

தெரிஞ்சு தொழிலை விட்டவனும் கெட்டான்

தெரியாத தொழிலை தொட்டவனும் கெட்டான்

**FRAGRANCE OF ROSE LASTS ONLY FOR AN HOUR
BUT FRAGRANCE OF FRIENDSHIP LASTS FOR EVER**



**" STRENGTH DOES NOT COME
FROM PHYSICAL CAPACITY.
IT COMES FROM AN
INDOMITABLE WILL."**

- Mahatma Gandhi

**Wish you
were here!**





MILLENNIUMS
MAY COME,
MILLENNIUMS
MAY GO....

**But Our debt
to you
will remain
eternal !**

இதுவரை

இல்லையென்றால்

இனி

முடியும் !

சுழல்

ஈடேது ? இணையேது ?

உன் நினைவன்றி

இறுதிவரை துணையேது ?

BE NICE TO PEOPLE ON YOUR WAY UP
BECAUSE YOU MAY MEET THEM ON YOUR WAY DOWN

போக்குவரத்து வாகனங்களின் பதிவு எண்

(இதை அறிந்து வைத்திருப்போமானால் என்றாவது ஒருநாள் பயனுண்டு)

தமிழக வாகனங்களின்	பதிவு எண் விபரம்	தமிழக வாகனங்களின்	பதிவு எண் விபரம்	
1. சென்னை சென்ட்ரல், சேத்பட் (R.T.O.)பதிவுஅலுவலகத்திற்கு உட்பட்ட சென்னை - 600 031.	MSP, MSV, MSY, MSL, TMP, TMV, TMU, TMQ, TMM, TMJ, TMF, TMS,TMD, TCX, TSE, TSB, TSH, TSL,TSP, TMB, TN01.	18. ஈரோடு	TNQ, TDQ, TDX, TCQ, TAE, TAQ, TN-33.	
2. சென்னை வடமேற்கு, திருமங்கலம் (R.T.O.) சென்னை - 600 040.	TN - 02.	19. கோபிசெட்டிபாளையம்	TN - 36	
3. சென்னை கிழக்கு, ராயபுரம் (R.T.O.) சென்னை - 600 013.	MSW, MSS, MSR, MSO, MSM, TMW, TMT, TMH, TCZ, TSG, TN - 04.	20. கோயம்புத்தூர் (தெற்கு)	TLB, MDC, MDE, MDM, MDB, TNV, TNE, TNB, TNC, TCI, TCC,TDE, TDB, TDI, TAG, TCG, TAB, TAR, TDC, TN-37.	
4. சென்னை, வடக்கு, பெரம்பூர் (R.T.O.) சென்னை - 600 011.	TN - 05	21. கோயம்புத்தூர் (வடக்கு)	TN-38	
5. சென்னை தெற்கு, திருவான்மியூர் (R.T.O.) சென்னை - 600 041.	MSC, MSX, MSZ, TMC, TMX, TMZ, TMS, TMR, TMO, TMK, TMG, TME, TCY, TSG, TMI, TSR, TN-07.	22. திருப்பூர்	TN-39	
6. சென்னை மேற்கு, கே.கே.நகர் (R.T.O.) சென்னை - 600 018.	TSI, TSD, TN-09.	23. மேட்டுப்பாளையம்	TN-40	
7. சென்னை தென்மேற்கு, வளசரவாக்கம் (R.T.O.) சென்னை - 600 087.	TN - 10	24. பொள்ளாச்சி	TCI, TAP, TDI (8001 to 9999), TN-41	
8. திருவள்ளூர்	TN - 20.	25. நீலகிரி ஊட்டி (R.T.O.)	MDN, TNN, TDN, TCN, TN-43	
9. காஞ்சிபுரம்	MDH, TNH, TDH, TCH, TAH, TN - 21.	26. திருச்சிராப்பள்ளி	MDY, MDG, TNY,TNG,TNX, TDG,TCY, TDY, TAY, TAX, TAK,TN45	
10. மீனம்பாக்கம்	TN - 22.	27. பெரம்பலூர்	TN-46	
11. வேலூர்	MDJ, TNJ, TNM, TDJ, TCJ, TAV, TN-23.	28. கரூர்	TN-47	
12. திருவண்ணாமலை	TAI, TN-25	29. தஞ்சாவூர்	MDO, TNO, TDO, TNZ, TCO, TAO, TLO, TN-49	
13. சேலம்	MDS, MDL, TNS, TNL, TDS, TDL, TDM, TDW, TCE, TAS,TAN, TAL, TAM, TLS, TN-27	30. திருவாரூர்	TN-50	
14. நாமக்கல்	TN-28	31. நாகப்பட்டினம்	TN-51	
15. தர்மபுரி	MDD, TND, TDD, TCD, TAD, TN-29	32. புதுக்கோட்டை	TNP, TDP, TCP, TN-55	
16. கடலூர்	MDF, TNF, TDF, TCF, TAF, TN-31	33. திண்டுக்கல்	TN-57, TCL	
17. விழுப்புரம்	TN-32	34. மதுரை (தெற்கு)	TN-58	
		35. மதுரை (வடக்கு)	MDU,MDA,TNU, TNA,TNW,TDU,TDA,TCU,TAU,TAZ,TA,TN-59.	
		36. பெரியகுளம்	TN-60	
		37. சிவகங்கை	TCA, TN-63	
		38. ராமநாதபுரம்	MDR, TNR, TDR, TCR, TN-65	
		39. விருதுநகர்	TCA, TN-67	
		40. தூத்துக்குடி	TAC, TN-69	
		41. திருநெல்வேலி மற்றும் பாளையங்கோட்டை	MDT, MDI, TNI, TNT, TCT, TN-72	
		42. நாகர்கோவில்	MDK, TAT, TDT, TNK, TDK, TN-74	
		43. தமிழக போக்குவரத்துக்குட்பட்ட வாகனங்கள்	MSN, TMN, TML, TCB, TN/N.	
		44. தமிழக அரசு வாகனங்கள்	TN / G.	
பி	1. அந்தமான் நிக்கோபர் - AN.	9. டெல்லி - DL.	17. லட்சத்தீவு - LD.	25. பாண்டிச்சேரி - PY.
ற	2. ஆந்திரபிரதேசம் - AP.	10. கோவா - GA.	18. மத்திய பிரதேசம் - MP.	26. பஞ்சாப் - PB.
மா	3. அருணாச்சல பிரதேசம் - AR.	11. குஜராத் - GJ.	19. மகாராஷ்டிரா - MH.	27. ராஜஸ்தான் - RJ.
நி	4. அஸ்ஸாம் - AS.	12. ஹரியானா - HR.	20. மணிப்பூர் - MN.	28. சிக்கிம் - SK.
ல	5. பீகார் - BR.	13. இமாச்சல பிரதேசம் - HP.	21. மேகாலயா - ML.	29. திரிபுரா - TR.
ங்	6. சண்டிகார் - CH.	14. ஜம்மு காஷ்மீர் - JK.	22. மிசோரம் - MZ.	30. உத்திரபிரதேசம் - UP.
க	7. தாத்ரா நகர் ஹாவேலி - DN.	15. கர்நாடகா - KA.	23. நாகாலாந்து - NL.	31. மேற்கு வங்கம் - WB.
ள்	8. டாமன் மற்றும் டையூ - DD.	16. கேரளா - KL.	24. ஒரிசா - OR.	

