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நூலகமாய் உருவாகி நிற்கும் குலைவார்களின் சிந்தனைகள் Page | 8



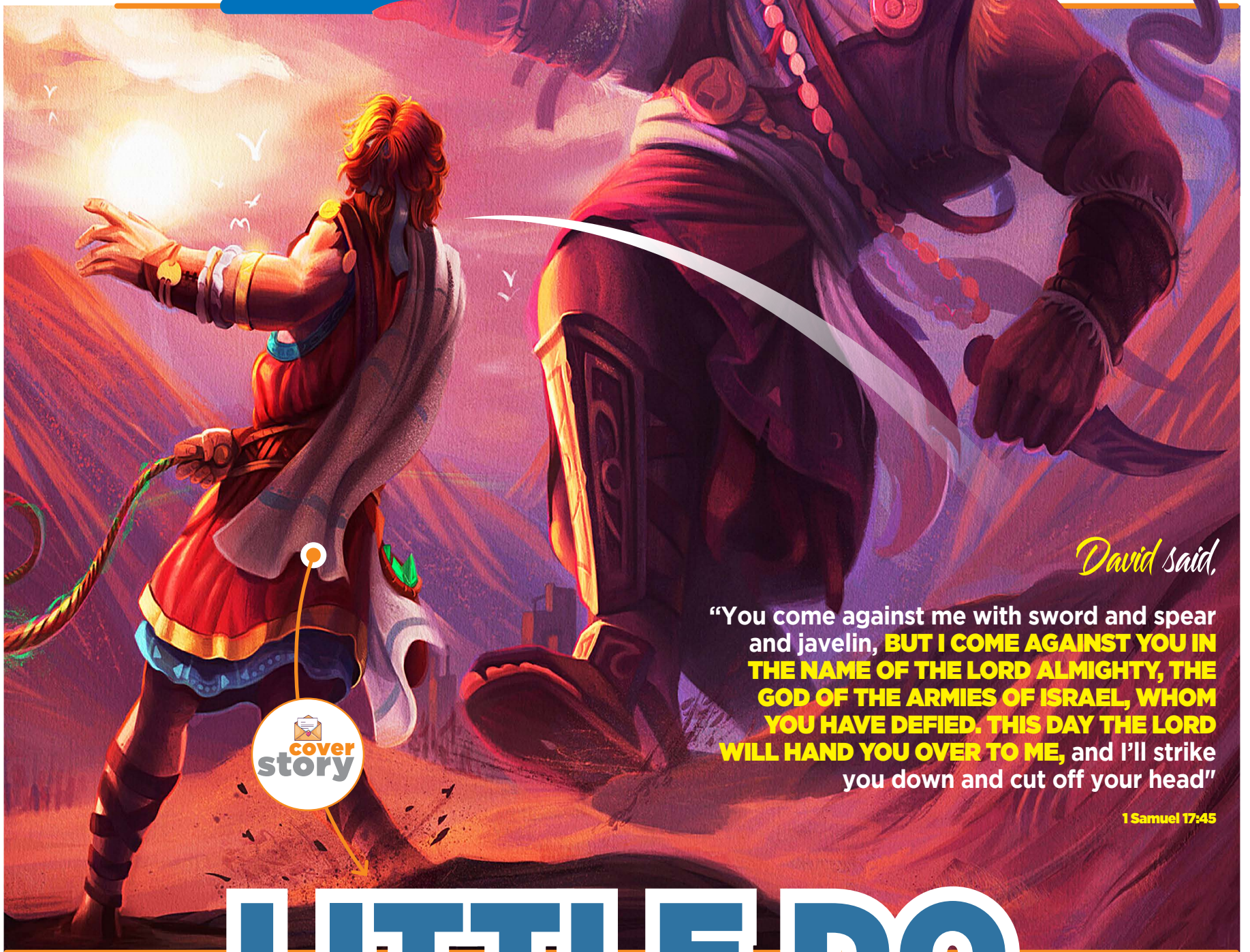
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The People



*David said,*

"You come against me with sword and spear and javelin, **BUT I COME AGAINST YOU IN THE NAME OF THE LORD ALMIGHTY, THE GOD OF THE ARMIES OF ISRAEL, WHOM YOU HAVE DEFIED. THIS DAY THE LORD WILL HAND YOU OVER TO ME, and I'll strike you down and cut off your head"**

1 Samuel 17:45



**LITTLE DO WE KNOW...**





## GOLIATH'S HUBRIS SYNDROME

### AN ACQUIRED PERSONALITY DISORDER!

Goliath was '6 cubits and a span' which is about 10 feet. He had not only a giant physique, but also a blotted ego that would allow him to curse David by his gods. This unchecked ego is what the psychiatrist calls the Hubris Syndrome. It is a "disorder of the possession of power, particularly power which has been associated with overwhelming success, held for a period of years." What is wrong in it, we might wonder. Yes, we may fall like Goliath when we are hit at our vulnerable point, the pterion (temple). We will fall in our career and spiritual life. And great will be that fall.

### IN OUR CAREER

As we rise in the ranks, we acquire more power. And with that, people are more likely to want to please us by surrounding us, listening more attentively, agreeing more, and laughing at our jokes. All of these tickle the ego. And when the ego is tickled, it grows. Like any target, the bigger ego is, the more vulnerable it is to being hit. It becomes easy for others to take advantage of us. They play to our ego and destroy our personality and character. The blotted ego will warp our perspective and twist our values. It makes us susceptible to manipulation; it narrows our field of vision; and it corrupts our behavior, often causing us to act against our values. It affects our business, family, and society. It leads us to making decisions that may be detrimental to ourselves, our people, and our organization.



Fr. PT Joseph sdb  
A friend of SIGA

### IN OUR SPIRITUAL LIFE

As we mature in the spiritual sphere, we grow in virtues and grace. As a warrior, we may think that we have conquered our weakness and sins once for all. More we conquer, the more our ego grows. But if our ego is unchecked, it will lead to false spiritual security and complacency. And in an unexpected time and ways, the sin will hit our vulnerable spot tumbling down all that we relied upon.

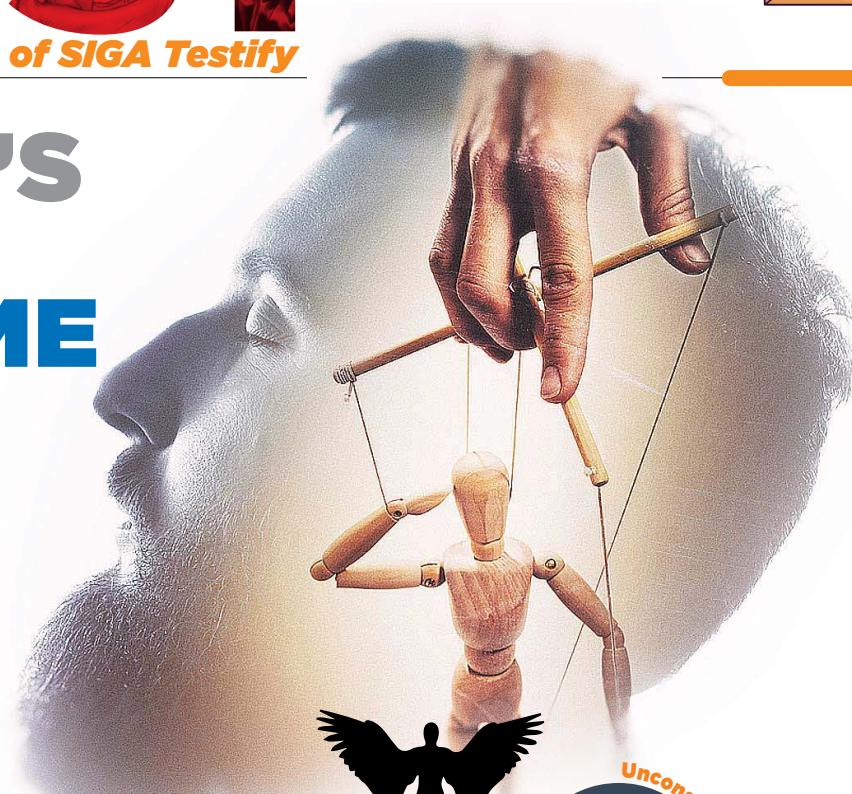
Therefore, breaking free of such an inflated

