





editor's

S. Joseph Mohanraj (the editor - THE POST)



Sir... Post...!

hat nature has to offer for free, is now all up for sale on the internet!

The first rule that was by laid down by God to Adam and Eve was that they could eat anything from the Garden of Eden as they please, except for the fruits of just one tree. But the evil snake was quick to their ignorance and their greed. What started then in a small fruit has now come to us destroying trees, forests, rivers, oceans, mountains and all of what nature has been generously sharing with us.

Today we have been collectively trading and selfishly running businesses with **air**, **water**, **land**, **fire and space** - The five elements of Earth. We are ruining nature, and are living off





generating much waste. We had enough, more than enough actually for us and our future. But I believe, we saw too much into the 'more than painful this can be, because we can relate to it as human beings. But let's switch it up a bit, shall enough' and thought, 'It's all for us, who's going Let's put us humans on one to ask?' and proceeded to keep taking from side of this equation, and our nature it's iewels. It's trees, water, land, air, planet Earth on the other. I animals and almost anything and everything. If don't have to tell you who is that was not cruel enough, we chose to put a the benevolent one and the label on each, fix a price and market it, turning selfish one here is, do I? We an unthinkably wonderful creation such as nature have become so entitled and into a business. Well, I wouldn't want to be have taken advantage of everything offensive here, but honestly grabbing something nature has to offer to us and that cannot speak or show anger and not conveniently turned it into what treating it right, taking control over it and suits our every want and luxury. For proceeding to put it out in the market is abuse millions and millions of years, the to nature. Continually generating waste, be it

TO BE HONEST, WE STARTED OUT VERY WELL... TAKING WHAT WAS ENOUGH FOR US AND OUR SURVIVAL, SHARING WITH OTHERS AND GIVING BACK TO NATURE WHAT WE TOOK FORM IT. BE IT PLANTING TREES AND GROVES, CLEANING UP AFTER OURSELVES AND NOT GENERATING MUCH WASTE.



NATURE IS VERY EASY TO
UNDERSTAND REALLY, IT GIVES
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RECREATE EVERY OTHER DAY THE
MILLIONS OF TREES WE CUT
DOWN, THE WATER WE WASTE,
THE AIR WE POLLUTE AND THE
ANIMALS WE CAGE. IT TAKES
YEARS...

plastic or chemicals or smoke in the name of development and choking the Earth is an abuse to nature. But most don't want to be accountable, because "Hey, I'm not doing it!"

Well yes, you are not cutting trees, setting up industries in places where forests were supposed to. You are not creating plastic in millions and you are not the one marketing nature. But let me tell what you did wrong. You are quiet. We are quiet about the Earth slowly dying. And that is cruel enough... because we don't have to have the knife to be a part of a murder, we can be the quiet spectator who chooses not to stand for what is right and still be an ally in the murder. Now, before you start to wonder why I'm taking a very serious stand about it, let me give you a perspective to think over. Every parent in this world would want the best for their children... a good education, great career and future filled with happiness and security. But it's sad that new parents now, belonging to this generation would not be able to wish this for their children because they know. They know that their children would have to fight for water, make wars for proper breathing air and trade in gold for a bit of meat. War in the future would not be for patents on advanced technology and governments... it would be for

By continuing to ignore the cries of nature, and keep using its sources like fossil fuels, barely available clean drinking water and acres and acres of forests that cannot be recreated overnight, we are making a very selfish choice of giving the future an Earth that does not let them breathe, have good water to drink and or even make anything out of themselves. What

we have achieved up until now is no simple act. To have educated ourselves of how we can use sources to create a living that is easy and comfortable. Developed we say, true that. But true development lies in living and letting other live. Else it is just a matter of inhumanity that we are being advocates of I doubt that as a 21 - year - old I myself would not have nature to rely on even for my survival in a few decades, let alone the generations after me. All I ask on behalf of a future that would ask its ancestors questions on why they did not leave anything for them, I would ask of you to give as much as you take.

Nature is very easy to understand really, it gives benevolently. But it does not recreate every other day the millions of trees we cut down, the water we waste, the air we pollute and the animals we cage. It takes years... and in the case of fuels, certain centuries. Exhausting them now without thought would make each of us guilty of a world where we would be labelled inconsiderate. Many have stepped forward to do their part of giving back to nature, if you are one of them... Thank you, the future thanks you. But if you're not, start now. Let's not be quiet and rather begin to appreciate nature for what it has given us, reduce our waste generation on this planet, turn to more environmental and sustainable choices. Here's to picking the theme of 'Giving back to nature and not just taking from it' and doing both instead of just one.

Sincerely, A future that hopes we wouldn't mess up.



Annette Haveela Joseph

UNICEF Youth Advocate MSW, 1st Year, Christ University, Bengaluru.

D/o. Joseph Mohanraj



COMMON

hich is our Common Home? The Earth. Human beings are a part of the Earth and not authors of it. We share our home with lot of other beings in the Earth. When we conceive of Earth, nature comes to the forefront. For, nature is the source of happiness. For a believer, it's God's finest creation and for a non-believer, it is evolution. However, nature has been the source of inspiration and happiness invariably for those who love it. Besides, nature is a mystery. No one can give an explanation for nature in its true sense. There are lot of scientific explanations for evolution, for a plant or animal or human beings. But, look at a tiny flower on the road side; it may lead you to wonderstruck. Nature is always a source of amazement, that none can disregard.