**IMPROVEMENT STARTS
WITH THE SYLLABLE 'I'**

பெற்ற தாயை வணங்குவோம்

ராகம் - யாமன் கல்யாணி

அம்மா என்றழைக்காத உயிரில்லையே
அம்மாவை வணங்காது உயர்வில்லையே
நேரில் நின்று பேசும் தெய்வம்
பெற்ற தாயன்றி வேறொன்று ஏது? (அம்மா...)

அபிராமி சிவகாமி கருமாமி மகமாயி
திருக்கோயில் தெய்வங்கள் நீதானம்மா!
அன்னைக்கு அன்றாடம் அபிஷேகம் அலங்காரம்
புரிகின்ற சிறுத்தொண்டன் நான்தானம்மா
பொருளோடு புகழ் வேண்டும் மகனல்ல தாயே உன்
அருள் வேண்டும் எனக்கென்றும் அது போதுமே
அடுத்திங்கு பிறப்பொன்று அமைந்தாலும் நான் உந்தன்
மகனாகப் பிறக்கின்ற வரம் வேண்டுமே
அதை நீயே தருவாயே! (அம்மா...)

பசுந்தங்கம் புதுவெள்ளி மாணிக்கம் மணிகைவரம்
அவை யாவும் ஒரு தாய்க்கு ஈடாகுமா?
விலைமீது விலை வைத்துக் கேட்டாலும் கொடுத்தாலும்
கடைதன்னில் தாயன்பு கிடைக்காதம்மா!
ஈரைந்து மாதங்கள் கருவோடு எனைத்தாங்கி
நீ பட்ட பெரும்பாடு அறிவேனம்மா!
ஈரேழு ஜென்மங்கள் எடுத்தாலும் உழைத்தாலும்
உனக்கிங்கு நான் பட்ட கடன் தீருமா?
உன்னாலே பிறந்தேனே! (அம்மா...)