ego is an important and a challenging job. This requires self awareness, humility, selflessness, reflection, and courage. David is our model. He relies always on the power of God even in the battle field. "The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine [Goliath]."

David said to the Philistine, "You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. This day the Lord will deliver you into my hands, and I'll strike you down and cut off your head. When the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead (temple), and he fell facedown on the ground.

Hold on... Goliath is not dead. He lives as David in our lives. Only at our death we know, whether we played Goliath or David. Watch out! Keep a surveillance camera on ego.

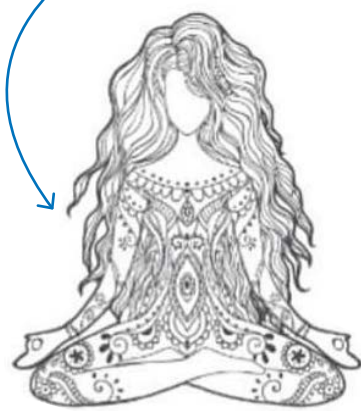
David and Goliath Story Text link <https://www.biblegateway.com/passage/?search=1%20Samuel%2017&version=ESV>



- Ego seeks to serve itself
- Ego seeks outward recognition**
- Ego sees life as a competition
- Ego seeks to preserve self**
- Ego looks outwards
- Ego feels lack**
- Ego is mortal
- Ego is drawn to lust**
- Ego seeks wisdom
- Ego enjoys the prize**
- Ego is cause to pain
- Ego rejects God**
- Ego seeks to be filled
- Ego is Me**



## EGO VS SOUL



- Soul seeks to serve others
- Soul seeks inner authenticity**
- Soul sees life as a gift
- Soul seeks to preserve others**
- Soul looks inward
- Soul feels abundance**
- Soul is eternal
- Soul is drawn to love**
- Soul is wisdom
- Soul enjoys the journey**
- Soul is cause of healing
- Soul embraces God**
- Soul is eternal wholeness
- Soul is We**



## editor's desk

S. Joseph Mohanraj  
(1990 - 1993 Batch)



## Sir... Post...!

Little things make a big difference...

Each one of us is always trying to run behind and accomplish something big, not stopping to realize that life is made complete and beautiful by little things as well. Not only do we not tend to look at these little things, but we also sometimes forget that life is made of these little things, which make the bigger picture. In my opinion, this may not be the smartest thing to do, because everything seems to be large and big, to which the solution might lie in something very small. Sometimes we make a very small move which opens giant doors and exciting paths

appear before us. This makes us see how much magic little things hold and how even the smallest of things can create big magic.

Sometimes we fail to acknowledge these little things and in the end, we lose sight of the things that matter the most. To put it simply, great acts are made up of small deeds which helps us see that doing the little things first gets us to reach our big goals. Sometimes, no matter how small and unimportant the things we do may seem, if we do it right with proper effort it would turn into something successful. Smallest things tend to take up room in our hearts, and I urge you to share these little moments in life with friends, family and loved ones to inspire them to also appreciate the little things in life.





A ship that sails through high tides and storms, carrying tons of weight on itself and yet never once fails in its course, surprisingly is held still by an anchor that could never match the weight of the ship itself



# LITTLE DO WE KNOW...

It is involved in delivering mail (the post)



you have now learnt from, or make that decision which helped you grow into the person that you are now.

But as always, there is a flipside to everything and here, we see how it does not take something as big as a tower itself to destroy another tower. Well, probably a small aircraft - the size of a bird - when compared to the monumental World trade center was all it took to bring the towers down. No one would have expected the thought of having to come to terms with seeing something small and insignificant when compared to the larger spectrum, to destroy it, let alone even come close to it. Very similarly, a tiny little ant - that can never compare to the size and might of an elephant, an animal that was once used for its strength in war - entering into an elephant's ear is all it takes for it to get disturbed and throw a ruckus. Finding it similar? Well, you're probably thinking about that one time when you let something small and insignificant disturb and eat you up. But of course, we choose not to admit the fact that we give such small things, that amount of power, but still fail to understand that sometimes that is the truth.

A ship that sails through high tides and storms, carrying tons of weight on itself and yet never once fails in its course, surprisingly is held still by an anchor that could never match the weight of the ship itself. But then again, we all know the drill. The entire power and might of a ship, tossed around by the ever - turbulent waves of the ocean is held together by one little thing. Most often we have moments in our life when we are either unaware that something small causes big impacts and has a major influence, or we choose not to acknowledge that, in fear of having to come to terms with the knowledge that we know little of the little things in life. The David and Goliath fight is a time - tested Bible story told to every Sunday school child when they grow up. It talks about how, David, a very young boy laid his trust in the Lord through which he was able to bring down a giant of a man named Goliath. The crux that is usually taken from this story is that, no matter how big

Little do we know that most often, the littlest of things can turn out to be extremely powerful and life - changing, so much that we would be surprised to find out when we actually realize that the power in a lot of big things, begins at, or is held together by the smallest of things. Let me put that into perspective. One single - new or antique, straight or crooked - any which way, one single key can be the only possible route to a vault holding priceless items. To talk in lovers' terms, one word from that cherished voice could be the key to unlock millions of memories. In both scenarios, a small little twist of an object that might probably stand as insignificant when not known of what it leads to, becomes into something that holds more power than most, at a point. If we think of it that way, then I believe that as you read this, you would be reminded of the time when a small influence or drive was what it took to take that risk that







your problem is, trusting in the Lord and letting Him lead would make anything insignificant in His eyes.

As much as this holds true in Christian faith, an underlying moral of the story is that it necessarily does not require advanced war mechanisms, innumerable fighters and techniques to fight Goliath.

David chose a smooth stone from a brook nearby and used his sling to hit Goliath in the head. Little did we know, didn't we not? That it was possible to bring down a giant with one small stone. From then till now, through history we have seen

many instances where bad things were taken down by something or someone considered insignificant. And the opposite is also true.

A very happening example of this concept is how during current times, a microscopic invisible virus has caused the entire world to be shut down. Future plans, education, workforce, economy and the entire functioning of the earth went for a toss for almost a year, and we still seem to have not bounced back from the hit. A lot of times, we try to attribute what happens in our life to something big, but at the center of it all, we

would find what we call power in the slightest of changes.

