China, Wang Xu, was quoted in China’s state-backed Global Times newspaper as saying that “the law will serve as a legal guideline for China in coping with all possible land border disputes, including the current specific territorial conflicts at China-India borders.”

Observers say the new law is an indication that the military standoff in the Himalayas is likely to drag on.

Calling the new law a signal of China’s inflexibility, an editorial in the Times of India on Tuesday said that it means that their current border standoff “has slim chance of satisfactory resolution” and that China will not budge from its border claims as it looks to legally formalize them by building permanent infrastructure and control systems in these areas.

“More icy hostility may follow,” the editorial warned adding, “An aggressive, inflexible and belligerent China is here to stay.”

Via voanews.com

The Government of Sri Lanka is at a loss of Rs. 27 billion in excise revenue this year due to the COVID situation – COPA Committee reveal

October 27, 2021

The Government has lost Rs. 27 billion in excise revenue this year due to the current COVID situation, Commissioner General of Excise Mr. M J. Gunasiri said at the Committee meeting on Public Accounts (COPA)

The Commissioner General of Excise pointed out to the committee that although the expected revenue of the Excise Department this year is 160 billion rupees, it is difficult to achieve it in the current situation.

He stated the above at the COPA Committee held to inquire into the Auditor General’s Report for the year 2019 and the current performance of the Excise Department Under the Chairmanship of Prof. Tissa Vitarana.

Although the Excise Department, the Customs Department and the Inland Revenue Department had made recommendations at a COPA Committee meeting in the year 2019 to set up a computer system that would be interconnected, the Committee discussed at length that it had not yet been implemented.

While the Committee also emphasized the need to implement a computer software system to correct the process of calculating the Excise Reve-

nue of the Department, attention was also drawn to the fact that the project has not been implemented properly despite the allocation made by the Budget and Supplements for the year 2016 to 2018.

The need for one particular institution for the purpose of regulating rehabilitation, training and socialization of drug addicts was also emphasized by the committee. The Chairman of the Committee stressed that the vacancies that have existed in the Department of Social Services for a long time should be filled expeditiously. Accordingly, the Committee pointed out the need to implement this project expeditiously by uniting all the institutions belonging to the Department.

The Director General of Excise informed the committee that work has already begun to install a computer system. The Committee directed the Commissioner General of Excise submit to the COPA Committee the time frame for the installation of this computer system with a defined plan before November 05.

Delays in the provision of safety stickers for liquor bottles and liquor related products and the delay in the development of a secure sticker man-



agement system were also discussed at this meeting to increase Government revenue. Excise officials said that the process had been delayed due to factors such as the need to implement digital technology by major manufacturing companies and the prevailing COVID situation. The Chairman of the COPA Committee instructed the officials of the Excise Department to expedite this process.

Hon. State Minister Lasantha Alagiyawanna stated that the above projects should be expedited in order to obtain the proper revenue due to the Excise Department which is the third highest revenue earner for the

Government. The Committee strongly emphasized the need to expedite the implementation of these recommendations made by the COPA Committee without further delay.

Hon. State Ministers Lasantha Alagiyawanna, Dr. Sudarshini Fernando, Prasanna Ranaweera and Hon. Members of Parliament Tissa Attanayake, Ashok Abeysinghe, (Dr.) Upul Galappaththi, Weerasumana Weerasinghe, Faizal Cassim and B.Y.G Ratnasekera, Secretary to the Treasury and Ministry of Finance S. R. Attygalle were present at the meeting held.

Via /news.lk/



WORLD NEWS

Six Indian naval ships arrive in Sri Lanka to boost bilateral defence cooperation

The 4-day visit marks a milestone in bilateral relations' history wherein for the first time such a large number of Indian Navy ships visited Sri Lanka, Indian High Commission said.

PTI

25 October, 2021 3:22 pm IST

Colombo: For the first time, the six ships of the Indian Navy's first training squadron have arrived in Sri Lanka on a four-day visit to further bolster the bilateral defence cooperation and to enhance the interoperability of the two forces, officials said.

The ships arrived in the ports of Colombo and Trincomalee on Sunday to conduct training with their Sri Lankan counterparts.

"The visit marks a milestone in the history of bilateral relations, wherein for the first time such a large number of Indian Navy ships have visited Sri Lanka," the Indian High Commission said in a statement.

Training has been one of the strongest and most enduring pillars of India - Sri Lanka bilateral defence cooperation and this visit will provide further impetus to the same. In line with the vision of both Prime Minister Narendra Modi and President Gotabaya Rajapaksa to increase people to people connect between both countries, this visit will positively contribute towards strengthening the existing bonds of camaraderie and friendship between defence personnel of both the countries," the statement said.

The deployment is aimed to broaden the horizons of young officers and officer-trainees by exposing them to the socio-political and maritime facets of different countries in the Indian



Ocean Region.

The deployment will also expose the trainees onboard towards the conduct of IN warships in various evolutions at sea, port familiarisation and above all, foster the bridges of friendship with foreign nations.

The visit of the six Indian naval ships to Sri Lanka comes amidst China's increasing forays in this island nation and Beijing's efforts to step up defence ties with it. Sri Lanka is expected to play an important role under the Belt and Road Initiative (BRI), an ambitious global infrastructure development strategy adopted by Beijing to enhance its influence and also promote inter-regional connectivity.

The ships are part of Southern Naval Command (SNC), which is the Training Command of the Indian

Navy and is headed by Vice Admiral AK Chawla, Flag Officer Commanding-in-Chief, Southern Naval Command (SNC).

The Indian Navy has been imparting training to international trainees for more than four decades now. A large number of officers and sailors from Sri Lanka are undergoing various ab-initio to advanced courses at the SNC.

During the four day long deployment IN ships Magar and Shardul along with trainees of 101 IOTC will visit the Colombo harbour, while IN ships Sujata, Sudarshini, Tarangini and CGS Vikram will visit Trincomalee with the trainees of 100th IOTC.

Various training activities are planned to be conducted between the Navies of the two countries with the

aim to enhance the interoperability of the two forces, according to an official press release by the Ministry of Defence in New Delhi.

A total of 75 officers, 153 officer cadets, 10 NCC cadets and 530 sailors form part of the visit. During their stay, a series of professional, training, cultural and sports interactions are scheduled between the ships' crew and Sri Lanka Navy personnel.

The First Training Squadron which comprises six ships, including two sail ships, is a part of the Indian Navy's prestigious Southern Naval Command (SNC).

Ships from the First Training Squadron had last visited Sri Lanka in 2015.

SNC is the Training Command of the Indian Navy which conducts the entire range of naval training for officers and sailors, including those from friendly foreign countries. As one of the finest destinations for training, the Indian Navy has trained more than 11,000 international trainees from over 40 countries in the last four decades.

The ships are scheduled to leave on October 27 and 28.

Meanwhile, Indian High Commissioner Gopal Baglay met Vice Admiral Chawla, whose visit to Sri Lanka coincides with the visit of the six ships of the Indian Navy's 1st Training Squadron, the High Commission tweeted.

Via PTI

Adani Group exploring investments in Sri Lanka's energy, wind sector

"The Adani group has yesterday explored the possibility of investing in Sri Lanka's wind and renewable energy sector," Ceylon Electricity Board (CEB) Vice Chairman Nalinda Ilangakoon said.

BusinessToday.In

Oct 26, 2021,

Updated Oct 26, 2021, 12:32 PM IST

Adani Group is looking at possible investments in Sri Lanka's wind and renewable energy sector, Ceylon Electricity Board (CEB) Vice Chairman Nalinda Ilangakoon said. "The Adani group has yesterday explored the possibility of investing in Sri Lanka's wind and renewable energy sector," Ceylon Electricity Board (CEB) Vice Chairman Nalinda Ilangakoon told news agency PTI.

He added Gautam Adani and a 10-member delegation visited the north eastern Mannar district to inspect a wind farm on Monday. The delegation travelled in a Sri Lankan Air Force helicopter.

Sri Lankan Board of Investment noted the Phase 2 of the Mannar

Wind Energy Park with a capacity of 100MW is operating on a Build, Own, Operate and Transfer (BOOT) basis for potential investors.

This, however, is not the group's first investment in the island nation. The group sealed a deal with the Sri Lanka Ports Authority (SLPA) to develop and run the Colombo Port's Western Container Terminal (WCT). Adani Group had inked a build-operate-transfer (BOT) agreement with local partner John Keells Holdings and the SLPA to develop the WCT at the Colombo Port.

The local entities would have 34 and 15 per cent stakes of the new joint company named the West Container International Terminal. Colombo Port is one of the most preferred regional hubs for transshipment of Indian containers and mainline ship operators with 45 per cent of Colombo's transshipment volumes originating from or destined to an Adani Ports and Special Economic Zone (APSEZ) terminal in India.

Via PTI





Uyghurs and Tibetans find little to celebrate in China's 50 years in the UN

The Chinese government has worked to undermine the international body and cover up its own rights abuses, they say.

By Adile Ablet,
Alim Seytoff and Tenzin Dickyi

2021.10.29

China's 50th anniversary of membership in the United Nations, celebrated this week with a speech by President Xi Jinping claiming that Beijing had "blazed a path in human rights development," has generated more despair than hope for Tibetans and Uyghurs on the receiving end of Chinese policies, advocates said.

"For these 50 years, the Chinese people have upheld the authority and sanctity of the United Nations and practiced multilateralism, and China's cooperation with the United Nations has deepened steadily," Xi said on Monday in Beijing.

On Oct. 25, 1971, the People's Republic of China (PRC) supplanted the Republic of China (ROC), based in Taiwan, at the U.N., becoming one of the five permanent members of the U.N. Security Council.

The ROC was a founding member of the U.N. in 1945, four years before the government was overthrown by the Chinese Communist Party (CCP) and fled to Taiwan.

"China has acted by the spirit of the U.N. Charter and the Universal Declaration of Human Rights, and earnestly applied the universality of human rights in the Chinese context," Xi said in a speech at touting China's commitment to world peace, reform and opening-up, global development, and multilateralism.

"It has blazed a path of human rights development that is consistent with the trend of the times and carries distinct Chinese features, thus making major contribution to human rights progress in China and the international human rights cause," he added.

Xi's appeal to a domestic audience came at a time when governments in North America and Europe have leveled genocide charges at Beijing over the mass incarceration and forced birth control policies in Xinjiang, and a coalition of persecuted Uyghurs, long-suffering Tibetans, and victims of a harsh crackdown Hong Kong are calling for a boycott of February's Beijing Winter Olympics.

Early this month, nearly 40 UN member states publicly condemned China for rights violations in Xinjiang, Tibet, and Hong Kong, and called for the creation of a U.N. mechanism for monitoring human rights in China.

Weakening UN norms

For Tibetans and Uyghurs, largely unwilling citizens of the PRC who have borne the brunt of repressive Chinese ethnic minority policies for decades, there is almost nothing to celebrate about China's half-century



Zhang Jun, China's permanent representative to the United Nations, speaks during a meeting of the UN Security Council at the 76th UN General Assembly in New York, Sept. 23, 2021. - AFP

in the U.N. because it has not upheld key principles in the U.N. Charter.

Despite being a member of the U.N. and its Human Right Council, China has disregarded international rules, norms, and criticism of its own rights violations, said Nury Turkel, vice chair of the United States Commission on International Religious Freedom (USCIRF).

"China has attempted to weaken and subvert the international human rights system and norms within the U.N. by arguing that economic progress should precede respect for individual rights, including the right to religious freedom," he said.

"China not only attempts to minimize international scrutiny over its human rights abuses — particularly its genocidal campaign against the Uyghurs — but also to further its efforts to promote a distorted concept of human rights in international fora," Turkel added.

Chinese authorities have subjected Uyghurs and other Turkic minorities in the northwestern Xinjiang region to arbitrary arrests, restrictions on religious practice and culture, a pervasive digitized surveillance system that monitors their every move, and an extensive police presence.

Since 2017, Uyghurs accused of having strong religious views and politically incorrect views — as well as prominent intellectuals and businesspeople — have been jailed or detained in political internment camps where they are subject to various forms of abuse.

Michelle Bachelet, the U.N. high commission for human rights (OHCHR), has been negotiating with China without success for about three years to gain unfettered access to Xinjiang for an independent and comprehensive assessment of the rights situation there.

"This amounts to an admission, after nearly three years, that her request was not being honored by the Chinese authorities," said Sarah Brooks, program director at the International Service for Human Rights, a Geneva-based NGO.

No 'moral power'

For Dolkun Isa, president of the World Uyghur Congress exile group, this was yet another example of how "China has been doing everything in its power to obstruct the U.N. from fulfilling its role, especially in the case of addressing the Uyghur genocide."

Advocates for the six million Tibetans say their cause also gets sidelined by heavy-handed Chinese pressure on member states to stifle debate throughout the U.N. system on issues including arbitrary detention, and violation of religious freedom, and harsh curbs on Tibet's language and culture.

Kai Mueller, executive director of the German office of the nonprofit advocacy group International Campaign for Tibet (ICT), said China has long prevented debates about Tibet in

the U.N.

In June 2020, more than 50 rights experts called for the establishment of an independent human rights monitoring mechanism at the U.N. Human Rights Council in Geneva, he said.

"This unfortunately never materialized, and this is indicative of the influence of the Chinese government on other member states at the United Nations Human Rights Council."

"This pertains to the human rights situation in Tibet not exclusively, but also with regard to other issues under the PRC or CCP leadership," added Mueller, head of ICT's U.N. advocacy team.

Speaking in Rome Friday ahead of the Group of 20 (G20) leaders' summit, the elected leader of the Central Tibetan Administration, the Tibetan government in exile, called on China to add a moral dimension to its expanding economic and military power in the world.

"Despite being politically, militarily, and economically empowered, China lacks the moral power," Penpa Tsering told the Inter-Parliamentary Alliance on China (IPAC), a group of some 200 global parliamentarians, diplomats, and experts.

"It is paramount that you ensure the values you cherish in your countries be available to those ruled by authoritarian ones like the Chinese government," added Tsering, known by his Tibetan title Sikyong.

Via rfa.org

Tamil movie star Srikanth passes away

CHENNAI, OCTOBER 13, 2021

Srikanth played hero in Jayalalithaa's debut movie Vennira Aadai

Veteran actor Srikanth, who was former Chief Minister Jayalalithaa's first hero in her debut film Vennira Aadai, died in the city on Tuesday. He was 82.

In a career spanning several decades, Mr. Srikanth had starred in several Tamil films playing hero, villain, and character artiste. Before he got into films, he was working in the American Consulate in Chennai.

Directed by C.V. Sridhar, the 1965 film Vennira Aadai marked the debut of the actor in films. Before this, he was active in theatre and had been part of several notable Tamil stage productions.

Mr. Srikanth went on to star in several films alongside actors Sivaji Ganesan, Muthuraman, Jeyashankar and others.

Notable among films featuring him are Bama Vijayam, Nootrukku Nooru, Ethir Neechal, Praptham and Kaasadhan Kadavulada. He played the antagonist in Rajinikanth's film Bairavi, and later went on to work with both Rajinikanth and Kamal Haasan in their films.

The 1974 film Dikkatra Parvathi in which he starred opposite Lakshmi went on to win the national award for best Tamil Film.

"He was extremely popular for his role in Thanga Pathakkam. At one point of time, Srikanth had a prominent role in nearly every major Tamil film that came out between 1975 and 1985," said actor and director Y. Gee. Mahendra, who had acted in several films with the late actor.



Mr. Mahendra recalled that in the early 1960s, Mr. Srikanth had starred in several hit plays by K. Balachander's troupe, and went on to star in his films.

"He had his own unique style of acting and excelled in all roles — be it comedy or playing the antagonist," he added.

Chief Minister M.K. Stalin condoled the death of Mr. Srikanth. In a condolence message, Mr. Stalin said the actor was introduced in cinema by director Sridhar and had acted in memorable movies such as Bhairavi and Thangapathakkam.

"Since he lived in our locality, I knew him personally. I have had the opportunity to meet him personally on multiple occasions," Mr. Stalin recalled.

The Chief Minister offered his deep condolences to the bereaved family.

Via thehindu.com



WORLD NEWS

Jeevan Thiagarajah appointed Governor of Northern Province, Sri Lanka

By Siva Sivapragasam

Chairman of the Institute for Human Rights in Sri Lanka Jeevan Thiagarajah has been appointed Governor of Northern Province, Sri Lanka.

Jeevan Thiagarajah is Chairman of the Institute for Human Rights, a Sri Lankan NGO. He has worked in the NGO sector in Sri Lanka since 1984, holding executive positions in several humanitarian and human rights organizations.

Jeevan Thiagarajah was appointed as a member of the Elections Commission in December last year and prior to that had served as the head of the Consortium of Humanitarian Agencies (CHA).

Governor Thiagarajah told Media that he has drawn a programme of action to make the Northern Province a peaceful, safe and law-abiding region.

Among some of his priorities in the proposed programme of action for the Northern Province are the following:

- Looks at attracting investments to help development
- Says Northern Province has about 34,000 staff, getting the best out of



this resource is a key challenge

- Wants to get support of Tamil politicians for development process
- Stresses on holistic approach to solve unemployment
- Urges Government to engage with diaspora

“My father is a medical administrator, and I am a stickler for rules and regulations and procedures, particularly relating to public property” he told the Media.

Jeevan Thiagarajah is an old boy of St. Thomas College, Mount Lavinia.

India Gets Re-Elected to UN Human Rights Council with overwhelming majority



By Siva Sivapragasam

India was re-elected to the UN Human Rights Council for the 2022-24 term recently with an overwhelming majority in the General Assembly, with New Delhi's envoy here describing the election as a “robust endorsement” of the country's strong roots in democracy, pluralism and fundamental rights enshrined in the Constitution.

The 76th UN General Assembly held elections for 18 new members of the UN Human Rights Council who will serve for a period of three years,

starting in January 2022.

India got 184 votes in the 193-member assembly, while the required majority was 97.

“I am truly delighted at this overwhelming support for India in elections to Human Rights Council. It's a robust endorsement of our strong roots in democracy, pluralism and fundamental rights enshrined in our Constitution. We thank all UN Member States for giving us a strong mandate,” India's Permanent Representative to the UN Ambassador TS Tirumurti told the Press Trust of India.

Sri Lankan new High Commissioner to Canada assumes duties

The newly appointed High Commissioner-designate of Sri Lanka to Canada, Harsha Kumara Navaratne assumed duties at the Sri Lanka High Commission in Ottawa recently. He was received upon arrival at the High Commission by its staff.



High Commissioner-designate of Sri Lanka to Canada, Harsha Kumara Navaratne assuming duties at Sri Lanka High Commission in Ottawa)

Addressing the staff of the High Commission upon assumption of duties, High Commissioner-designate Navaratne outlined his priorities in Canada and the need to enhance political, economic and people to people ties. He also highlighted the importance in building on the reconciliation efforts underway in Sri Lanka and the need to work with all communities of Sri Lankan heritage.

Continuing his remarks, High Commissioner-designate Navaratne mentioned that the doors of the High Commission remain open to anyone looking for assistance and that all were committed to working actively to carry out their duties in their efforts to serve the people. He outlined the need to highlight the potential available in

Sri Lanka to encourage more trade and investment from Canada.

The spouse of the High Commissioner-designate D. A. K. Navaratne and the youngest daughter of the High Commissioner-designate T. L. Navaratne were also present on the occasion.

High Commissioner-designate Navaratne has an illustrious and multifaceted career during which he has served as the Founder and Chairperson, Sevalanka Foundation, Commissioner, Human Rights Commission of Sri Lanka, Chairperson, International Network of Engaged Buddhist (INEB), Headquarters in Bangkok, Thailand, Executive Member of Peace Prize Committee Niwano Peace Foundation, Tokyo, Japan and Film.

Fully Vaccinated Canadians can enter US without proof of COVID-19 negative test at land borders



The U.S Customs and Border Protection has confirmed that Fully Vaccinated Canadians can now enter the U.S without proof of COVID-19 negative test at land borders.

Canadians travelling to the U.S. by

any means of transportation, however, will continue to face a testing requirement for re-entry into Canada-the Canadian Government requires proof of a negative PCR or molecular test taken 72 hours of the time of entry.

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schcontario.ca/covid-19support

Across the province, hospitals have implemented new measures to help support their fellow health care practitioners, their patients, and their families during a global pandemic. One program that encompasses the key principles of connectivity and support is SCOPE.

SCOPE, which stands for Seamless Care Optimizing the Patient Experience, enhances primary care practitioners' (PCPs) ability to connect to a team of providers through a single point of access. The program allows for community physicians to quickly and easily connect with hospital staff to get rapid insights, including opinions, referrals, and advice, as well as with community services.

Starting with a soft-launch in January 2020, SCOPE Scarborough is a joint collaboration between Scarborough Health Network (SHN) and Scarborough Centre for Healthy Communities (SCHC). Together, the two partners have come together to support their community primary care physicians.

When the pandemic hit in March 2020, SHN and SCHC began to look at how to best to grow the program to support their community partners. Thus, in October 2020, the program was relaunched to broaden the number of primary care physicians that were able to access the services. Since the relaunch in October,

over 80 physicians have joined the program.

"With SCOPE, there is an 'it takes a village to provide whole patient care' approach which provides a more seamless patient experience," noted Dr. Elaine Yeung, Corporate Chief and Medical Director of Medicine, Scarborough Health Network. "The program has proven to be extremely beneficial, especially during the COVID-19 pandemic, by allowing for hospital care at a distance, which has resulted in reduced emergency visits and transfers."