The inventions and discoveries of the past few centuries have altered the course of nature in the earth. The nature suffocates. Consequently the human beings too suffocate. What happened to the mother earth? Why does she cry? Since the mother earth is crying, the life of the humans are at stake. Humanity is facing a deadly challenge at the front, to safeguard the nature. If it doesn't do, humanity will be a loser together with millions of living beings. Hence, we

challenges that cause a concern from us.

"What kind of world do we want to leave to those who come after us, to children who are growing up?" Pope Francis raised this question, when he wrote an encyclical "Laudato Si" (i.e. Be Praised). The title of the encyclical is taken from "The Canticle of the

encyclical is taken from "The Canticle of the Creatures," a song in honour of the nature sung by St. Francis of Assisi. In this Canticle, **St. Francis calls the Earth as the Mother, the**

Pope Francis

as sister, the Wind and the Fire as brothers and the Water as sister. In short, he is just indicating that the whole nature is our brothers and sisters. In other words, human beings just co-exist with all other living and non-living beings in the

Sun as brother and the Moon

need to look into the

common home, the Earth.

Climate change has sparked the world to reconsider the conception of nature. Pope Francis, in his encyclical, entreats the world community to conserve the nature. He emphatically asserts

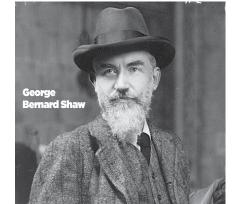
that the cry of the earth is the consequence of "the tons of waste generated every year, much of its toxic, radioactive, and non-biodegradable," which indicates that the Earth has been converted into a place, where an immense pile of filth is

and the nature is being killed.
Why? Pope says that
"technocracy and an excessive
self-centredness of the human
being" has caused such havoc to the

stored. The earth is polluted

nature. Besides, modernity has been marked by an excessive anthropocentrism. Man feels that everything in the world is for him and he can use it for his own ends. Such conception revolves round anthropocentrism, which is inadequate. Anthropocentrism has to be replaced by ecocentrism. Human beings have forgotten that they are part of the nature, one among other living beings.

Greta Thunberg, a Swedish Activist, popularly known for her "Fridays for Future" criticises vehemently the world leaders for not concentrating on ecological conservation and preservation, especially climate change. She says



my dreams and my childhood with your empty words... We are in the beginning of a mass extinction and all you can talk about is money, and fairy tales of external economic growth. How dare you!"
She urges everyone to panic, act like the house is on fire. What is need for a teenage girl to fight against the climatic change?

Looking at the world for the past few years, one can easily understand that there are lot of occurrences that apprehend our future. The melting icebergs, increasing water

level in the sea, consequently submersion of villages in the sea, floods and landslides, drought and wildfire create an anxiety among all of us whether we can live in the world peacefully. The reason for all these issues centres around two words 'politics and economy.' Power and Money do not care for the Earth. Both have transformed the world into a consumerist world. But, how many days are we going to be consumerists alone? When are we going to reform the Earth as

Pope Francis says human beings are part of God's plan for creation. God has created human beings as one of the creatures in the world. Our earth is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. Hence, we all have a responsibility to save this beautiful earth. Let us search for alternative ways of life, a life with the nature. If we live with nature, nature never leaves us. The

present pandemic is also a consequence of a life away from the nature. Look at the nature. It is not worried about the

virus, because the whole world is full of tiny beings. Nature rejoices when we conserve it.

George Bernard Shaw says,
"Life is no brief candle to me. It
is a sort of splendid torch which
I have got a hold of for the
moment, and I want to make it
burn as brightly as possible
before handing it on to future
generations." Let us make a world
of nature together. Let us allow all
other beings live in the earth
peacefully.

Fr. A. Jokens Rome, Italy





DEAR EARTH, YOU ARE TRULY IMMENSE!

ne evening as I came back home from work, an unexpected news hit, stating that the country would go into lockdown. The universe really did hear all of our complaints about having no time and gave us all the time we could ever ask for. But for how long can a human being be stuck at home, sleeping and watching television without going out into the world? As for me, I looked around the vast space outside my house and the earth that was spread all across looked and mockingly laughed at me.

A kind of rush existed before – as if I was on a mission to change the world – that kept me off the ground, running from one thing to another. Forgetting the earth that provides for me. But now as I look at the ground that asks for me to turn it over, plant seeds and give back to the earth... I think of all the high – rise buildings that we humans constructed paying no heed to what we are doing to nature. But today as all these buildings are shut, the earth looks up at me and says, "You're back to take care of where you belong".

It felt like the earth made a certain kind of offer, to place in it seeds that knows no lockdown and came out of the earth blooming into plants

bearing fruit, flowers and vegetables... bringing a connection between me and the thought of how wonderful nature actually is. To hold a shovel in my hand reminded me of a child within me, that has memories of running between tall trees and digging up sand to plant new ones.

A life lived by my ancestors who gave back to nature as much as it deserves flashes before my eyes and I start worry about how materialistically I have lived. Seeking machines, vehicles and luxury selfishly in a polluted earth. Forgetting the earth to reach the skies is foolish, as it is very close to the action of selling one's eyes to buy a painting. One that has no use. A mother bears a child for only nine months, while the earth bears a human all through their life and even after it is over.

