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JUNE 1994 Rs.3



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Tamil Arasu

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CHIEF MINISTER CALLS FOR EMPOWERMENT OF STATES TO FACE FISCAL CHALLENGES OF FUTURE

TAMILNADU BELIEVES IN GROWTH WITH SENSITIVE CARING FOR THE POOR

**-Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha
on 30.5.94 to the Tenth Finance Commission.**



Chairman of the Tenth Finance Commission, Shri K.C. Pantji, Members of the Commission, Shri Debi Prosad Pal, Shri Vithal, Shri Manu Shroff, Member-Secretary Shri Arun Sinha, Officers of the Commission, My Cabinet colleagues and Senior Officers of the Government,

At the outset may I extend a cordial welcome to you, to Tamil

Nadu? We shall ensure that your brief visit to the State is comfortable. We are keen to have meaningful discussions on various aspects, poised as we are, at a critical juncture, in the evolving tapestry of Centre-State fiscal relations. I have every hope that, under the distinguished leadership of Shri K.C. Pantji, justice will be done to the States. We have already presented to you our Memorandum, detailed forecast, information on various points, and a separate report on our requirements

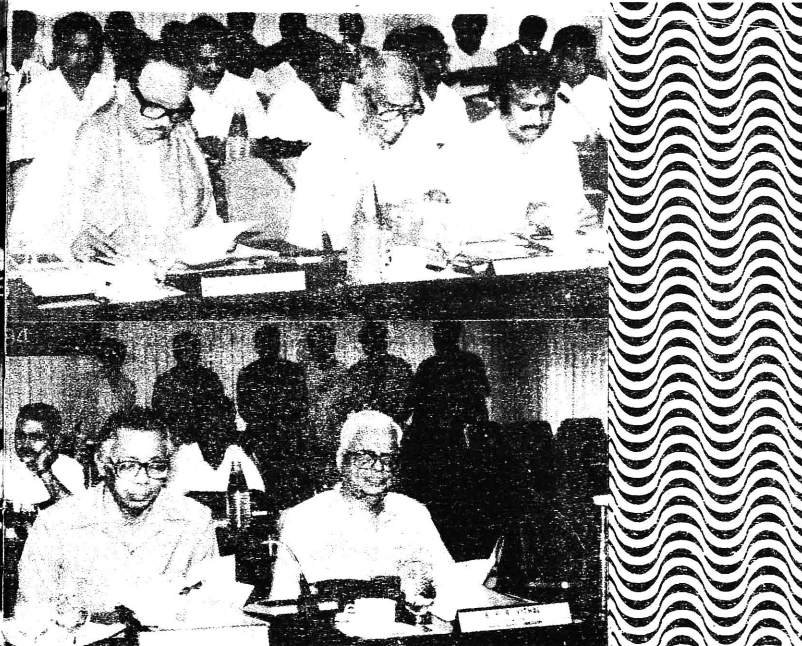
for the upgradation of administration.

As a background to our discussions, I would like to briefly highlight some of the key indicators relating to Tamil Nadu. Tamil Nadu is one of the most densely populated States. With just 4% of the land area, it accounts for nearly 7% of the population. The urban population in the States as a percentage of total population, is the third highest in the country. The State has an unem-

ployment rate of 9.52% which is among the highest in the country. The Expert Group of the Union Planning Commission has estimated the proportion of the poor in the State in the year 1987-88 at 45.13%, which is one of the highest in the Country. The State's water resources are almost totally exhausted. It has to depend on distant coal and steel supplies. It suffers from a comparative disadvantage in the Indian common market. While these are major handicaps, posing a severe developmental challenge, we have cause to be proud of our achievement in

for the poor. We have, no doubt, had to face severe fiscal challenges, but we do believe that our blend of growth with sensitive caring for the concerns of the poor is probably the ideal model.

It is well recognised that the States have been confronted by a very disturbing fiscal situation in the Nineties. Several causative factors have been behind this overall trend. The recommendations of the Ninth Finance Commission have gone awry, as inflation has been far beyond the levels projected. This has



population limitation. Tamil Nadu is next only to Kerala in achieving the lowest population growth rate in the decade 1981-1991. Our achievements in the social sectors are well-known. Despite the several fiscal difficulties we have had to face, Tamil Nadu has established an excellent track record in the recent past, exceeding the approved plan outlay in each of the three years from 1991-92 to 1993-94. At the same time, we have not compromised on the effectiveness of the social safety net we have provided

left the States in a very vulnerable fiscal situation. Following the new economic policy, there has been a marked shift in the division of responsibilities, with a clear tilt towards the States. It is now well accepted that it is in the social sectors that the Government should concentrate its role. Traditionally the social sectors have been largely the sphere of the States. Thirdly, the effect of the stabilization and structural adjustment programmes have been passed on to the States, where the adjustment is much more diffi-

cult, as the States are that much more in direct contact with the public. The lack of adequate buoyancy in vertical transfers to the States is yet another cause for disquiet. I have chosen to highlight the overall fiscal position of the States as, more than ever before, your deliberations will have to be governed by a far sighted vision of the future, where the States as, more than ever before, your deliberations will have to be governed by a far sighted vision of the future, where the States are fiscally empowered, commensurate with their increased responsibilities.

I am aware that we have to work within the hard realities of the fiscal position of the Centre and the States taken together. However, the Tenth Finance Commission will have to take note of the total stagnation in the scheme of vertical transfers, between the Centre and the States, for more than a decade. We have shown in our Memorandum how the total transfers to the States, based on the recommendations of the Finance Commissions, have stagnated at 25% of the total tax revenues of the Centre. There is absolutely no truth in the position that the Centre's worsening situation is due to the increased transfers to the States. I would like to refer, in particular, to the share of the States in Basic Excise Duties. This has remained at 40% since the recommendations of the Seventh Finance Commission. No doubt, the Eighth Finance Commission added 5% but allocated it exclusively to the deficit States. What is worse, the Ninth Finance Commission expanded the exclusive allocation to the deficit States from 5% to 7.475%, and reduced the allocation to all States from 40% to 37.525%. This has made the position of many States most vulnerable. With the background I have highlighted, may I suggest that the share of States in basic excise duties be stepped upto 60% from the present level of 45%, and no exclusive allocation for deficit States need be made? We are at

that point in history, when a quantum jump in vertical transfers to the States has to be made. It is my considered view that the Tenth Finance Commission will have to take this far reaching decision, if the States are to avert fiscal chaos in the latter half of the Nineties. May I also venture to suggest that, as a measure to enable the Centre to adjust to the increased transfer, the share of the States can be increased to 52.5% from 45% in the first two years, that is between 1995-97, and then

moved up to 60% in the last three years between 1997-2000?

I would now like to turn to certain other aspects of vertical transfers to the States. In our Memorandum, we have accepted the position that the share of the States in Income Tax cannot perhaps go beyond 85%, as at present. What is important is to realise the full potential under this tax, following the report of the Tax Reforms Committee which has identified substantial potential under this

tax. The States remain most aggrieved that Corporation Tax has still not been made shareable. This is despite specific suggestions by previous Finance Commissions, and a

categorical recommendation by the Sarkaria Commission on Centre-State relations, that the Corporation tax be made shareable. I had raised this issue in the Southern Zonal Council meeting held at Madras in November 1992, when the Union Home Minister indicated that this

TENTH FINANCE COMMISSION ASSESSES TAMIL NADU REQUIREMENTS FOR THE FUTURE

Thiru K.C.Pant, Chairman, Tenth Finance Commission accompanied by Dr. Debi prosad Pal, Thiru B.P.R.Vithal and Thiru Manu R.Shroff, Members, Thiru Arun Sinha, Member Secretary, and the officers of the Commission visited Madras on 29th May, 1994. Tamil Nadu was the 22nd State the Commission was visiting, with the purpose of ascertaining the views of the State Government on the issues arising out of the Terms of Reference of the Commission, to assess the States' requirements for the Commission's award period i.e. 1995-2000, as contained in the State Government's Forecast and Memorandum and also to have an on-the-spot appraisal of some important on-going projects it visits.

On 30th May, 1994, the Commission had detailed discussions with the Hon'ble Chief Minister, Puratchi Thalaivi Dr. J. Jayalalitha, assisted by her Cabinet colleagues, the Chief Secretary and other senior officers of the State.