Through a direct phone line, PCPs have access to consultations with an internal medicine physician at SHN for advice or to refer a patient for urgent work-up and assessment.

"The SCOPE Program provides timely access to specialist care, making it a great opportunity for family physicians to connect quickly with internists at Scarborough Health Network," explained Physician Lead Dr. Avnish Mehta. "Through this service, primary care providers have direct and centralized access to a range of resources and providers, improving access to high-quality care, and enabling hospitals, community services and primary care physicians to strengthen their relationships."

In addition, they have access to a nurse navigator, who supports their access to over 40 community

resources and programs such as mental health, palliative care, adult-day, youth programs and more. The full list of programs can be found on the SCHC website. The Nurse Navigator helps PCPs find the most appropriate community programs to meet their patient's needs.

"If primary care physicians require clarification about presenting symptoms or interventions, they have an internist they can easily access via the SCOPE telephone line," highlighted Nash Hassan, Vice President, Community Health and Chief of Professional Practice, SCHC.

"SCOPE has allowed us to connect with patients in long-term care, with their care team and family to review care plans, and provide up-to-date evidence around expected course of treatment and current best practices without requiring transfer to emergency."

SCOPE was originally developed as a quality improvement collaborative by Women's College Hospital, University Health Network, the TC LHIN Home & Community Care and primary care physicians. The program expanded across Toronto, is affiliated with eight hospital and health care partners in the GTA, and has registered over 800 PCPs. SCOPE aims to improve care for patients with complex, multiple chronic conditions, who previously relied on the emergency department for care.



Health Beat

Is your daily nap doing more harm than good?

In many cultures, napping in the afternoon is not only common, but a regular part of daily life. In the United States, as many as a third of adults regularly partake in a midday catnap, according to the National Sleep Foundation

If you are in good health, these short daytime sleeps can bring benefits: helping you catch up on a late night, making you feel less cranky, or ensuring you're well rested if you do a job that falls outside traditional daytime work hours. They can also keep you safe on the road, protecting you from drowsy-driving accidents.

Is your daily nap doing more harm than good?

In many cultures, napping in the afternoon is not only common, but a regular part of daily life. In the United States, as many as a third of adults regularly partake in a midday catnap, according to the National Sleep Foundation.

If you are in good health, these short daytime sleeps can bring benefits: helping you catch up on a late night, making you feel less cranky, or ensuring you're well rested if you do a job that falls outside traditional daytime work hours. They can also keep you safe on the road, protecting you from drowsy-driving accidents. In addition to reducing sleepiness, naps have been shown to improve memory in the laboratory setting," says Dr. Suzanne Bertisch, an Associate Physician

and Clinical Director of Behavioral Sleep Medicine at Harvard-affiliated Brigham and Women's Hospital.

But the research on napping isn't all rosy.

"There have been some large epidemiology studies that have suggested both benefits and harms with napping on a population level," she says. It is difficult to draw conclusions on the individual level.

The pros and cons of naps

For example, some studies have found that adults who take long naps during the day may be more likely to have conditions such as diabetes, heart disease, and depression. The urge to sleep during the day may be a sign that they are not getting enough sleep at night, which is associated with a higher risk of developing those chronic conditions. Daytime drowsiness may also be a sign that you are getting low-quality sleep, which may indicate a sleep disorder.

In some instances, napping sets up a vicious cycle. You sleep during the day to make up for lost sleep at night, but then you have a harder time falling asleep at night because you slept during the day.

"Limiting naps is one strategy to improve overall nighttime sleep," says Dr. Bertisch.

How to nap well

If you do plan to take a nap during the day, here are some guidelines you can follow to help

ensure that it won't interfere with your nighttime slumber.

Time it right. The best time to sleep is the early afternoon, when your body experiences a natural circadian dip, says Dr. Bertisch. "If you take a nap in the late afternoon or evening, it will likely be harder to fall asleep later," she says.

Keep it short. Abbreviated sleeps, around 20 minutes, may be best to avoid grogginess when you wake up. Shorter naps can also help to prevent you from having trouble falling asleep that evening. Time it right by setting an alarm.

Get comfortable. For a high-quality rest, be sure to find a quiet, cozy spot where you won't be distracted.

Examine your motivation. "If you need to nap during the day, it is important to assess why you may be sleepy enough to fall asleep during the day, especially if you nap regularly," says Dr. Bertisch. Track how much sleep you are getting at night. If you aren't getting enough, try to improve your sleep habits (see "Tips for better nighttime sleep"). "If you are already getting at least seven or more hours of sleep at night and are still tired during the day, discuss this with your doctor," she says.

(Courtesy: Harvard Medical School)

TORONTO, ON, October 18, 2021

Rothmans, Benson & Hedges accelerates company's drive to make Canada smoke-free by 2035

South Asian is one of the world's largest consumers of tobacco, approximately 24% of urban India population which significantly over Canadian index at 12%. RBH is aiming to drive Canada towards a smoke-free future by 2035. The ultimate goal is to help the country's 4.5-million smokers who do not want to quit to switch to better alternatives to cigarette.

Rothmans, Benson & Hedges Inc. (RBH) seeks to usher in a new era of responsible vaping and today announced the introduction of its first vaping product for



We want cigarettes gone
by 2035



We want cigarettes gone
by 2035



We want cigarettes gone
by 2035

adult nicotine consumers.

RBH's new vaping product is the latest expansion of the company's growing portfolio of smoke-free innovations. To date, Philip Morris International (PMI) – the parent company of RBH – has invested more than \$10 billion (\$8 billion USD) in science and technology to develop smoke-free products as part of its vision to create a world without cigarettes. RBH will expand the availability of the product to more markets across Canada in the coming months.

RBH considers its new vaping product to be a responsibly designed, marketed, regulated and recyclable product in Canada:

- **Innovation:** The product has been designed with patented MESH technology to prevent overheating and burnt taste, to deliver a superior experience for adult consumers; the product is also equipped with technology to lock the device remotely via an app to prevent youth access.

- **Marketing:** Responsible sales and marketing are a key priority for RBH. Minors should not use or have access to any of the company's

products. The new product is exclusively marketed to existing adult smokers and nicotine users.

- **Science:** RBH, and its parent company PMI, are committed to the robust and transparent scientific assessment of their smoke-free products. In the coming months, RBH will release a literature review looking at electronic cigarette products and the role they can play in harm reduction. Smokers who completely replace cigarettes with a vaping product reduce their exposure to harmful chemicals, according to Health Canada.

- **Regulation:** The RBH product will launch with 18 mg/mL nicotine concentrations and RBH has voluntarily limited flavours to only tobacco and menthol/mint to align with upcoming federal regulations.

- **Sustainability:** By the end of 2021, RBH will voluntarily create a partnered recycling program to make its portfolio of smoke-free products recyclable across Canada, while also expanding its industry-leading cigarette butt disposal program.

“

Peter Luongo, Managing Director, RBH:

- We believe in a future without cigarettes. But we cannot do it alone. Societal change of this magnitude also needs governments, consumers and Canadians at large to be part of the change.
- Governments have a unique opportunity to help current adult smokers learn about smoke-free alternatives while vigorously protecting youth from nicotine addiction. With the opportunity to work together, Canada can lead the way and become the first smoke-free country in the world.

”

RBH's new vaping product is one of a number of alternatives that can help bring an end to cigarettes in Canada. Several organizations support vaping as a better alternative and recognize its role in helping adult smokers switch from cigarettes if they do not quit nicotine entirely. Health Canada acknowledges that smokers who switch completely from cigarettes to vaping products significantly reduce their exposure to dozens of powerful toxins and carcinogens found in cigarette smoke.

To learn more about RBH and the company's vision for a smoke-free future visit: <https://www.rbhinc.ca/>



SPECIAL FEATURE

The murder that shook Sri Lanka

Sathasivam murder case 70 years ago in Colombo, Sri Lanka

By KKS Perera

Well-known Sri Lankan cricketer Sathasivam arrested for alleged murder of his wife and later acquitted by Court

On October 9, 1951, exactly 70 years ago, around one o'clock in the afternoon Mrs. Anandam Sathasivam, a mother of four little girls, who had filed divorce action against her husband a month before, was found dead on the garage floor of her home with a mortar placed on her neck. Her four-year old kid's remark, "Mummy is having fever, she is sleeping in the garage" prompted the lady next door to rush to the scene to find her mother's lifeless body lying face-up in the garage.

A few hours before, she was lying face-up on the floor of her upstairs bedroom, according to the servant boy William's testimony. He alleged that her husband, famous cricketer M. Sathasivam, was pressing his left knee hard against her chest and shoulder with her right arm pinned between her chest and his knee. The 19-year-old William, a recently employed domestic, obeyed the command "Allapan yakko" ['hold her you devil], and held the lady by her legs for some minutes until the deed was done.

Was there a role that power, money and fame played in her husband, Madhavan Sathasivam's acquittal?

Sathasivam, an accomplished batsman with stylish stroke play, was once described thus by Sir Frank Worrell, the West Indian great: 'If I'm asked to pick a world XI, the first on the list is Sathasivam.' Born on October 18, 1915, 'Satha' who started his cricket at St. Joseph's later moved to Wesley for his final school years. At age 26, he married Paripoornam Anandam Rajendra, a granddaughter of freedom fighter, and national hero, Sir Ponnambalan Ramanathan. In 1949 they moved to Anandam's house 'Jaya-mangalam' at 7, St. Alban's Place in Bambalapitiya.

The defense was headed by Trotskyite Parliamentarian, Dr Colvin R de Silva. Sir Sydney Smith, renowned Professor of Forensic Medicine at Edinburgh University, flew here to testify for the defence at the cricketer's sensational trial where Sathasivam was acquitted by the jury. Prolific run-getter and playboy, Sathasivam was a hard drinking personality who attracted thousands of fans to watch him hammer bowlers to all corners of the field. Off the field, he would drink and dance till dawn.

Former Indian Captain Gul Ahmed once said "I will never forget how he thrashed me in India. I have bowled to Hutton, Bradman, Keith Miller, the Windies three W's – Weekes, Worrell and Walcott and got them out; but



After the verdict: Mahadeva Sathasivam, in white suit, and Dr. Colvin R. de Silva, Counsel for the Defence, far right. Picture courtesy cricketique.files.wordpress.com (Courtesy "The Sunday Island)

the most difficult man was Ceylon's Sathasivam. William, a crown witness in the case, had a hard time under cross examination by the country's top criminal lawyers of the day, Dr. Colvin. R. de Silva. While the four-year old child had told a senior maid in the household, Podi Hami, that "mummy was sick and carried to the garage by daddy and 'hora,' she failed to recount this at next day's inquest.

Professor Smith favoured the theory that William had committed the crime in the kitchen. Motive? Sex, jewellery or both. Sir Richard Aluvihare, IGP, was allegedly influenced by interested parties to pick Prof. de Saram, Head of Forensic Medicine of the University of Ceylon, [a pupil of Sir Sydney] to conduct the postmortem by-passing Dr. P S Gunawardene, JMO, Colombo. De Saram did the autopsy by himself and concluded that the victim had been strangled while she was in a standing position, supporting the theory that William murdered her.

Sathasivam was not employed and dependent on mother and wife to support his playboy lifestyle. The defense's position was that William placed the wooden mortar on the victim's neck, covering her face and took off with the loot. The prosecution case was that the husband on failing to convince her to withdraw the divorce she had filed, had decided to murder her inside her own house around 9.30 on that fateful morning.

Letters she mailed to him, while Sathasivam was holidaying in England were produced at the trial: excerpts reveal her frame of mind.

"... through sheer desperation and bitterness I put my pen.... You are not going to be 'henpecked', but why torture me?. I will release you from the bond. . . you leave me at home. . because you want something better than me.... You want gaiety and variety. . . "Four walls and money will only build a house, but need a loving

wife to make a home. ... Silver Fawn, dancing, playing cards, playing mixed games, 'giving lifts', drinking, this I cannot bear." . . .

Beautiful Yvonne Stevenson who was in a clandestine affair with Satha was constantly pressurizing his partner to divorce Anandam and marry her. On the previous day Anandam's lawyers Mack & Mack delivered summons to Satha in a divorce action, which made him realize that he will be forced to pay maintenance for the children and alimony apart from losing his share as husband on her properties. As a last resort he made a final attempt to reconcile with wife and from Horton Place where he was staying visited St Alban's Place in the early hours on October 9.

Sathasivam and William were taken into custody on suspicion. Some state prosecutors, a few top policemen and a host of influential men and leading sports stars were sympathetic towards the world renowned batting legend. The case was a forensic drama, where Sir Sydney Smith played a principal role, ended with Sathasivam getting the 'benefit of the doubt.' The jury's verdict was based on Justice E. F. N. Gratiaen's summing up at the end of the 58-day trial at SC.

Dr. Colvin R. de Silva flew to the UK to brief Prof. Smith on Dr. de Saram's evidence. Professor Smith says in his book, 'Mostly Murder' that: "this case interested me... De Saram was a former pupil of mine, I had formed a high opinion of his ability... from the evidence... I concluded that the case against the accused was by no means good..."

The Defense maintained that the husband had left the wife's home in a 'Quickshaw' taxi; it was around 10.30 am. [The driver had testified that Mrs. Sathasivam came to the door to see her husband off.] When William was scraping a coconut in the kitchen, the lady had bent down to check his work.

As reconstructed by the eminent forensic expert, William, employed only 11 days before without any references had got sexually excited on seeing her and molested her. The seven sovereign gold necklace was another motivating factor. He strangled her from behind with both hands, before pulling the lifeless body through the narrow doorway to the garage.

Seventy years ago, unlike today, sports were a privilege confined to Colombo's high society. The sportsmen belonged to powerful, elite 'clubbing' class; There was an obvious gap in the strength of the prosecution and defense at the trial. The investigation was flawed by meddling from the elite that included all 'stakeholders'. A senior cop allegedly took William to the backyard of a police station soon after arrest and convinced the village boy to accept responsibility in return for a good job in the city. The learned judge used his skills specifically in addressing the jury emphasizing points that created a doubt.

Two eminent surgeons, Professors Paul and Pieris testified for the prosecution, but their evidence was placed in doubt by the defense counsel, Dr. Colvin. R. de Silva. His performance in the case cost him his Wellawatte-Galkissa constituency with many middle-class Tamil voters in the area convinced that he had saved an accused who was guilty in their own minds.

When Dr. Colvin visited Edinburgh with his assistant to brief Sir Sydney, the professor wanted him to drape a female medical student in a saree as Mrs Sathasivam wore one at the time she was murdered. Colvin had reportedly said: "Sir Sydney, we only know how to undress them!"

It was a gripping drama from beginning to end. Was Sathasivam the killer or was it William who turned crown witness? Old and feeble at 89 [at the time of writing], he lives in Thihagoda, a hamlet in the South.

Seven decades later medico-legal 'pundits' describe the conclusion of this historic and dramatic 57-day trial full of intricacies as a "victory for justice."

Writer can be reached on- kksperera1@gmail.com

"Courtesy: The Island, Sri Lanka)"

PS

Comment

When Dr. Colvin, the lawyer for Sathasivam, went canvassing for votes in Dehiwela at the General Election held after the murder case, one of the women voters in his riding told him "With people like you, no woman is safe."

Dr. Colvin, well-known for his wit and humour, responded sarcastically "The fault lies not with us but your husbands".

SPECIAL FEATURE

The Remembrance Or The Veteran's Day

By **K.N. Sivagnanasunderam (BLUE)**

*Former Flight Operations Officer .
Air Ceylon Ltd*

It was first observed in 1919 throughout the British Commonwealth States, was originally called Armistice Day, to remember the Armistice agreement that ended the first world war in 1918 on Monday Nov. 11th, at 11am on the 11th month, 11th day and on the 11th hour. This is the day the guns of war became silent and people and League of Nations wanted Peace. It is celebrated for people who gave up their lives in fighting for the country to defend its freedom and its values. War is always costly and demonizes people and nations. You may wonder why these people went to war and fought. If they did not, the world would have been with full tyrants and oppressors. As a lover of peace, freedom of individuals, am penning this to honor and remember the people all over the world for their undisputed valor, bravery, sacrifice, compassion, kindness and above all for the cause they believed to make this world a better place for generations to come. I read some of their sacrifices which were really unparalleled in human history, untold stories and the hardships they underwent. It's almost heart wrenching to read what trials and tribulations they underwent for betterment of humanity as a whole.

I was fortunate enough to have met couple of them personally, worked with one of them for 3 years and one of them became a family friend and still counting. Since I have been in the field of aviation almost 50 years, love to mention few of the heroic

pilots who effortlessly produced their talents to win these wars. There were so many and some are still around, all over the world. God may bless all their hearts and souls. I begin with the late Group captain of the RAF, Sir Douglas Robert Steuart Bader, DSO, DFC, decorated fighter pilot, hero, joined RAF in 1928, 1931 crash landed while doing aerobics and lost both his legs since it was amputated. When war broke out he insisted on flying and flew with prosthetic legs and became an "icon" of the "Battles of Britain", became an inspiration for the whole world by his courage and the indomitable spirit he showed. Next I want to mention late Group captain, wing commander John Cunningham, Ace night fighter pilot,

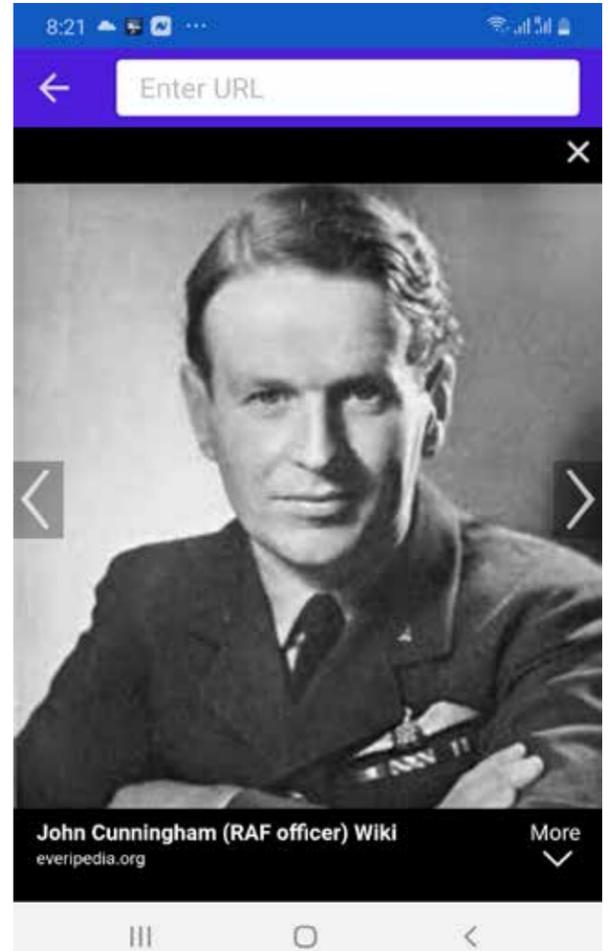


scored more than 18 victories over the skies in world war 2, nick named "Cats Eyes" the pilot who can see in the dark without radar. I was fortunate enough to have met him on the 22nd of March 1975, at Katunayaka airport while working for Air Ceylon when he was on a delivery flight of the Trident aircraft

to China with my ex colleague G.A. Fernando. I still remember his shining eyes, still have his autograph on a Trident Photo. He was the first person to fly the first Jet aircraft. Being a Sri Lankan by birth, am proud to mention, Late Chelliah Kanagasabapathy, known to many in the aviation world as Capt. C.K. Pathy or Pat, born in Uduvil, Jaffna, but not known to many of our folks, joined RAF in 1941 at 18, flew in RAF Squadron 217, during ww2 in many missions, flew the most difficult aircraft to fly at that time "Bristol Beau-fighter". Capt. Pathy was stationed in Manitoba, where he underwent RAF training, had a special regard for Canadians. I would say a first for a Sri Lankan and for a Tamil and was told that he participated in the D Day landings. (of which I am not sure), had the pleasure of working with him when he joined Air Ceylon as a training Captain in 1975/1976, fondly remembers the many evenings I spent at his home in Sri Lanka with his pilot sons, sometimes by his bedside when he reclines in the evening. Remember the photo of the fighter aircraft he flew in ww2., on the wall of his bed. He passed away a few years back when he was 102 years old. Recently I finished reading a Memoir written by Canadian ww2 hero Captain.



Capt. C K Pathy



Andrew Carswell, "Over the wire" Joined at 17 years and shot down over Berlin on a mission at 19 years, POW in Germany, tried unsuccessfully to escape twice, freed in 1945, at the end of the war. What a hero he was, describe in his book the untold sacrifices they made during the war and in captivity, retired as a captain from the Canadian Air force.

Finally I want to sum it up by writing about our family friend, Mr. Michael Best, of California, whom I befriended while working in aviation in Houston, Texas, who lives in Houston, 85 years old, and speaks to him once a week, is a Korean War Veteran, served in the 15th Rifle Division the US Marine service, US Navy, 3 trips to far east, Japan, Australia, Taiwan and the Fomosa islands, served on USS Piedmont, USS Saint Paul, incredible to listen to his stories. The last, but not the least is of the many veterans who served in Vietnam I met in Houston, Late Juan Carlos, Bill who after the war worked for NASA in Houston, Careilleo and many more.