One year in lockdown, from May 2020 to May 2021 - has been a journey. One that led me to connect myself with nature, reminding me of how I had forgotten the earth in a trance seeking materials when in reality I would have to return to the earth only. I came to her, as a son who has changed for the better and beautify her with the greenery she deserves. Enjoying the reap now and handing it down for the future generations to come.











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MAY 2021 – HAS BEEN A JOURNEY. One

that led me to





"The heavens declare the glory of the God; the skies proclaim the work of His hands."

(Pslam 19:1)

NATURE, GOD'S NATURAL BEAUTY!



Dr. Dominic F DixonExecutive Director,
UNADAP

"INDIA IS THE WORLD'S
ONLY MAJOR
ECONOMY TO BE RATED SO.
INDIA'S INTENSITY OF GDP
REDUCED TO 12% BETWEEN 2005
AND 2010 WHILE A REDUCTION
OF 24% WAS ACHIEVED
BETWEEN 2005 AND 2016."

ature is one of God's most beautiful, living creations. Through nature, God is able to teach us, speak to us, and provide for us. Psalms 95:4-5 reminds us about God who created nature. "In his hand are the depths of the earth, and the mountain peaks belong to Him. The sea is His, for He made it, and His hands formed the dry land."

During the lockdown of 2020, we felt nature reclaiming its space with the nostalgic chirping of birds, cool weather and the non-verbal melodic chanting of Mother Nature; "The heavens declare the glory of the God; the skies proclaim the work of His hands." (Pslam 19:1); which was silenced over the decades with the noise of the industrial revolution and climate change.

Greenhouse gas emissions may perhaps have dipped during this season of humans being in lockdown, but, sadly, our dreaded history of

pumping of indiscriminate amounts of CO2 into the atmosphere with the industrial revolutions, mainly, mass production; will come back to haunt us, post the lockdown, and perhaps increase as we continue our greed to over consume whilst being under judicious. Now, with the fourth industrial revolution of social media, mobile, Internet of Things (IoT) and artificial intelligence (AI), Isaiah 24:4-5 gives us the bitter reality of what we've done to the earth: "The earth dries up and withers, the world languishes and withers, the heavens languish with the earth. The earth is defiled by its people; they have disobeyed the laws, violated the statutes and broken the everlasting covenant."

Both Bitcoin and NFTS (Non-Fungible

Tokens) which are the digital equivalents of cash and collectibles, generates the same amount of carbon emission and footprint per transaction, equivalent to 680,000 plastic card transactions at super markets, or an equivalent of over 51,000 hours of YouTube gorging.

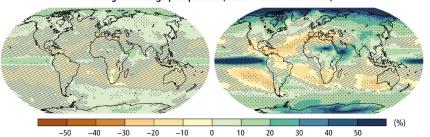
India has constantly committed to its responsibilities and obligations to the United

India has constantly committed to its responsibilities and obligations to the United Nations Framework Convention on Climate Change (UNFCCC). India is a forerunner in Climate Action, and the Climate Action Tracker has rated the India's efforts as '2 degree compatible', which means that if all countries made efforts like India's, the average global temperature rise could be limited to 2°C by the year 2100, in keeping with the Paris Agreement and Kyoto Protocol. According to Babul Supriyo, MoS Climate Change, GOI, "India is the world's only major economy to be rated so. India's intensity of GDP reduced to 12% between 2005 and 2010 while a reduction of 24% was achieved between 2005 and 2016."

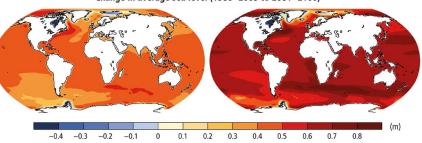
Therefore, let us be mindful that we are stewards on God's green planet, and we must take of it, as Mother Earth takes care of us.

RCP2.6 RCP8.5 Change in average surface temperature (1986–2005 to 2081–2100)

Change in average precipitation (1986–2005 to 2081–2100)



Change in average sea level (1986-2005 to 2081-2100)



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TRANSFORMS THE RELATIONSHIP

PLEASE NOTE | brief on ILK that is indigenous local knowledge.It is also Folk Knowledge, Folk Technology .Before then please check the items and we have to refine the language also. These will be interesting to read.



S S DavidsonConservation Educator, resource person in conservation topics, Education Consultant

ILK ON SCARECROW

A Scarecrow is a decoy, strawman, bird-scarer, hey-man resembling the outward physical features of a human erected in agricultural fields to scare away birds and animals that raid the crops. The agriculturists use old clothes, discarded old clothes, shoes, belts, caps and other dresses to create the humanoid scarecrow. The Western Ghats, an ecologically biodiversity region, has many diverse species of herbivores that destroy the sown seeds and crops in agricultural fields. The local communities are food producers who



raiding the

crops

ocal and indigenous knowledge refers to the understandings, skills and philosophies developed by societies with long histories of interaction with their natural surroundings. For rural and indigenous peoples, local knowledge informs decision-making about fundamental aspects of daily life, according to UNESCO.

This knowledge is integral to a cultural complex that also encompasses language, systems of classification, resource use practices, social interactions, ritual and spirituality.

These remarkable ways of knowing are important facets of the world's cultural diversity, and provide a foundation for locally-appropriate sustainable development.

The recognition that local and indigenous people have their own ecological understandings, conservation practices and resource management goals has important implications. It transforms the relationship between biodiversity managers and local communities. While previously they were perceived simply as resource users, indigenous people are now recognised as essential partners in environmental management.