PARENTS, THE FIRST TEACHER

FEW GUIDE POSTS

- i) We must seek to gain 'rapport' through gaining the child's respect and confidence by treating him as an individual whose interests are our interests and whose yearnings and plans can be envisaged by us, because we are willing to respect him and see life through his eyes. Our example must be worthy of followership, consistent stimulating and inspiring.
- ii) We must capitalise the role of guide, philosopher, friend and playmate of our children. A wholesome spirit of comradeship and partnership in meeting life situations will assist us in drawing out the best behaviour, unravelling their thoughts, interests and feelings - attitudes which may be progressively modified as our more mature experience so directs.
- iii) Mental honesty is essential with us and the child. We must answer the child's questions sincerely and without evasion. We must shape our information in proportion to the child's interest and capacity of comprehension. Subterfuges and deceit are clearly discerned by the child's almost uncanny power of sizing up truthfulness through facial expression, intonation, gesture or attitude.
- iv) Do not laugh at a child's mistake or failures; do not tease; do not scold; do not fail to keep promises; do not take little things seriously.
- v) Cooperate with the school teacher by cultivating creative opportunities, to ascertain the child's assets and liabilities; successes as well as failures; his personal interests and why he fails to come up to our expectations and requirements.
- vi) We must aim to draw the child out and train him by our example so that he enjoys his life and regards it as a quest, a game to be easily challenged. Incidentally, he should be taught self-respect, self-reliance, right attitude towards society, respect for authority - internal (instinctive, emotional life) and external (conventions, customs etc.)

In assisting the child to face life squarely, as it really is, we must aid him through wholesome protection and by eradication of injurious foci to strike a sound balance between self - expression and self - restraint.
- vii) Children should be led, not driven. If we as parents provide proper leadership there will be very little occasion for discipline.
- viii) During the period of adolescence, the period of mental conflict for the child, let us maintain a tolerant and sympathetic understanding and protective attitude. Proper parental perspective and common sense can happily solve a vast majority of adolescent problems.
- ix) Let us remember that happiness of the child is rarely found except where there is happiness in parental relationships. His emotional well being depends upon various signs of parental harmony, loyalty, reliability and mutually exercised sense of justice and decency.
- x) The parental example in mutual consideration, tolerance, sense of privacy, standards of ethics, decency, respect for law and social conventions is the chief factor in influencing child behaviour.
- xi) If we are to capitalise on parent - child relationship, we must embrace opportunities to become better informed, as to the needs and responsibilities of parenthood. Instinct by itself is a poor guide.
- xii) If we would have a child develop certain traits we must not only create opportunities for their practice, but make them so attractive that they will build up in the child a desire, wish or need for them.

STUDENTS

TIPS TO *SUCCESS*

Traps of ineffective studying :

1. "There's too much to study and remember".
2. "I think, I can remember if I cram in the eleventh hour".
3. "Mum, let me study lying on my bed".
4. "I am going to work all through the night for the exam".
5. "This subject is boring".
6. "I shall watch T.V. or listen to music as I am studying".

Solutions :

1. Maintain good study habits.
 - a) Follow a regular time schedule for all subjects.
 - b) Short time intervals for review.
 - c) Self - tests.
 - d) If bored, change the subject.
 - e) Study with friends, compare notes, quiz each other and answer test questions.
 - f) Practise writing notes on the prescribed subjects.

Preparing for examinations :