As a tribute to all of them and to the sacrifices, want to say big thank you and will pray for all your souls to rest in peace. In his own words of Capt. Carswell "But we shouldn't feel too smug, even today. Under the right circumstances when the best lack all conviction, while the worst are full of passionate intensity" any country can succumb to the blandishments of power hungry leaders who feed on people's fears and humiliations. It still amazes me that most of us in POW camp were barely 20 years old. I was lucky, unlike many others who died in bomber Command operations, and in the camps due to starvation, poor sanitation, health issues etc, I made it through alive to tell this story".

In honor of all the soldiers, civilians, DRs, nurses, engineers who lost their lives, Winston Churchill summed it up this way "Never in the History of Mankind, So Much Had Been Done By So Few To So Many, So That Many May Live In A Better World One Day".



SPECIAL FEATURE

Words of Peace

Your True Needs

Hello, everyone. I hope you're all doing good. So, again, just to take a few minutes and say a few things that somehow could help you in this life. Sometimes I really feel that every little bit of help that we can get really makes a big difference.

Because somehow when we get lost, one of the things about getting lost is you have no idea when you're in the process of getting lost. Everything seems fine; everything seems great—till something comes along and it's like, "Well, jeez, ah, all this looks a little unfamiliar"—or "I should have been at my destination, and I'm not. Ah, where am I going; what is happening?"

And then, of course, that's a big, big realization: "Where am I?" And then that question turns—and that question turns to "Who am I? What is the purpose of my life?" When I first came to the West, that was, that was big! "Well, what is the purpose of life?" People would ask.

"When somebody is asking, "What is the purpose of my life? Why am I here?" Then of course there's a question behind that question. And that question is, "Why are you asking this question? What is inspiring you to ask this question? What is not hitting home? Why does this question even crop up?"

Prem Rawat, September 23, 2021

So, when somebody's asking, "Well, what is the purpose of my life; why am I here?"—then, of course, there is another question behind that question. And that question is, "Why are you asking this question? What is inspiring you to ask this question? What is not hitting home? Why does this question even crop up?"

When you know what your home looks like and you are at home—and there's no question about "you are at home," it would be very rare for somebody to sit there and go, "I wonder if I am at home. Where is my

they have is only up to that certain point—then science discovers something more, and those answers change.

So, what is the need for these definitions? "Well, so that I can build my map!" Well, that's a great idea! But do you want to build your own map? Or do you want a map that actually reflects the reality?

So, if you're in a boat, would you like to just build your own map? Or would you like to have a map that truly lets you know where the rocks are, where the shallows are, where the deep is? And all those details

ly, what I need.

So, I need joy. And this map reflects, "You, because you need joy, that joy is within you." Funny map—"in you. You need this; this is important."

I mean, you know, there are many kinds of maps. So, if you're—if you're on a boat, and you're, you know, trying to navigate a stretch of water—and there are rocks there, and there are mountains and islands and different things like that, would you not like to have those depicted?

Because what the boat needs is deep water. And by depicting all the obstacles that are there, you can then navigate and stay in that deep water and be okay.

I mean, what would be the point, on a marine map, to have all the shopping centers that are way inland? I mean, how are you going to get to the shopping center with your boat? You can't. It's irrelevant. What's relevant is the rocks, the shallows—and where the dark is. And that is usually the deep water.

So, the same thing. What do you really need in your life? You need joy. And where is that joy? That joy is in you. Your map would have so much more to do with your existence, with your life, than just ideas. And that is the map that you need—a map that truly reflects the needs that I have.

If I am navigating and I'm flying from point A to point B, I would like to have all the high points, so I don't run into them. The low ones, I don't care about so much—the high ones I do. I would like those depicted.

I would like those hazards depicted that would cause harm. And I would also like that area depicted where I can be, and I'll be fine. So then, the heading changes that I have to make, I can very clearly see, "Yes, this is keeping me away from that obstacle."

Same thing in my own map. I need clarity. And where is that clarity? It's not on top of some mountain. It is not a list of requirements. It's not a shopping list. It's not in a shopping center—but it is inside of me.

What you are looking for is inside of you. Your map would be very different—because it would say, "Inside: safe harbor. Outside: be careful—obstacles, problems. Issues!" And that's the way it is.

A friend of mine, sent me this message. He said, "Well, I've been, you know, with this person for a really, really long time. And this person doesn't want to be with me anymore—you got any advice?"

Contd. next page



And one thing that I learned (answering a lot of questions, especially when I was very young) is that it's not so much that you try to answer the particular question—but what you have to ascertain is, "Why the question? Why is that question being asked?"

If somebody asks you, "Is this, you know, Number One Street?" Well, you can obviously say "No!" or "Yes," depending on if it is or it isn't.

But a more relevant question would be—"Obviously, you don't know that this is First Street or it's not First Street; you're asking that question—are you lost?" And if you don't even want to put it that way ("are you lost"), you can put it this way: "Where would you like to go?"

So, this is my approach (and has been) towards the questions, the question behind the question: "What is the question behind the question?"

home?"

Because you look around, and there's your dog and there is the carpet you purchased and there is your sofa and there is your, you know, picture and there is the, your wife's picture or your children's picture or whatever—and it's obvious.

But what has happened where you are looking at it, but it isn't so obvious? It doesn't feel like it is obvious? So, this is the big question: "What happens?"

So, we get involved in this world; we—we hear all the definitions of everything. And don't you think it's a little curious that everybody wants to sit there and give us definitions, definitions after definitions, knowing full well that those definitions are wrong.

The world actually is really, really, really terrible at defining things. Because whatever knowledge

that would be pertinent to you?

Or do you just want to go along with a little knife and a little pen, and just draw things up and say, "Oh, yeah, this is fine; this is fine"? Because I think that would be a useless map. What would be the point of that map?

So, before we can even go towards what kind of a map it should be, and what does that "reality map" really look like...? Because of course, I would like my map to very clearly say, "Okay, when I get to this intersection, I become successful. I become rich. I become wise. When I get to this intersection, I become content." But there will never be a map like that.

But what I have to find out is, "What does my map really look like?" So, it's a funny map—because it reflects what I need—not what I think I need, but what I need—tru-



Canadian Tamils' Chamber of Commerce (CTCC) elects new Board of Directors

By Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce (CTCC) has elected a new Board of Directors for the year 2021-2022

The Canadian Tamils' Chamber of Commerce (CTCC) has elected a new Board of Directors for the year 2021-2022 at the recently held Annual General meeting which took place at the JC Banquet Hall.

The CTCC is the premier organization representing the Canadian Tamil Business community in Canada. The CTCC was established in 1993 by a group of businesspersons to promote entrepreneurship among the Tamil business community primarily in Toronto.

The organization holds several workshops and seminars during the year encouraging member participation. It also organizes an annual well attended Awards Gala night to showcase the best entrepreneurs in the business community under different categories. The CTCC has also purchased a property of their own recently to house their office premises.



The following are the new office bearers elected for the year 2021-2022 at the Annual General Meeting.

President: Vina Devadas

Executive VP: Kalyani Nathan

VP Internal Affairs: Ari A. Ariaran

VP Finance: Vithu Ramachandran

VP Community Relations:

Thipan Raj

VP Membership:

Sathy Pathmanathan

Director: Christine Seevaratnam

Director: Poorany Sornabala

Director: Gowthami

Thanancheyan

Past President: Santha

Panchalingam

Members of the Nomination Committee were as follows:

Esa Para Esananda

- Chair, Nomination Committee

Kan Chandra

Sritharan Thurairajah

Gajan Arumugam

Venu Puvirasam

Contd. from previous page

So, I've been thinking about it. And all that time, you can—I mean, there are two things here—all that time you were with that person, you didn't know it, but it wasn't going to happen; And that person, ultimately, at the end of the day, wasn't going to be with you, didn't want to be with you—and that person told you so.

So, now you can look at it as a total waste of time—it's up to you. Or you can say, "I had a great time. That was wonderful." I'm not the one to make that judgment; you're the one to make that judgment. And "Thank you. Thank you" to that other person for giving you that wonderful time. "Understood! You go your way; I go my way. Not a problem."

But this can only happen if you have found your strength. If you haven't found your strength, you are—but you have been leaning on that other person, and now, really, what you're saying to me is, "That other person has decided to leave—and as that person is leaving, I am falling. What do you have to say?"

What do I have to say? I want to say to you, "If you had a good time, be thankful! And if you haven't yet learnt how to stand on your own feet, it's a good time, a good time to learn to stand on your own feet."

Will somebody else come along? I don't know; maybe they will; maybe they won't. If they do, I hope you will stand on your feet, not on their shoulders, because that is the fundamental requirement of the relationship.

What is your relationship—and now, that's it; that's my answer to that person. (He's a friend of mine, so, you know, I hope he takes it in stride.) But what is your relationship to this world? Are you leaning on this world? Standing on your feet?

Or you're totally dependent on this world? And if this world—something happens to this world, and it gets shaken up, then so do you. Which one is it?

Are you all shook up? The world got pretty shaken up. The world leaders, nobody was prepared for this thing. And when it hit, it was like, "Eeee-yikes!" People didn't even know what the extent of this thing is.

There's been a massive amount of education going on, believe me. "Virus, what is a virus?" God! It's been over-defined what a virus is. I think everybody knows now what a virus is—not that they can help themselves with it—but they all know what a virus is.

And all the names, "COVID-19. SARS-CoV-2." (Wow.) A lot of "James Bond-ing," everybody, full of some good information, but mostly wrong information.

Because they're not the source of the information; they just, they're going onto these social media sites; they're going onto all these YouTube's and this and that and getting all their information from somebody else and "pray to God that they got it right." Because if they didn't, you got it wrong too.

And what is it? Oh, yes, people are protesting because of people....

Enough is enough!. And of course, people are going to protest; what do you expect!? They're still human beings! They have dreams; they have aspirations....

They want to be free. They want to be successful—not just five people in the world, successful, not ten, not twenty not thirty people—everybody, wants to be successful.

You know, and there are all the nomenclatures: "world leaders!" You know, there is a trip that I take, and I do it in a helicopter—and I'm, most of the time, I'm flying the helicopter. And it's from this place that I take it in UP, and then it is over to Ranchi.

And you fly over this section of India—and I tell you, it is incredibly gorgeous. I mean, you see villages that are pristine, not an iota of garbage. You know, no traffic jams, no pollution, just really beautiful. And you're flying, and just absorbing this beauty, this amazing beauty.

And then, on that particular route, there is this rock—so, this river goes by, and so it's carved out—then there's this rock. And the rock is approximately, maybe, acre and a half, two acres big. And it's about seven, eight hundred feet high. And it's a flat rock on the top, plateau.

And the first time I flew over it, because I couldn't see any pathway going up; there were no elevators;). And at the very top, there were a few huts. There was a little hut and a, a little lake, and—and it's like, "My God, somebody lives here."

And this person who lives here...." I mean, there was no satellite dish; there was nothing. And so it's like, "How does this person survive?"

There are no electrical wires coming up there....

And I'm sure that, you know, it's not every day that he goes shopping; there's no shopping market nearby.. But he has what he needs, and he's okay.

And I can tell you one thing—he has no idea what a world leader is. But he is a human being, and he is very alive. Who is his leader? He doesn't know. He doesn't know when a government change happens—he doesn't care! And he could care less! And this is what happens.

So, you have a need—and it goes beyond what the demands and the wants of this world are. And that need that you have is to feel fulfilled, feel content, feel real, feel the joy. And here's the good news, and here's the beautiful news—you can. Even in this most awkward of times, it is very possible, very possible to feel content.

This is what your heart wants. Time has come to listen, to listen to the heart. It's not about this whole world, but it is about your world. It's not about the seven-and-a-half billion people, but it's about this one person who makes up the one person in the seven-and-a-half billion people.

Because of all those seven-and-a-half billion people: just one person. One person, seven-and-a-half billion times. Same aspirations, same wants, same needs, same map. Simple, profound, beautiful.

Prem Rawat www.times-to-day.com

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SPECIAL FEATURE

WARRIOR'S LAMENTATION (AINKURUNOORU #448)

MORE THAN 2000 YEARS AGO

By: Kumar Punithavel

From the beginning of the human race, it was the duty of man to protect and provide, and that of the woman to care and nurture. Frequently, we see many poems in Tamil Sangam literature mentioning the lamentations of the women in love suffering the loneliness left in the home, but never mentions about the other side of the coin, where the man alone suffering in a far-off strange land in a trade mission or in a war front. In order to bring out the pain of a warrior in a war front I have given this poem for your perusal.

During the Sangam era which goes as far back as about 600 years Before Common Era, there were many Tamil poems composed and documented. The anthology of poem titled Ainkurunooru has five hundred short poems of five to eight lines, with hundred each for each of the five terrains of Tamil nation. The terrains being Kurinji, for mountainous region, Mullai, for forest, Marudham for the fertile cropland, Neidhal for the seashore and finally Paalai the desert or dryland. The word Ainkurunooru in Tamil means five hundred short poems. Poem # 448 of this anthology was composed by Peyanar a poet, on terrain called Mullai, which is bordering forest terrain. There are 105 poems to his credit in Sangam literature. Of these some of the songs have been credited to Peyaar. From the name Peyaar, it is some times suggested to be by a female poet.

The Tamil speaking home land was ruled by three dynasties called, Pandya, Chera, and Chola kingdoms. Further these kingdoms were further fragmented and were governed by chieftains. There was no scarcity of battle fields, for the heroic men to show off their bravery.

In this poem our hero had joined the army of his king or chieftain on a mission, and was in a foreign land. The morning war-drums were reverberating in the war front where he had camped the previous night.

The morning war drums reverberating,

தழங்குரல் முரசம் காலை இயம்ப,

The furious king meant to fight seriously to the last to vanquish the enemy for good, oblivious of all other matters. During those time the Tamil nation was fragmented into three Major kingdoms, and these kingdoms were further fragmented into small territory ruled by chieftains. They were in constant wars with one another to gain sovereignty and power over the opponent's land. The king expected complete loyalty from his soldiers, and there was no time for our warrior hero

to consider any other option. If he tries to leave it would be construed as treason and be slain.

The enraged king took on to him to fight,

கடுஞ் சின வேந்தன் தொழில் எதிர்த்தனனே:

The beautiful Mullai terrain turned battle field was blooming with Jasmine (Mullai is a type of Jasmine flower which is common in these terrain). A flower which was favourite of his lover, from whom he is now separated due to the war. Young girls in those times like to adorn garlands of fresh flowers on their long black hair. The contrasting white colour on the black hair and the rich aroma that surpasses all artificial scents of the modern day. Even in her absence, the scent of the bloomed jasmine flowers must have brought him nostalgic memories of her.

The delicate terrain with Jasmine blooms,

மெல் அவல் மருங்கின் முல்லை பூப்பப்

The jasmine not only reminds our hero his beloved, but also blooming of jasmine makes him to realise and remember the promise he made to his lover, that he will be back before the monsoon rains, begins. Now with the fearless king, on his mission he realized that there is no hope for a quick end to the war and return for him to his beloved, but to comply and continue his mission on the battle field.

Abundant drizzling drops reminds the rainy season is begun,

பொங்கு பெயல் கனை துளி கார் எதிர்த்தன்றே

The blooming jasmines had already brought memories of his loved one, and that reminds him her beautiful delicate long hair which he had caressed in the past. When ever he thinks of her beautiful lovely long hair, he goes on to say it affects him.

As memories of that lovely long hair comes,

அம் சில் ஓதியை உள்ளுதொறும்,

He was given no choice to get back and continue with the royalty's mission and fight. Without sleep he had been tossing on the bed the whole night, suffering through, facing the reality.

Sleeplessly disturbed I face the reality.

துஞ்சாது அலமரல் நாம் எதிர்த்தனமே



Lets read the more than two thousand year old Tamil poem fully in both English and Tamil

**The morning war drums reverberating,
The enraged king took on to him to fight,
The delicate terrain with Jasmine blooms,
Abundant drizzling drops reminds the rainy season is begun,
As memories of that lovely hair comes,
Sleeplessly disturbed I face the reality.**

Ainkurunooru poem # 448
By Peyanar

தழங்குரல் முரசம் காலை இயம்ப,
கடுஞ் சின வேந்தன் தொழில் எதிர்த்தனனே:
மெல் அவல் மருங்கின் முல்லை பூப்பப்
பொங்கு பெயல் கனை துளி கார் எதிர்த்தன்றே,
அம் சில் ஓதியை உள்ளுதொறும்,
துஞ்சாது அலமரல் நாம் எதிர்த்தனமே.

ஐங்குறுநூறு 448, பேயனார்,

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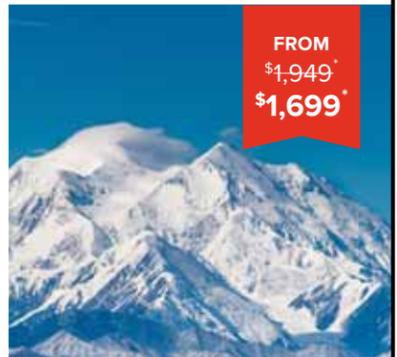


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As mentioned in the Skanda Puranam when demon Surapadman created havoc in the heavenly abode of God it was Lord Murugan who defeated him and restored Dharma. Commemorating this victory of Lord Murugan over demon Surapadman Kanthasasti festival is held annually in all Saiva temples and much more grandeur in Murugan temples. Most saivites strictly observe the six days fasting by avoiding the usual food on these days. Instead they consume satvik food such as milk and fruits in the evening while breaking the fast. Those who are unable to do so have one meal per day. Reciting Kanthasasti Kavasm a devotional prayer for protection and blessings from Lord Murugan is an important feature during fasting. It was composed by Bala Devarajan Swamigal a student of Meenakshi Sundarampillai in the 16th century. It begins with the first four lines called 'Kaappu' followed by two hundred and thirty eight verses known as Kavasam.

During fasting devotees go to Murugan temples or to temples where Murugan idols are and pray while 'Pooja' and 'Abishegam' ceremonies are conducted. They recite alone or take part in the reciting of Kan-

thasasti Kavasam, Kanthar Alangaram and Kanthar Anupoothi. On the final sixth day the very day when Soorapadman was defeated they congregate in large numbers and witness the Soora Samharam the celestial war between Lord Murugan and Soorapadman enacted by the male devotees. It is mentioned that Lord Murugan severed the head of Soorapadman using his weapon 'Vel'. While severing the head two birds emerged from the severed head – a peacock that became Lord Murugan's vahanam (vehicle) and a rooster that became an emblem in Lord Murugan's flag. On the seventh day after attending the morning pooja in the temple devotees return home and participate in the special

morning meal known as 'Parana.' The day after Soora Samharam Thirukalyanam the divine marriage between Lord Murugan and Devasena is held.

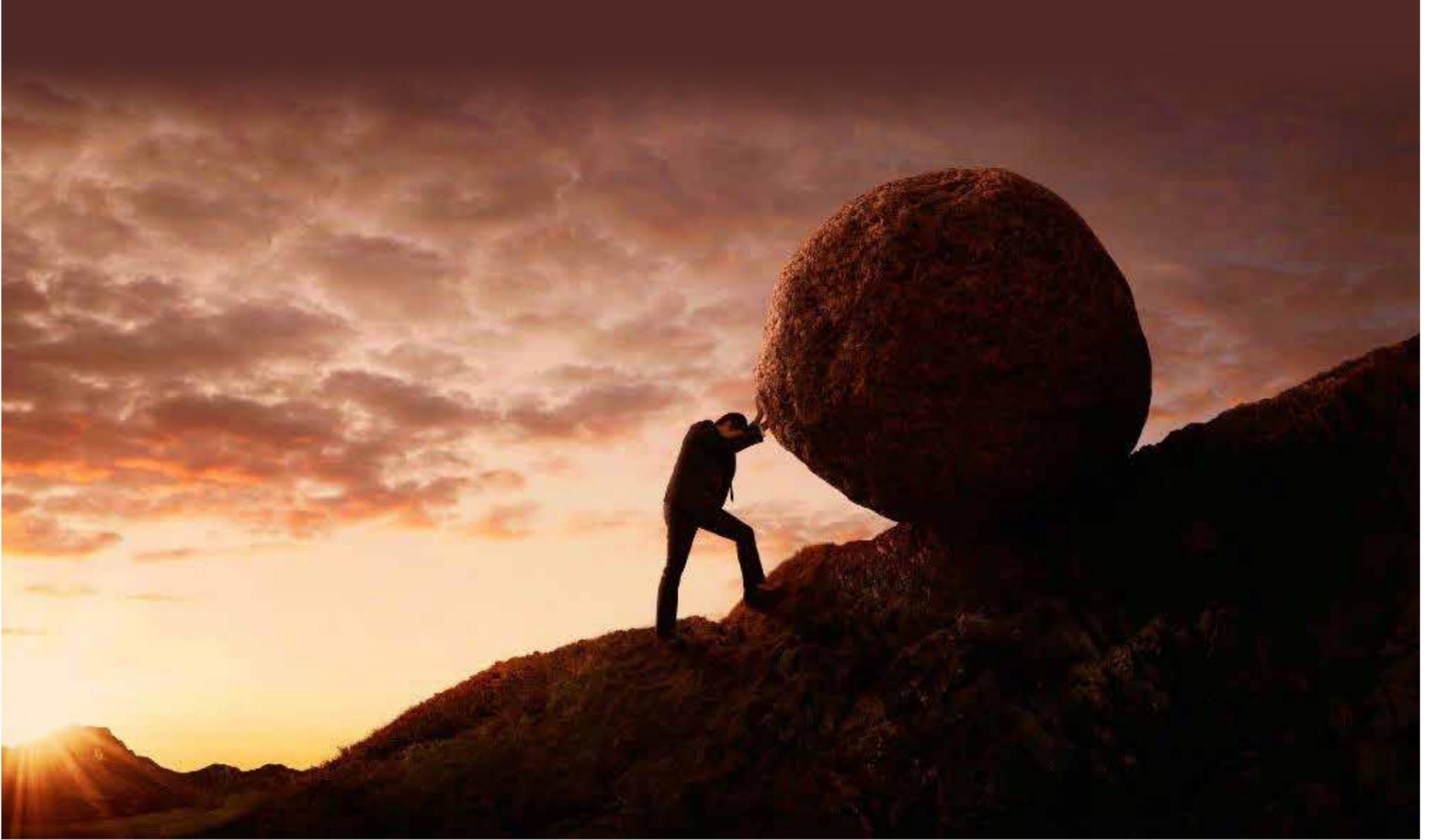
Saivites throng in large numbers to witness the enactment of Soora Samharam in temples. It is a joyful occasion for everyone particularly the children who throng around the Sooran while the enactment of waging war with Lord Murugan is in progress. The enactment of Soora Samharam at Inuvil Kandaswamy kovil is a crowd puller. Fasting devotees remain spellbound witnessing the pooja inside the temple and later join the crowd outside the temple to witness the enactment of the celestial war.