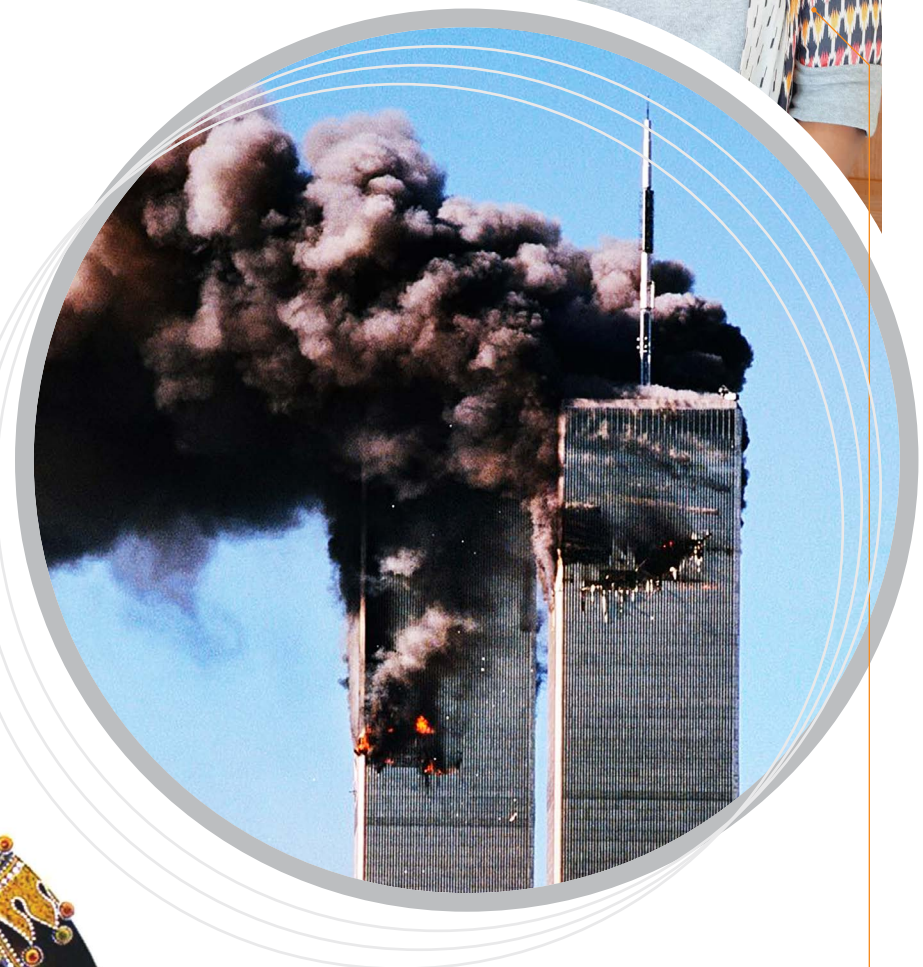
One small voice that begins to raise against injustice, one small decision that changes a family for the better, one small change of the mind that saves a life are all things we see in every day life, making long - term positive impacts. Though we often pass by these, we never seem to understand how much ever insignificant it may seem in the bigger picture, it would always remain the cornerstone to the strong building that we construct around it. Though we might often be questioned about these little things that we aspire to build on, and even be silenced for it, let us choose not to let the strength behind our small actions be belittled. As the saying goes, for a warrior even a blade of grass can be a weapon and for a writer even a pen can be mightier than the sword. Here's to choosing to see the happiness in the little things in life and simultaneously understand the power of it all.



**One small voice that begins to raise against injustice, one small decision that changes a family for the better**



**As much as this holds true in Christian faith, an underlying moral of the story is that it necessarily does not require advanced war mechanisms, innumerable fighters and techniques to fight Goliath**



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D/o. **Joseph Mohanraj**  
(SDC 1990-1993 Batch)



# LITTLE THINGS MAKE BIG THINGS HAPPEN

PHILOMON SYLVESTER

**A**hl! How important are little things? The unnoticed things are the life-blood of the world. In a great palace, we think of the marble and the stone, the cedar, and the iron, but who thinks of the mortar and the nails? And yet, in the architecture, mortar and nails are as important as pillars and columns and beams.

Thus in the architecture of the world, and in the conduct of its moral affairs, trifles are the mortar and the nails.

Real success in self-government is not the waiting for some special occasion to exert ourselves, but doing the best that can be done in the circumstances of everyday life.

Little things are a better test of character than great things. They come every day; great things do not. The world turns on small hinges, but for great things, we brace ourselves up and make exceptional efforts. Little things deal with reality, without any show; and what we call "little things" are often much greater than what we call the great ones, and therefore have much larger consequences. Attend to the little things, and we need not be anxious about the greater ones.

### Small things direct our life.

A ship is a large object. It seems to be unmanageable by its vastness, and it is also impelled by driving storms. How great some ships are! What holds the mighty anchor which holds the ship in a storm? A cable. And what is a cable made of? Ropes coiled over ropes, and every rope made out of little threads. So it is with the habits of life, good or bad; here a little and there a little, as trifling as they seemed at first, they become at last such mighty and unconquerable affairs.

### Small things build us.

How do humans grow? Of body, mind, heart, and character. Is it not by little and little the frame grows from its first beginning? Take them



after birth. See how they grow by repetitions of natural processes — constant repetitions. A little sleep, a little food, a little exercise. Over again, a little sleep, a little food, a little exercise. And again, a little sleep, and so on. A breath. A word. Life consists of small things repeated. That's all.

### Great things are made up of little things.

The highest mountain of grains of dust. Pacific of drops of water. Year of 31,536,000 seconds. Deepest snow-fall came down one flake at a time. Great things depend on little ones. Every day a little knowledge. One fact in a day. How small is one fact! Only one. Ten years pass by. Three thousand six hundred and fifty facts are not a small thing.

### Great events start with small things.

We will remember in English history that Parliament resolved to put a duty on the tea received into the American ports. It was a little thing to do, but its result was the freedom of America from the yoke of England and the formation of the United States. Falling of apple from tree insignificant enough; yet led to the discovery of the law of gravitation.

### Small things are often more dangerous than big things, for they can get in through small openings.

A small leak may sink a great ship, and a trifling escape of gas, if neglected, may blow up your house. A little outburst of temper. Little provocation. Words and acts out of anger destroy many a family and relations.

— Babu

**“A CAR WITH A SMALL HOLE IN ITS FUEL TANK UNATTENDED TO SHALL SEE ITS FUEL DRAINING LITTLE BY LITTLE AND IT SHALL ONLY BE LEFT IN THE MIDDLE OF A LONG JOURNEY! SO IS LIFE! MIND THE SMALL THINGS!”**

— Ernest Agyemang Yeboah

## LESSONS

1. Trifles make perfection, and perfection is no trifle.
2. To despise little things is to show oneself utterly ignorant of the philosophy of life.
3. It is only man's littleness which discovers no importance in trifles.
4. The little present is great because its littleness is the parent of the great future.
5. To do a small thing well is the best proof of ability to do what is great.
6. We perish by what is little. Little negligence, little laziness, a little delay.
7. Perfection in anything cannot be secured without attention to details, and great issues often hinge on apparently very trifling affair.
8. Small decisions, small steps, small gestures. Small kindnesses. They aren't small.
9. Every little thing we do leads to a bigger thing.
10. Great things are not done by impulse but by a series of small things brought together.