Welcoming the Commission to Madras, the Chief Minister apprised the Commission of the fiscal situation of the State and its requirements for the period 1995-2000. She called for the enlargement of the divisible pool and suggested a gap grant to the State. She sought changes in the devolution formula for inter-se distribution of shareable taxes.

In his opening remarks, Thiru K.C. Pant, Chairman, Tenth Finance Commission, said that Tamil Nadu has been a cynosure of all for

its rich, ancient traditions. He pointed out that the Commission had an arduous task to perform in apportioning the available resources so as to strike a balance and is committed towards providing a just and fair treatment for all the States after taking into account various divergent viewpoints.

The Chairman pointed out that the diversity in rates of Sales Tax leads to tax evasion as well as unhealthy competition amongst the States leading to loss of revenue. Operating with two or three slabs will make enforcement easy and evasion difficult. It may also lead to increase in tax revenues.

Thiru. Pant expressed his anxiety over the burgeoning non-plan expenditure which was mainly due to the mounting Salary bills and interest payments. He pointed out that Salary bill exhausts almost 40% of the revenue expenditure of the State. He said that Debt relief requested by the State offers only temporary reprieve to avoid strain on finances of the State and loss in revenue due to prohibition. He asked the State to consider instituting a system of user-charges on provided public services. He said that this will enable the State to provide and extend these services. Thiru Pant called for desirability of seeking larger returns from investment in public enterprises. He lauded Tamil Nadu for commendable growth in tax revenues. He further expressed the view that debt relief offers only temporary reprieve and one must keep the borrowings to the minimum.

was a matter for the Finance Commission. In the context of the new economic policy, rapid urbanisation, export promotion, and the increasing pressure on the States to provide sound infrastructure, it is imperative that the States get a share in the Corporation tax. May I suggest a specific recommendation by the Tenth Finance Commission, that 20% of Corporation Tax be given to the States?

While dwelling on vertical transfers to the States, I would like to highlight the need for a thoroughgoing review of the potential under Articles 268 and 269 of the Constitution. Our detailed views on the possibilities of strengthening the State's resources position, through better mobilisation under Articles 268 & 269 have been given in our Memorandum. I would also like to highlight the need for immediately implementing the consignment tax, as already agreed upon in the conference of Chief Ministers in February 1989, presided over by the late Prime Minister Shri Rajiv Gandhi. A conference of State Finance Ministers presided over by the Union Finance Minister, has been held on 27th May, 1994, to consider this question. In my view, considering the overall fiscal context, it is imperative that the consignment tax is brought into force without any further delay. I would also like to draw attention to the need to step up the annual grant, in lieu of the tax on railway passenger fares, to Rs.750 crores, based on the detailed calculations we have set out in our Memorandum.

I have dwelt at length on the need for a significant step up in the vertical transfers. I wish to reiterate that this would be the only certain way to empower the States to face the latter half of the Nineties with dignity and composure. I shall now turn to the principles which should govern the distribution between States. Our Memorandum setting out our detailed views on this issue



is already with you. I would only like to highlight some of our main concerns. In our view, the main factors which should govern the horizontal distribution should be the 1971 population, urban population, per capita State Domestic Product (SDP) or poverty percentages worked out by the Expert Group, applied to the 1971 population, composite index of backwardness as determined by the Ninth Finance Commission and tax effort. It is absolutely essential that States like Tamil Nadu, which have done well in population limitation, are not penalised. To do so, it is essential to adopt only the 1971 population as prescribed in the terms of reference. I am also of the view that the 1971 population should be used in deriving the per capita SDP, if it is to be used in the distribution formula. An alternative to using per capita SDP would be the poverty percentages, as set out in the report of the Expert Group 1992, as applied to the 1971 population. It will be a good idea to directly address the poverty issue. There is a specific case for utilising urban population as an indicator in the distribution formula. In the case of income tax, urban population at 10% can replace the 10% weight for contribution.

You will be visiting some of the problem slum areas tomorrow. The externalities associated with urban areas have to be recognized by extending a weight to urban population. Tamil Nadu has a splendid tax effort record. The tax - SDP ratio of Tamil Nadu is easily among the highest in the Country. In recognising the tax effort, the State Excise revenue needs to be excluded, to be fair to States which have implemented Prohibition. I have no doubt that the progressive suggestions we have made will strike a responsive chord in your final deliberations, when the distribution formulae are set out.

I would now like to briefly refer to the question of Additional Excise Duties. As you are no doubt aware, a specific proposal to implement a State Value Added Tax is under consideration involving, among other issues, the withdrawal of additional excise duties and giving the power to the States to levy value added tax on these commodities. It is now quite evident that if the power to tax is returned to the States, the yield would be higher. When this new proposal is under consideration, it is even more appropriate that the entire yield from additional excise duties is given to the States, on the

basis of contribution, and no redistribution should be attempted. The most suitable proxy to determine the contribution would be the States' sales tax collections. It is also necessary to point out that the Ninth Finance Commission, while employing population as a factor in the distribution of additional excise duties, erred in using the 1981 population. If population is to be used at all, it has to be only the 1971 population.

I would now like to turn to the specific situation faced by Tamil Nadu in the period 1995-2000. I would like to highlight the fact that, contrary to the projections of the Ninth Finance Commission, Tamil Nadu has had to contend with post-devolution deficits in the Nineties. Our forecast indicates a staggering pre-devolution deficit in the forecast period 1995-2000. Even with a scheme of vertical transfers and horizontal distribution as I have set out, Tamil Nadu will have to contend with a massive post-devolution deficit. It is essential that this position is recognized and our recommendations enable Tamil Nadu to meet the fiscal challenge of the latter half of the Nineties.

We have had to contend with an unenviable revenue account deficit since we assumed office in 1991-92. It has been a Sisyphean struggle with no respite. Tamil Nadu is confronted with one of the largest revenue deficits amongst all States. We have made valiant all round efforts to bring the situation under control

and roll back the revenue deficit. It will take us some more time to put through the adjustment process. Until such time as we are able to fully do so, Tamil Nadu will have to be supported through grants. May I suggest that you extend to Tamil Nadu the benefit of your best consideration, in tiding over this difficult fiscal situation? I wish to emphasise that this difficult fiscal situation is with us, despite our extraordinary effort to mobilize new resources and the prudent expenditure policy we have followed. Support in the form of a gap grant will be essential for the State to face the future.

One difficult issue which has to be addressed is the fact that the Eighth Plan would come to an end by 1996-97 and a new five year plan would be launched with effect from 1997-98. In our view, the committed liability on account of plan schemes in the revenue account would need to be taken note of. We are also anxious that new tax effort which is undertaken by the State is wholly earmarked to finance the plan, and should not be assumed, to finance the non plan expenditure. We have assumed, based on our reading of the terms of reference, that the Finance Commission would concentrate on the non plan revenue account, leaving the Planning Commission to undertake the plan financing. It will be useful if the thinking of the Commission, in dealing with the plan revenue component, is spelt out clearly during these discussions.

I would like to draw specific attention to the question of a special grant to cover the loss on account of Prohibition. The Ninth Finance Commission did not do enough in merely marking down the revenues. The scheme of compensation of the loss on account of Prohibition has also been discontinued by the Government of India. With the Centre having withdrawn its scheme, it is but appropriate that a specific scheme of compensation is evolved by the Tenth Finance Commission. We have set out our detailed views on this issue in our memorandum. At least 50 per cent of the estimated loss of revenue should be compensated by a specific grant. May I appeal to you to take a fair and just view about this issue?