SPECIAL FEATURE

On Manly Effort



- harveker.com

By: J.A. Rajah

Industriousness is the source of all wealth, while indolence can only bring about poverty and disgrace. Only hard work can lead to prosperity. No manly personality will be put off by the apparently mighty dimensions of the job facing him; planned and persistent efforts will surely lead to success.

*“Muyartchi tiruwinay aakum muyartinnmai,
Innmai puhuthi vidum”.*

‘முயற்சி திருவினை ஆக்கும் முயற்றின்மை
இன்மை புகுத்தி விடும்’

(Kural: 616)

Napolean rose to his eminence because he was convinced that nothing is impossible. Everything can be achieved by a systematic and persistent all-out effort. Beware of leaving any work unfinished, for the world does not care for a person who fails to complete his allotted task. Dr. Samuel Johnson said, “Great works are performed, not by strength but by perseverance”. The price of being useful to others can be enjoyed only by those who are blessed with the spirit of ceaseless effort. Like unto a sword in the hands of an eunuch is the liberality, of an indolent man; it will not and cannot endure.

The man who spurns pleasure and is committed to work, is the person to wipe away the troubles, of his friends and relatives and stand as a pillar of strength to them. The dark elder sister

representing misfortune will go with the man of indolence, while the lotus born Lakshmi will reside with the man of industry.. None can be faulted for the limits of one’s innate intelligence, or its outcome, call it Fate or Luck, but with available knowledge, failure to apply oneself to work is blameworthy.

*“Theivathan ahathu eninum muyarthci than
Mey varuthak kooli tharum”.*

‘தெய்வத்தான் ஆகா தெனினும் முயற்சிதன்
மெய்வருத்தக் கூலி தரும்’

(Kural: 619)

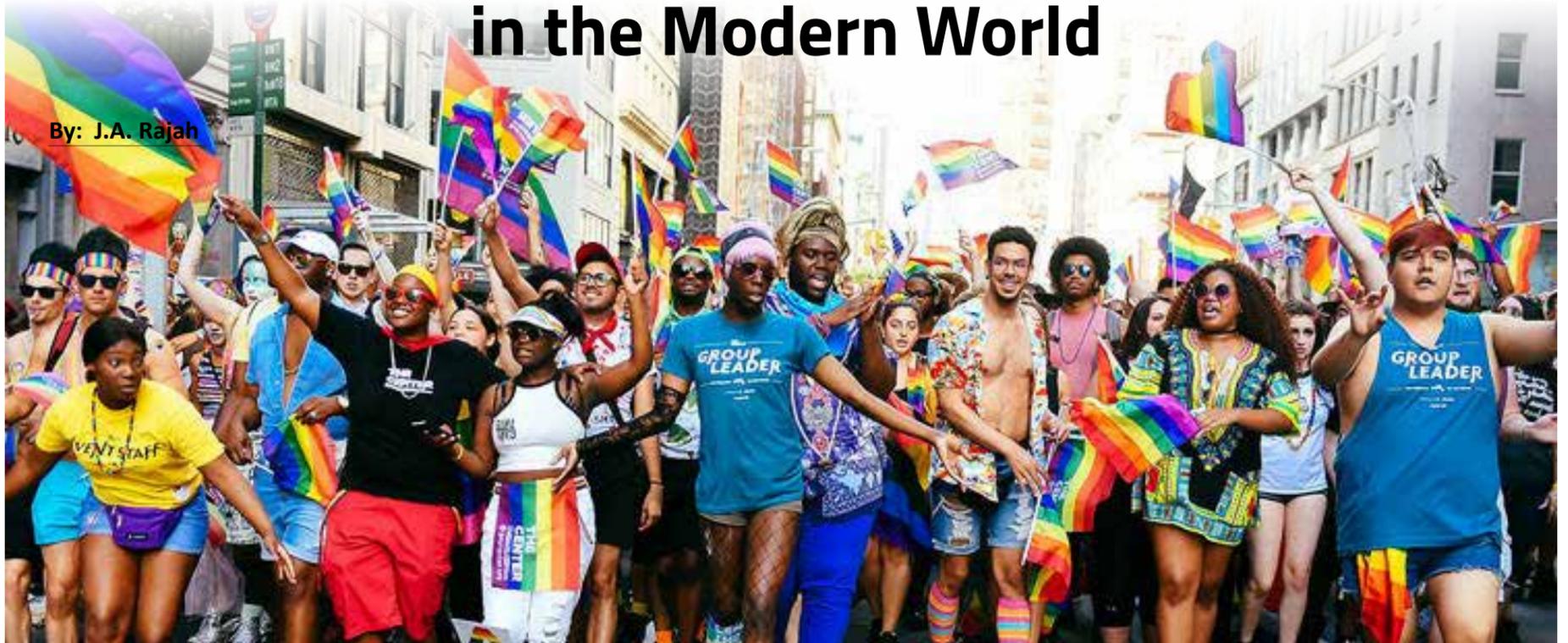
Even if providence is not particularly helpful personal efforts will bear proportionate results. Every effort raises a man to a step higher in the course of his personal and spiritual evolution. People who labour hard with ceaseless effort, will overcome even relentless fate. Through planned and persistent effort, one could even overcome destiny.



Valluvar's Views



Challenges and Threats to Civilization in the Modern World



By: J.A. Rajah

By: J.A. Rajah

- Gay Pride NYC 2021

A. Alternate Life-styles:

New threats are cropping up in the modern world to transform the culture of the Western World which will have severe effects on the other parts of the world too. Behaviours long viewed as immoral perversions such as abortion, prostitution, homosexuality, same-sex marriage, transvestitism and transgenderize are now regarded as acceptable or proclaimed as alternate life-styles. Modern developments and liberating ideas influence students' behavior and activities. Some progressive ideas usher in a new era of acceptance, equity, and social harmony. It affects the formally valued ways of behavior.

B. Decline in Values:

After the fall of the Roman Empire, generally biblical moral values about marriage and sexuality have characterized much of the western world. These values were widespread in America, Western Europe and areas where British influence spread. However recently, the values in the Western world is greatly pushed aside by the rising tide of secular values. Prior to 1960, there were laws against abortion and all 50 states in the US had laws that criminalized homosexual activity. Yet today, nearly 70 % of Americans support same sex marriage. Majority of adults in all 15 countries support same sex marriage. In recent years, Gay 'pride' parades have attracted millions of spectators and thousands of scantily clad participants in the western countries, generating considerable tourist dollars for the sponsoring cities. In 2021, US embassies were instructed to fly the rainbow flag in honour of 'pride month'. Same sex relationship is on the rise even in eastern countries. Homosexuality is practiced under cover by men and women surreptitiously in the form of 'kampiyaddithal' among men and 'saapayadithal' among women. Recently, a Hindu priest has been reported to have allowed marriages between women in South India.

The most recent battle in the on-going cultural war is transgenderize. The US president, Joe Biden has declared 'transgender rights as the civil rights issue of our time'. The push is to eliminate anything that appears to discriminate against

transsexuals. Themes portrayed in animated cartoons in today's children's TV reflect these cultural contaminations. Tragically, there is little or no mention is made of the health risks associated with these liberated 'life-styles': greatly increased rate of HIV infections. Opportunistic diseases, various types of cancer, serious depression, increase risk of suicide, and dying 10-20 years earlier than the average person. This important information goes deliberately unmentioned due to legal action and intimidation, and because of widespread propaganda against saying anything negative about the changed life-style or to discourage others from following it..

C. Secular Agenda in Western Countries:

Another trend in the modern world is the advance of secular agenda in the Western countries. In the early 1960s, the US Supreme court declared that prayer and Bible reading in public schools were unconstitutional. As a result, students were no longer exposed to biblical concepts of right and wrong outside their homes, and were encouraged to make up their own minds about moral values, regardless of whether their ideas totally contradicted what the bible reveals. Whereas as in the East religion is being taught as a compulsory subject and religious worship is allowed for children of all faiths. Darwinian evolutionary theory postulates that there is no need for a creator, educators claim that there are no moral absolutes, scientists insist that human reason is adequate to solve human problems. Religious decline led to an environment conducive to the promotion of immoral and amoral ideas and practices. The number of people claiming religious affiliation has decreased in Western countries. Today only 24 percent of the Americans regularly attend church services. In the U.K, only about 2 % of the young people belong to the Church of England. In Australia, nearly half of the population describe themselves as having no religion. In New-Zealand, only about 9 percent of people attend church regularly. The acceptance of homosexual behaviour is common among the younger generation

in the western world who religiously non-affiliated. There are free thinkers who claim that Christian values are discriminatory, and hateful and should be replaced by accepting attitudes towards homosexuality, same-sex-marriages and transgenderism.

D. Sexual Promiscuity:

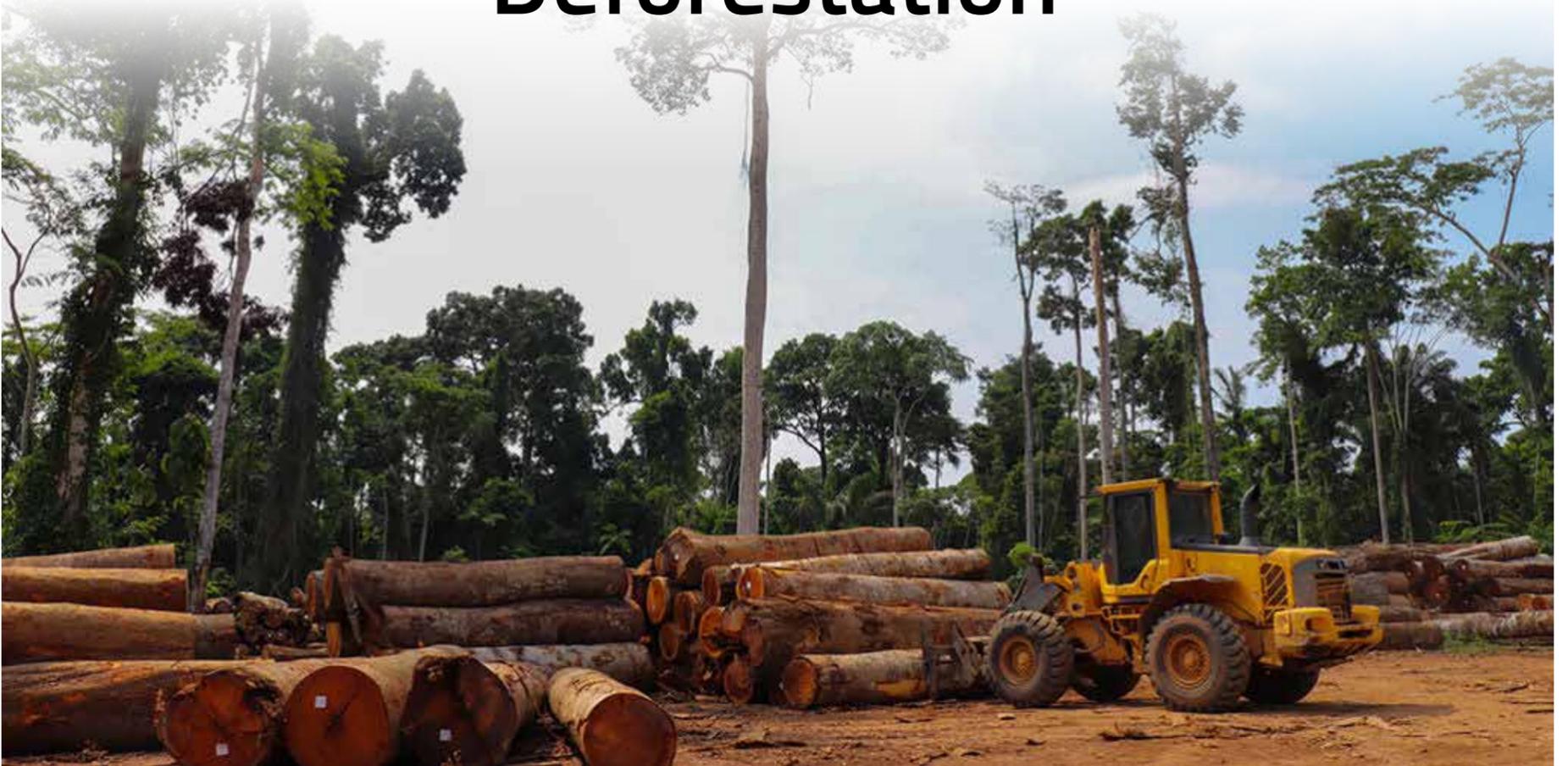
Today, pornography has become a billion-dollar industry and is spread world-wide through the internet. Sexual promiscuity is rampant, human sex-trafficking is the second largest criminal activity in the world. Homosexuality and prostitution are defended by courts and promoted by graduates of the Harvard University. Many voices in government universities, the media and even religion are championing the causes of abortion, homosexuality and transgenderism A Harvard group even published a recent paper on the supposed benefits of legalizing prostitution.

E. Values in Canada:

Canada has always given top priority to democratic ideals having been under the influence of powerful Western countries like the U.K and the US. However, there are exceptions like ignoring the rights of indigenous people, denying top jobs for qualified immigrants and ill-treatment of children in Catholic schools. Canada has a large immigrant population and has given full privileges for them to practice their own religious faith. Toronto has blossomed as a multi-religious city with temples, mosques and churches. As a result, civic values are upheld by people of all faiths although alternate life-styles are also becoming popular through social media, films and other similar influences. Cultural freedom is evident in the magnificent street festivals held in Toronto displaying the rich cultural features of variety of ethnic peopling in the city. The Caribbean Street Festival, the Salsa Latin American Festival and the South Asian Tamil Festival are noteworthy. Audacious acts of violence, fatal shootings and crime are often reported in the major towns (Whitby, Mississauga, and Toronto) of Canada on a daily basis. However, the desire for a balanced life-style is very popular in Canada and it augurs well for the future of the country at large.



Causes and Effects of Deforestation



- sciencenewsforstudents.org

By: Mithusha Partheepan

Deforestation is also known as the clearance of trees. It can be said to mean removal of strands of trees and the conversion of such area of land to a use that is totally non-forest in nature. Some deforestation examples include the conversion of areas of forest to urban, ranches, or farm use. Areas of land that undergo the most deforestation are tropical rainforests. It is important to know that forests cover more than 31 percent in total land area of the surface of the Earth.

The first problem of deforestation is the loss of species. There are a few things that lead up to and contribute to the loss of species, the first being the loss of habitat. Loss of habitat deprives animals of a lot of their basic needs such as food sources and often the places they sleep and live. This can be difficult for some animals to survive and because of this; they would try to relocate to a new area. This will not always work out for the animals that are already relocating or the animals that are native to the new region. For animals who have relocated, the area might not have all the resources needed to support them. For instance, the new species might only eat a certain type of food that does not grow in the area. As far as native species, when a new species is introduced to a region that it did not previously exist in, it can often over take the area, depleting resources and push the native species out of that area. Some species don't even have the

chance to leave an area because the land does not support life what so ever. When one species dies out, it can cause a domino effect, killing the animals that rely on them.

The next problem caused by deforestation is soil erosion. When an area loses all of its trees from deforestation, there is nothing to block the water from flowing freely, including no roots to hold the soil in place. This leaves the land very vulnerable to erosion. Also, without the trees, there is nothing there to soak up the water from the ground. This causes the water to saturate the ground extremely easily with the slightest of rainfall, contributing to the possibility for soil erosion. Another problem caused by erosion is that the top layer of soil is constantly being moved and taken away which makes it very difficult for new vegetation to grow back. If new vegetation does not grow back, there would be no food for wildlife.

Another problem caused by deforestation is that it can have a huge impact of the water cycle. The forests on our planet are responsible for soaking up water and putting water vapor back into the atmosphere. This process is how we get a large portion of our rain water. Without any rain, the rivers can eventually dry up permanently, which can make some areas unsustainable for future wildlife.

To conclude, deforestation can cause many problems including loss of species, soil erosion, and affect the water cycle. As you can see, trees are a vital component

to our environment and we need to do everything we can to stop deforestation from destroying the environment. This can include

planting trees in areas that have been clear-cut and reintroducing animals back to their previously decimated home.



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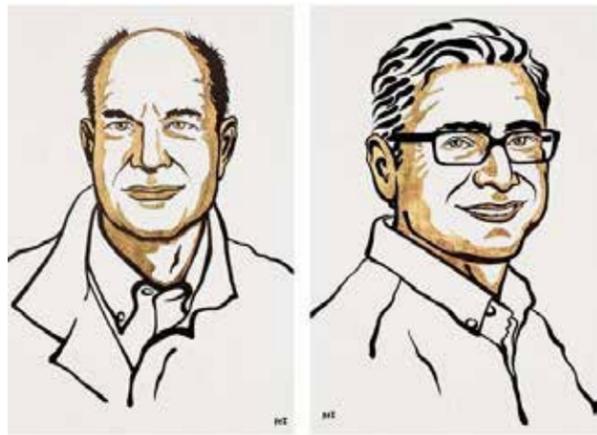
2021 NOBEL PRIZE IN MEDICINE AWARDED FOR DISCOVERING RECEPTORS FOR TOUCH AND TEMPERATURE

The Research Explains How Our Nerves Sense The Environment Around Us

By OUE Research Institute

The Nobel Prize in Medicine or physiology 2021 was awarded to Prof. David Julius and Prof. Ardem Patapoutian for their discoveries of receptors for temperature and touch. This discovery has profoundly changed our view of how we sense the world around us. After a devastating pandemic and a Large effort to produce numerous highly effective vaccines, this year's Nobel Prize in Physiology or Medicine was something of a surprise.

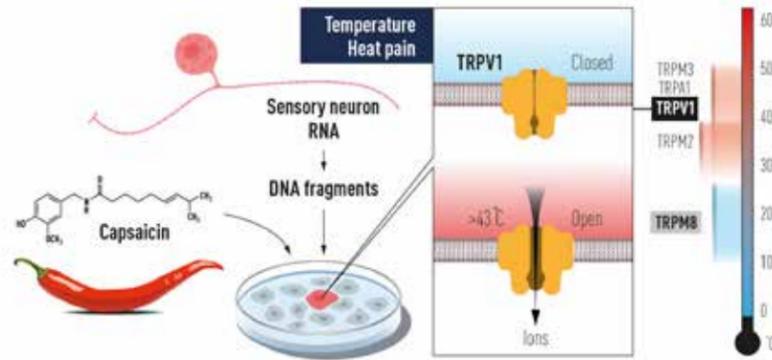
Humans' senses of cold, heat, pressure, and position are vital for sensing and responding to our surroundings. Understanding how they work is crucial for handling chronic pain and other conditions. "The work has opened one of the secrets of nature," said Patrik Ernfors, a member of the Nobel Committee, in a press conference announcing the award in Stockholm, Sweden.



Prof. David Julius

David Julius, a physiologist at the University of California, and Ardem Patapoutian, a molecular biologist and neuroscientist at Scripps Research in La Jolla, California, were selected laureates for medicine for this year by the Nobel Assembly in Stockholm, Sweden. The work began in the late 1990s when Julius started to study how the body signals from the chemical compound capsaicin, a key ingredient in hot chili peppers that induces a burning sensation, to identify a sensor in the skin's nerve endings and the cellular mechanism that responds to uncomfortably hot temperatures.

Our ability to sense touch and temperature — particularly harmful temperature — is crucial for our survival and determines how we associate with our internal and external environment. The



receptor for heat gets activated only above 40° C, which is close to the psychophysical threshold for thermal pain, thus allowing us to react to external heat. His research led to the first results of a temperature-sensing receptor in the skin, named TRPV1, that aids the nervous system to realize heat.

David Julius was born in 1955 in New York, USA. He received his Ph.D. in 1984 from the University of California, Berkeley, and was a postdoctoral fellow at Columbia University in New York. David Julius was recruited to the University of California, San Francisco, in 1989, where he is now Professor.