These ILK systems have the least recognition by the scientific society and these aspects include expressive culture, material culture, biocultural components which have no recognition and documentation and reference literature.

KAVAI KAMBU: TOOL TO DISPLACE THORNY **BUSHES AND BRANCHES**

The State of Tamil Nadu has a lot of the alien invasive species Prosopis juliflora, a weed native to Mexico, South America and the Caribbean. It causes enormous damage to the environment and checks the growth of native species of grasses and bushes. The weed has thorns and if it enters our limbs creates allergies and incurable wounds. It is toxic and causes

> neurotoxic damages. When after cutting the bush care should be exercised in its disposal to a place safely. People make wood charcoal out

of the solid wood and use the slender sticks as fuel wood.

To avoid any injury by the poisonous thorns the woodcutters use a forked long tool of wood measuring 6 feet in length with the fork measuring 2.5 feet with a thickness of 8 inches diameter.

After cutting the bush, the forked stick is used to push away the branches manually. This technique helps the person who operates it by avoiding direct contact with the thorns in the bush.

A man of many works, Mr. Davidson has both in his professional and personal life cared for nature and has given back to nature in the most wholesome of ways. Within a few days of writing this article for us, Mr. Davidson left Earth to become a part of the nature he cherished. This article that he has written is published by 'The Post' as a tribute to the great work he has done.



URAL PETTEYE: MORTAR BOX

This is a tool to prevent the dry flour while pounding in mortar using a pestle. While pounding grains in the impact of the pressure some grains or flour splash out of the mortar causing loss of both. To prevent the loss, the Mortar Box is placed on the top of the mortar. The box is 9 inches in height and round in shape and crafted according to the size of the top end of the mortar. It is designed from the leaves of the palmyra palm (Borassus flabellifer). Both the ends of the box are made of the midribs of the palm leaves in circles and both the ends are linked by sliced woven palm leaves. After using the box, it is often put in water to maintain its elasticity and duration of life.



CHAKKA PAAL PORI-TOOL TO TRAP SMALL BIRDS

Some indigenous communities still retain the Hunter - Gatherer Instinct and they trap small forest birds as doves, falcons and others for their food and they have innovated a small trap using the lactose of the jackfruit (Artocarpus heterophyllus). Jack fruit is a tropical tree found in Asia, Africa and South America. The fruit has a sticky white liquid latex called sap which has an adhesive, sticky character. The entire tree has the latex in

leaves, fruits, stem, branches, stump and roots . The forest dwelling communities make a triangle shape of wood using bamboo twigs, each twig measuring 3 feet and tie them at the corners and place it on the floor. Then they raise a triangle shape using such similar twigs vertically and bind them at the corners. At the top they make the twigs to protrude for 2 inches. They apply jackfruit latex over the twigs and place some grains as rice. millets or wheat at the ground to attract the birds. Before eating the grains, the bird will sit on the top of the twigs and get its legs entangled with the latex. It will try to escape by opening its wings that will add to the impact of more latex twining on its wings making the flying efforts fail and the bird will completely lose its mobility and flying calibre. If the bird does not sit at the top of the twigs and directly lands on the floor to eat the grains there also the same impact will occur in entangling with the latex and getting trapped. The person who operates the trap easily catches the bird.



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உருவாகிறது.

மிகுந்தவை.

சதுப்பு

Lattur Rathinam Shanka

Photo Editor The Times of India

Chennai

இவை மூன்று மீட்டருக்கு குறைவான ஆழம் கொண்டவை. கனிம வளங்கள்

வற்றிப்போன இன்றைய காலத்தில், ஒரு குடம் தண்ணீருக்காக பல கிலோ

மீட்டர் தொலைவுக்கு அலைந்து

கொண்டிருக்கிறோம். நிலத்தடி நீரைச்

நிலங்கள்.

் . பரப்பளவை போல பத்து மடங்கு

்பரப்பளவு கொண்ட பகுதிகளின்

நீர்

பாதுகாக்கிறது தெரியுமா?

மீன்கள், தாவரங்கள் என 137

ഖകെ உயிரினங்கள்

_____ பள்ளிக்கரணை

சேமிப்பதில் சதுப்பு நிலத்தின்

தெரிந்தால் ஆச்சர்யப்பட்டுப் போவோம்.

நிலத்தடி

நிலத்தில்

கிணறுகள் எல்லாம்

பங்கு

த<u>ங்</u>களது

வர்ராமல்

பന്ദവെക്ക്.

வசிக்கின்றன.

இந்த சிறு

சதுப்பு

சதுப்பு நிலத்தைப் பிளந்து செல்லும் சாலைகள், நிலம் எங்கும் நிரம்பிக் கிடக்கும் கான்கிரீ: சாக்கடை. கட்டிடங்கள் நம் கண் ด๗ முன்னே அந்தத் தாய்பூமி அழிந்து மீட்கமுடிவுசெய்யப்பட்டது. மராமத்து

பள்ளிக்காணை தண்ணீர் கொடுத்த ஏராளமான மதகுகளைக் காணவில்லை. சென்னை நகரின் குப்பைகளை இங்கு மலை போல் குவிக்கும் மாநகராட்சி, அவற்றுக்குத் தீ வைத்தும் வിடுகிறது. தனியார் நிறுவனங்களின் கழிவு சேமிக்கும் கிடங்காகவும் மாறிவிட்டது. சுற்றுச்சூழலை பாதுகாக்கும் தேசிய கடல் சார் தொழில்நுட்ப கழகக் ஆக்கிரமிப்பும் இதில் அடங்கும்

ज ज ज ज

2011 ஆண்டு மார்ச் 19 ஆம் தேதி சமூக விரோதிகளால் 15 இடங்களில் தீ வைக்கப்பட்டு 10 ஏக்கர் பரப்பளவு வனப்பகுதி எரித்து சாம்பலாக்கப்பட்டது. அன்னையின் மடியில்

கொண்டிருப்பதை கண்டும், காணாமலும்

என்பதுதான் வேதனை!