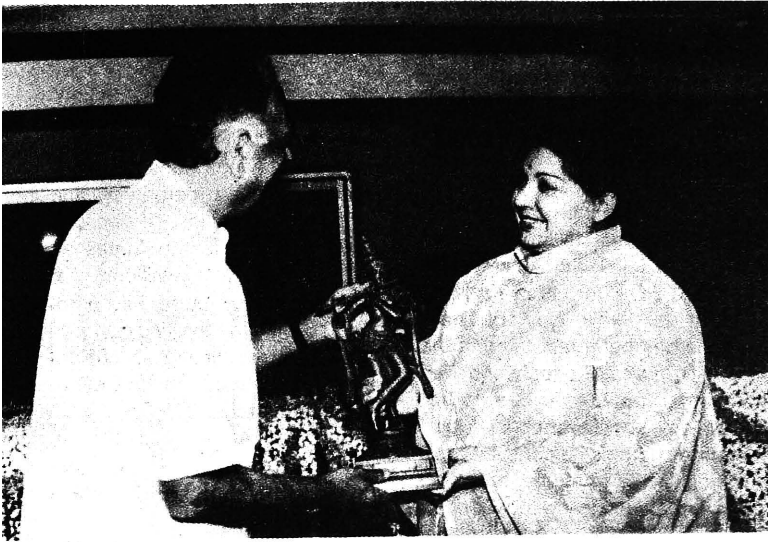
I would caution against any arbitrary views on the discontinuance of subsidies. While I agree that in the medium term, given the fiscal imperatives, we have to be cautious about subsidies, there can be no abrupt change or roll back. I have already highlighted how much more difficult it is for the States to cut back subsidies, as they are that much closer to the people. Our policy is to hold the absolute level of subsidies at the current level. May I suggest that this approach be endorsed as the only pragmatic and realistic approach? Even this would call for skilful and adroit management, taxing all our skills.

Under your terms of reference, you are obliged to keep in mind the

Freedom of the Press means not only freedom from certain restraints, but also freedom for certain purposes. The purposes are to provide proper, correct and truthful information and education to the readers. The Press has a right to make a value judgement, but that should be upon consideration of all the issues involved. Journalism, therefore is not only craftsmanship it is creative activity with a sense of responsibility.

**— Hon'ble Chief Minister
Puratchi Thalaivi Dr.J.JAYALALITHA**





need for ensuring reasonable returns on various investments by the States. I would like to draw specific attention to the position of the Tamil Nadu Electricity Board (TNEB). We are forced to extend a compensatory subsidy to the TNEB, to meet the extra cost of transporting coal from distant Eastern coal fields, by a complicated rail cum sea cum rail route, to the thermal plants in the State. The TNEB's average per unit realisation from the sale of energy is among the highest in the Country. Ther performance parameters of the Board's thermal plants have received all India acclaim. At one time, freight subsidies were extended to cover the increased transportation costs. These have been withdrawn. In a common market, Tamil Nadu is left with a comparative disadvantage. The subsidy extended, only attempts to neutralise this disadvantage to some extent. Conscious of the overall fiscal situation, we have decided to hold the absolute level of the subsidy at the current level. Given this commitment on our part, I should think the Finance Commission will allow this level of subsidy in the State's forecast. We are, of course, ensuring a real and effective cash return on the State's investment in the TNEB, through an electricity tax paid by the Board.

In the case of the Transport Corporations, we do not extend any subsidy to cover losses. We do, of course, cover the cost of concessional travel, in respect of a few categories. The operational parameters of the State's Bus Transport Corporations are among the best in the country. This has enabled us to extend the best service at the lowest fares. The repeated increases in the administered price of diesel have, however, posed a very difficult situation. This has been a direct consequence of the adjustment process. We have had to revise fares in December 1993, but a further diesel price hike in February 1994, has again posed a new problem. It will take us considerable time to tide over these repeated cost increases. It would not be realistic in this situation to assume financial returns in what is an essential service for this common man.

As for other public sector undertakings, it shall be our policy to ensure that there is no budgetary support to cover losses. Most of these Corporations are promotional corporations, and it will not be realistic to assume financial returns from these Corporations.

I shall now turn to another aspect relating to the State's expendi-

ture in the forecast period. We have provided detailed estimates of fresh expenditure. Included in this are revisions of dearness allowance, and other items like the revision of house rent allowance, which have already been implemented since cut off date of 1st January 1992, set by the Commission. These items will have to be taken note of, in the expenditure forecast, as items already committed upon. In addition, I wish to bring to your specific notice that, based on the Central pattern, we have already extended an interim relief of Rs.100 per month to our employees, pending the next pay revision. Our pay scales are on par with the Central pay scales, and the next pay revision will be alongside the Central Pay revision. The full commitment on account of the future pay revision will have to be taken into account, as part of our expenditure forecast. We have provided full details of fresh expenditure, giving only those items on which there appears no choice. These have to be allowed in full, if the forecast is to be realistic.

Under the terms of reference, you are required to consider the requirements of the States for modernisation of administration. We have made detailed submissions covering various aspects, involving a total requirement of Rs.3,448 crore in the forecast period. As you are aware, we have taken special efforts to modernise the State Police Force, and make it an efficient and humane force. Our projections to modernise the Police Force involve a total outlay of Rs.427 crore. Based on certain recent decisions that we have taken, we would need a further sum of Rs.70 crore to provide a Coastal Security System, a Highway Patrol System and a Police Check-post System on the highways. Our total requirement is thus Rs.500 crore. Besides this we would need Rs.240 crore for Police Housing. I wish to emphasise that, considering the situation that had developed in Punjab and the situation now in Kashmir, it is better to take advance

preventive action. Tamil Nadu has had to contend with an equally serious problem posed by foreign extremists. We have had signal success so far in rooting out this threat. We have done this on our own. Our efforts have to be supported. May I request a special problem grant to cover the costs of Police Modernisation? It will be useful if this grant is provided outside the general scheme, so that it is actually available each year for the specific purpose. We have made detailed submissions, on various aspects of modernisation of the administrations, which I hope will merit your best consideration.

I have been greatly pained by the inadequacy of the existing arrangements to provide for relief expenditure in the event of natural calamities. Tamil Nadu has been repeatedly devastated by cyclones and floods. At the same time we had several districts affected by drought. What is worse, Madras City had to go through one of the worst water scarcity situations in 1993. This has meant an impossible burden on the State. Our recent experience has thus been quite traumatic, with the Calamity Relief Fund arrangement being totally inadequate. We have made detailed suggestions on the

computation of the contributions to the Calamity Relief Fund. These have to be constantly updated for changes in price levels. May I suggest that a forward looking scheme be evolved, which covers the requirement of a State like Tamil Nadu? Following the repeated devastation of our coastal areas, we had submitted a detailed project report to the World Bank for Rs.2500 crore. Unfortunately, while World Bank assistance has been facilitated in the case of Andhra Pradesh and Maharashtra, Tamil Nadu has not received any special support. May I therefore suggest the constitution of a National Calamity Fund, based on annual contribution by the Centre? This Fund should extend special support when a calamity of unusual severity is experienced.

The debt burden of the States has assumed alarming proportions. Tamil Nadu has registered one of the fastest increases in the interest burden. We are deeply concerned that, in the near future, the net flows could turn negative. The Ninth Finance Commission's recommendations on debt relief were very nominal. The hardening of the terms of new debt has accentuated the problem. With the pronounced shift

towards social sectors where financial returns are not easily possible, it is necessary that the loan grant mix of Central Plan assistance is made 50:50, instead of 70:30 as at present. Small Savings loans should be treated as loans in perpetuity, and 90% of the net amount of collections should be given to the States as loan. These changes will only give some relief in the future. The problems posed by the existing debt can be addressed by writing off 50% of the existing debt due to the Centre, as on 31st March, 1995. The Tenth Finance Commission will have to make path breaking recommendations in extending substantial debt relief to the States.

I have spelt out our views on the main issues before the Tenth Finance Commission. It is my considered view that the Tenth Finance Commission would have to take a bold and imaginative stand, in specifying the vertical transfers to the States. The States have been finding themselves adrift in a sea of fiscal turmoil, and have been awaiting eagerly the recommendations of the Tenth Finance Commission for succor. I have every hope that, under your distinguished leadership, the States will get full justice. We do hope that, in developing a scheme of vertical transfers and horizontal sharing, the Tenth Finance Commission will further embellish the principles of equity, adequacy, elasticity and certainty, that should govern Centre-State fiscal relations. Adjustment has to be undertaken with a human face, and this is particularly relevant at the State level, in a federal polity like ours. It is now left exclusively to the Finance Commission, to provide the States with the wherewithal to face up to the adjustment process. We are fully conscious of our fiscal responsibilities, and we are taking every effort to adjust to the new situation. It will take us time. It is in this interregnum that the States should be empowered to face the fiscal challenges of the future.