Prof. Ardem Patapoutian

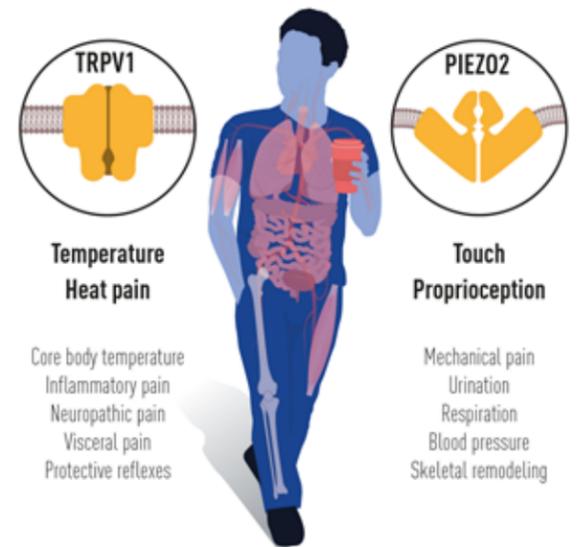
In collaboration, David Julius and Ardem Patapoutian were able to identify a similar receptor, TRPM8, activated instead of cold. The two laureates independently used menthol to discover the receptor that senses cold temperatures. Recent studies have found that discrimination between warm and cool temperatures is possible only through simultaneous activation of warmth-sensing nerve fibers and inhibition of cold-sensing nerve fibers.

These findings also paved the way for Dr. Patapoutian's current works to identify the tools by which similar receptors perceive the sense of force and touch. These chemical arrangements are called Piezo channels, after the Greek word for pressure. He discovered a novel class of mechanical sensors that respond to pressure on the skin and internal organs and the perception of touch and proprioception using pressure-sensitive cells — the ability to feel the position and movement of our body parts. The cellular mechanism that senses touch communication also regulates essential physiological processes.

The invention of pain receptors and the cellular mechanism has interested pharmaceutical groups. These could be targeted for novel medicines. There are hurdles to be addressed before such drugs can be clinically essential. The hope is that more innovative approaches may one day avoid the difficulties. Further research will help understand the functions of the receptors in a "variety of physiological processes and develop the medicines for a wide range of illness conditions."

Ardem Patapoutian was born in 1967 in Beirut, Lebanon. In his youth, he moved from a war-torn Beirut to Los Angeles, USA, and received a Ph.D. in 1996 from the California Institute of Technology, Pasadena, USA. He was a postdoctoral fellow at the University of California, San Francisco. Since 2000, he has been a scientist at Scripps Research, La Jolla, California, now Professor. He has been a Howard Hughes Medical Institute Investigator since 2014.

This year's Prize again underscores the vital benefits refugees fleeing war-torn countries can make to science and other fields. Dr. Patapoutian, of Armenian origin, grew up in Lebanon during the country's prolonged civil war and fled to the U.S. in 1986 as an 18-year-old. From being blissfully unaware of science as a career in Lebanon, he not only "fell in love



doing basic research" but has also excelled in it to produce path-breaking discoveries in medicine.

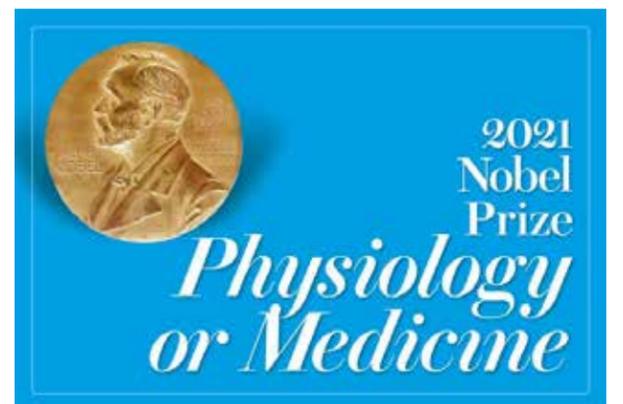
Summary

Besides laboratory work, insights have been gained by studying people carrying genetic mutations in the cellular mechanism of temperature, pain, touch, and pressure sensation. Julius and Patapoutian's work "unlocks the secrets of nature," Thomas Perlmann, the secretary of the Nobel Assembly and the Nobel Committee, said in a press conference. It's crucial for our survival, so it's a significant and profound discovery.

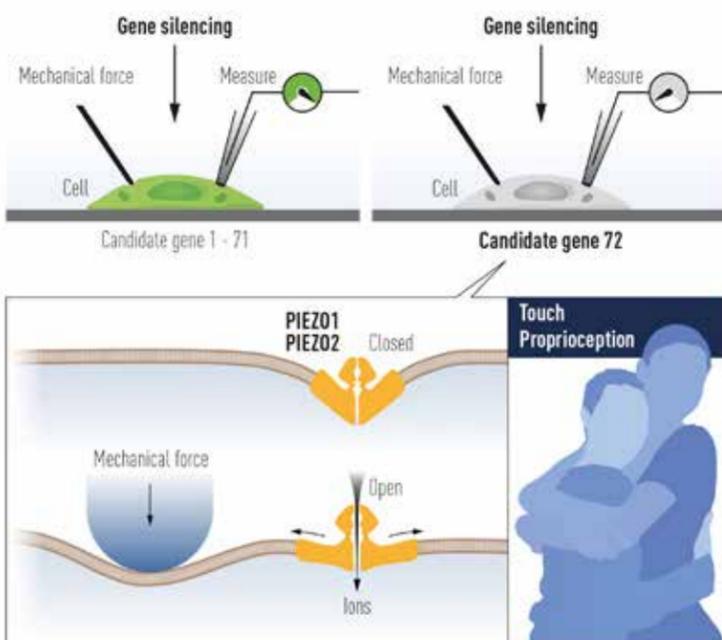
The decision to award this work in medicine was particularly notable during a year in which many scientists had presumed that the prize could go to those who had played crucial roles in producing

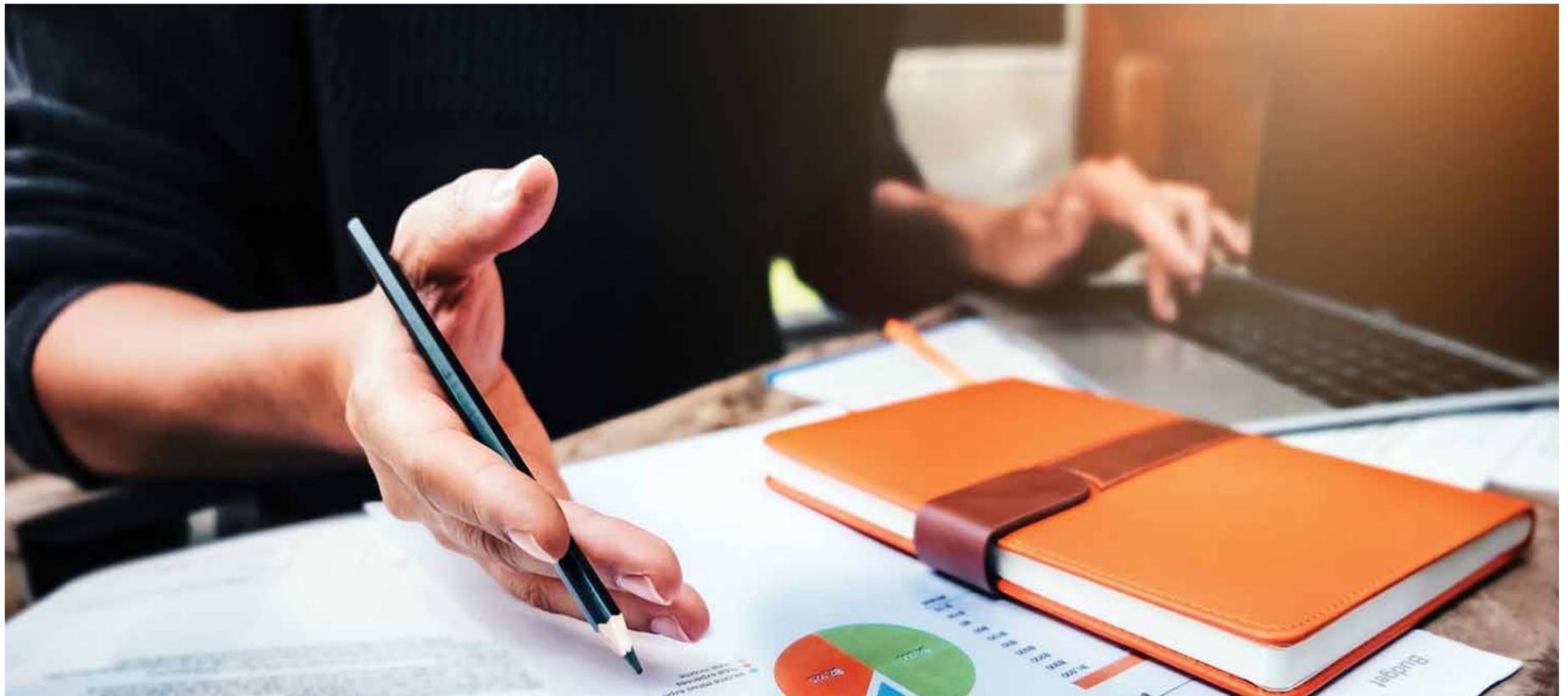


vaccines for the COVID-19 pandemic. Alternatively, the newest laureates remind the Nobel Committee's stated goals of awarding the most fundamental scientific discoveries. "We are looking for a finding that has either opened doors and helped us think about a problem in a new way, or the discovery has changed the way we think about a problem. It is paradigm-shifting," awardee Juleen Zierath said in an interview.



Identifying the physiological basis for sensations of temperature and pressure could have relationships for chronic pain therapy. It is a project that several pharmaceutical companies are already working on and could have numerous other medical uses in the future. Therefore, this award encourages new and crucial discoveries, which address the essential and challenging issues and the world's needs. The Nobel laureates will share a prize of 10 million Swedish kronor, or about \$1.14 million.





Year-end tax planning - reminders and tips

David Joseph, M.A.(Economics), CFP®, CLU

To be sure you keep your tax bill as low as possible, tax and financial planning should be a year-round activity. Starting early and being diligent about your tax life is important but it's only one aspect of your total financial life. When you have a complete financial plan in place, it's easier to keep everything on track and on target. That's why consulting with your professional advisor will make sure all your tax-reduction strategies and overall financial objectives are in place and working for you.

Capital gains and losses Tax loss selling is a crucial year-end activity for investors, where we realize capital losses on security positions as a means to partially or fully offset realized capital gains in the current tax year, previous years or simply to carry the losses forward. For those of you who do not make a significant number of changes to the portfolio, the degree of realized gains in any given year may be small; however, gains can creep in unexpectedly, such as through mutual fund distributions. Sell money-losing investments by the December 31 settlement date to offset capital gains. If you plan to repurchase the assets you sold at a loss, don't fall afoul of the superficial loss rules which will remove any tax advantage if you repurchase an identical capital property within 30 days after having disposed of it.

RRSP contributions When you contribute to an RRSP, that money is tax exempted for as long as you keep it in the plan and, even better, your contributions will reduce your overall tax burden each year. The contribution deadline for 2021 is March 1,

2022. RRSP contribution room can be carried forward indefinitely and you may want to consider deferring a deduction to a future year when you'll be in a higher tax bracket. Always make your maximum contribution each year – you'll get the most in immediate tax savings and in long-term growth. How much you can personally contribute can be found on your most recent notice of assessment from the Canada Revenue Agency (CRA). Each year, the Canada Revenue Agency identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. If however, you are unable to locate your Notice of Assessment, a quick call to the Canada Revenue Agency at 1-800-959-8281 or a visit to www.cra.gc.ca can provide the information you need.

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their RRSP. People come up with many excuses for not contributing an RRSP. Often we hear comment that "What is the point of putting money into RRSP if when you take the money out you have to pay tax on it?" When you contribute to RRSP, you get a tax deduction and for many of you, you receive a tax refund. If you did something constructive with the tax refund like paying down debts, then the fact that you have to pay tax on your RRSP withdrawals becomes irrelevant. By having the benefit of deferring that tax, you end up with significant more money in your retirement savings.

RRSP withdrawals If you intend to withdraw cash from your invest-

ments held within an RRSP and expect your income to increase significantly next year, consider making the withdrawal before year end. If you turn 71 this year and are required to wind up your RRSPs before December 31, it's tax-advantageous to transfer the funds to investments held within a Registered Retirement Income Fund (RRIF) or annuity. You can also continue to make contributions for your spouse until he or she turns 71.

Income-splitting Save on taxes by contributing to investments held within a spousal RRSP, through a pension-income split with a spouse, or by paying a salary to other (eligible) family members.

Home Buyers' Plan (HPB) By delaying a withdrawal from your investments held within an RRSP under HBP until after December 31, you'll extend the time period for purchasing a new home and for the first repayment by an additional year.

Registered Education Savings Plan (RESP) If your child is turning 15 this year and you want to ensure he or she will be eligible for the Canadian Education Savings Grant (CESG) in the years the child turns 16 and 17, by the end of the year you must be able

to show that you contributed at least \$2,000 to their investments held within an RESP (with zero withdrawals) or you contributed at least \$100 for you child in any four year period (again, with zero withdrawals).

Tax-Free Savings Account (TFSA) Make a \$6,000 contribution to your investments held with a TFSA. The contribution isn't tax deductible but the money and interest earned inside your TFSA are tax-free and so are withdrawals, which can be made at any time for any purpose.

Tax Deductions and Tax Credit Take full advantage of all that are available to you and make sure the items you claim were paid in the year they are claimed.

These are just a few opportunities for year-end tax savings. Talk to your professional advisor to make sure you're not missing out on others.

Disclaimer:
This report specifically written and published as a general source of information only, and is not intended as a solicitation for mortgage or to buy/sell specific investments or insurance, nor is it intended to provide investment advice.



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Buying a Home after Bankruptcy



Bankruptcy is not the end of your life. You will be able to rebuild your life after bankruptcy. All you have need is to have a clear understanding on how to manage your finances and get back on your feet strong. This can provide an excellent assistance to you with purchasing the home that you wanted after bankruptcy.

There are certain steps, which you should follow after bankruptcy in order to increase your chances of buying a home. Let's go ahead and take a look at those steps.

Debt discharge

As the first thing, you need to file for bankruptcy and then work out on a plan to discharge your outstanding debt. There are four options available for you to discharge your debt in Canada. In here, you will be able to get rid of some of your obligations. Therefore, you will be able to receive an excellent relief with rebuilding your finances. You can discuss with a bankruptcy lawyer and figure out how to proceed

with this. Then you will be provided with the most outstanding results at the end of the day.

Take a look at the credit report

You need to keep on taking a look at your credit report. Before you obtain a mortgage loan to get a new house, the lenders will take a look at the credit report. Credit report will contain a detailed history of the credit history. As a result, your lender will be able to get a better understanding about your creditworthiness. It is true that bankruptcy filings can remain within your credit report for a period of 10 years. However, you don't have to wait for a period of 10 years to obtain your home mortgage loan.

You will be able to accelerate things by ensuring that your credit report is up to date and accurate. You can freely check the credit report as well. In fact, you will be able to receive one free credit report per year. You need to take a look at it and then proceed.

Rebuild your credit

You should now start working on rebuilding your credit. This can help you to increase your chances of getting your mortgage loan approved. To qualify for the mortgage loan, you need to prove to the lender that you are a person who can be trusted. However, you will notice that credit options available to you after bankruptcy are quite limited. However, there are certain options available for you to try and rebuild your credit along with time.

One of the best methods available for you to rebuild your credit after bankruptcy would be to use a secured credit card. You will be using this credit card based on a security for the money that you have in your savings account. On the other hand, installment loans can also help you to rebuild your credit. However, you need to make sure that you are making credit card payments and installment loan payments on time.

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COMMUNITY WATCH

Appointments & Achievements

Professor Vincent J. Gnanapragasam becomes Professor of Urology at the University of Cambridge

Professor Vincent J. Gnanapragasam has been appointed Professor of Urology at the University of Cambridge, the first in this field in the institution's 812 years of history.

According to university records, Prof Vincent J. Gnanapragasam is the first Professor of urology to be appointed by the second-oldest university in the English-speaking world. Prof. Vincent has been a lecturer with the university for the last 13 years. His journey in the UK started when he enrolled in medical school in Newcastle in 1988 and graduated with a PhD. His work specializes in prostate cancer, researching the disease, and managing it in patients.

"I was appointed a clinician scientist there through a personal award from Cancer Research UK and moved to Cambridge in 2008," Prof Vincent stated. His achievements in the field include inventing a device that could take prostate biopsies for men with suspected prostate cancer more safely.

Gunaratnam was elected as a representative to Oslo City Council for the first time in 2007, she was a deputy member of the Storting (2013-2017) and took office as the Deputy Mayor of Oslo on 21 October 2015.



Dr. Thavam Thambipillai receives Soaring Eagle Award from St. John's College Jaffna and Chundikkuli Girl's College Jaffna

Dr. Thavam Thambipillai President of the International College of Surgeons, US Chapter, Professor of Surgery at the Sanford School of Medicine, University of South Dakota and the Vice President of IMHO USA was honored with the Soaring Eagle Award from St. John's College Jaffna and Chundikkuli Girl's College Jaffna.

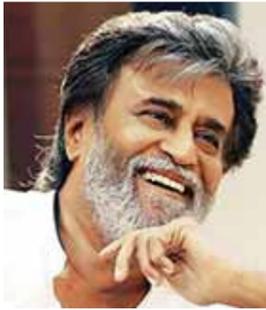


South Indian actor Rajini Kanth receives prestigious "Dada Saheb Phalke" Cinema Award

South Indian popular actor Rajni Kantha has received the prestigious "Dada Saheb Phalke" Award. The Award event took place in New Delhi and was handed over by Indian Vice-President Venkaiah Naidu.

The previous Indian actors who received this Award were Amitabh Bachan and Sivaji Ganesan. Rajani Kanth stated that he is dedicating the Award to his Guru Late Film Director K. Balachander.

The Award is in memory of Dada Saheb who is considered as the Father of Indian Cinema.



Aruni Goonetilleke appointed Chairperson of Hatton National Bank, Sri Lanka

Aruni Goonetilleke has been appointed Chairperson of Hatton National Bank, Sri Lanka.

Aruni Goonetilleke is a financial services expert, with over 25 years of experience in regional financial markets. She has extensive experience in enterprise risk management, credit, audit and business origination and has held leadership positions in local and international banks.

She was Head of Credit for Commercial Banking at Standard Chartered Bank, Singapore. Chief Risk Officer, Standard Chartered Bank, Sri Lanka She has a Masters in Law from Harvard Law School, Harvard University, USA and a Bachelors in Law (Honours) from the Faculty of Law, University of Colombo.



Torstar names Brandon Grosvenor as new chief revenue officer responsible for advertising sales revenue

Torstar that owns the Toronto Star newspaper has appointed Brandon Grosvenor as new chief revenue officer responsible for advertising sales revenue. Grosvenor has been with Torstar since 2015 and was previously the Vice-President of Advertising.

He has several years of experience in the fields of marketing and advertising having worked in several leading organizations including Postmedia network Inc., Sun Media, Microsoft, CanWest, and Yellow Pages. Grosvenor remarked that "while digital is clearly the future, now is not the time to abandon print".



Quotable Quotes - 2021

By: Siva Sivapragasam

“They said it”



“

“Canada has a very effective, very close partnership with the United States, As we should: Canada is the largest market for the United States, larger than China, Japan and the UK. combined. Our relationship with the US and the US relationship with Canada is important to both sides”

– Christya Freeland, Canadian Deputy Prime Minister

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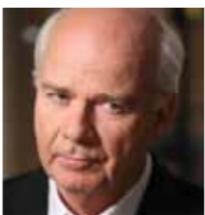


“

“It is incredibly difficult for working people to afford their first home in Ontario. New buyers, not investors, deserve to buy homes”

– Jessica Bell, MPP for University – Rosedale and NDP critic for Housing

”



“

“I was never going to do this. But then I got convinced the stories behind stories are either fun or they are emotional, or they say something about journalism”

– Former CBC Journalist Peter Mansbridge on his recent Memoir book

”



“

“I want to be perfectly clear. Erin O'Toole, Candice Bergen, Canada's Conservatives believe in vaccines. We believe that they work. They are effective.... But at the same time, we also believe that Canadians should be able to make their own decisions around their health choices. We respect that.”

– Conservative Party Deputy Leader Candice Bergen

”



“

“This relentless campaign and intimidation against me and my fellow journalists in the Philippines is a stark example of a global trend. Social media giants are a threat to democracy.”

– Philippine Journalist Maria Ressa

”

York U Class of 2021: A pandemic can't keep this Tamil grandma from graduating

87-year-old Sri Lankan-born teacher completes master's degree with research focus close to her heart — war and peace

TORONTO, Nov. 1, 2021 – Varathaledchumy Shanmuganathan, known as Varatha, is among more than 4,000 resilient students — some young enough to be her grandchildren — who will celebrate their graduation during York University's virtual fall convocation on November 2.

It is an extra-special occasion for both York and Shanmuganathan, as she earns the distinction of becoming the oldest person to receive a master's degree from the University — and one of the oldest women to obtain a graduate degree from a Canadian university.