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**CURIOUS  
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UNTOLD  
STORIES**



**Mindful eating**

Respect your body and health

Don't hurry

Cook and eat in a good mood

Feel the taste of food

Soft, relax music

Eat your favorite food last

Not multitasking

Sit at a real table

Drink more water

## REDISCOVERING A HEALTHY LIFESTYLE WITH THE POWER OF YOUR MIND



**Applying mindfulness to your food habits can have a huge impact on your body and soul.** With the increased level of pressure surrounding us, we often tend to ignore the needs of our body

The behaviour of humans after the first wave of the pandemic has seen a huge shift towards the brightest qualities of life. From being grateful to live to be able to lead a healthy life - we are learning to be conscious of every action. It includes activities like co-working, mending relationships and maintaining our fitness.

Concerning health and fitness, many influencers and body-conscious gurus have adapted to the new practice of being mindful as we eat. Mindfulness can be referred to as an ability to bring moment-by-moment awareness of our thoughts, emotions, sensations and stabilising the focus of your mind towards something without any distractions and judgement. It is a way of evoking awareness within ourselves, derived from the teachings of Zen Buddhism.

Applying mindfulness to your food habits can have a huge impact on your body and soul. With the increased level of pressure surrounding us, we often tend to ignore the needs of our body. This has led to the disappearance of a thin line which separates our physical hunger from emotional eating.

Mindful eating, also called as conscious eating, involves the selection of food recipes, the process of harnessing the ingredients, and alerts you on taking sufficient time for eating. This attentive awareness was trending online as a part of weight loss journeys. It was previously emphasizing on the process of eating than shrinking the food amount. Mindful eating also

promotes control over disrupted food habits.

**According to Vinita Contractor, a holistic nutritionist and lifestyle coach, conscious eating is mindful eating combined with using your five senses, a habit of being sensible for eating local and seasonal organic food and thinking about food miles and levels.**

She also says that embedding the routine to eat for nourishment is very important than mindless eating. **"You need to listen to our hunger signals and be aware of our food source, the reason why you are eating and about how much we eat and when do we eat."**

Conscious choices made towards our meals can have a positive effect on ourselves and the earth. It acts as a key factor in a sustainable lifestyle. It cuts down on the financial expenses and promotes local markets. When we consume goods from another region, it involves many chemicals, transportation hassle, and a large number of carbon emissions. This blocks our land's healing process and in turn, causes more damage. And we have learnt an effective lesson that whatever we give to the earth comes back to us, through the pandemic.

Nevertheless, sustainability and conscious food consumption go hand-in-hand. It is very easy for oneself to make the transition from eating to mindfully eating.

Contractor added, "Plant-based diets and consuming locally grown food products contribute to a simple and effective way of living. The idea behind the concept of health involves lifestyle, mental state of well-being and nutrition. Conscious eating helps you to achieve a balance between the elements."

Mindful eating, practised with healthy food choices like plant-based diet, veganism, micro-nutrient diets and ayurvedic method of food preparations are becoming a recommended way to attain the body's natural balance. Consuming food without extracting their nutrients can help reverse the improper lifestyle conditions.

In India, an international non-profit organization called Mercy For Animals is extensively working towards building a sustainable world. Through their programme Conscious Eating India, they seek to support institutions ranging from schools to universities and corporate cafeterias increase the availability of healthy and sustainable plant-based food options on menus through our tools and resources at free of cost.

Harshdeep Singh, the consultant from the organization shared with us the importance of creating a positive domino effect on public health. He said, "Conscious Eating India programmes works on three important pillars: health, environment and world hunger. With leading international bodies like the United Nations and World Health Organisations increasingly talk about the shift away towards plant-based food drove us to start the projects."

Singh added that considering the large-scale health and environmental threats posed by the consumption of animal products, coupled with the rising demand for meat in India, they thought it essential to bring the Conscious Eating program to India.

Mindful eating has to improve behavioural flexibility and to increase self-compassion. You try to be more patient, accept and gradually learn to let go of things and emotions.

With the food industry's exploitation on humans with inclusion of unhealthy and unwanted food choices, mindful and conscious eating is the need of the hour. Changing our view towards plant-based consumption can indeed empower your body and soul.

Changing your food eating habits to this sustainable mode is not very difficult, says Contractor. **"Understand your body type and requirements. Talk to a professional or a nutritionist to find your nutritional level because start off in the wrong foot will not yield results. Try to include ingredients that are suitable for your needs and carefully observe the process of preparation,"** she also added.

Inclusion of fruits and healthy drinks in the morning can boost your energy for the day. Salads and inclusion of more organic options to refined food will help towards better results. Purchasing of locally grown vegetables and ingredients contributes to your health and to the earth too. To enjoy a balanced relationship with food, you have to initiate towards understanding what is on your plate, how is it sourced and what do you gain from it. Following the mindful cycle can bring about a positive change in yourself. Eat mindfully to live vibrantly and healthy!







info

READ SOMETHING INFORMATIVE? SHARE IT WITH US...!

SUEZ CANAL

## 8 FASCINATING FACTS ABOUT THE SUEZ CANAL

Alternative shipping routes from Asia and Europe

Existing route via Suez Canal

DID YOU KNOW?



Alternative route via Cape of Good Hope

### ITS ORIGINS DATE BACK TO ANCIENT EGYPT

The modern Suez Canal is only the most recent of several manmade waterways that once snaked their way across Egypt. The Egyptian Pharaoh Senusret III may have built an early canal connecting the Red Sea and the Nile River around 1850 B.C., and according to ancient sources, the Pharaoh Necho II.



### THE STATUE OF LIBERTY WAS ORIGINALLY INTENDED FOR THE CANAL

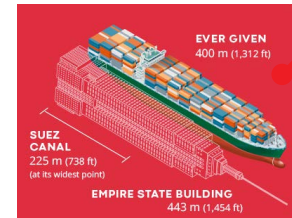


As the Suez Canal neared completion in 1869, French sculptor Frédéric-Auguste Bartholdi tried to convince Ferdinand de Lesseps and the Egyptian government to let him build a sculpture called "Egypt Bringing Light to Asia" at its Mediterranean entrance. Inspired by the ancient Colossus of Rhodes, Bartholdi envisioned a 90-foot-tall statue of a woman clothed in Egyptian peasant robes and holding a massive torch.

### IN 2015, THE CANAL GOT A HUGE OVERHAUL

For years the canal was hampered by its narrow width and shallow depth, which were insufficient to accommodate two-way traffic from modern tanker ships. In August 2014, Egypt's Suez Canal Authority announced an ambitious plan to deepen the canal and create a new 22-mile lane branching off the main channel. The expansion opened in 2015, providing ships with a 22-mile channel parallel to the newly deepened main waterway.

On March 23, 2021, a container ship named **EVERGREEN** became lodged in the Suez Canal



SUEZ CANAL BY THE NUMBERS

12% of global trade  
30% of global container ship traffic each day

EVERGREEN (Container capacity)

20,000

An average of 52 ships pass through the canal each day

### NAPOLÉON BONAPARTE CONSIDERED BUILDING IT

After conquering Egypt in 1798, the French military commander Napoleon Bonaparte sent a team of surveyors to investigate the feasibility of cutting the Isthmus of Suez and building a canal from the Red Sea to the Mediterranean.



### IT'S CREATOR LATER TRIED AND FAILED TO BUILD THE PANAMA CANAL

Having silenced his critics by completing the Suez Canal, Ferdinand de Lesseps later turned his attention toward cutting a canal across the Isthmus of Panama in Central America.