It is necessary that the Indian Press should display regard and reverence for basic democratic values and fulfil its responsibility in a spirit of humility, reporting the truth, honestly helping the people to decide for themselves and by shying away commercialism and sensationalism. The circulation of newspapers, magazines and journals of all kinds is growing in this Country, but not as much as the growth of the neo-literate population itself.

-Puratchi Thalaivi

Dr.J.JAYALALITHA

POST-CENTENARY GOLDEN JUBILEE CELEBRATIONS OF THE PACHAIYAPPA'S COLLEGE, MADRAS



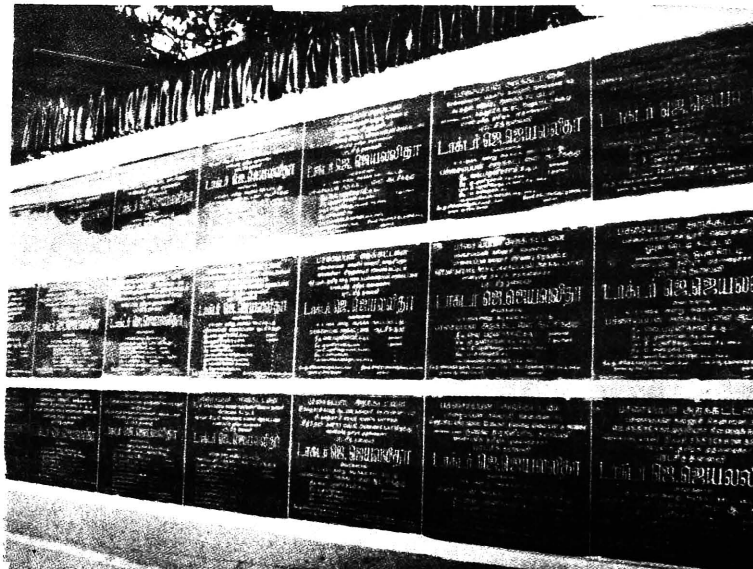
EDUCATION OUGHT TO BRING ABOUT SOCIO ECONOMIC CHANGE

The post-centenary golden jubilee celebrations of the Pachaiyappa's College was held on 6th May, 1994 at the College campus.

Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha participated at the celebrations and laid foundations for the buildings to be constructed for Trust educational institutions at a total cost of Rs.1.71 crore and declared open new buildings constructed for the institutions at a cost of Rs.1.23 crore. The Chief Minister released a jubilee souvenir to mark the occasion which was received by Speaker Thiru Sedapatti R. Muthiah. She also released a video cassette of

Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha on 6.5.1994.

Legislative Assembly and a book Thiru K. Ponnusamy and Thiru on late Pachaiyappa. The Kamalakara Rao, the Principal Hon'ble Education Minister received the first copies





respectively.

In her jubilee address, the Hon'ble Chief Minister said the State Government would recommend to the Centre to upgrade the institutions of the Pachaiyappa's Trust as a Deemed University. She promised all help from the Government in this regard. She was responding to the plea made by the Chairman of the Pachaiyappa's Trust Thiru V. Palanichamy that the institutions be elevated as a Deemed university.

She announced a Government grant of Rs.20 lakh for the construction of a complex to mark the celebrations. Another Rs.5 lakh would be donated on behalf of the AIADMK, the Chief Minister added.

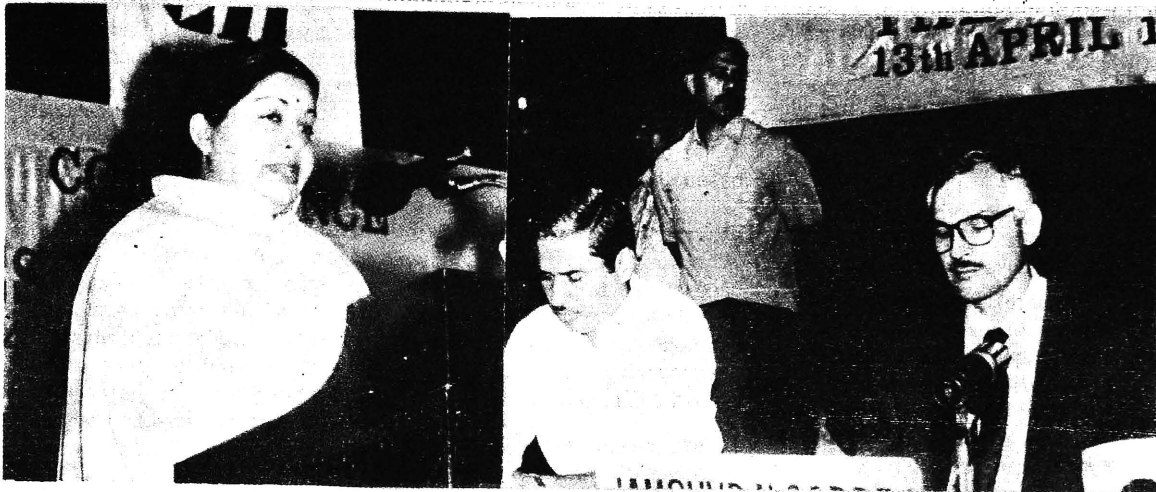
The Chief Minister said the State Council for Higher Education was created to have all round growth and qualitative improvement in education. She said education was not for merely amassing degrees or creating job opportunities but for bringing about Socio-economic changes, apart from removing the ignorance of the individual. She expressed hope that the present generation of students will take Tamil Nadu to the top.

Paying tributes to late Pachaiyappa, the Chief Minister said it was a lofty act of philanthropy by Pachaiyappa that opened the doors of education to all. The trust founded by him with his assets had grown into an

intellectual abode for society, she said.

Thiru Sedapatti R. Muthiah, the Speaker presided over the function. Thiru K. Ponnusamy, the Minister for Education spoke on the occasion. Dr. S.V. Chittibabu, Vice Chairman, TANSCHÉ offered felicitation. Dr. A.P. Kamalakara Rao, Principal, Pachaiyappa's College presented the annual report.

Thiru V. Palanichamy, Chairman, Pachaiyappa's Trust welcomed the gathering. Dr. C. Palanivelu, Director of School Education and Member, Managing Trustee of the Trust proposed a vote of thanks.



TAMIL NADU'S QUALITY OF INFRASTRUCTURE BEST IN THE COUNTRY

'PRIMACY TO ACCELERATE EMPLOYMENT THROUGH GROWTH PROCESS NEEDED''

I congratulate the Confederation of Indian Industry, Southern Region, for having taken the initiative of organising a Conference on "The States: Strategy for Growth", a subject of great topical importance. I am aware that the Confederation of Indian Industry has forged ahead as the Premier Representative Body of Indian Industry. I am happy that captains of Industry of the Southern states are present here today, to discuss the role of the states in Industrial growth, in the context of the liberalisation policy of the Government of India.

The new economic policy, with its emphasis on liberalisation has brought in its wake several new challenges. The first stage of the reforms, namely, delicensing and deregulation was, probably, the easier stage. The second and more difficult phase will be to create the right conditions to foster rapid growth. In addition the growth process has to be meaningful to the vast majority of our people.

- Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha at Confederation of Indian Industry's Southern Region's 20th Annual Meeting on 13.4.94

The State Governments have an important role to play in the second phase, in accelerating the provision of infrastructure and in ensuring that the benefits of progress reach the masses for whom they are intended. Industrial growth must lead to more employment opportunities. The emphasis should be on creating new jobs within the country. Even Western Nations are finding it difficult to deal with problems of jobless growth. In a developing country like India, where poverty alleviation must receive the highest priority, we should give primacy to the strategy to accelerate the provision of employment through the growth process. There-

fore, in my view, we must focus on quickly building up manufacturing capability in such a manner, that facilitates the creation of jobs. May I appeal to the captains of industry, who are assembled here today, to move ahead and deepen the growth process so that the beneficial impact on employment is felt as early as possible? Without this the growth process, as part of the new economic policy, will not strike a responsive chord among the people.