Born in Velanai, a small village in Velanai Island off the coast of Jaffna Peninsula in northern Sri Lanka, Shanmuganathan has lived in and taught in four continents, though her education could have very well ended before entering the postsecondary education system. Despite passing with distinction in intermediate-level schooling, she was unable to continue higher studies in her native land because there were limited seats available for ethnic-and-gender-minority students at that time.

"One of my teachers advised my parents to send me abroad for college education. So, they sent me to India," says Shanmuganathan, who got her bachelor's degree from University of Madras, in Tamil Nadu state. Upon returning to Sri Lanka, she taught Indian history and English at a local school, and eventually received a diploma in education from Ceylon University. However, her ambition to study further came to a pause when her father became ill and she had to take care of the family's affairs. She then got married to a teacher and they moved out of Sri Lanka, seeking better opportunities.

Fast forward, Shanmuganathan immigrated to Canada in 2004 — via Ethiopia, Sierra Leone, Nigeria and the United Kingdom — when her daughter sponsored her. It's no surprise that her quest for acquiring further knowledge was rekindled when she heard from a relative about York's tuition waiver incentive for seniors. Encouraged by her daughter who is an MBA graduate from York's Schulich School of Business, Shanmuganathan applied to join the master's program in political science.

Shanmuganathan submitted a compelling statement of interest for returning to grad school as a student after more than 30 years. The statement starts like this: "My interest in politics is something that I grew up with as World War II started when I was five years old in Ceylon, later named Sri Lanka. I understood the impact that war and violence involving multiple nations can have across oceans."

At age 85, she was accepted into the program in the Fall/Winter 2019 session. "It was a great change for me to go into the campus, walking in hallways, reading at the library ... and do things like youngsters. I loved it!" she says. "Every time I was on campus, it felt like I was in a temple. Very peaceful and rejuvenating."

The Vaughan resident also quips about how the cab drivers and others she encountered during her commute to the campus thought she was a professor at York and were surprised when they learnt she was a student. "I was very proud to tell them I was indeed a student. I believe in lifelong learning for seniors, educating themselves beyond conventional limits placed on them in society," says Shanmuganathan.

She completed her first master's degree in her mid-50s at the University of London's Birkbeck College in the UK, and taught high school English and economics, before finding a niche in teaching English as a Second Language (ESL). While her first master's was on the attitudes of Sri Lankan Tamils in England towards language, partially driven by the community's need to belong in new cultures and political situations, for the York degree, she chose studying non-violence for national peace building and reconciliation in Sri Lanka.

"I grew up in the time when Mahatma Gandhi led India's Independence. In my teenage years, Gandhi's ideas and teachings as to how non-violent methods could be adopted in politics, in theory and practice impressed me very much," she remembers, adding that later in her life she was also influenced by the principles former South African president Nelson Mandela and Tibetan Buddhist leader the Dalai Lama. "I was intrigued by the philosophy behind politics as a science."

Shanmuganathan defended her major research paper via Zoom, on the causes of the civil war, peace processes and the prospect of peace in Sri Lanka. "The war has ended but there's no peace unless and until the grievances of Tamils are properly resolved. Power sharing and stake in the constitution will bring peace," her paper concludes. "There is peace in the horizon, but it will take a long time to achieve."

Though her in-person campus experience was cut short by the pandemic, Shanmuganathan says she was determined to complete what she started. The transition to online learning was a bit difficult in the



beginning, especially with a four-year-old grandchild in the house and her daughter and son-in-law working from home, but she was able to quickly adjust to the new normal.

"Anything I start, I will finish. Always," says Shanmuganathan, who plans to write a book based on her research, on post-war Sri Lanka and prospects for peace. - via: news.yorku.ca



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Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil_food

Eat more, learn more!

Sisters Niranjini Mandalia and Rajini Nathan are both food enthusiasts from England. Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjaeatsfood. Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil_food.

Masala vadai

Masala vadai is also known as paruppu vadai or aamai (turtle) vadai and is the quintessential Tamil snack to accompany your winter evening tea. This simple recipe is packed with protein, easy to make and can be made ahead and frozen so you can enjoy fresh hot vadai any time you like.

Method:

Wash and soak kadalai paruppu for 5-8 hours. Strain water and wash again. Add $\frac{3}{4}$ of the lentils to a mixie and grind to a coarse mixture. Add the remaining $\frac{1}{4}$ and pulse so that there are whole and broken lentil pieces. This adds texture to the vadai.

Transfer mixture to a bowl/plate.

Crush the fennel and cumin seeds lightly in a pestle and add to the lentils along with the rest of the ingredients. Salt according to taste and form into small balls. Flatten by gently pressing the balls in between your palms and set on a plate to go into the fridge to cool for 30 mins.

If you're in a rush, you could put them in the freezer for 10-15 mins as well. If needed, you could double the portions and freeze them for later use. The vadai can also be made the day before and left in the fridge if you need them the next day.

Heat oil in a pan on a medium heat and gently fry the vadai for 2-3 mins on each side until they are golden brown.

Serve with coconut chutney or just enjoy them on their own with a cup of tea.



Ingredients:

Makes 6-8 vadai's : ✓ 1 cup kadalai paruppu (chana dhal) ✓ $\frac{1}{4}$ small white onion, chopped thin ✓ 2 dry red chillies, chopped ✓ $\frac{1}{4}$ tsp fennel seeds ✓ $\frac{1}{4}$ tsp cumin seeds ✓ $\frac{1}{4}$ tsp chilli powder ✓ 1 green chilli, chopped (optional) ✓ $\frac{1}{4}$ inch ginger, grated (optional) ✓ Salt ✓ 250ml of oil of choice to fry (gingelly, coconut or groundnut oil recommended - each lend a different taste to the vadai)

At the Monsoon Kitchen,
Samayal Santhai

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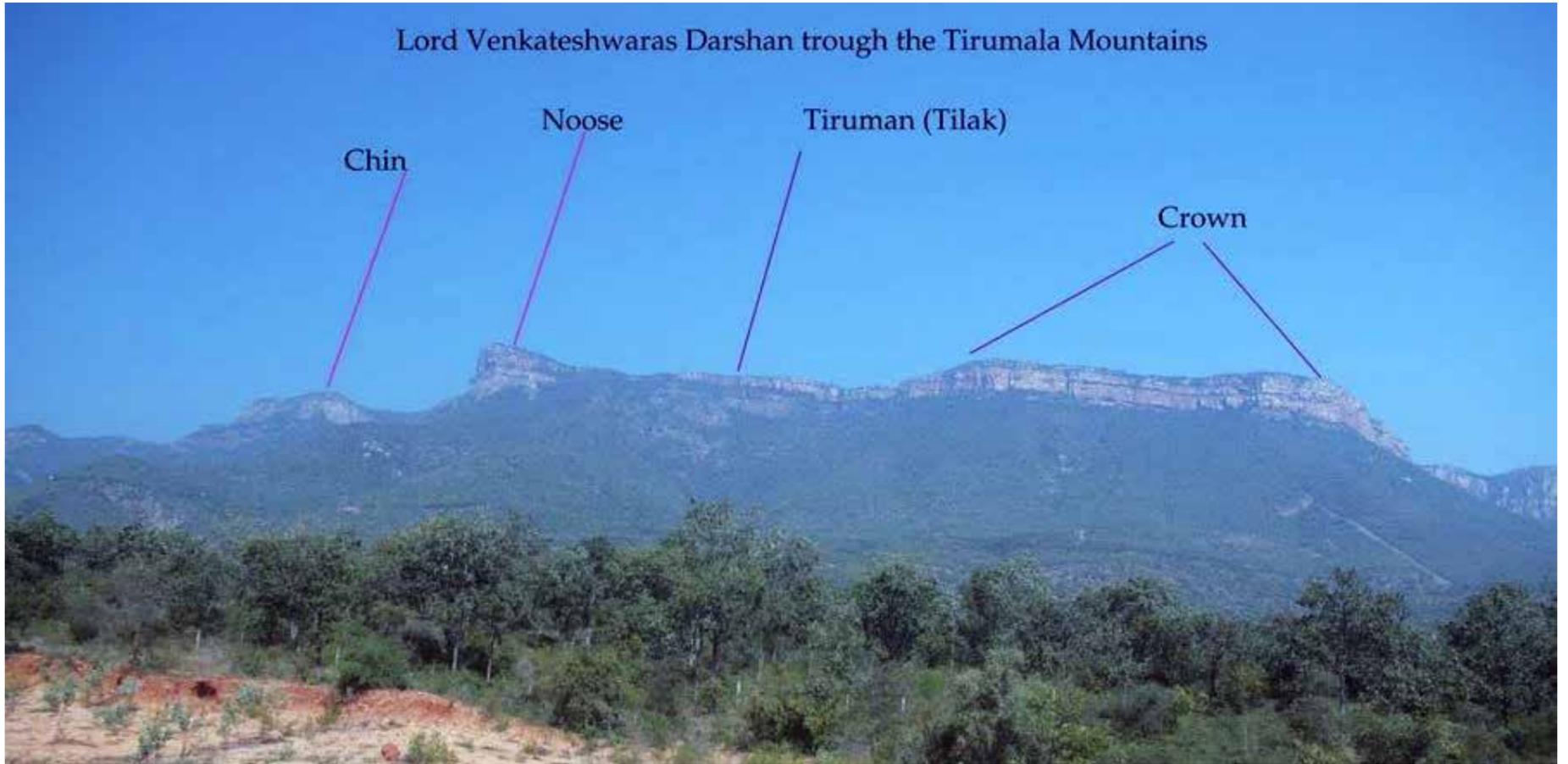
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SPECIAL FEATURE

LORD VENKATESWARA, THE BENEVOLENT BEACON ON SEVEN HILLS

Compiled by Kidambi Raj



- Tirumala Hills side view as Lord Venkateswara's Face

Introduction

Tirumala and **Tirupati** are places well-known all over India. Sri Venkateswara, the presiding deity of Tirumala or Vengadam, is revered by lakhs of people all over the country. The chief centres of pilgrimage in this region are Sri Venkateswara's temple on the Tirumala hill, the shrine of Sri Govindaraja in the town of Tirupati and the shrine of Sri Padmavathi situated in Tiruchanur. Of minor temples, mention may be made of the Kapilesvara temple at Kapilathirtham, the Lord Rama temple in the town of Tirupati and the Parasaresvara temple at Jogi-Mallavaram. Of the three important centres of pilgrimage in this region, Tirumala is the oldest and its deity finds mention in Tamil literature as early as BC. References to Tiruchanur are found about the beginning of the ninth century AD. Tirumala is located 980 m (3,200 ft) above sea level and covers an area approximately 26.8 sq. km. (10.33 sq. miles).

The special significance of Lord Venkateswara temple at Tirumala lies in the fact that it is perhaps the oldest religious institutions in the world where unbroken religious worship is being carried on. According to the available recorded evidence, for over 1,300 years, it is a temple attracting more pilgrims than any other temple in India, and is held in veneration by more devotees than even **Lourdes of France** and the celebrated **cathedrals of Spain and Portugal**. The average number of visitors to the temple now is about 40,000 to 50,000 daily and its daily income, derived wholly from offerings is close to about 40 Million \$ US approximately. A visit to this great pilgrim centre is a rare spiritual experience. It is this divinity, which pervades this area not only in the temple precincts, but in the entire town which has an irresistible magnetic attraction to the millions who come from far and near, mindful of the difficulties involved in the journey to just have a darshan of the Lord, may be for just a few seconds.

The very mention of the word Tirupati creates in, many a divine feeling. The Lord of the seven

hills is the Lord of the universe. He is the light of the world. This holy temple is popularly known as **Bhuloka Vaikuntham**. It is perhaps the richest of the temples in the world. The entire town of Tirupati as well as Tirumala has an eternal floating pilgrim population.

Tirupathi Town and the significance and descriptions of Tirumala Hills

Tirupati is a small municipality. A devotee wishing to worship Lord Srinivasa has to first reach this town. It is well connected by train, bus and by air. On arriving at Tirupati, the pilgrims have reached the foot of Seven Hills, and at the top, namely Tirumala, where Lord Srinivasa resides. Tirumala is 14 kms. from Tirupati. Tirumala is a hill range, which is part of the Eastern Ghats. It has seven principal peaks, each of them having separate names and **sthalapuranas**. The seven hills are, **Vrishabadri, Anjanadri, Neeladri, Garudari, Seshadri,**



- Vishnu as baby Balaji floating on a fig leaf in waters (Pralaya)

Narayanadri, and Venkatadri. On the hill Seshadri in Seshachalam is located the Tirumala temple and the entire area (range) is named after the peak. The puranas compare Tirumala range to a **serpent**, which is lying down. **Srisailam temple** is located on the **tail** of this serpent. The **Ahobila Narasimha temple** is situated in the **middle**. **Sri Venkateswara temple** of Tirumala is regarded as the **head** of the range. The Sri Kalahastheswara Swamy temple at Srikalahasti is the mouth of this reclining serpent.

1. **Vrishbadri – Hill of Nandi, Vahana of Siva**

In Krithayuga, near Thumbura Theertha in Tirumala there lived a demon name Vrushabahasura who was devotee of Lord Siva and before dying as a mark of his attaining salvation at this place he asked Lord Siva to name this hill with his name and thus this hill was named Vrishabadri.

2. **Anjanadri – Hill of Lord hanuman**

Kesari, the king of Varanas (monkeys), married Anjanadri. They were childless for many years. So, Anjanadri went to a hill near **Akasa Ganga** and did penance for several years. Later Vayu (wind god) gave a fruit to Anjanadri. As a result of eating that fruit given by Vayu, she gave birth to Lord Hanuman. As Anjanadri did penance on this hill it is called as Anjanadri.

3. **Neeladri – Hill of Neela Devi**

Neeladevi is the third Consort of Lord Vishnu. The Veda Sings the glory of Goddess Neela in Neela Suktam. The first devotee who gave her hair to God is Neela Devi. Lord Srinivasa named this hill by her name as Neeladri.

4. **Garudari – Hill of Garuda, the Vahana of Lord Vishnu**

Garuda (Vahana of Lord Vishnu) prayed to Lord Vishnum to atone his mistakes and Lord was pleased by his prayers and came before

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- The sacred hill of Tirumala - Early 20th century picture

him. He asked Lord Vishnu to allow him to come back to Vaikuntham. Lord Vishnu told him that He would be coming as a Swayambu on the Seven Hills and asked him to stay there in the form of a hill and named it as Garudari.

5. *Seshadri – Hill of Sesha, the Dasa of Lord Vishnu*

The most important peak among the Saptagiri is Seshadri. Seshadri is named after Adishesha, the divine Serpent on whom Lord Vishnu rests.

6. *Naryayanadri – Hill of Narayana (Vishnu)*

Narayana Maharshi did penance to see Lord Vishnu and Lord Vishnu was pleased by his prayers and appeared before Maharshi and Narayana Maharshi asked Lord Vishnu to give him a boon, so that the hill will be popular with his name. So, this hill is called by his name as Narayanadri.

7. *Venkatadri – Hill of Lord Venkateswara*

Lord Srinivasa resides on this Hill. The sacred temple of Sri Venkateswara is located on the seventh peak, Venkatadri and lies on the southern banks of *Swami Pushkarini*.

Besides those, there are other names to hill and they are: *Vaikunthadri* for it was brought from Vishnu's heaven, Vaikuntha; *Simhachala*, because it was here that Vishnu took His Narasimha form for killing the demon Hiranyakasipu; *Varahadri*, as it was the home of Varaha; *Srisaila*, for it was the home of Goddess Sri (Lakshmi); *Anandari or Kidadri*, for it was the site of Vishnu's divine sport; *Pushkaradri*, where the red lotus grew in plenty on the hills; *Gnanadri*, for it confers knowledge on the devotees; *Chintamani*, since it grants the object of one's desire; *Teerthadri*, after many sacred watering spots which are situated here; *Dharmadri*, for Dharmadeva, the God of Righteousness who performed penance on the hill; *Kanakadri*, where gold and precious stones were once found; *Nilagiri*, for the Vanara chief Nila, who once lived here.

The Sacred Tank and Holy Waters

Tirumala hill is a vast area dotted with peaks from which rise the lakes and waterfalls. Of these, 108 are believed to be sacred and associated with various epic characters and miracles of Lord Venkateswara.

Swami Pushkarini

Swami Pushkarini was Vishnu's tank in Vaikuntha and was brought to the earth by Garuda for Vishnu's use. It is the sacred tank in front of the temple in Tirumala. This is regarded as equivalent to the Ganga and other scared rivers. A dip in the tank cleanses the bathers of all sins. The performance of the daily rites or even occasional rites on the banks of the Swami Pushkarini is



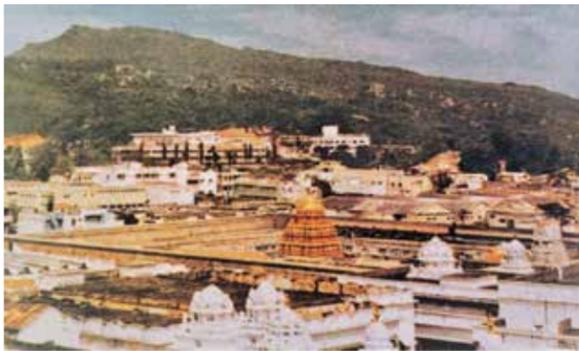
- The original image of Sri Venkateswara as seen in the sanctum sanctorum in 1954

said to cure deformities of the body and ensure the avoidance of all types of hell. It grants the wishes of those who bathe in it. Like the hill, all the tanks and lakes in Tirumala are sacred and known as **Teerthas**. There are *seventeen* teerthas whose waters are believed to combine in the Swami Pushkarini.

Legends about Tirumala and its God

There are numerous collections of legends and stories about Tirumala and its God. These are to be found in many Puranas. All these have been collected and edited in a book entitled the *Venkatachala Mahatmyam*. An early inscription from Tirumala mentions that a Venkatachala mahatmyam was read in the temple before the Deity. The printed work contains extracts from the *Varahapurana*, *Padmapurana*, *Garudapurana*, *Brhmandapurana*, *Markandeya purana*, *Harivamsa*, *Varianapurana*, *Brahmapurana*, *Brahmottarapurana*, *Adityapurana*, *Skandapurana* and *Bhvishyottarapurana*.

Worship Sri Venkateswara Swamy by Non-Hindus



- Tirumala Hill with the Temple in the centre

Lord William "Chalipandili"

A high-level official of the British Government, Lord Williams had a chronic disease, which could not be cured in spite of expert medical treatment. On the advice of one of his subordinates, he took a vow that he would visit Tirumala. To his surprise, he got miraculous relief from his illness after visiting Tirumala and so created he a charity called *Lord Williams Chalipandili* (Drinking water shed) where the pilgrims can quench their thirst. This charity is being continued even to this day, as a permanent measure.

Sir Thomas Munro "Munro Gangalam"

Sir Thomas Munro, the Governor of Madras presidency who was suffering from acute pain in stomach, which could not be cured by medical treatment and to his astonishment got complete relief from his chronic stomach pain, created an endowment to offer one big *Gangalam* of rice prasadam (*Pongal*) to the Lord every day to fulfil the vow taken by him and then to distribute the said Pongal prasadam free to all the devotees during *sarvadarshanam*. The charity was called *Munro Gangalam*. The endowment of Sir Munro is being continued by the TTD even to this day.

Muslim devotees of Sri Venkateswara Swamy

According to legend Babi Nancharamma, a staunch muslim devotee of Lord Venkateswara also worshipped Sri Venkateswara Sway varu. Another muslim devotee had given offerings of 108 flowers made of gold each weighing about 23 grams. These flowers are used during *Astadala Pada Padmaradhana* (an arjitha seva).

Lord Vishnu comes to Venkatadri Hill

According to the *Bhavisyottara Purana*, Vishnu remained on Venkatadri for the first three yugas, Krita, Treta and Dvapara. At the beginning of the present yuga, the Kali yuga, he decided to leave for Vaikuntham, His Heaven, with His Consort Lakshmi, the Goddess of prosperity. But Sage Narada and Brahma both felt that while Vishnu remained on earth, people were pious and meritorious and so wanted Him to continue to live on earth. Accordingly, Brahma raised a tamarind tree on Venkatadri

hill, beneath which he formed an anthill. Narada was instructed by Brahma to bring Vishnu back to Venkatadri, to reside in the anthill.

Narada went to the banks of the river Ganga where the rishis (great sages) were performing religious rituals. He asked them to whom they would dedicate the fruits of their prayers. The rishis discussed the matter, but could not arrive at a decision. They therefore requested Bhrgu rishi to meet with the three main Gods, Brahma, Siva and Vishnu and decide as to who should be the recipient of the fruits of their prayers.

After visiting all three Gods, Bhrgu was quite pleased and gratified so much with Lord Vishnu, that he returned to the banks of the river Ganga and informed the other rishis that they should pray to Lord Vishnu for salvation. Meanwhile, Lakshmi was very angry that Vishnu had pacified and apologized to the rishi who had kicked Her abode on Vishnu's chest. She therefore decided that She would no longer live on His chest but go to *Karaveera Kshetra* (Kolhapur in Maharashtra) and reside there. The unhappy Vishnu then left Vaikuntham and returned to Venkatadri, and lived in the anthill.