பணியில் மக்களும் ஈடுபட்டார்கள். முதல் கட்டமாக பல மைல் தொலைவுக்கு தூர்ந்து கடந்து சென்று கெ ண்டிருக்கிறோம். நிலத்திற்கு போன பாதையை பலப்படுத்தப்பட்டது. அதன் சதுப்பு இருபுறமும் கரைகள் அமைக்கப்பட்டன. அடுத்ததாக சதுப்பு நிலத்தை நைல் நதியில் இணைத்த மலை இடுக்குகளில் அணை ஒன்று கட்டப்பட்டது. இந்த அணையின் மூலம் சதுப்பு நிலத்திற்கு சீரான அளவில் நீர் செலுத்தப்பட்டது. சில மாதங்களிலேயே பாலைவனம் பசுமை பிடித்தது. நீர்த்தாவரங்கள் பாசிகள், பறவைகள் உயிரினங்கள் பல்கிப் பெருகின. இதன் தொடர்ச்சியாக புத்துயிர் பெற்றது சதுப்பு நிலம். இதுபோன்ற மீட்சி பள்ளிக்கரனை சதுப்பு

நிலத்துக்கு கிடைக்குமா? முதலமைச்சர் ம്ര.க ஸ்டாலின் பார்வை பள்ளிக்கரனை சதுப்புநிலத்தின் மீது விழுமா?

மாநிய சதுப்பு நிலம் குறித்து

எகிப்கை ஆண்ட மன்னன்

இரண்டாம் செனுஸ்ரெட்டுக்கு

தகவல்

உடனடியாக சதுப்பு நிலத்தை

இந்க

சென்றது.







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

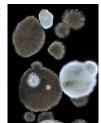


he outbreak of the second wave of the coronavirus pandemic in India brought along unending woes, with new cases spiralling and deaths mounting to unprecedented numbers.

To add to the misery, a host of related factors, such as unsanitary conditions, overuse of steroids in COVID-19 treatment, saw Black Fungus infection or Mucormycosis starting to take lives in India and pressure the already stressed healthcare system.

WHAT IS BLACK FUNGUS

A life-threatening infection known as mucormycosis (colloquially as black fungus) which, if untreated, results in blindness followed by death







WHAT MAKES YOU VULNERABLE

Exposure to mucor mould which is commonly found in soil, plants, manure etc



BLACK FUNGUS A QUICK GUIDE

Patients suffering from the fungal infection typically have symptoms of stuffy and bleeding nose, swelling of and pain in the eye, drooping of eyelids and blurred and

finally loss of vision. There could be black patches of skin around the nose









red mental status

WHAT IS MUCORMYCOSIS

As a deadly second wave of Covid-19 continues to ravage India, cases of mucormycosis, a rare life-threatening infection are being reported among Covid-19 patients

THREAT TO LIFE

It affects the sinuses, the brain and the lungs and can be life-threatening in diabetic or severely immunocompromised patients, such as those with cancer or HIV/AIDS

WHO IS AT RISK

People who are on medication for other health problems which reduces their ability to fight environmental pathogens. Some doctors believe it may be being triggered by steroids. A life saving treatment for severe & critically ill Covid-19 patients.

A dop in immunity



awareness

Franklin S



a quick guide

PREVENTION







Wear shoes, long trousers, long sleeve shirts, gloves while handling soil (garbening), moss or manure

Maintain personal hygiene including thorough scrub bath

Dos

Control hyperglycemia Monitor blood glucose level post Covid-19 discharge, also in diabetics

Use steroid judiciously - correct timing, correct dose and duration

Use clean, sterile water for humidifiers during oxygen therapy

Use antibiotics/antifungals judiciously

Do not miss warning signs, symptoms

Do not consider all cases with blocked nose as bacterial sinusitis

Do not hesitate to seek aggressive investigations

Do not lose crucial time to initiate treatment for mucormycosis

MAKE YOUR MASK MORE EFFECTIVE

Knotting the ear loops of the surgical mask and tucking in and flattening the material close to the

TREATMENT

Doctors say most patients

arrive late, when they

are already losing vision and

doctors have to surgically

remove the eve to stop the

infection from reaching

the brain.