### THE BRITISH GOVERNMENT WAS STRONGLY OPPOSED TO ITS CONSTRUCTION

Planning for the Suez Canal officially began in 1854, when a French former diplomat named Ferdinand de Lesseps negotiated an agreement with the Egyptian viceroy to form the Suez Canal Company. Since Lesseps' proposed canal had the support of the French Emperor Napoleon III

### THE CANAL PLAYED A CRUCIAL ROLE IN A COLD WAR-ERA CRISIS

In 1956, the Suez Canal was at the center of a brief war between Egypt and the combined forces of Britain, France and Israel. The conflict had its origins in Britain's military occupation of the canal zone, which had continued even after Egypt gained independence in 1922.

### IT WAS BUILT USING A COMBINATION OF FORCED PEASANT LABOR AND STATE-OF-THE-ART MACHINERY

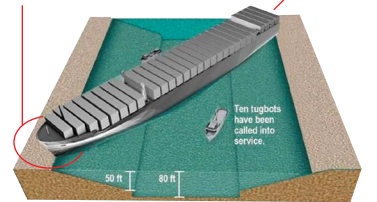
Building the Suez Canal required massive labor, and the Egyptian government initially supplied most by forcing the poor to work for nominal pay and under threat of violence. In late-1861, tens of thousands of peasants used picks and shovels to dig the canal by hand. Progress was painfully slow

### A FLEET OF SHIPS WAS ONCE STRANDED IN THE CANAL FOR MORE THAN EIGHT YEARS

During June 1967's Six Day War between Egypt and Israel, the Suez Canal was shut down by the Egyptian government and blocked on either side by mines and scuttled ships. At the time of the closure, 15 international shipping vessels were moored at the canal's midpoint at the Great Bitter Lake. They would remain stranded in the waterway for eight years

The vessel is wedged in sandy clay, on the eastern wall of the canal

The rear of the ship is not embedded into the western side of the canal and can be tugged loose.

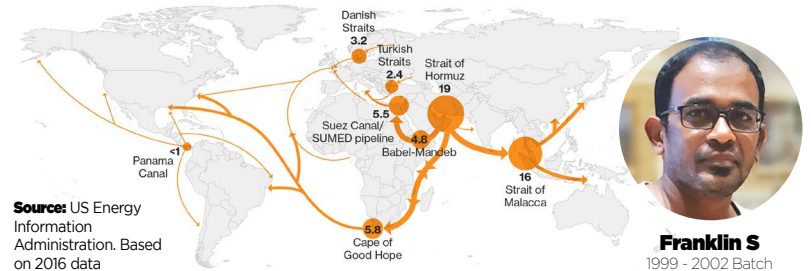


The Suez Canal is approximately 900 ft wide at this point

Source: Suez Canal Authority

### DAILY TRANSIT VOLUMES THROUGH WORLD MARITIME OIL CHOKEPOINTS

All estimates in million barrels per day. Includes crude oil and petroleum liquids.



Source: US Energy Information Administration. Based on 2016 data



Franklin S  
1999 - 2002 Batch

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STRENGTH, INVOLVEMENT, GOODWILL & ACHIEVEMENT





# நூலகமாய் உருவாகி நிற்கும் தலைவர்களின் சிந்தனைகள்



ரு நூல் கல்வியறிவு தந்து, நடைமுறையைத் தெரிவித்து, கடமைகளைக் காட்டி, உரிமைகளைச் சேர்த்து, பொருளாதாரத்தை வளர்த்து, கலாசாரத்தைக் காக்கும் செயற்பண்புகளைக் கொண்டது என்றார் தமிழக நூலகத்துறையின் முன்னோடி வேதில்லை நாயகம்.

‘மென்களிடம் உள்ள கரண்டியை மீடுங்கி விட்டு புத்தகத்தைக் கொடுத்தால் போதும்’ என்றார் தந்தை பெரியார்.

‘மனிதனின் ஆகப்பெரிய கண்டுபிடிப்பு எது என்ற கேள்விக்கு சற்றும் யோசிக்காமல் புத்தகம்’ என பதிலளித்தார் ஆல்பர்ட் ஐன்ஸ்டீன்.

எனது சிறு வயதில் அண்ணல் அம்பேத்கர் பற்றிய சிறு புத்தகத்தை கொடுத்துப் படிக்கச் சொன்னார் என தந்தை, அதில் ‘எவன் ஒருவன் தன் உரிமைகளை தற்காத்துக் கொள்ளத் தயாராக இருக்கிறானோ, எவன் ஒருவன் பொது விமர்சனத்திற்கு அச்சப்படாமல் இருக்கிறானோ, எவன் ஒருவன் அடுத்தவரின் கையாடலையாக மாறாமல் சிந்தனையும் சுயமரியாதையும் பெற்று இருக்கிறானோ, அவனே சுதந்திரமான மனிதன்’ என்று அம்பேத்கர் கூறியிருந்தார்.

‘புழங்காலத்திய மகா புருசர்களை நேரில் தரிசித்து அவர்களுடன் உரையாடி வேண்டுமா? நூலகத்துக்குப் போ..’ என்றார் மாசேதுவன்.

‘மனிதனுக்கு மனிதன் தொடக்கூடாது, யாந்தால் தீட்டு, குவந்தில் தன்னார் எடுக்கக் கூடாது என்பவை போன்ற கொள்கைகள் நாண்டவமாடுகிற நாட்டை, முகப்பந்தால் அழிக்காமலோ, சமுத்திரம் வொங்கி முழுகச் செய்யாமலோ இருக்கும் என்றால் கடவுள் இருக்கிறார் என்பதை நான் எப்படி நம்புவது?’ என்று கேட்ட தந்தை பெரியாரை அங்கேதான் சந்தித்தேன்.

‘அனைவருக்கும் விடுதலையை கொண்டுவரக் கூடியதும், மனிதனை மனிதன் சுள்ளும் கொடுமையை சாத்தியமாற்றத்தக்க கூடியதுமான யூட்சியின் பஸ்பிட்டித் தனிநபர்களின் உயிர்வல்கள் தவிர்க்க இயலாதவை’ என்றான் மாவின் பகத்சிங்கம்..

‘சுதந்திரம் என்பது அரசியல் அடிமைத்தனத்தின் இருந்து விடுதலை பெறுவதை மட்டும் குறியிடல்லை. சேல்வத்தையும், வளத்தையும் யாகுயாடின்றி பங்கிடுவதும், சாதியத் தடைகளையும், சமூக ஏற்ற தாழ்வுகளையும், சமய சகிப்புத்தன்மை அற்ற நிலையையும், வகுப்பு வாதத்தையும் ஒழிப்பதே’ என்று கூறிய நேதாஜியை



‘அமுதூல் எங்கெல்லாம் கேட்கிறதோ அங்கெல்லாம் என் கால்கள் பயணிக்கும், நான் சாகடிக்கப்படலாம் ஆனால் ஒருபோதும் நோய்கடிக்கப் படமாட்டேன், நான் இறந்த பிறகு தாய்க்கையே நோய்க்கடிக்க எடுத்துக்கொள்வார்கள் அப்போதும் நோய்க்கடிக்க சிறிப் யாழும்’ என்ற புரட்சியாளர் சே குவோவை

மனித இனத்தை துன்புத்திலிருந்து விடுக்க, அறிவைக் கொண்டு அற வழியில் சங்கமாய் பயணப்படுவோர் என்ற உயரிய தத்துவத்தை தந்த மகான் கவுதம புத்தர் போன்ற அவதார புருசர்களை சந்தித்து உரையாடியதால் தான் பத்திரிகை துறையில் கால் நூற்றுண்டு பயணிக்க முடிந்தது.