Lord Varaha rescues the Earth

For over eight thousand years, Surya, the Sun God, belched fire, burning the hills and forests to ashes. There was no rain, so the holy sages left the earth and sought refuge in the heavens. Then Vayu the wind blew with all his might for many years till huge clouds were formed, which rained incessantly and caused great flood. The earth sank into the *Pathala Loka*, the nether world, where she remained for thousand yugas. It was the pralaya, the primeval flood, which submerged the entire earth under water. On the huge sheet of water, Lord Vishnu lay on a *fig* leaf as the eternal child, *Vadapatrasaayi*. Seeing the plight of the Mother Earth at the bottom of the waters, Lord Vishnu in the form of a White Boar, descended into the nether world to search for Her. The evil demon attacked Him and they had a long and violent battle, at the end of which Varaha destroyed the demon with his mighty tusks. He then lifted up Mother Earth on His tusks and emerged from the waters. Placing a foot on the divine snake Adishesha, with Mother Earth on His tusks, He dazzled the whole world with His majestic appearance. The holy sages recited the hymns from the ancient books of wisdom and knowledge, the Vedas and requested Lord Varaha to bring Mother Earth back to Her original glory. Varaha re-established Mother Earth, delineated the limits of seven seas (*sapta sagaras*) and requested Brahma to recreate life on earth. To protect His devotees, He decided to live on earth and asked Garuda, His vehicle (the man Eagle), to bring the devine hill Kridachala, an extensively natural hill with lofty peaks, embedded with gold and precious stones and which resembled, Adishesha in shape from Vaikuntham, His heavenly abode, to establish his new home on earth. It is the same hill that is called Seshadri hill.

Varaha selected a location, which was 960 kms. South of the river Gomati 80 kms. west of eastern sea (Bay of Bengal) and adjoining the Swarnamukhi river. Here Garuda brought Kridachala, a sacred hill 48 kms. Wide and 480 kms. long. As its shape resembled Sesha, Lord Narayana's thousand-headed snake, it was called Seshadri. Varaha occupied a temple on the western side of the sacred pool, the Swami Pushkarni. But His appearance with the tusks and weapons was so frightening, that Brahma and the Gods, the *Saptarishis* (seven sages) and other celestials prayed to Vishnu, requesting Him to assume a more peaceful form and live on the hill to protect His devotees.

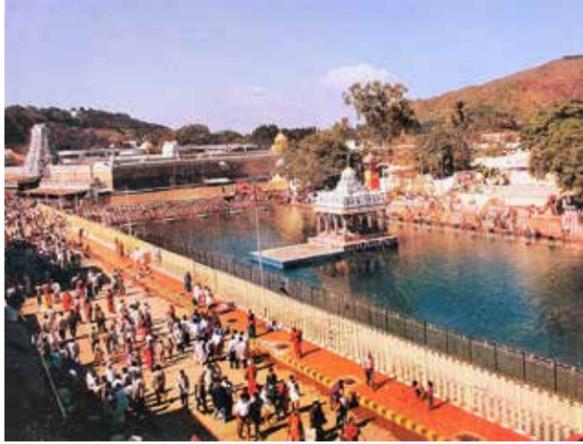
Thereafter, the supreme, lotus-eyed Vishnu, holding the *Shankha* (conch), *Chakra* (discus) and



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Gada (mace), descended to the Seshadri hill, with Bhudevi (Mother Earth) and Lakshmi (the Goddess of Prosperity), the two aspects of the Supreme Mother Goddess, by His side, He settled under the divya Vimana (dome) to grant the prayers of the devotees.

In north India Lord Venkateswara is known as Balaji, because when the world was immersed under the waters, Vishnu as a newborn child, floated on a leaf on the waters. He is Narayana, the Creator, De-



- Swamy Puskarani, the sacred tank of Tirumala

stroyer and the Refuge. Another meaning for Balaji is Universal Mother.

Srinivasa turns into stone – Origin of the stone image

With the progress of Kaliyuga, the world plunged into chaos and evil. Lord Srinivasa announced that with the chaotic rule of the human race in Kali yuga, He no longer wished to talk directly to the unworthy, and therefore become a stone statute and communicate only with His devotees. Saying this, He transferred Himself into a statue, now the stone icon of Sri Venkateswara on Tirumala Hill.

Songs of the Azhwars on Lord Venkateswara

The Azhwars (the Vaishnava saints) of Tamil Nādu, have sung extensively about the Lord of Vengadam. With the exception of only Thondaradippodi Azhwar and Madhurakavi Azhwar all the Azhwaras have sung in His praise. The first three, Poigai Azhwar, Butat Azhwar and Pey Azhwar, all lived in the early years of the 8th century and sang of the Lord of Vengadam. The Thiruvoimozhi of Namazhwar, who lived in 798 AD and is considered to be the greatest of the Azhwars, contains several stanzas describing Lord of Vengadam. While the existence of the temple is not known, the hill was held in high esteem as the annihilator of sins.

Some of the not so commonly known facts about Lord Venkateswara of Tirupathi

1. The amazing thing about the earthen lamps that are in the sanctum sanctorum, is that, these lamps have never been put off and no one knows the time when these were lit up. All that is known is, that they have been burning for hundreds of years and will continue to do so.
2. Tirumala temple is visited by about 50 thousand to one lakh of pilgrims daily. On a festival or a special occasion, like the Brahmotsavam, the number of devotees goes up to 5 lakhs making it the most visited holy place in the world.
3. At Tirumala temple, the flowers offered to Lord Venkateswara during the morning worship are not thrown out of the **Garbha Griha** (Sanctum Sanctorum). Instead, they are thrown into the waterfall that flows behind the rear side of the idol. Interestingly, the discarded flowers can be seen at **Yerpedu**, 20 km. from Tirupathi.
4. **Kulasekhara** (one of 12 Azhwars), was a King and who eventually renounced his royal

responsibilities and proceeded to Srirangam, the bastion of Vaishnavism. It was there, that he composed his most famous work **Mukundamala** (Garlands of hymns for Mukunda), part of Perumal Tirumozhi. He spent large part of his later life in Tirupati. He had made a humble request to the Lord, to transform him to a stone threshold in front of the Lord in Tirupati. The stone step between the Garbha Griha and the Sayana mandapam is called the **Kulasekhara Padi**, in honour of Kulasekara Azhwar. His request to the Lord in the Perumal Tirumozhi goes like this: **Peyarai yentakku yaavarum yaanum oru peyanai evarkkum idhu pesi yen.**

5. The Tirumala temple is located at the height of 3,200 ft., and the surroundings are cool. Irrespective of this fact, the idol of Sri Venkateswara remains at a temperature of 110 degrees Fahrenheit. Every morning, after the bath ritual, droplets of sweat appear on the idol of Sri Venkateswara. On Thursdays, when the priests remove the ornaments of the idol for a holy bath, it is said that they come off with a sensation of warmth.
6. The idol of Lord Venkateswara is adorned daily with **Pachai Karpooram**, a derivative of Cinnamomum camphora tree. It is known to be a highly volatile substance that leads to cracks and fissures on a stone. But not so in Lord Venkaeswara's case. The idol at Tirupati is resistant to the volatile chemical reactions of the substance even when it remains smeared with it most of the time.
7. The idol of Lord Venkateswara at Tirumala temple has real hair on it. The authorities say that this hair has never entangled and is silky smooth. It is a mystery as to how an idol has real hair.
8. You will find a hill in Tirumala that features a natural rock formation in the form of Garuda, the Vehicle of Lord Venkateswara.
9. The offering of **Laddu** to the Lord and Tirumala and then distributed to the devotees started in 1715. It was called then as **Manoharam**. Yes, it is true! Tirupathi Laddu has a GI (Geographical Indicator) patent, which is only granted to identify a product as having specific provenance. The Laddu Prasadam at Tirupati is arguably the first of the offerings at any place of worship to be recognized as an intellectual property, in this case, of the Tirumala Tirupathi Devasthanam (TTD), that manages the temple.
10. At Tirumala temple, every year, once during the Tamil month of **Aani** (Mithuna – June-July), on **Telugu New Year** (Yugadhi) and on **Deepavali** day, Darbars are held. During the Darbar in the month of Aani, is when the Income and Expenditure report is submitted to Lord and is assumed to have His blessings and it is on that day that all newly appointed Administrators, Archakas, all take their oath of

office. This kind of special event is done only at the Tirumala temple.

11. At one time Vilva leaves were used for Archana to the Lord on Fridays. Subsequently it was changed and now Vila leaves are used for archana for the entire Tamil month of **Markazhi** (Dhanus – December-January). This is the only Vaishnavite temple where Vila leaves are used for archana to a Vaishnavite deity.
12. Thallapakkam Annamayya had composed 32,000 keerthanas on Lord Venkateswara.
13. Tirupathi Venkateswara holds the record for being the richest as well as the most visited temple of India. The shrine receives offerings from devotees in cash, jewels, gold, silver, property deeds and Demat share transfers and the per day offering is around 22.5 million. The Gold covered Salagrama mala that is adorned on the Lord weighs 12 kg. and needs three archakas to put it on. Another jewel called **Surya Katari** weighs about 5 kg. Lots of rare and precious stones, precious jewelleries and ordinary jewelries are constantly on a daily basis are being offered by the devotees. They get accumulated so fast that, they neither have the space to store them nor the time to put them on the Lord, that they advertise in the news media and auction some of the items once a year.
14. The Sthala Vriksha of Tirumala temple is Tamarind Tree.
15. The Vaikunta Ekadasi festival is celebrated at Tirumala temple, but there is no opening of the Swarga Vaasal like at all other Vaishnavite temples because it is the Bulokha Vaikuntham.
16. The estimated minimum cost of one Abhishekham in a day for Lord Venkateswara is at least One lakh and fifty thousand rupees.
17. The silk dress Swami wears is 21 arms-length long and weighs around 6 kg. The upper body of the idol is covered with a saree and the lower body is covered with a dhoti. Devotees who want to offer a dress (Vasthrams) to Lord Venkateswara at Tirupathi, have to wait for at least ten years for their turn. They have to submit an assigned sum at the temple office towards the cost of the dress which is made in a special village by weavers who need to bathe thrice daily and refrain from alcohol and non-vegetarian food. Every Friday 15 such garment offerings are accepted by the temple office, and currently, there is a decade long wait in place for the offerings.
18. At Tirupathi Venkateswara temple, every morning begins with an Abhishekham ritual. There are various items used for the Abhishekham, including saffron, a variety of flowers and fragrances. Interestingly, the saffron used in the ritual comes from Spain, Kasturi comes from Nepal, Punugu from China and specific fragrance material from Paris, France. This isn't it! Sandal paste is prepared afterwards for the ceremony on a golden plate. The Abhishekham can be witnessed every morning from 4:30 to 5:30 AM and soak oneself in the opulence of this revered temple in South India.
19. It is believed that Goddess Lakshmi does live in the heart of Sri Venkateswara, literally. According to the priests, during the Nija Roopa Darsanam on every Thursday, the idol is decorated with white wood paste. After the paste is



- Sri Venkateswara

SPECIAL FEATURE



taken off, the imprint of the Goddess is left.

20. Sri Ramanuja established the Nithyanushtaana Puja Kainkaryam routine at Tirumala Temple.
21. Since the devotees cannot just withstand the powerful radiation emanating from the eyes of the Lord, the eyes are covered on most days except on Thursdays when the size of the white mark is relatively smaller enabling the devotees, glimpse at Lord's eyes to an extent.
22. The idol of the Lord appears to be standing in the middle of the sanctum sanctorum from outside, whereas, the idol is actually slightly towards the right-hand corner of the Sanctum sanctorum.
23. At the main gate of the temple, one could find a stick. According to the legend, the stick was used by Ananthazhwar to beat the Lord when they were children. During this, one day the Lord got hit on His chin and blood oozed. Since then, the ritual of applying Chandan on Lord's chin came into existence.
24. The entrance of the Tirumala hills has a rock formation which appears to be like a serpent hood. The distance of this formation is same as the height of the main idol. This is called as *Silathoranum*.
25. Another fact about the hills is, one of the hills have the face of the Lord. It appears as if he is sleeping and one can actually see His face.

Details of Daily worship at Tirumala Temple

The worship at Tirumala temple is done strictly according to the *Vaikhanasa Agama*. According to the Bhavisthyottara purana, Vaikhanasa Rishi is said to have admired the playful leelas of Lord Krishna in Dwapara Yuga and did Tapas to obtain the darshan of Lord Krishna. The legend goes that Lord Krishna appeared before him and instructed him to worship Lord as Srinivasa who manifested Himself in a hill in Venkatachala and that one Rangadasa would help him locate and then worship the Lord. The Rishi did accordingly and became the first person to worship the Lord at Tirumala. Hence in this temple, to this day, worship is conducted according to Vaikhanasa Agama.

The temple is virtually open throughout the day and in the night with only a gap of an hour or two in the night between the Ekantha Seva and the early morning Suprabhatham. The timings of the various sevas change from day to day depending upon the crowds that throng the temple city. The most common Sevas and timings are as follows:

Suprabhatha Seva – (3am to 3.30am)

Suddhi – (4.30am to 5am) – After the **visvaroopadarsanam**, suddhi is done in the sanctum sanctorum when the previous day's flower decorations of the Dhruva Murthi are removed and the vessels required for the Puja etc. are cleaned. Meantime, water for the next puja comes from **Akasa Ganga** and the members of the Tirumala Nambi family alone are permitted to bring this water.

Thomala Seva – (5am to 6am) – Ajitham, meaning Darshan of the Lord on a payment to the temple.

Sahasranamaarchana – (6.30am to 7.30am)

Naivedya or the first bell – (7.30am to 8.00am),

followed by second archana.

Sarvadarsanam – (8am to midnight)

Ekanta Seva – This is last ritual is in the night, also called as Rathri Pooja.

Visesha Sevas on selected days of the week in Tirumala

Monday – Chatuh Kalasa Visesh Puja (Puja with 14 kalasas) Of these 14 kalasas, seven will have, gingelly oil, curd, ghee, akshata, dabha and panchagavya and the remaining seven kalsas will contain Suddhodaka (pure water).

Tuesday – Ashtadalapada Padmaradhana – here during the puja, the 108 golden lotuses each weighing about 23 gms. Offered by a muslim devotee are offered at the holy feet of the Lord with the uttering each of the 108 names of the Lord.

Wednesday – Sahasrakalasa Abhisheka – This special puja is observed after Saattumurai in the morning.

Thursday – Tirupavadai Seva and Pulangi Seva – Every Thursday, after the morning puja, the dhruvamurthi is divested of all ornaments, flowers etc. He is dressed only in a dhoti and uttariyam. This process is called *sadalimpu*, which means loosening or removing. The *thirumankappu* and *kasturi* are also reduced in width to one thin line and this is the only occasion when one can have *Netra Darsanam*, as otherwise the deity sports a wide namam which almost covers half the eyes. This sadalimpu ritual is therefore a preparatory ritual for the Abhishekham the next morning as otherwise it would be an onerous and long task if all the ornaments and clothing were to be removed just before the Abhisheka.

Friday – Abhishekam for the Mulavigraha – It was during Krishnadevaraya's time (from 1517 AD) that the Friday Abhisheka became a weekly ritual. On this day, this Abhisheka is an arjitha seva.

The Relevance of Sri Venkateswara to-day

Sri Venkateswara has stood at Tirumala since the dawn of civilization, to save His devotees from the evils of Kali yuga. History cannot explain or record the power and capabilities of the God, the temple and the hill.

We live in a world of change, where values are threatened all the time, where people are questioning their role and purpose in life and even the necessity of life itself. Young people are desperately trying to retain their ideals, to prevent cynicism taking over their lives. That is where Lord Ven-

kateswara comes in. Here are a few of areas of His relevance to-day:

Triumph of good over evil

Whenever Dharma is in danger, Vishnu manifests Himself on earth to rid the world of the evil. For instance, as Varaha, Vishnu destroys the evil demon Hiranyaakshaa, who steals the knowledge of truth as it is documented in the Vedas and settles on the sacred Tirumala Hill. As Venkateswara, He destroys evil demons who threaten the existence of Dharma. The demons represent the negative forces and actions which prompt us to deviate from the path of righteousness. The destruction of evil and the triumph of good is central to all religions, particularly Hinduism. Lord Venkateswara is a role model for us all.

Triumph of hope

He is omnipresent and omnipotent, transcending barriers of time and space. He represents the triumph of hope. As long as there is hope in human heart, there is no place for despair.

Triumph of faith

He is a focus for faith. Their total faith in Him creates miracles, for there is nothing as potent as faith. When Mother Earth sinks into the nether world at the time of great flood, She does not lose faith, for She knew that Lord Venkateswara would come to



- Vajra kavacha, a jewelled covering presented by King Krishnadevaraya

rescue Her and which He did.

Humility

When the devotee shaves off his or her hair, it is an act of humility, to affirm that he or she has abandoned his or her ego and is humble before the Lord. He teaches us that one is never too high to be humble.

Charity

Humility leads to charity. Nearly all the wealth of the Tirumala temple goes to support education for

the young and the welfare of the sick and the handicapped. Lord Venkateswara stands on Tirumala collecting money to *repay* a debt. What is this debt? He collects the money from the *haves* and helps the *have nots*, through the many charities and educational institutions run by the Devasthanam.

Respect for the earth and nature

As Varaha, Vishnu rescues the Earth from the evil demon. The story of Sri Venkateswara and His marriage with Sri Padmavathi is a celebration of our wonderful earth, her very existence and her bounty and represents the fusion of the earth with the divine. Religion teaches to respect all creation and the bounties of nature.

Values

In a fast-changing world, where values and beliefs change almost daily, where people and situations are often not what they appear to be, Lord Venkateswara represents a rock of stability and security of unchanging definitions of right and wrong, good and bad.

The message

Lord Venkateswara gives every human being the opportunity to lead a better life, the right to hope and keep faith. He teaches us the difference between the right and wrong, humility and pride. He helps us to help the less fortunate and to give back to nature at infinitesimal fraction of what she has given us. Finally, He assures us, that it is never too late to repent and ask for forgiveness, that even the most wicked sinner can change for the better.

It is all summed up in the following mantra;

Venkatadri samam sthaanam

Brahmaandae naasti kinchana

Venkatesha samo devo

Na bhooto na bhavishyati

Meaning: There is no place equal to Venkatadri in the whole universe; A God equal to Venkatesa has never been nor will be.

Mangalasanam to Lord Venkateswara

Sriyahkaantaaya Kalyaanandhaye

Nidhayerthinaam /

Sree Venkata Nivaasaaya Sreenivaasaaya Mangalam //

Meaning: May auspiciousness be to Sreenivaasaa, who is the Lord of Lakshmi (who is) auspiciousness (who is), a treasure-trove of supplicants and (who) dwells on Venkataachalla!!

Mangalaasaasana Pari-

ah Madacharya Purogamaih /

Sarvaisccha Purvairachaarya Satkrtyaastu

Mangalam //

Meaning: May auspiciousness be to Sree Venkateswaraa, who has been worshipped by my teachers and their early teachers and all those devoted to reciting this Mangalaasaasanam!!



- Sri Padmavathi Thayaar at Tiruchanur



- Sri Venkateswara with Sridevi and Bhudevi - Bronze utsava murtis


COMMUNITY WATCH

Donations of Medical Equipment to North & East Provinces in Sri Lanka by JMFOA

Doctors who passed out from the Jaffna medical faculty and now in Canada (JMFOA – Jaffna Medical Faculty Overseas Alumni (Canada) have donated breathing equipment valued at over one million rupees to hospitals in the Northern and Eastern Provinces in Sri Lanka.

JMFOA – Canada President Dr. M. Mylashan made the presentation in person to the medical officers in

charge in these two provinces.

The JMFOA also helped hospitals and divisional doctors in these provinces to make direct contact with foreign medical organizations to provide the necessary assistance during the Covid-19 intense infection period in these two provinces.

JMFOA – (Australia) has also provided urgent medical equipment valued at more than a million rupees to

hospitals in the North and East.

JMFOA in US, Canada, UK, Australia and New Zealand have been providing assistance and support to the Jaffna Medical Faculty and Jaffna Hospitals for the advancement of medical education and development for more than twenty years in the past.



TRIBUTE

CLARIS HIPPOLITA MARIATHASAN



13 AUG 1956

17 OCT 2021

Affectionately called Polita by every one close to her, Claris Hippolita Mariathasan, 65, passed away peacefully during the early hours on Sunday October 17th at her residence surrounded by her sons, in-laws and family members.

Hailing from the town of Kayts

In North Sri Lanka in a deeply religious family, Polita was a devoted housewife, affectionate mother and an adoring grandmother. A very strong devotee of St. Joseph the Patron Saint of our Parish in our birthplace, Polita has been battling with a serious illness for nearly a year. Yet she was very hopeful to the last of a possible cure.

Although she was painfully aware of her rapidly declining health, she held on to her faith in Saint Joseph. As such, she undertook an arduous journey to the city of Montreal to pay a visit to the Oratory of St. Joseph. After her return, she continued her final days in prayer and ended her life peacefully. Meanwhile the Lord in his infinite wisdom has chosen to take her back to be with Him to help her rest in peace as well as to join the host of angels in heaven.

Whilst expressing our deepest sympathies and heartfelt condolences to the surviving members of her family and her dear ones, we pray for her soul to rest in peace.

S.R. Rajabalan & family



My Life in Full

Work, family, and our future

Author: Indra Nooyi (Former CEO PepsiCo)

"A must read for working women and the men who work with us, love us, and support us"

– Former US Secretary of State Hillary Rodham Clinton

Reviewed By
Siva Sivapragasam

Indra Nooyi (nee Krishnamoorthy), an American of Tamil origin, has been admired for a dozen years as one of world's most admired CEOs as the Chairman of the well-known and world - famous PepsiCo business conglomerate. She became the first woman of colour and immigrant to run a Fortune 50 company.