Double-masking

HOW TO PAIRING IT UP



Always pair a durgical and a cloth mask for double masking



Surgical + Surgical

 (\mathbf{X})





Cloth + Cloth

 (\mathbf{x})

N95 + Anv other mask





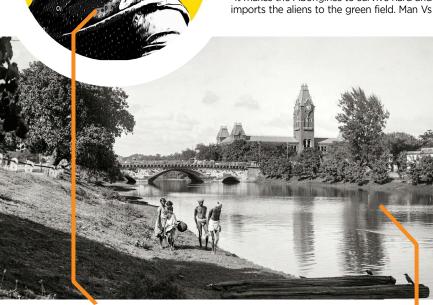


MAN MADE GRAVEYARD

xcept homo sapiens the modern human version, every living organisms are living according to the nature. The silicon forest is dead against the earth nature. The overconcentration of the chemicals not only corrupts the mother earth but also act against the entire living conditions and atmosphere of the entire living things. The venom of the industrialisation and the material mismanagement of the political CEO's landed the nature into the catastrophic Saturn.

The modern laws is not sufficient to put an end to the malnutrition of the nature but it makes the Aborigines to survive hard and imports the aliens to the green field. Man Vs





Satish Kumar Advocate, Madras High Court

The overconcentration

of the chemicals not

only corrupts the

mother earth but also

act against the entire

living conditions and

atmosphere of the

entire living things

Man is the new battle field. The UNEP is not sufficient for the equatorial insurgence which turns the Iceland to water bed and Indira point to immerged land. The environmental programme of United nation now even speaks about the triple planetary crisis. The days are very near for the UN even to speak about the Paradise crisis but John Milton never touched that subject.

The toppers of the scientist failed to note that the earth has the capacity to cure its own disease. It is neither Greta Thunberg nor Vandana

at prayagraj full of religious products, Yamuna at Hasthinapuram submerged in Industrial waste, Brahmaputra becomes muddy river in Assam, Gomti sunken in human pollutants, Mumbai's Mithi is full of raw sewage. Most of the Tamilnadu's water bodies were evaporated by the real estate materials.

The law implementing bodies are inactive and useless. No one is monitoring the illegal attack on the nature. Corruption corrupts the nature and the politicians behind the anti-socials are encouraged by huge booties given by the industrialists. The Alps, Andes and Anamalai are no more for the exceptions of the illegal encroachment and legal detachment.

India passed 16 laws and rules so far against pollution control and also it created special judicial forum to try the violators. It is interesting to say that the Tamilnadu pollution control board building is constructed on the top of the Coovum

River. From Stockholm to Kyoto several conferences has held to protect

the original shape and contents of the mother earth. But the implementing authorities kept the letters in papers not in force.

The chemicals a r e n o t contraband so far as it has business value and the money force is able to oppose a nybody who wants to protect the nature. Today human waste, chemical waste, atomic waste is increasing day to day. Medical wastes are onsiderable quantity. Electronic

in considerable quantity. Electronic waste is the hazard to the nature.
International seas are treated as world's dustbin.

Poor countries are the graveyard for the disposed materials. Now laws are in penal nature but the world governments have forgotten to enact laws as regulatory nature. Big corporate has caused big damage to the nature. The disturbed nature makes the corona virus to spread its wings worldwide.



Shiva to protect the environmental manipulation but it is the nature by itself a redeemer of the nature. Bad boys defend big bang theory, Mad boys defend evolutionary theory. The sad news is the manipulators acts as the Messiah of the nature. There are no stringent laws against zero-carbon and zero-sulphur. Peoples agitation in India witnessed against cancer spreading copper air is curbed by anti-terrorist laws

The Kucheipadar tribal evacuation in Orissa for the exchange of Bauxite ilegalised by forest laws. The officers are not able to act according to the state laws in the illegal granite exploitation around Madurai hills. Mines and minerals, the multi-billion dollar business in India shifted their resources to the cemented forest. The river Coovum lost its taste, Ganga







நேற்று மதியம் முதலே மழை கொட்டுகிறது ... காற்று கூட பலமாகவே வீசுகிறது..

மரங்கள் அசைவதை பார்க்கையில், விழுந்திடுமோ என ஐயம் கொள்ளச் செய்கிளது.

ஆங்காங்கே விழுந்த மரங்களுடன்,, மின்சாரக் கம்பிகளும் அறுந்திட.. இருளில் மூழ்கியதே ஊர்..

அசைந்தாடும் மரங்களை ரசித்த மனம், இன்று ஏனோ பதறுகிறது..

கொட்டும் மழையில் குதூகலமாக, கூத்தாடிய மனம். இன்று குதூகலிக்க மறுக்கிறது..

அணைகள் எல்லாம் நிரம்பியது.. உபரிநீர் திறந்ததில்,

கொட்டும் மழைநீருடன், ஆறுகள் எல்லாம் மறுகால் பாய்ந்திட,

கரையோர மக்கள் எல்லாம் வெளியேற்றம். ஊர்கள் எல்லாம் வெள்ளக்காடு...

கூடவே உடன் தோழராய், இடியும் மின்னலும்..

இருளடைந்த ஊருக்கு பளிச் காட்டுகிறது மின்னல்..

குளிர் பிரதேசம் போல் நடுங்குகிறது உடல்..

— மலர் மகிழ்



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The invention of the printing press was one of the most important events in human history.