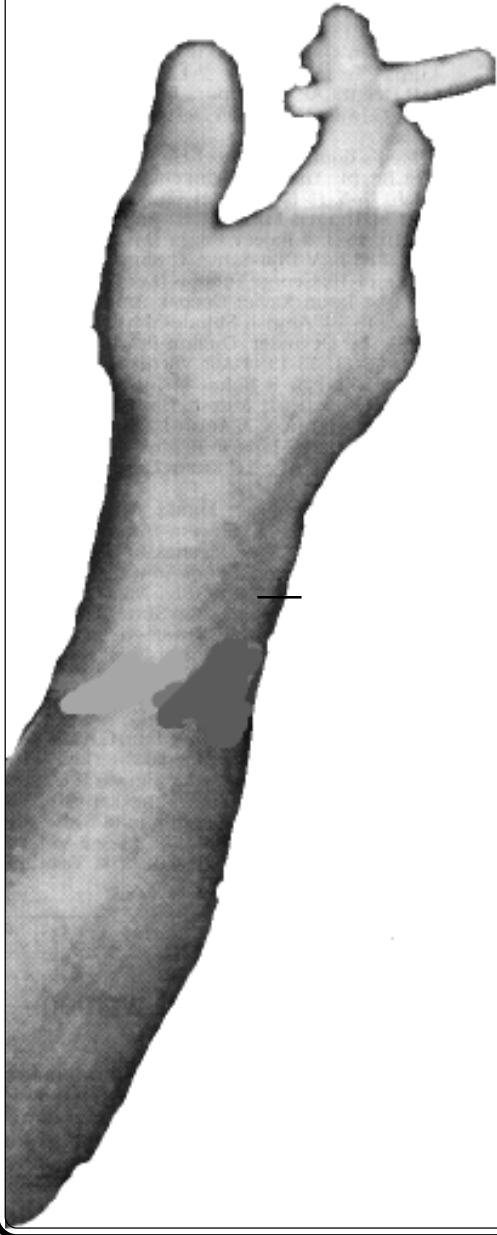
When the exam dates are announced, make a list of what concepts are included - prepare review sheets that will carry summaries of chapter concepts, especially on major points emphasised in the class; areas your teachers had asked you to study, and questions from previous short tests and chapter - end reviews.

Tips for concentration :

1. Start working only when all the necessary materials are ready.
2. Motivate yourself to get interested.
3. Set a time frame to reach a set goal.
4. Sit at a table while studying.
5. Do not allow yourself to be distracted.
6. Freshen yourself before sitting to study.
7. Organise and work systematically.

Conclusion :

A student calls interesting topics as "learning". If it is boring, he calls it "studying". Learning demands a greater effort than listening or studying.



THIS HAND WAS MEANT

**to work,
to build a home,
a family,
a country....**

**Not to hold
this stick of poison....**

ANY ACCOMPLISHMENT

GREAT OR SMALL

STARTS WITH A

" I WILL TRY "

INTELLIGENT HARD WORK

NEVER GOES WASTE

எளிமையாய் இருப்பது கஷ்டம் தான்.

அதுவே பழகிவிட்டால்

அதைப் போல சுகம் வேறில்லை.

**RUNNING AWAY FROM ANY SITUATION
IS NOT AN ANSWER TO IT.**

**WINNING AND LOSING ARE
PART OF THE GAME**

**BUT LESSONS CAN BE LEARNT
EVEN IN DEFEATS**



KEEP SMILING
WHILE DRIVING



finger Tips

Fatal mistakes for Interviews

Often, nothing seems to go right before, during or after interviews, some, and only some of them we have no control over. Most of them we could have avoided with just a little bit of care. I have found that though most of us would not like to make any of the bloomers mentioned below, we find that these mistake are made all too often. Having officiated on many interview panels, I would like to share the characteristics that are least likely to endear a candidate to the Panel !

1. Arriving late for the interview is the cardinal sin. Never make a panel wait for you.
2. Never say you are late because the directions you were given were not good. It is not the prospective employers job to give you directions, make the effort of reconnoitring the venue the previous day.
3. Please do not look dishevelled and inappropriately dressed. IT companies may believe in casual dressing but unclean and bedraggled clothes will NOT be appreciated. In India we still feel that formals are appropriate for interviews.
4. Do not slouch in your seat. This denotes a casual attitude and interview panels do not like that.
5. Always maintain good eye contact with the interviewers. One tends to look earnest if one looks directly at the person asking the question. At the end of your answer to a specific question by a specific member of the panel, look at the other members as well. Do not neglect them totally.
6. Please do not think you will find out about the company in the interview. Research the organisation before you go to the interview and ask intelligent questions about the activities you have found out about.
7. Always connect what you do with the needs of the employer. The panel must end up feeling that you are just what they need, and that they would be hasty in letting you slip through their fingers.
8. Do not tell the Panel about how great you are, provide evidence of accomplishments and be modest about them. Please remember to give credit to your fellow workers for whatever success you may have had.
9. Be definitive - Vague responses that have no clear focus indicates that you are disorganised and unsure.
10. Panels want to know how pro-active you are, so being lowkey does not project sufficient enthusiasm nor does it appear that you want the job.
11. Take time to answer. A simple "yes" or "no" may cover your opinion about a matter but it says very little about your thought process. Take time to display your reasoning ability.
12. Try not to appear desperate for the job. Enthusiasm should not be construed as desperation either. Show your definite interest, do not convey the impression that you need the job.
13. Do not call the interviewer by his first name or use the wrong name. There is no time to learn the names of the whole panel. So a plain "sir" or "madam" should be sufficient.
14. Do try never to criticise your previous job or your former employer. Any panel will consider you with reservations in their minds.
15. A common problem I have come across is a candidate giving a memorised answer to a question, especially in a technical field. The tendency is to forget a part and then stumble embarrassingly.
16. Never enquire as to the outcome of the interview. This embarrasses the panel and will prejudice your candidature.
17. Do not appear too eager to know about the emoluments you expect. There will be an opportunity to bring this up later in the process, when you are asked what your expectations are. At this juncture, make your point in a reasoned and calm manner.
18. Towards the end of the process, the candidate is often asked if s/he has any question. Please do not say you haven't. This displays a singular lack of interest in the job and the organisation. Even if you are well aware of everything in the company (that is public knowledge) do make a point of asking about something that the Company is justifiably proud.