Nooyi was born in Chennai, Tamil Nadu, India. Nooyi did her schooling in Holy Angels Anglo Indian Higher Secondary School in T. Nagar. She received her bachelor's degree from Madras Christian College of the University of Madras and a Post Graduate Programme Diploma from Indian Institute of Management Calcutta in 1976. In 1978, Nooyi was admitted to Yale School of Management, and moved to USA where she earned a Master's degree in Public and Private Management in 1980

Ms.Nooyi has authored a book released recently and suitably titled "My Life in Full" offering a firsthand view of her legendary career and the sacrifices it so often demanded. The book offers an extraordinary opening into her early years in India, how she blended her career and family life becoming a woman business entrepreneur who broke the glass ceiling to become the CEO of a well-known and internationally recognized business empire.

She has in her book demonstrated to working women how one could combine her career with family obligations successfully without sacrificing one or the other. The advice she gives along with her experiences turn out to be lessons for career women.

Indra Gives credit to her Thaatha (Grandpa) for teaching her about dedication to work, and to keeping his word. She says, "He remains my greatest teacher and I refer to his life lessons every single day."

In her book "My Life in Full" Indra Nooyi has described what it means to be an exceptional leader. She has clearly brought out the fact that she is one of the foremost strategic thinkers of our time and how she transformed PepsiCo with a unique vision, a vigorous pursuit of excellence, and a deep sense of purpose. It is certainly a must readable memoir for working women and men too.

The book can be purchased from leading Booksellers or from Penguin Random House, Canada.

PS

Anecdote of a woman's multi role as a career lady, wife, and mother

In 2001, Indra Nooyi was named the president of PepsiCo. But the night she came home after being named to the president, she wrote on LinkedIn, her parents happened to be visiting. **Here's Nooyi describing that night:**

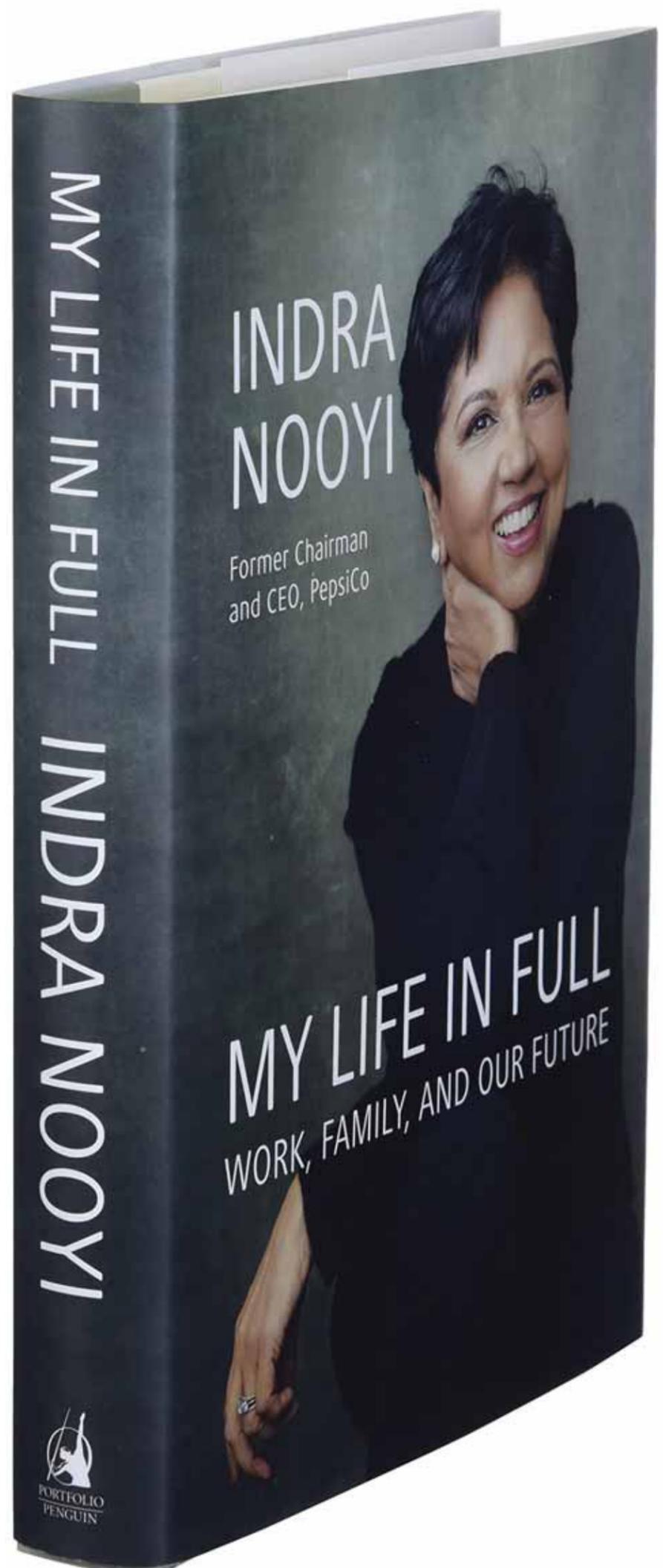
"I'll never forget coming home after being named President of PepsiCo back in 2001. My mother was visiting at the time.

'I've got great news for you,' I shouted. She replied, 'It can wait. We need you to go out and get some milk.' I've got great news for you,' I shouted. She replied, 'It can wait. We need you to go out and get some milk.'

"So I go out and get milk. And when I come back, I'm hopping mad. I say, 'I had great news for you. I've just been named President of PepsiCo. And all you want me to do is go out and get milk.'

"Then she says, 'Let me explain something to you. You may be President of PepsiCo. But when you step into this house, you're a wife and mother first. Nobody can take that place. So leave that crown in the garage.'"

Indra further wrote, *"No matter who we are, or what we do, nobody can take our place in our families. Now, I'll admit, I've found it's rarely possible to be the kind of mother, wife, employee, and person you want to be – all at the same time. Often, you need to make a choice, and that's especially true if you want to be CEO. There's no way around it.*





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Choice regarding marriage

I'm not against marriage so long as the woman has a choice- which you do. I'm not the one generalizing.

This is a response to a very prevalent notion constantly harped upon by traditionalists that marriages lasted better among the older generations.

My understanding of how marriage came to be was when agricultural societies formed and started accumulating wealth and property.

Before that, as pastoral societies, they didn't accumulate anything to leave their children.

So matrilineal societies with men coming and going as they pleased, worked well - for both men and women.

The women took care of the young, had free time to go do hunting and weaving as they pleased as other women were around to share the burden, and were sexually free.

With the accumulation of wealth, men wanted to ensure it was their own offspring they passed the wealth to - so they tied down the woman at home with marriage and religious rules - just to ensure her offspring were his alone.

Most of these early societies while enforcing monogamy upon the women, left polygamy open for men.

Obviously it would be the older men who would be wealthier and could buy more women - so what about women for younger men? None available? Manufacture war and send them off. This is the pattern on repeat we see to this day.



Already the norm...

"Cis white straight."

In recent years a vilified group as the most privileged on earth.

Predictably, quite a few jumped hoops to escape the label.

So now many people are 'trans' and 'queer' - despite exhibiting as their own sex and sleeping with the opposite sex.

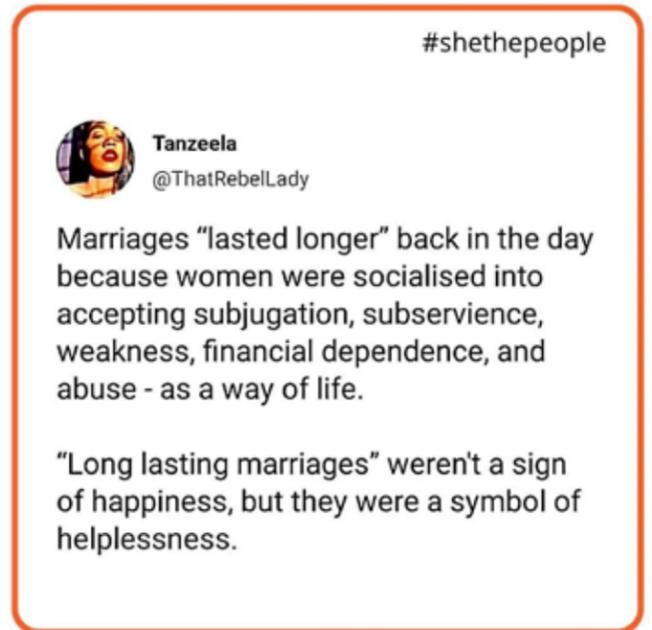
There is already at least one popular guy who is 'trans-korean' but thanks to the Rachel Dolezal case, identifying out of race is not popular yet. Wonder when it will catch on?

And then we will have one more category to "the most oppressed people" on earth telling us "privileged people" to bend over and shut up.

So far straight people identifying as queer gaslighting the LGB community and men identifying as women gaslighting women is already the norm.

Yep - and that woman journalist has been hounded off twitter now.

The BBC is also receiving a barrage of complaints against her.



The state of UK politicians

A BBC investigation yesterday blew out of the water, trans lobbies' pressuring of UK institutions and political parties to repeal women's rights in favour of trans identified males' rights.

UK is still experiencing the aftershocks.

Let's hope it marks a sea change. It's about time." Cis white straight."

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Fatherhood

A student of mine who is a nurse at Jaffna hospital said he noticed a sea change in how fathers parent across generations.

Older fathers are hardly seen but younger fathers are hands on if kids are boarded at hospitals and the kids even cry "appa" instead of "amma" when they're fearful or in pain apparently.

Enlightening since we once thought "amma" was the default cry of kids in pain.

COMMUNITY WATCH



Durham Tamils Association Serving Our Community



DTA SERVING DURHAM TAMILS DURING THESE UNPRECEDENTED AND CHALLENGING TIMES

Durham Tamils Association is always looking for ways to help our members, youth, and our seniors. We are continuing to provide free virtual activities almost every day for kids to seniors. Thank you to our fantastic volunteers who do not expect anything and are serving the community voluntarily. DTA is truly grateful for your continued support. Also, DTA's Tamil school continues to provide virtual Tamil classes for our students.

Seniors Talent Show

We had an amazing senior's talent show with some scrumptious food and wonderful performances. It was lovely to see the great talents of our seniors. One of the best live seniors' programs that we've had this year. Thank you to all the performers who showcased their talents, and to all who presented their cooking for the show. A special thank you to the seniors who travelled all the way from Brampton to participate at our senior's talent show. We would like to thank our MCs for an excellent job in entertaining and keeping our show moving. Thank you to our sound crew Mano Panchratnam and Sveta Manorathan for setting up our audio and ensuring that our performers/cooking show participants sound great. Thank you to all youth volunteers, parent volunteers and all the adults who helped to make this event possible.

Outdoor Halloween Party

DTA's outdoor Halloween party was an amazing success. A huge thank you to all the youth and parent volunteers who helped to make this event successful. Thank you to youth leader Sveta Manorathan who helped organize the games, to the youth volunteers, and Lirushani Koneshphillai who made cupcakes for all the kids. Thank you to Mano Panchratnam and Sveta Manorathan for the audio arrangements. The kids and adults got an amazing chance to sing. Finally, thanks to our amazing food crew who made kottu roti on the spot and served everyone.

DTA presents ESL Classes for Adults

English as a Second Language classes. It's never too late to learn.

Thank you to our teacher Abirami Srichandradas for volunteering her time. We truly appreciate it. Register online: durhamtamils.org

Free Virtual Chess club (Members only)

DTA youth have been running the chess club very successfully. It has been happening on Saturdays from 3pm-5pm. If you haven't registered, please do so online.

Youth Leadership

The Leadership programs are free for members only. The program provides training for public speaking.

Age: 7-12 on Sundays from 3-4:30pm

Instructor: Pranavi Premkumar

Ages 13-17 are Biweekly on Satur-

days from 5-7pm.

Youth Leadership Club chair - Mr. Kathirithamby Subaramaniam

Please register online:

durhamtamils.org

Free Homework and Tutoring help for JK, SK & Grades 1-8

This session is not limited to Homework help, but also for additional assistance on any subjects that volunteers could help with.

Free French Reading Practice

French Read Along for Students

- Grades 5 and up for Non-French

Immersion Students

- Grades 2 and up for French

Immersion

Instructor: Swaathi Ketheeswaran

Register at durhamtamils.org

Free Virtual Math Class

Grades: Kindergarten to Grade 12

Time: Thursday at 6:00-7:00pm

Register online under virtual class at durhamtamils.org

Thank you Raatha teacher for volunteering your time for DTA youth. Also thank you to the Youth volunteers who are volunteering for the Math class.

Padimurai Tamil - Proven Learning Method

New Tamil Classes started in September 2021, including a Tamil credit course. If you have not registered, please do so ASAP.

- JK to Gr. 8

- Gr. 9 to Gr. 12

(Tamil Credit Course)

- Adults

Those who never learned the Tamil Language are welcome to join! Even if you do not know how to speak Tamil, we will teach you to speak, read, and write.

Register at durhamtamils.org or Call: 905-428-7007

DTA's Seniors

DTA is keeping our seniors fully occupied with multiple free virtual classes and programs. DTA runs Seniors Chair Yoga Class, Mind Exercises, Mat Yoga Class, Cooking Classes, Health Seminars, Chess Club, Virtual Game Nights, Travel Around the World from Armchair, Crafting Classes (including free craft items), and much more for our seniors. DTA is here to support you in any way. If you want to participate in our programs, please check our monthly calendars. Please register for virtual Seniors programs at durhamtamils.org

Thank you to DTA's Annual Sponsors

DTA thanks our annual sponsors Nava Wilson Law, Computek, TSN Express, Chapel Ridge Funeral Home, Showtha Thushijanthan-RE/MAX, Ajax Crematorium, and Visitation Ctr, and all our sponsors for your continued support throughout the year.

For more information on all DTA's Community Support Programs and Sponsor contacts please

visit www.DurhamTamils.Org

Tel 905.428.7007

Unity Is Strength



Durham Tamil Association

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- ✓ Adults

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For additional details Call 905-428-7007

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- Becoming an Excellent Presenter, Orator
- Speaking Impromptu
- Knowing the Audience

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Agnes 13-17 BI-Weely- SAT 5:00-7:00PM



COMMUNITY WATCH

IMHO Canada raises CAD\$10,000 for underprivileged families through Priya Ratnakumar's Veena recital live show

IMHO Canada raises \$10,000 Canadian Dollars for underprivileged families in the Northern and Eastern parts of Sri Lanka through Priya Ratnakumar's Veena recital live show

When the pandemic hit the world in 2019 many nations were devastated by unexpected death and economic crisis. Even wealthier developed nations lost people to the deadly disease. To control the pandemic world locked itself in.

Not even one nation was spared. While the rich countries managed their economic woes the developing countries suffered enormously. One such country is Sri Lanka whose economy is largely dependent on tourism. Even though the COVID death rate was low the economy plunged deep. Many lost their life savings and were driven to poverty. In many communities across Sri Lanka, people struggled to bring food to the table. In fact, there were many close calls of death due to hunger. There were also hospitals struggling with a surge of COVID patients. Many hospitals in Sri Lanka lacked facilities and equipment to manage the sudden influx of patients.

In this scenario, many in the diaspora got into action. One such diaspora organization was the International Medical Health Organization Canada (IMHO Canada). IMHO Canada is a Canadian charity that has a track record of implementing many successful health-related projects in developing nations, especially in Sri Lanka

over a decade now. Among many of their projects, the home-based palliative care project has taken Palliative care medicine to the poorer section of the Northern Province of Sri Lanka. IMHO Canada started COVID relief work and has bought life-saving equipment to Vavunia, Muthur, and Mullaitivu hospitals. Simultaneously it also began to give relief to the poorest section of the society.

In this scenario, a young musician approached IMHO Canada to help raise funds. Priyah Ratnakumar is a well-known popular Veena artist in Toronto. She and her mother Jeyanthe Ratnakumar has been teaching Veena in the city of Toronto through their schools Veenalayam school of music.

Young Priyah and her friends, popular leading musicians of Toronto Sahithya Rajith, Pravin Mathivasan, and Yathavan Ravichandran joined hands to organize a fundraising Veena show, Veena Varshini. The show was broadcast live on the internet through various channels. It was a mesmerizing performance by Priyah with a mixture of songs ranging from Carnatic, semi-classic, and Tamil cinema with old and new. She was very lively with effortless fingering technique on the veena. Sahithya accompanied well on the keyboard, and she also played a solo number which captivated the audience. Noticeably there was an excellent blend of east and west rhythm from Pravin on the drums and Yathavan on the Tabla. It was a scintillating performance that kept



the audience tied to their seats.

Many came forward and donated to this noble cause. At the end of the program, Priyah and the team collected over \$10,000 Canadian dollars.

IMHO Canada has delivered dry rations and essential food items to over 975 families in villages surrounding Mannar, Batticaloa, Kandy, and Vaharai. These were conducted through ground partner organizations like the Ramakrishna Mission Batticaloa. The

work is still ongoing.

IMHO Canada has so far delivered COVID 19 relief approximately around \$35,000 by way of hospital equipment, COVID ward renovation, and food distribution. Thanks to the generous donors the work is ongoing.

(Contributed by Dr. Vara Mahadevan, President International Medical Health Organization (IMHO) Canada

Ontario Government raises minimum wage to \$15.00 from January 1st 2022

The minimum wage in Ontario will increase from Jan 1, 2022 to \$15 an hour from the current \$14.35.

Ontario Premier Ford announced that the lower rate for liquor servers due to customer tips will also go up and match the new provincial minimum wage. Servers and bartenders minimum hourly wages will be harmonized at \$15, up from the current \$12.55.

Ford said a full-time minimum wage worker will see a raise of \$1,350 a year and will affect more than 760,000 Ontarians.

"For many Ontarians wages haven't kept up with the increasing cost of living making it harder than ever to make ends meet," Ford said. "The least the government can do is ensure we're making life more affordable for them by putting real dollars in their pocket."

In addition, students under the age of 18 who work 28 hours or fewer during the school year or in the summer will see an increase from \$13.50 to \$14.10 an hour.

Homeworkers, who do paid work out



of their homes for their employer, would see an increase from \$15.80 an hour to \$16.50 an hour.

Official Opposition NDP Leader Andrea Horwath said in a media statement, that by "cancelling the planned \$15 minimum wage three years ago, Doug Ford has taken more than \$5,300 out of the pockets of Ontario workers to date. The cost of everything has skyrocketed since then — like housing, auto insurance, food and gas — and \$15 an hour isn't nearly enough anymore."

Veteran Journalist Hassina Leelarathna, Co-Founder of Sri Lanka Express newspaper passes away in California

Hassina Leelarathna, a co-founder of the only Sri Lankan newspaper in the U.S. and an activist who spurred fellow immigrants to help when disasters struck their homeland, has died at age 73. Leelarathna died in Sherman Oaks on Oct. 17 after battling lung cancer for the last five years, said her son, Sahan Gamage.

After moving to California from her native Sri Lanka, Leelarathna founded the Sri Lankan Express in 1981 with her husband, Deeptha Leelarathna. The paper initially published biweekly, in English, moving completely online in 2015. For her, it was an "intense" labor of love. Leelarathna worked full time at other jobs, most recently as a financial analyst for the Department of Veterans Affairs.

The couple also broadcast a radio program, "Tharanga," in English and Sinhalese for a Sri Lankan community that in Los Angeles County numbers



nearly 20,000 and supports about 10 Buddhist temples. After her husband died in 2006, Leelarathna ran the newspaper on her own, spotlighting the decades-long civil war in Sri Lanka as well as issues faced by new immigrants in this country, including healthcare, education and the economy. (Los Angeles Times)



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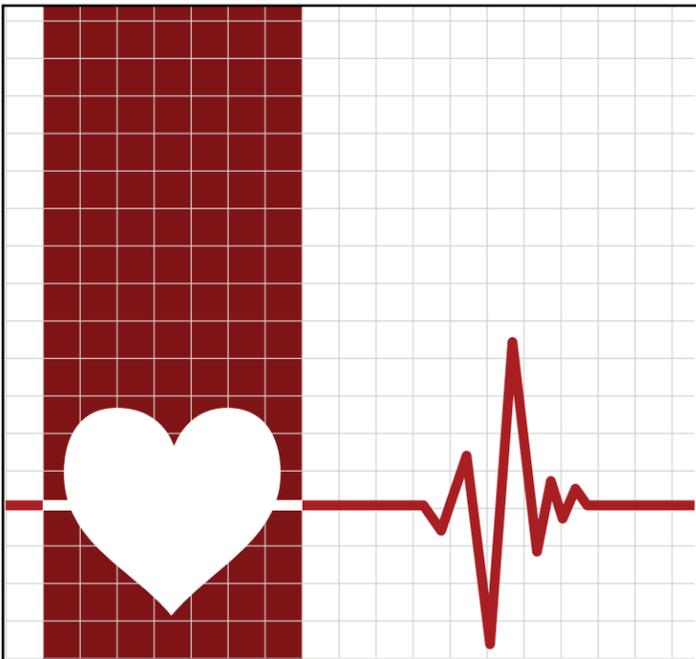
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