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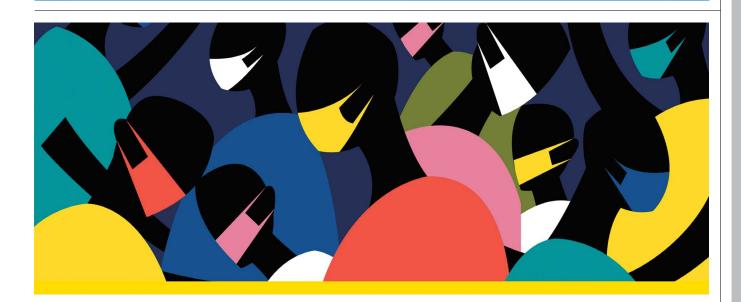
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Good morning sir, Thank you so much sir. It's one of the biggest moments in my life. Will cherish this for a very long time. Take care and have a good day:)

Thanks for the wonderful Magazine. **— 7358158668**

Congratulations anna I think very beautiful works anna... realy very nice.... Feedback solara mathiri ila anna super ah eruku anna I think this is High quality work anna...

– Vijay Babu Super

— Ramkumar

Very good coverage

Superb and Fantastic Job.

– Louthu Dhas

Super duper Post

"Fear not, for behold, I bring you good news of great joy that will be for all the people.- luke

"Good News Always, The post & Delivered Free Every Time,"

On behalf of SIGA POLYTECHNIC COLLEGE, I want to thank you for all that you have done to spread the message of admission 2021.

Dear Mohan, Awesome design and very informative. Thank you

— Martin

Super

- 9941597968

Thanks.. Nicely designed..

— Davidson Sir, Nagarcoil

I really like the layout sir! So neat! Thankyou

— Smrithi MOP

Very impressive Franklin. Your column too is superb

- Fr David cmf

Fantastic macchi! Keep it up. Hope you are doing good.

— Debayan Tiwari, IIT Chennai

Good morning..thank you for sharing your The POST. I will read and let u know..

Wow! Really super, the content design, layout <mark>கவும் அருமை</mark>. All pages are giving information so not able to avoid anything. "Transformation tough but true" really touched my heart. Congratulations to u and ur team. All the very best for the next month THE POST. Have a Joyful day.

— Daisy Anni





— Saai Artist, DT Next

beautiful work sir @ 4

– Fr Lalji sdb

Usual mind blowing Machi ... & I can see ur dedication more even in this corono affect... awesome keep urself more confidence and Rock

It.. once again congrats machi.. Takecare da... Really design is outstanding machi

- Joseph Maria Alphonse Dickens

For legends I can't give suggestions Ji. Vazhutha vayadillai vangugiren Ji. Creativity la ungla adichika no people I never seen. Today evening or night we will speak ji. Issue sema

- Sarath Chandran, The New Indian Express

– Fr Martin, St Antony Church, Vettumani

Thanks for sharing the publication. Great



The design and the colour combination is top class.... loved the look of it. some of the articles are tempting to read... Might read it...

- R. Thomas Aquinas, Don Bosco House (SPCI), Dwarka, New Delhi -110077

My Dear Mohan, The best part you have provided a link specifically for Mother Mary. This issue the post has covered a lot of info about the past and the present Situations needs, Comic page is more interesting for readers, I feel, Good team work.

— Leo

Good effort. Media is a booming industry. Good choice. Keep doing good. All the best ma. Congratulations

- jahawar Peter, inspector of police, chennai

Interesting...impressive... Well done..

— Mythili, P.G Assistant, senkotai girls higher secondary school

simply superb and great ma. Who sets the layout..pakka seeming highly professional. Every picture is very cautiously selected and every detail is very keenly designed ... Awesome

- M Mahajabin, Academic co-ordinator, Rex Matriculation Hr. Sec. School, Triplicane.

Thank you all for you wishes, valuable feedback & suggestions





CHRISTIAN ART

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மெல்ல வீசிய தென்றல் என் காகருகே சொன்னது நான் இருக்கிறேன் உளக்கு. உள் மூச்சோடு என்றும் இருக்கிறேன் என்றது.



பூமித்தாயின் மடியில் சிறு சிறு செடிகளை நட்டு வைத்தேன், அவைகள் இலை துளிர்த்து செடிகளாயின் கொடிகளாயின மரங்கள்ளாயின. மலர்கள் பூத்தன கனிகள் கொடுத்தன.

இயற்கை என் இரண்டாம் கணவன்!

நாம் அனைவரும் அள்ளி அணைத்து கொஞ்சம் நினைக்கும் பருவம் குழந்தைப் பருவம். இமையத்தையும் தாண்டிவிடத் துடிக்கும் பருவம் இளமைப் பருவம். துணையுடன் இன்ப, துன்பம் பகிர்ந்து வாழும் பருவம் மணப்பருவம். பாசம், அன்பு, அரவணைப்பு இவை அனை த்தையும் அள்ளி வழங்கும் பருவம் அன்னை பருவம். பக்குவம் தெளிந்த ஓய்வின் பருவம் முதுமை பருவம். எப்போதும் துணை வேண்டும்

என்று காத்திருக்கும் பருவம் அது. இப்பருவம்தான் வாழ்வின் முக்கியமான பருவம். துணையை இழந்து என்னை தனிமைப்படுத்தி பருவம் இது. அருகில் யாருமே இல்லை என்று ஏக்கத்தில் நாட்கள் கூட நகர மறுத்த காலம் இது.

மெல்ல வீசிய தென்றல் என் காதருகே சொன்னது நான் இருக்கிறேன் உனக்கு. உன் மூச்சோடு என்றும் இருக்கிறேன் என்றது. சில குருவிகள் இதற்கு இசையுடன் குரல் கொடுத்தது. யாரென்று வாசலில் வந்து பார்த்தேன், என் இயற்கை கணவன் ஆம் என் இரண்டாம் கணவன்.