இருபத்தியாறு ஆண்டு கால பத்திரிகை பயணத்தில் சேமித்த 2500 புத்தகங்களைக் கொண்டு கல்பாக்கம் அருகே இலட்டுர் என்னும் கிராமத்தில் நூலகம் அமைக்க விரும்பினேன். அதற்கு என்னோடு தி டைம்ஸ் ஆப் இந்தியாவின் பிசினஸ் எடிட்டர் மதிப்புமிகு ராஜேஸ் மற்றும் திருமதி விஜயலட்சுமி ராஜேஸ் அவர்களின் ஜூரி அறக்கட்டளை உதவியுடன் ஸ்டார் எல்த் நிறுவனத்தின் சி.எஸ்.ஆர் நிதியிலிருந்து நூலகம் அமைத்துக் கொடுத்தனர்.

கவுதம புத்தர் அறிவுசார் மய்யம் என்ற நூலகத்தை 2018 ஆண்டு செப்டம்பர் 29ம் தேதி காஞ்சிபுரம் மாவட்டத்தின் அப்போதைய ஆட்சியர் மதிப்புமிகு பி.பொன்னையா அவர்கள் திறந்து வைத்தார்கள். மாநில தகவல் ஆணையர் டாக்டர் ஆர்.பிரதாப்குமார் கலந்து கொண்டார். நேதாஜி நற்பணி இயக்க நிர்வாகிகள் சி.அப்பப்பன், சி.ஞானசேகரன், என்.சிவக்குமார், டி.விஜயகாந்த் ஆகியோர் அனைத்து எற்பாடுகளையும் செய்தனர்..



**Lattur Rathinam Shankar**  
Photo Editor  
The Times of India  
Chennai





## BIG -VS- SMALL

JOE & FRANK

This time I need some explanations. Doubts about big and small.

Very interesting thing. I will try to clarify your doubts.

Small objects, big objects, small crowd, big crowd, small, big, small action, big action and so on. My big doubt is which of the smaller and larger ones has more strength in it.

Who has more strength between the leader and the volunteer?

Small volunteers work together to form a leader. So volunteer is great.

Who is most responsible for the little monk and the big monk?

No one can easily meet big monks. Many things are taken care of by the little monks. So the little monks have more responsibility than the big monks.

Many do not agree that small human beings have value too. That's it.

What is the difference between working as an individual and working together as a group?

Meeting only if many individuals join. There is always more value to individual human power if the crowd disperses.

That is, the strength of an individual human power is greater.

Is this world driven by big inventions?

There must have been a little man's power behind those big discoveries.

No matter what you say, but big is always big and small is always small.

The tree is big but the seed?

We need more than just big projects..

The beginning of small projects is the foundation of big projects.

People love it so much bigger.

Even though there are huge grandeur in front of you, only your two small eyes can enjoy it.

Then you say that the small is always stronger than the big.

Yes. Don't let anything that is a little disrespectful. If there is a small black dot on the big white paper then that small dot is visible as large.

So no matter how great he is, do you say that some small mistakes will push him down?

Of course. It's true.

Then I'm going to be a boy like David.

This JOE & FRANK Comic strip will continue every month with a new storyline! Watch this space for more...





## DID YOU KNOW?

## FAQs ON COVID-19 VACCINE

- Q.** How many doses of the vaccine would have to be taken & at what interval?
- A.** Two doses of vaccine, 28 days apart, need to be taken by an individual to complete the vaccination schedule
- Q.** When would antibodies develop after taking the dose?
- A.** Protective levels of antibodies are generally developed two weeks after receiving the 2<sup>nd</sup> dose of COVID-19 vaccine

- Q.** How will the beneficiary receive information about the due date of vaccination?
- A.** Following online registration, the beneficiary will receive SMS on their mobile number about the due date, place & time of vaccination
- Q.** Will beneficiaries receive information on their vaccination status after completion?
- A.** Yes. On getting due doses of COVID-19 vaccine, the beneficiary will receive SMS on their mobile number. After all doses of vaccine are administered, a QR code-based certificate will also be sent on their number

- Q.** What about the possible side-effects from COVID-19 vaccine?
- A.** Covid vaccine is safe and is introduced only after regulatory clearances from appropriate authority
- As is true for other vaccines, the common side effects in some individuals could be mild fever, pain, etc. at the site of injection
  - States have been asked to start making arrangements to deal with any COVID-19 vaccine-related side-effects

## Protect yourself against the Corona

Basic principles to protect yourself and others.



### Clean hands!

Wash your hands with soap and running water when hands are visibly dirty.

### Wash your hands:

- After coughing or sneezing;
- When caring for the sick;
- Before, during and after you prepare food;
- Before eating;
- After toilet use;
- When hands are visibly dirty;
- After handling animals or animal waste.

### Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue.



Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing or when caring for the sick.



Throw tissue into closed bin immediately after use.

Avoid close contact when you are experiencing cough and fever.



If you have fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider.



## THEN AND NOW



PLEASE BE AWARE





# HUMAN DAVID AND INHUMAN GOLIATH

The history has recorded a 5 feet 2-inch man who has trashed the then world empire Austria known for its Army peoples, whom by crossing a physical and climatic barrier of 15,778 feet. The dream of the Alps was destroyed by Napoleon Bonaparte within a couple of days by a man who failed in his love. The promise to the French men was to keep Austrian ladies and land. Women and the World worked with the French men and ruled out the Austrian dinosaur.

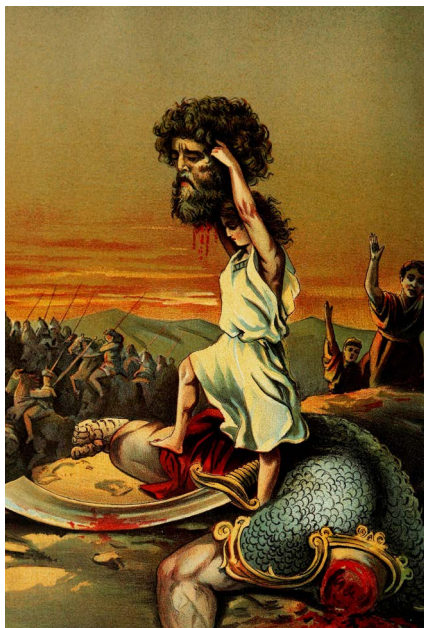
In another incident a man believed to be under 5 feet 6 inch who was responsible for 40 million deaths with the credit of ruling 5 lakhs square mile only in Mongolia and China, the other parts in the world may exceed triple times than his original home land. This man Genghis Khan is a slave in his adolescence age who succeeded in his love took the entire world in his hand for the sake of his love. The world's best love symbol is not Taj Mahal but it is the conquered territory of Genghis Khan as a promise of love.

The philistine giant with an extraordinary physical structure with a height of 9 feet 9 inches (2.97 Meters) an undefeated warrior has



**Satish Kumar**  
Advocate,  
Madras High Court

**The philistine giant with an extraordinary physical structure with a height of 9 feet 9 inches (2.97 Meters) an undefeated warrior has surrendered him to the dust with one shot by a young boy with 6 feet 2 inches for the sake of protecting the gods land**



(Dominants) and rarely used for national security. Asylum seekers are running to London against the Chinese's Goliath.