Finally, speak in measured tones and use a medium pitch. Brashness is not acceptable, and erudition is respected at every forum. Should you take care to apply these tips at your next interview, you will have more than doubled your chances of moving up the scale of employability !

**PATIENCE
HAS ITS
REWARDS**

BASICS OF YOGA

List of Common asanas

How many types of yoga are there ?

There are many types, but the goal is the same : freedom from suffering

What is Ashtanga yoga ?

Ashtanga yoga is what takes into account all eight aspects of man : social relationships, personal discipline, the body, the breath, the senses and the mind.

How do I get started on yoga ?

One needs to go to a qualified teacher whose resources are tested by time.

What can I expect in a yoga class ?

Confidentiality, care and respect for your needs.

How many times a week should I do yoga ?

Everyday. Yoga prepares you to face the day as a better person.

Can women having periods do yoga ?

Yoga being specific to the individual, a menstruating woman too can benefit from it.

Can pregnant women do yoga ?

Pregnant women need to do yoga for more than one reason- for present health and for future health, for a comfortable delivery, for stamina and for a peaceful mind.

Who should avoid yoga ?

None, except those who cannot manage to attend to even their most basic needs. But even they can be taught to regulate the breath.

How does yoga help ?

The more you take care of yourself, the more you get from yourself. A well maintained car is more reliable.

Are there scientific studies to prove its efficacy in specific illness ?

Though many have benefited from yoga for centuries, I am afraid there is very little by way of scientific trials. How can such a complex system be scientifically examined?

Nevertheless, research is being undertaken.

How long should I practise in a session of yoga?

It depends on your need. We have even designed practice sessions that last five minutes.

What side-effects should I take seriously when practising yoga ?

If any symptom you already have increases or if new symptoms appear, check with your teacher at the earliest opportunity.

What does yoga hope to accomplish in me ?

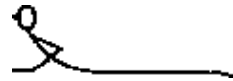
You will become a better person. You will do better in all aspects of life.



Apanasana



Mahamudra



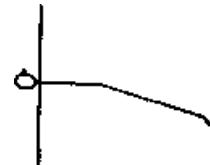
Bhujangasana



Dvipada pitham



Parsva - uttanasana



Jathara parivritti



Pascimatanasana



Janu sirasasana



Salabhasana



Siddhasana



Utthita trikonasana



Sukhasana



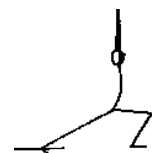
Tadasana



Vajrasana



Uttanasana



Vira bhadrasana

துடுப்புப் போடாமலே படகில் உட்கார்ந்து

பயணம் செய்ய முடியுமா ?

பாடுபட்டு உழைக்காமலே வாழ்க்கைப் பயணத்தில்

வெற்றி பெற முடியுமா ?

மனிதன் மனிதனாக 18 விஷயங்கள்

முதலில் வணங்க வேண்டிய } - தாய், தந்தை
தெய்வம்

மிக மிக நல்ல நாள் - இன்று

மிகப் பெரிய வெகுமதி - மன்னிப்பு

மிகவும் வேண்டியது - பணிவு

மிகவும் வேண்டாதது - வெறுப்பு

மிகப் பெரிய தேவை - நம்பிக்கை

மிகக் கொடிய நோய் - பேராசை

மிகவும் சுலபமானது - குற்றம் காணல்

கீழ்த்தரமான விஷயம் - பொறாமை

நம்பக் கூடாதது - வதந்தி

ஆபத்தை விளைவிப்பது - அதிக பேச்சு

செய்யக் கூடாதது - நம்பிக்கைத்
துரோகம்

செய்யக் கூடியது - உதவி

விலக்க வேண்டியது - சோம்பேறித்தனம்

உயர்வுக்கு வழி - உழைப்பு

நழுவ விடக் கூடாதது - வாய்ப்பு

பிரியக் கூடாதது - நட்பு

மறக்கக் கூடாதது - நன்றி