A sound functioning infrastructure is an absolute minimum requirement to foster industrial growth. Secondly, the climate of industrial relations must help to build mutual confidence between industry and labour. Thirdly, the whole gamut of clearances and inspections should be streamlined, so that efficiency and a business-like approach characterise the system. Lastly, easy access to some principal factors of production should be facilitated. These are probably the four key areas where the State's contribution

can count significantly in quickening the growth process.

I would now like to highlight some of the issues which govern the strategy for growth at the State level, keeping the Tamil Nadu context in view. Social harmony and proper maintenance of law and order are basic requirements for any growth process. In Tamil Nadu we have a perfect record in ensuring peace and tranquillity. We are confident that we will continue to maintain law and order in a perfect manner, and you can make all your investments here without the least anxiety in this regard.

We, in Tamil Nadu, are doing our best to build a sound infrastructure. Available indicators show that the quality of infrastructure in Tamil Nadu is one of the best in the Country. The CMIE index gives Tamil Nadu 139 points for infrastructure, as against 100 being the all India average. We will continue to concentrate on issues such as energy, transportation, availability of water and urban infrastructure. A reference has been made to the Mandays lost during 1992. It is stated that Mandays lost is next to West Bengal. I wish to clarify that due to prolonged strike in Textile Industry, the Mandays lost in 1992 was higher and this has been set right in 1993.

Planning for energy has, in the past, been somewhat of a chicken and egg situation. It has been the practice to wait for demand to build up and then to address the issue. Our State has now chosen to take the initiative to build up new capacity in anticipation of demand. Tamil Nadu has pushed ahead with a massive energy development programme. We have taken the initiative to launch, in the associate sector, the massive Rs.7500 crore Jayamkondam Lignite Power Project with a capacity of 1500 MW. In addition, we have facilitated the establishment, in the private sector, of a coal based 1000 MW power plant

at Cuddalore, and a 250 MW lignite based plant at Neyveli. A gas based 300 MW power station near Nagapattinam is also being encouraged in the private sector. Similar coal based thermal power stations at North Madras and Tuticorin will be entrusted to the private sector. You will notice that, in Tamil Nadu, we have taken a calculated risk in planning ahead for a high capacity addition, with the specific intention of ensuring adequate energy availability for the foreseeable future.

We hope that the Government of India would review the situation in respect of the Koodankulam Nuclear Power Plant and the third mine cut at Neyveli, so that early starts can be made on these projects. We have also taken the decision to participate in the Kaiga Nuclear Project. We are confident of securing a capacity addition of 5,000 MW in a period of 10 years. While power generation has been given the highest emphasis we are not ignoring the problem of the quality of power. In Tamil Nadu, a major effort to improve transmission and distribution is under way with assistance from the Asian Development Bank.

While discussing the energy issue, I would like to highlight the fact that the Southern Gas Grid is of critical importance to the Southern States. I would like to emphasise that this project has to move quickly from the drawing board to actual execution. To start with, it should be based on the surplus gas at Bombay High. The linkage to gas supply through a submarine pipeline from Oman or Iran can be viewed as an ultimate solution.

I was the first person to suggest co-financing by the Southern States in initiating this project. I do hope that the Government of India will recognise the importance of this project as the harbinger of new industrial growth in the Southern States.

A good communication net work

with a well developed road system attracts industrial investment significantly. We have developed a road transportation project at a total cost of Rs.880 crores and we have posed it to the World Bank for financing. We are also planning, in association with the Infrastructure Leasing and Financial Services Limited, the development of some major corridors. We are hopeful of making an early start on this project. We have taken steps to study in depth the potential of Cuddalore Port, from the point of view of increased coal handling as well as hinterland development.

Ensuring adequate availability of water for industry has posed a major challenge in Tamil Nadu. We are confident that the Krishna Water Scheme and the new Veeranam Project will be implemented in 1995. I am sure these massive projects will help to permanently resolve the water shortage situation in the Madras Metropolitan area.

We anticipate that industries in the Madras area will benefit from the abundant ground water supplies released, once these projects become operational. Major water supply schemes for Coimbatore, Salem and Madurai will be completed in 1994. I am happy to record that my suggestion to industry to use secondary treated sewage water has been well received and projects are underway. This trend needs to be accelerated.

I am also happy to announce a joint sector initiative to establish a desalination project, to supplement the water availability in the Manali area. Tamil Nadu has thus moved ahead with a major investment plan which should resolve the chronic water shortages of the past.

We have placed special emphasis on developing urban infrastructure. The Madras Vision - 2,000, project with an investment of Rs.4,000 crores, is designed to make Madras the most favoured

Metro destination. We have placed emphasis on creating the necessary urban infrastructure in 10 major towns.

The second substantive issue I would like to cover is the Industrial relations environment. We shall seek to foster a culture where downsizing and reengineering together do not constitute an end by themselves, but eventually promote new employment opportunities that follow investment in technology upgradation. I am hopeful that your Confederation will help to identify specific areas and focus on employment oriented growth. This will be essential to ensure peaceful industrial relations. This could render redundant any need for a formal exit policy. A vibrant job market with easy mobility is the right answer. Our approach to industrial relations has been greatly appreciated. We shall continue to foster a culture of healthy industrial relations in our State.

Industrialists have spoken to me of the need to quicken clearances. We have taken the initiative to constitute GUIDANCE as an escort agency, so that there is easy access and quick clearance. We have already given executive instructions to operate the single window concept. We hope to put this on a statutory footing soon. Simultaneously, a core group consisting of the Industries and Energy departments and the TNEB will be constituted, to monitor and ensure the speedy clearance of new applications for power connections.

In addition, you may be aware that we have gone ahead boldly to develop Industrial growth centres to tackle this issue. Growth Centres at Gangaikondan near Tirunelveli, Perundurai near Erode, Nilakottai near Madurai and Bargur in Dharmapuri are ready to take off. We have now planned a massive new growth centre near Madras. Developed land, properly serviced, will not be a con-

straint in Tamil Nadu.

The State specific industrial policy which I set forth in 1992, covers the full range of incentives and the taxation policy we have adopted. Tamil Nadu offers a truly attractive package of incentives to foster industrial development. This package is acknowledged as among the best in the country. We have a splendid record of delivering promptly on what is promised, whether it be capital subsidy or any other incentives. We have set in motion a clear policy of tax reform.

In the last two State Budgets we have taken significant strides forward in tax reform. The tax structure has been properly codified and is now quite transparent. The Sales tax rate structure has been greatly simplified with just 5 common rates. Despite serious revenue implications, we have gone ahead boldly in eliminating cascading by extending to a wide range of goods concessional treatment meant for raw materials. Please understand that this reform process has been undertaken despite the extremely difficult fiscal situation we are facing. Our tax reform package has been widely appreciated. We keep an open mind in pushing further the tax reform process.

In Tamil Nadu, I do not see any serious factor inhibiting growth. I understand that some laws and regulations like the Urban land Ceiling Act are regarded as anti-growth by industry.

I feel that if we can ensure rapid expansion of employment opportunities, we should not be blinkered in our vision, holding on to concepts which are shopworn. At the same time, industry will have to be conscious of its social debt, as for example, in conforming to environmental regulations. The reform process also calls for a mature and responsible response from industry.