Top Goliath's faced bad end in their lives. Adolf committed suicide after massive disaster by David in the form of Triple entete who hit the forehead of Hitler. Chief commander Khorloogiin Choibalsan mounted to the position of Goliath was later after his death the Mongolian territory was de-Stalinised by the mother land King David's. General Francisco Franco who uprooted Spanish democratic forces was ended by the David in the group of Basque on an assassination. Pol Pot who governed Cambodia as Goliath was a pakka Rouge controlled entire Kampuchea by his outfit by name Khmer Rouge was a genocide specialist. The remains of the Pol Pot were cleared by the Vietnamese David's. Uganda's Idi Amin was exiled to Libya, run to Iraq and finished his life at Saudi Arabia. David's from Tanzania chased Idi Amin to Libya and catapulted his rule. Totally 300 criminal charges are still pending against Augusto Pinochet in Chile for his inhuman activities. The well know Chilean Goliath the ex-dictator of Salvador Allende was overthrown by David's of Santiago.

which is used against the general people.

David's are low in power, lower in the society, lowest in their position but they are trained against the Lion and the Bear even though they are shepherd boys. Everywhere in the world David's are aiming against the Goliath for a short encounter against all the evils of the Philistines.



surrendered him to the dust with one shot by a young boy with 6 feet 2 inches for the sake of protecting the gods land.

In all these cases who changed the entire earthly atmosphere had done an extra ordinary work when it is impossible for the human community. The force, extra force, the extra ordinary force which demolished Alps, make as a top most ruler of the world, became an unchallenged leader in the world.

Goliath is not only a barricade of Philistines but a huge barrier for the David's men's progress. Each and every century there are goliaths in the political, economic and religious sphere who are always the barrier of the people's progress and they stood like a rock for the rich peoples. They put boundaries on the peoples by the way of laws, rules and regulations. These decrees are stringent to the commons and untouchable to the commanders. In India David's men cannot speak anything against the Goliath, even a murmur against them attract the NSA's and PSA's. A dozens of ironic laws such as PDA, AFSPA, UPA, MISA, NSA, TADA, POTA, UPAM (AMNDT) are mostly used for the benefits of the corporates

In each and every period in the history, the self-styled Goliath raised in different parts of the world who has no respect to the Human or Godly morals, who have made their own laws which not only disrespects the common people but also kills the people who are against their wimps and fancies. In the modern world all the laws are opened to the doors of the corporates. The chocolate dipped laws are the real poison for the peoples with the hidden agenda for the modern corporate dictators who are the unseen enemies of the world against whom the present David's want to fight against them in one catapulted shot finishing their death with the corporate's own weapons





okay, who rubbed the magic lantern?

ask anything under the sky

**N Santhakumar**  
Proprietor

ASIA international

Contact  
**+91 63745 58613**

*Sad Demise*

**Peter Meyn**  
(1981-1984 SDC Batch)

You are always loved and never forgotten...

*Rest easy in Sleep Eternal*

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9486885101





## POSTMASTER'S INBOX

Nice Magazine, it's very interesting.  
— Lijo

Wonderful, wish you all the very best  
— Rani

Awesome, but need to concentrate for commercial ads too, also URL  
— Samuel Sivakumar

Ungaloda true lies nalla irrukku bro  
— Naathan

Very nice Sir.  
— Lakshmi Kanth

Fantastic  
— 9941597968

Natch innu irukku, adi jivinnu irrukku  
— 8939561899

Very nice sir, thank you  
— 9677258120

Ya macha I saw da, design part is very good da... What happened my photo macha you done the editing huh.  
— 9940436830

Thank you very much for the wonderful magazine.  
— 9865049988

Hell bro, 1 day in advance arrival of the post. Great work. Keep it up.

Super coverage bro, Lots of effort you guys have made to reach out this stage. Comic page article is too good. Rajesh, nice sharing about boxes. Great efforts by Mohan  
— Leo

Super, it's very interesting to read  
— Suresh

Great work Frank and Team  
— John Paul Peter

Mohan this is amazing work. Every page is an art.  
— Martin

Excellent layout!  
— Chandran Paul Martin

Lovely magazine  
— Glara Rajan

Superb one  
— Chish Marcus

Arumai  
— Shanthi

Rajesh, nice sharing about boxes. Great efforts by Mohan  
— Leo

Wonderful work, Thank you so much  
— 7358158668



Very Nice Bro.  
— 7299488143

I am expecting more from you people  
— Stephen Raj

Vilayadurenga boys.  
— Peter

It is an international style magazine. You guys are rooking man.  
— Albert Clive

Very nice. When are you going to print this magazine? I am waiting hold the print media. Thank you  
— John Vincent

உங்களுடைய எண்ணங்கள், சிந்தனைகள், அனைத்தும் வித்தியாசமானதாக இருக்கிறது சார்.  
— Nagaraj



Thank you all for you wishes, valuable feedback & suggestions



Happy to see sir.  
— Ranjitha

Fantastic job, keep it up  
— 9092506714

100% Good Job.  
— Vivian

Super, Happy, all the best  
— G. Johnson

Nice Mohan and team.  
— Johnson

Thanks for sharing...  
As usual you people rock always... the conversation between truth and lies is very realistic and nice...true people will always have tough times as you both have.. but in endgame you will definitely win.. My hearty wishes and prayers the POST should be cherished worldwide soon.  
— Mrs. Frank

Great work congratulation.  
— Anand



## CHRISTIAN ART GALLERY

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READ  
SOMETHING  
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WITH US...!

# WHAT HAPPENS TO YOUR EYES WHEN YOU STARE AT SCREENS ALL DAY

## BLUE LIGHT AND ITS EFFECT ON YOUR HEALTH

Induce **headaches or migraine attacks** and worsen pain or other symptoms

Lead to **eye fatigue and pain**, both indicators of computer vision syndrome

Suppress **melatonin production**, which can lead to **disruption of sleep**

Cause **damage to the retina** of your eye and contribute to other eye disorders

**W**e spend a lot of time staring at screens. There's the small screen in our pocket, the big screen we watch our shows on, and the medium screen that many of us stare into for eight hours a day to help pay for those other screens. Are all of these screens ruining our eyes?

Probably not, although rumors abound. If you grew up with big old tube TVs, you probably remember being told that sitting too close would ruin your eyes. Scientific American traces that myth to a 1967 recall of early color TVs that emitted radiation (like, actual radiation) that were probably harmful to health, as well as to a misunderstanding about nearsighted kids who sat close to the TV. Most likely, they sat close so they could see better; the TV didn't cause their nearsightedness.

When it comes to the variously sized screens we stare at all day, there are some new myths (and facts!) about how they affect our vision.

Eyestrain is real

Looking at screens for too long can cause eyestrain, but eyestrain existed long before screens. (Driving long distances is another cause, the Mayo Clinic notes.) Eyestrain may involve fatigue of the tiny muscles in and around our eyes, and people who get eyestrain may experience discomfort that includes headaches, blurry vision, watering of the eyes, and sensitivity to light.

Eyestrain from looking at screens is called

digital eyestrain, or sometimes "computer vision syndrome." Eyestrain can be caused or exacerbated by other vision problems, like farsightedness or an astigmatism that hasn't been corrected. In those cases, getting proper treatment (like glasses) may help.