பூமித்தாயின் மடியில் சிறு சிறு செடிகளை வைத்தேன், அவைகள் துளிர்த்து செடிகளாயின் கொடிகளாயின மரங்கள்ளாயின. மலர்கள் பூத்தன கனிகள் கொடுத்தன. எங்கிருந்தோ கிச்சுக் கிச்சு என்ற ஒலியுடன் சிறகடித்துப் பறந்து வந்தன என் வீட்டு தோட்டத்தில் புதிய விருந்தாளிகள். செடிக்கு ஒன்றாக இடம்பிடித்து கூடுகள் கட்டின, குஞ்சுகளோடு குடித்தனம் நடத்தின. என்னே ஈடு வாசிக்கவும் தொடங்கிவிட்டன. காலையில் கண்விழித்தால் பறவைகளின் இசைக்கச்சேரி, வாசலுக்கு வெளியே வரவேற்கும் மலர் குவியல்கள், பூக்களின் வாசனை போதும் புத்துணர்ச்சி பெற்று விடுவேன்.

எனது தோட்டத்தில் செடிகளும், பூக்களும், பற வைகளும் நான் பேசுவதை காது கொடுத்து கேட்டன அவைகளும் என்னோடு உறவாட தொடங்கின். இப்போதெல்லாம் என்னருகில் உறவுகளுக்கு பஞ்சமில்லை. ஆம், இயற்கை அன்னை என் அருகில் இருக்கும் வரை நான் ஒருபோதும் இவ்வுலகில் தனிமையானவள் இறுதிவரைக்கும் இயற்கை

மட்டுமே அனைவருக்கும் துணை. என் அலைபேசியில் எடுக்கப்பட்ட என் தோட்டத்து உறவுகளின் படங்களை உங்களோடு பகிர்ந்து கொள்வதில் மகிழ்ச்சி.

என்றும் இயற்கையுடன் ஜெசீந்தா பிரீன்ஸ்















PRINT MEDIA? OR ELECTRONIC MEDIA?

If you thought you were saving forests and protecting the environment by going paperless...think again.

or other non-forest uses. In addition to replenishing the supply of recycled fiber, the paper industry's perpetual use of trees harvested from responsibly managed forests has a host of economic, social and environmental benefits.

Fact 2. The carbon footprint of paper is not as high as you may think.

Did you know that most of the energy used to make pulp and paper is renewable?

The print and paper industry accounts for only 1% of global carbon dioxide emissions; at a global level, the greenhouse gas emissions from the forest products industry value chain are largely offset by sequestration in forests and forest products.

The Indian forest products industry is a leader in the production of renewable energy, with more than 65% of the on-site energy needed to produce paper products derived from carbon-neutral biomass (TNPL uses Bagasse). Over the past decade, the pulp and paper industry has made an impressive commitment to improving fuel efficiency and independence by investing in their infrastructures to replace fossil fuels with alternative energy sources.

Electronic media also has environmental impacts.

A recent study estimates that developing countries will produce at least twice as much electronic waste (e-waste) as developed countries within the next six to eight years. Uncontrolled toxic emissions can result from informal recycling practices often used in the developing world. These emissions can include dioxins, furans, and cyanide. Yikes!

LET US CONTINUE IN THE NEXT ISSUE,

Did you know that paper is one of the most recycled products in the world?



hen you think about printing, what comes to mind? You're likely thinking "ink," "paper," or maybe even "mailing." The words "eco-friendly," "sustainability," and "green" are probably the last you would think of, right? This is why one of the biggest challenges that green printers face is educating their customers about sustainable practices.

Considering the common knowledge about sustainability, this isn't surprising! As members of modern society, we're all looking for new ways to lessen our environmental impact. The most common way is to be more conscious and selective about what types of processes, products, and vendors you support. With all the marketing speak and misconceptions about what's environmentally-friendly and what's not, making the right decisions can be a difficult and confusing process. Considering printing's controversial nature, this adds a whole other layer of complexity.

Misleading environmental claims like deforestation, excessive energy consumption, and crowded landfills have overshadowed the fact that today's paper often comes from a renewable resource, is recyclable and even responsible. So, to help cut through the clutter, let's talk about some of the common misconceptions about the print industry's effect on the environment

Did you know that the print industry plants more trees than it harvests?

That's right! In fact, the paper industry promotes sustainable forestry and depends on sustainable forest growth to provide a reliable supply of wood fiber. Paper manufacturers do this by encouraging forest sustainability through their purchase and use of certified wood fiber and by promoting sustainable forest management policies and practices.



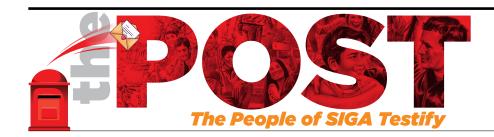
Trees are grown and planted by tree farmers. When mature, the trees are harvested and paper is made. After the harvest, new trees are planted completing the circle of sustainability. Paper companies that use responsible forest management practices plant about four trees for every tree harvested.

There are also a number of credible certification systems ensuring that paper certified under them comes from a responsibly managed forest source. If paper companies comply with the strict regulations set by these certification systems, printing becomes a renewable resource that is both recyclable and biodegradable.

By providing a dependable market for responsibly grown fiber, the industry also encourages landowners to continue managing their forestland instead of selling it for development



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