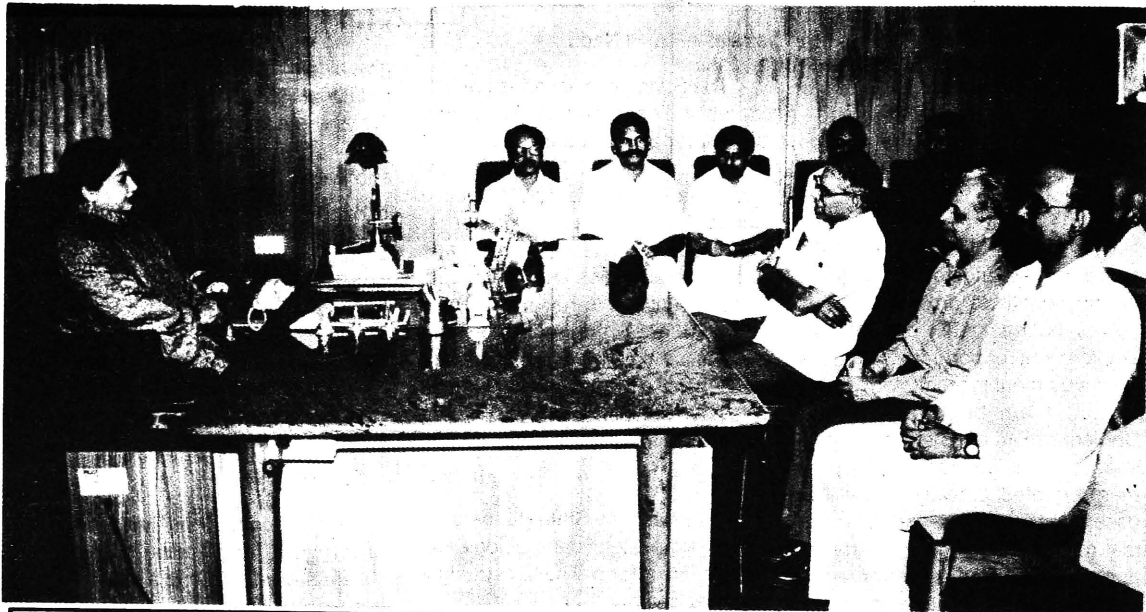
We will take speedy action to give a concrete shape to our Madras Industrial Park Project. We are sure that the Madras Industrial Park will stimulate the economy of our State, and help to bring global technology and finance to our door-steps. I do hope the Government of India would appreciate the uniqueness of this project and give it all the help that we have been asking for.

I wish to conclude by saying that it shall be our joint endeavour to work out a forward looking strategy for rapid and meaningful growth in our State.

Some suggestions have been put forth by Mr. Godrej and Mr. Sheshasayee. I wish to assure you that we will keep all your suggestions in mind, in particular a remark was made that Tamil Nadu should aim at being a global player and not domestic player. That is precisely our aim and intention. Reference was also made that the Punjab Chief Minister having made spontaneous donation to the Regional Head Office of the Confederation being setup in Punjab. I wish to assure you that even though I am quite sure that the confederation of Indian Industry not lacking in finance, if you do come forward to setup your Regional office at Madras we shall be happy to give you any assistance that you may wish for and though I would not like to specify that how much now, I would like to tell you we can offer you much more than the Punjab Chief Minister.

I express the hope that you will have meaningful deliberations which will focus on the key areas which are relevant, to impart speed and momentum to the growth process in Tamil Nadu in particular.

I am happy to announce that Tamil Nadu Government will contribute a sum of Rs. 25 lakhs for the Regional office of the confederation of Indian Industry at Madras.



Chairman of NABARD Appreciates the smooth flow of Credit to Farm Sector in Tamil Nadu

The Chairman National Bank for Agriculture and Rural Development (NABARD) Thiru P. Kotaiah called on the Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha in the Secretariat on 6th April 1994.

The meeting covered various aspects of agriculture and rural development in Tamil Nadu. The Chief Minister pointed out the significant progress made in Tamil Nadu in restoring health to the rural credit system and improving the lending to farmers, weavers and rural artisans. The Chairman of NABARD expressed his appreciation for the progress made in ensuring smooth flow of credit to the farm sector in Tamil Nadu. He assured NABARD's full support for the State's annual credit plan of Rs.3000 crore for 1994-95.

The Chief Minister requested NABARD's full support for the scheme of providing self-employment to one lakh women in 1994-95. In this context the Chairman of NABARD expressed his appreciation for the significant strides made in Tamil Nadu in Dharmapuri District and in other districts in encouraging self-help groups of women. He assured full support for this rural

employment drive in the non-farm sector.

The Chief Minister also requested support from the Long Term Operations Fund to strengthen the Primary Land Development Banks in the State. The Chairman of NABARD indicated that this request would be given the highest consideration.

The Chief Minister indicated the significant steps taken to improve the position of weavers in the State. She pointed out that a record amount of Rs. 54.18 crore had been released as handloom rebate claims in 1993-94 so that the weavers of the State would be benefited. She requested NABARD's continued support for the schemes to benefit weavers.

The Chief Minister also requested NABARD's support for financing the Integrated Coastal Development Programme. The Chairman of NABARD assured that this proposal would be given due consideration.

The Chief Minister also called for support from NABARD for the project to rehabilitate fishermen in the Palk Bay area in Ramanathapuram District. The Chairman of NABARD assured full support for this project.



TAMIL NADU COMMITTED TO ADI-DRAVIDAR WELFARE

-Hon'ble Chief Minister Puratchi Thalaivi Dr. J. JAYALALITHA

"Dr.Ambedkar was an epoch in the field of law, a revolutionary chapter in politics and a turning point in social reform" hailed the Hon'ble Chief Minister Puratchi Thalaivi Dr.J.Jayalalitha after unveiling a lifesize bronze statue of Dr.B.R. Ambedkar on 30.4.94 at the Koyambedu 100 feet Junction at Madras. Dr.Ambedkar wrote a new chapter in the Indian constitution for the uplift and social and economic development of Adi Dravidars while Thanthai Periyar gave a new meaning and thrust to social reforms in Southern India.

The Chief Minister reaffirmed her commitment to the uplift of the Adi Dravidars and assured that her Government will continue to work for the economic emancipation of the depressed classes and also for protecting their rights and welfare. The Chief Minister said that through the 10 Point Programme by which

Adi Dravidars have been provided with exclusive Industrial Estates, Prawn Farms and sericulture Farms, her Government is committed to the welfare of the Adi Dravidars.

The Chief Minister said that all the Adi Dravidar colonies in the State have been provided with atleast one source of protected drinking water supply. The Tamil Nadu Government has increased the allotment for the development of Adi Dravidars thereby showing a deep interest in them, she said.

Earlier, the Hon'ble Minister for Adi Dravidar welfare, Thiru. M.R.Anandan welcomed the gathering. During his speech the Minister said that the Hon'ble Chief Minister has been visiting Districts to meet people and ensure that welfare measures reach the people thereby protecting the welfare of the people.

Thiru.S.K. Tamil Arasan Member of the Legislative Assembly representing the Republican Party of India thanked the Chief Minister for unveiling the statue and said that the unveiling of the statue was a dream fulfilled for more than one crore Adi Dravidars in the State.

Hon'ble Speaker of the Legislative Assembly, Thiru. Sedapatti R. Muthiah presided over the function. The Speaker said it was the Dravidian movement that stood by Dr.Ambedkar when he was sidelined at a point of time and in the same Dravidian tradition, the Hon'ble Chief Minister of Tamil Nadu was protecting the social justice.

The Director of Information and Public Relations, Thiru R.Sampath, I.A.S., proposed a vote of thanks.

INFORMATION AND PUBLIC RELATIONS DEPARTMENT



New Announcements made in the Assembly by Hon'ble Minister for Information, Thiru M. Thennavan

■ Exhibitions were regularly conducted in big cities of Madurai, Salem and Coimbatore till last year. The Hon'ble Chief Minister had announced in the Assembly last year that during the year 1993-94, Exhibitions would also be conducted at Tirunelveli and Trichy. Accordingly these exhibitions were conducted. In the year 1994-95 it has been decided to conduct exhibitions in two more cities also thereby increasing the total number of major exhibitions to seven.

■ Last year the Hon'ble Chief Minister announced in the Assembly that a sound and light programme illustrating the life and achievements of Bharat Ratna Dr.M.G.R. would be conducted. A committee of 21 persons under the leadership of the Hon'ble Minister for Finance has been constituted for this purpose. The sound and light programme of Bharat Ratna Dr. M.G.R. would be organised as per the committee's recommendations.

■ The Birthday of Pasumpon Muthuramalingam Thevar was celebrated only in Ramanaathapuram, Madurai and Pasumpon Muthuramalingam Thevar Districts till now. As per the announcement made by Hon'ble Chief Minister, the birthday of Pasumpon Muthuramalingam Thevar will be celebrated as State Level function hereafter in addition to the functions in these three districts.

■ The Government have proposed to acquire the house of poet Ramalingam Pillai at Namakkal. The land acquisition process has begun.

■ For several years now, the Rajaji Hall is in a state of disuse and is kept closed. None of the customary function is being held. A decision has been taken to preserve and conserve one of the oldest and most magnificent buildings of Tamil Nadu, Rajaji Hall. Efforts are now on to renovate and restore the glory of Rajaji Hall.