Eyestrain is often temporary, and will get better if you look away from the computer screen every now and then as you work. But if you experience eyestrain often or if it seems to be getting worse, see an optometrist so you can fix any underlying problems.

Blue light from screens isn't ruining your eyes. There's a rumor that the blue light from smartphones (or other screens) can ruin your vision, perhaps even leading to blindness, but it's not backed up by evidence. "The amount of light coming from a computer has never been demonstrated to cause any eye disease," the American Academy of Ophthalmology states in an article on their website recommending against blue-light-blocking glasses.

There is research that finds blue light can damage cells in certain lab conditions, but those conditions are very different from what happens in the actual cells of our retina. We dug into this myth here, noting that the AAO has emphasized that—in their words—"blue light from electronic

screens is not making you blind." Unfortunately, there are companies citing research like this to sell their blue-light-blocking glasses or screen overlays, but they aren't selling a solution to a real problem.

Blue light may affect your health and your sleep, but blue light isn't just about screens

Blue light from screens has gained a bad reputation for interfering with sleep, but remember your rainbow facts from grade school: blue light is just one part of white light. You get plenty of blue light from the sun, for example.

Blue light-blocking filters also don't block very much blue light; they just reduce it a tiny bit. (Experts have pointed out that you could get the same effect by holding your screen one inch farther away from your face.)

Avoiding screens at bedtime is probably a good idea, but not because there's anything especially damaging about the screens themselves.

How to take care of your eyes

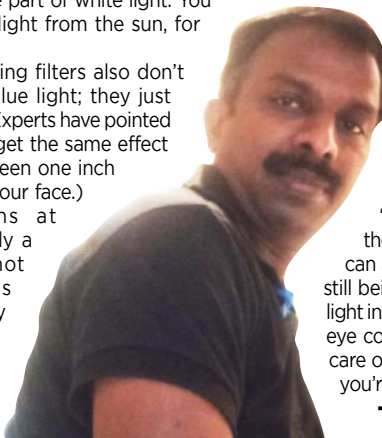
when you're looking at screens

When you're spending time in front of screens—any kind—the rule of thumb for eye health is the "20-20-20" rule. Every 20 minutes, take a 20-second break to look at something 20 feet away. This could mean looking down a hallway or through a window, or you could go for extra credit and get up and take a short walk outdoors. Giving your eyes a variety of things to focus on breaks up the monotony that can cause eyestrain.

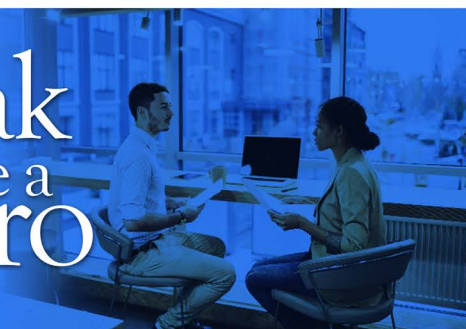
We also tend to blink less when looking at something for a long time, so if your eyes feel dry when you look at a screen all day, use some eyedrops. (Look for the ones labeled "artificial tears.")

And don't forget to take care of your eyes outdoors, as well. Ultraviolet light from the sun can damage your eyes over the long term, so wear sunglasses that are labeled as offering "100% UV" or "UV400" protection, or that indicate they protect against UVA and UVB. A hat can also help. The effects of blue light are still being researched, but we know that UV light increases your risk of cataracts and other eye conditions. So make sure you're taking care of your eyes all the time, not just when you're in front of a screen.

—Vinod Victor



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## What can Bioplastics be made of?



## SUSTAINABLE PACKAGING AND ECO FRIENDLY PACKAGING MATERIAL BIOPLASTICS

### Paper Vs Plastic and Bioplastic

Is plastic truly vulnerable? Is paper more eco-friendly than plastic? Or bio-plastic be a true alternative to Sustainable Packaging and Eco-Friendly Packaging?

### Sustainability

The ultimate goal of sustainability is for humans to exist in ways that strengthen and regenerate the planet for all future generations. It is not only about regeneration but also about the degradation of the packaging materials.

Environmental sustainability is the responsible interaction between the environment and human, to avoid depletion or degradation of natural resources and allow for long-term environmental quality. It helps to make sure that the needs of today's population are met without jeopardizing the ability of future generations to meet their needs.

### Sustainability of Materials for eco friendly packaging

With the fundamentals of environmental sustainability in mind, the following are some questions to be answered, while choosing the materials for sustainable/eco-friendly packaging.

Can recycled content be used easily for these materials?

Are the raw materials for that material renewable or non-renewable?

What are the resource implications of manufacturing of the raw material?

How much energy is needed, water is consumed, and pollution is created through the manufacturing process?

What are the energy and resource requirements of distributing and storing the raw materials?

What are the end-of-life options for raw

materials? How easily can they be recycled back into themselves?

### Bioplastics for Packaging - More Sustainable than Plastic or Paper?

Bioplastic is a biodegradable material that comes from renewable sources and can be used to reduce the problem of plastic waste that is suffocating the planet and polluting the environment.

Note that though there are a lot of talks recently about bio-plastics, the concept is not necessarily a new one. In fact, the world's first plastics were plant-based. "Cellophane," once commonly used for food packaging until petroleum-based plastics rose in popularity, is made from cellulose, the structural component of plants.

### Advantages of bioplastics

- They reduce carbon footprint.
- They are providing energy savings in production.
- They do not involve the consumption of non-renewable raw materials.
- Their production reduces non-biodegradable waste that contaminates the environment.
- They do not contain additives that are harmful to health, such as phthalates or bisphenol A.
- Bioplastics are used for disposable items, such as packaging, crockery, cutlery, pots, bowls, and straws.
- In principle they could replace many applications for petroleum-derived plastics, however, cost and performance remain problematic.
- As a matter of fact, their usage is favorable only if supported by specific regulations limit-

ing the use of conventional plastics.

- They do not change the flavor or scent of the food contained

### Biodegradation of Bioplastics

Biodegradation of any plastic is a process that happens at solid/liquid interface whereby the enzymes in the liquid phase depolymerize the solid phase. Both bioplastics and conventional plastics containing additives are able to biodegrade. Bioplastics are able to biodegrade in different environments hence they are more acceptable than conventional plastics.

Biodegradability of bioplastics occurs under various environmental conditions including soil, aquatic environments, and compost. Both the structure and composition of biopolymer or bio-composite have an effect on the biodegradation process, hence changing the composition and structure might increase biodegradability.

However, bioplastics in soil environments need higher temperatures and a longer time to biodegrade. Some bioplastics biodegrade more efficiently in water bodies and marine systems; however, this causes danger to marine ecosystems and freshwater.

Hence it is accurate to conclude that biodegradation of bioplastics in water bodies which leads to the death of aquatic organisms and unhealthy water can be noted as one of the negative environmental impacts of bioplastics.

### Types of BioPlastics

Starch-based plastics | Cellulose-based plastics | Protein-based plastics | Some aliphatic polyesters | Polylactic acid (PLA) | Poly-3-hydroxybutyrate | Polyhydroxyalkanoates | Polyamide 11 | Bio-derived polyethylene | Genetically modified bioplastics | Polyhydroxyurethanes | Lipid-derived polymers...



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LET US CONTINUE  
IN THE NEXT ISSUE,  
Sustainable Packaging and  
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