■ In order to modernise the mailing system, a Computer with Printer to Print addresses of subscribers and agents of Tamil Arasu Magazine is to be purchased.

■ There is a demand from those already involved in Video profession to start a part-time course on Video production technology. In response to the demand, it has now been decided to start the course during the current year at the Film and Television Institute of Tamil Nadu on self-financing basis.

■ It has now been planned to undertake repairs to the State Information Centre Building and purchase new 16 mm films, new projectors as well as new books to enrich the library.

■ The Film city being established at Taramani is to be named after Hon'ble Chief Minister as 'Jayalalitha Film City'

■ A Museum is to be established at Puratchi Thalaivar M.G.R. Samadhi on the lines of the museum established for Arignar Anna at Anna Samadhi.

■ A Function will be organised at the Periyar memorial at Vaikom, every year, in celebration of the victory of Vaikom Satyagraha.

■ The birth place of leader P. Jeeva at Bhoothapandi in Kanniyakumari will be turned a memorial in honour of the leader.

■ The Birthdays of Freedom Fighters Puli Thevan and Alagu Muthukone will be celebrated at Tirunelveli. The Birthday of Rebel Muthuramalinga Sethupathi will be celebrated at Ramanathapuram.

■ During 1994-95 Multimedia campaigns will be held at Dindigul--Anna, Thiruvannamalai Sambuvarayar, Pasumpon Muthuramalingam Thevar and Villupuram Ramasamy Padaiyatchiar Districts.

RESULT OF BYE-ELECTIONS TO TAMIL NADU LEGISLATIVE ASSEMBLY.

13. MYLAPORE

Date of Poll : 26.5.1994
Electorate : 1,88,193
Votes Polled : 1,05,955
Valid Votes Polled : 1,04,947
Rejected Votes : 1,008

BALASUBRAMANIAN V-AIADMK ELECTED

Name of the candidate	Party Affilia- tion	No.of votes secured
Balasubramanian V	AIADMK	40,756
Eramajayam N P	DMK	35,021
Thiagarajan R	INC	12,436
Dhanu S	IND	10,471
Appan M R	IND	1,766
Raghupathy T	JP	1,080
Sundarrajan P	IND	910
Selvaraj S	PMK	564
Sivakumar P	IND	233
Ravi, Mylai S	IND	158
Rajagopalan N	IND	149
Nirmala Arul Prakash, Mrs Dr.	IND	119
Vasu D	IND	111
Thiagarajan V	IND	75
Paramasivam P	IND	71
MazhaimeniPandiyan S	IND	56
Paulnadar P	IND	54
Sivasankar T J	IND	45
Chandran T	IND	43
Kilnaamakkarar Gridathi Anandar	IND	42
Ramesh M C	IND	40
Gnanavelu R	IND	37
Kumaresan Mani K	IND	36

Bangarusamy K	IND	33
Dhandapani M	IND	33
George (alias) George Bush	IND	29
Manmadhan M	IND	29
Krishnamurthy S P	IND	26
Daruman Patthar K	IND	24
Keerthivasan T V	IND	24
Ramalingam R	IND	24
Iniyadayalan G	IND	23
Rayappan M	IND	23
Amankhan Dr.	IND	21
Kalaiarasan M	IND	20
Murugesan Yadhav R	IND	20
Haneefa M	IND	19
Antony Edward	IND	18
Raju C	IND	18
Kumar V	IND	17
Nagoor Meeran Peermohamed U	IND	15
Sundar Raman S	IND	15
Vallivelan S	IND	15
Jagat Jyothi	IND	13
Punidhavelu M	IND	13
Subramani S P	IND	13
Malligammal M	IND	12
Umarhathab K A	IND	12



Harikrishnan P	IND	11
Manak Chand Nahar	IND	11
Natarajan S	IND	11
Deenan I	IND	10
Inas A K	IND	10
Padmarajan Dr K	IND	10
Perumal A	IND	10
Vincent Jose V	IND	10
Ganesh Kannan M S	IND	9
Suriyamoorthy R N	IND	9
Varadaraj T	IND	9
Jayachandra Naicker T	IND	8
Loganathan (alias) Vaiyagatharasu R	IND	8
Veerappa		
Gounder V T R	IND	8
Sakthivel G	IND	7
Varadadesikan O A	IND	7
Selvam M	IND	6
Anandan S	IND	4
Arulmani M	IND	4
Kumar D S	IND	3

119. PERUNDURAI

Date of Poll	:	26.5.1994
Electorate	:	1,69,417
Votes Polled	:	1,22,318
Valid Votes Polled	:	1,20,443
Rejected Votes	:	1,875

PERIASAMY P-AIADMK ELECTED

Name of the candidate	Party Affiliation	No. of votes secured
Periasamy P	AIADMK	55,730
Kandasamy V.M.	IND	23,452
Nallappan T.K.	CPI	20,449
Gaandhi C.	INC	12,371
Subramaniam V.M.	Ambedkar Peoples Movement	1,969
Nacchimuthu C.	PMK	1,895
Elangandhi, E.K.	BJP	754
Balasubramaniam S.	IND	505
Rajan C.	IND	446
Mani K.M.	IND	361

Selwakumar Prabhu L.	IND	276
Duraisamy O.C.	IND	267
Vellingiri K.A.	IND	238
Mahendran P.	IND	188
Thamu A.	IND	172
Chinna Ponnu		
Vathiyar, V.M.	IND	170
Perumal A.	IND	142
Nallasamy		
Gounder K.S.	IND	112
Palanisamy R.	IND	108
Chinnadurai P.	IND	88
Palanisamy O.C.	IND	78
Veerappa		
Gounder, V.T.R.	IND	77
Ganesan K	IND	76
Samuelraj G.	IND	63
Nagoor Meeran Peer		
Mohamed U.	IND	58
Padmarajan Dr. K.	IND	58
Karutha Pandian T.	IND	51
Kandasamy K.	IND	50
Kilnaamakkarar		
Gridathi Anandar G.	IND	41
Raja R.	IND	35
Arumugam N.K.	IND	29
Ramasamy N.	IND	28
Muthuswamy K.	IND	26
Jayaraj K.M.	IND	21
Varadaraj T.	IND	17
Muniraj M.	M.G.R. Munnetra Kazhagam	15
Sadhaashivam M.S.	IND	14
Antonymsamy M.	Republican Party of India	13

A man should never be ashamed to own he had been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

— Jonathan Swift



TIRUKKURAL

இல்வாழ்க்கை The Household Life

தென்புலத்தா தெய்வம் விருந்தோக்கல் தான் என்றாங்
கைம்புலத்தா றோம்பல் தலை

**To serve the fivefold beings like one's manes, the gods, the guest,
One's kin and self is one's own duty that's the supremest.**

'A householder lives true to his virtue when he supports the ascetics, the indigents, and the destitute ones who take refuge in his house in their last moments.'

COMMENTARY

The Tamil word 'Thenbulathar' is identified with the pitrus, the late ancestors to whom the householder is supposed to make ceremonial offerings annually. This pitrudarpana is not altogether unknown in the South Indian Society of Jains, but the Jaina commentator whose commentary is published herewith interprets Pitrus as the elders in throes of death. The householder is supposed to nurse them in their last moments and give them peace of mind so that they may have a chance of better life in the next birth because, according to Jaina metaphysics, the ideas presented

at the last moment of a man's life are determining factors as to the nature of his future life. Therefore the householder is expected to do his duty by attending to the needs of the elders at the last moment and thus help them to secure a desirable future birth after their death. The term 'Deivam' may be interpreted as God in the temple to whom the householder is supposed to offer Puja and religious offerings. It may also be interpreted as the great ascetics, or Mahamunis, who are also referred to by the Tamil term 'Kadavul'. The Tamil classics such as Silappadikaram and Chintamani, written by Jaina authors, use the word 'Kadavul' as Mahamunis, the Jaina Rishis, Munis. Even the great Tamil Poet, Kambar, who is a non-Jaina, uses the word 'Kadavul' in that sense. If the term 'Deivam' is identified with kadavul then it may be interpreted as the absolute ascetics, or Mahamunis, in this couplet also. The third and the fourth, the Guest and the Dayadhis, require no explanation. The householder himself, as the fifth item, is entitled to share the household property and resources. The householder must be considered an important shareholder in the common household property because without him the other four have no chance of getting anything.

அன்பும் அறனும் உடைத்தாயின் இல்வாழ்க்கை
பண்பும் பயனும் அது.

**If one's own household life were blest with love and charity.
They will but constitute its duty and its fruit's beauty.**

'If home life is based on love and virtue, then that life will have its perfect grace and reward.'

COMMENTARY

Love refers to the love towards his wife without which there could be no harmonious home life. Dharma, Virtue, refers to the discharge of the householder's duties such as offering food to the great ascetics, which discharge of duties will not be possible without the co-operation of his better-half. The householder who has his affectionate wife to discharge his duties will have the satisfaction of leading a graceful home-life and will achieve the gain which is the reward for the virtuous householder life.

அறத்தாற்றின் இவ்வாழ்க்கை ஆற்றிற் புறத்தாற்றிற்
போய்யப் பெறுவ தெவன்

**If but the life of householder were lived in
righteous way,
what is attained, if into the rest of orders one did
stray?**

'If one wants to live as a householder, let him
live according to the path of righteousness
prescribed for him. What benefit would he achieve
by adopting any other path?'

COMMENTARY

Real happiness in home-life depends upon
adopting a just and virtuous method of acquiring
wealth for the family and utilizing it in a proper and
beneficial way for the good of all. Such a course
adopted by a householder would represent the
noble and happy course which will be the proper
reward for home-life. Life not associated with such
a correct path of virtue would certainly frustrate the
purpose of the householder.

இயல்பினால் இவ்வாழ்க்கை வாழ்பவன் என்பான்
முயல்வாருள் எல்லாம் தலை.

**The one who leads an household life in all its
nature blest.**

**Is deemed among all men who strive for
salvation, the best.**

'If a householder lives his life without swerving
from the path of righteousness ordained for him,
he will occupy the foremost place among all those
that strive for spiritual realization.'

COMMENTARY

An ideal household life is considered by the author
to be even better than the life of a homeless ascetic
as a means of spiritual development.

I can do, or any kindness that I can show to any fellow
creature, let me do it now.

— Etienne De Grellet

ஆற்றின் ஒழுக்கி அறன்இழுக்கா இவ்வாழ்க்கை
நேற்பாரின் நேன்மை உடைத்து.

**The household life which, sinning not, doth
make others' lives pure**

**Is more enduring than indeed the lives which
pain endure.**

COMMENTARY

One who lives the faultless home life according to
the path of righteousness and shows to others how
to walk the correct path, will have his domestic life
nobler than that of the ascetics who practise stern
austeristics.

அறன்எனப் பட்டதே இவ்வாழ்க்கை அஃதும்
பிறன்பழிப்ப தில்லாயின் நன்று

**It is the household life alone which virtue's
name deserved**

**And that too would be better could no blame be
there observed.**

COMMENTARY

Domestic life par excellence is that which is based
upon virtue. The other course of the ascetics if
faultless is also praiseworthy.

வையத்துள் வாழ்வாங்கு வாழ்பவன் வானுறையும்
தெய்வத்துள் வைக்கப் படும்.

**The one who leads an ideal household life upon
this earth,**

**Should will be deemed indeed as one of heavenly
gods of worth.**

'He who enjoys on earth a faultless domestic
life may claim the citizenship of heaven with the
Gods'

COMMENTARY

This chapter on domestic life lays down the duties
of the householder by pointing out that his life is
not merely for himself but for the whole of society.
Thus the author lays down a sound economic basis
which will conduce to social harmony. The
house-holder is guaranteed a happy life not only
here but also hereafter, as he is sure to be born as a
Deva among the Devas according to his virtuous
conduct here.

The Tamils of the Sangam age loved and preferred the female child. It will be interesting to know that the American Anthropologist Morgan developed his Matriarchial theory after getting information on the primacy of women in Tamil society and matriarchial kinship patterns from the Missionary Scudder who worked in North Arcot District in the 19th Century.

The Tamils actually sought the female child as a blessing from God. Ainkurunooru, one of the Sangam classics (380 BC - 200 AD) refers to such an episode.

Poet Kapilar in poem 257 of Ainkurunooru, says that the cute young angel-like girl who plays in the courtyard of the humble hut of the poor Kurava tribesman was really a heavenly gift bestowed by God in answer to his earnest entreaties. The poem reads,

'kunra kuravan kadavut peni
irandanan petra 'elvalai kuru
magal'.

This means: the Kuravan of the hill prayed to the god and begot this beautiful little female child.

A female child to the ancient Tamils was a gift to be sought from God, and had priority over gold diamond. While other nationalities abhorred the female child, it will be a pleasant surprise to learn that the Tamils of yore prayed for female child.

The Tamils worshipped the Mother Goddess and venerated females in society. It was the woman who was the head of the household 'Illal' (Owner of the house). In Sangam times a man was introduced as 'the husband of such and such illustrious housewife and he felt shy'.

The famous Tamil epic Silappadhigaram mentions that the Chera King Senguttuvan first sought the ad-



A vignette from Sangam Literature

O! GOD! BLESS ME WITH A FEMALE CHILD

**-Dr. R.MADHIVANAN,
Director,
Tamil Etymological
Dictionary Project.**

vice of his queen, on how to honour the goddess Kannagi who had entered heavenly bliss after having reached his country. He did not seek the first opinion from his ministers or from other counsellors. Among certain castes in southern Tamil Nadu a favourite course is to say: 'May your family go extinct without female is-

sues'. This shows that the Tamils valued only female progeny and descent through females.

This primacy of females should have contributed to the culture of the ancient Tamils and made the Sangam age memorable as the golden period in the History of Tamil Nadu.

PAINTINGS OF RAJA RAVI VARMA

M. Mohan,
Curator, Gallery of Contemporary Art,
Government Museum,
Madras - 8



state. In 1866, he married the youngest sister of Maharaja of Travancore. He belongs to the Royal family. He studied art under an English painter named Theodore Jenson in 1868, who was on commission at the Court of Maharaja of Travancore State. Ravi Varma copied the Western techniques in his art work, but he chose for his subject themes from Hindu mythology. He won the British Gover-

The Government Museum, Madras has a good collection of paintings representing the Tanjore, Mughal, Rajput and paintings belonging to school of Modern art. Among the modern paintings, works of eminent painters like Jamini Roy, Roy Chowdhury, Nandalal Bose, Hussain, Jaya Appaswami and others are on display. Apart from the above mentioned paintings, the Museum will be proud of the art work of Ravi Varma's seven original paintings and sixty two photo prints. Four paintings of Ravi Varma are on display in the Gallery of Contemporary Art.

It was felt that a separate gallery for the modern paintings was necessary. The gallery of Contemporary Art was established in 25th January 1984. This Gallery of Contemporary Art traces the growth of contemporary art in India from the time of Ravi Varma down to the present. The veteran of the Indian painting in the 19th Century was Raja Ravi Varma. He was famous for his art work on Hindu mythology and epic. Ravi Varma was born in April 1848 at a Kilimanur Village, twenty four miles from the town of Kottayam in Travancore



nor's prize in the year 1873 for an oil painting at the age of 25. His work was acclaimed at the Poona exhibition of 1880 and at exhibition held in Vienna and Chicago in 1892. The rulers of Mysore and Travancore appreciated his numerous picturisation of Hindu mythology. Ravi Varma's paintings of 'Sakuntala', 'The Miser', 'Lady with the Mirror' and 'Yesodha and Krishna' are on display in the Gallery of Contemporary Art, Government Museum, Madras.

The picture 'Sakuntala' is an oil painting on canvas. The painting illustrates a scene from poet Kalidasa's Sakuntala in Sanskrit. The heroine Sakuntala seated under the tree. Her facial expression shows that she is lost in her thoughts and at the background sage Dhurvasa is entering into the hermitage. The artist was very much influenced by the western technique and composition.

The portrait 'The Miser' done by Ravi Varma is an oil painting on canvas. The painting reveals that, the Miser is holding the money bag tight and with an expression that he is possessive. The influence of Dutch school is found in the colour combination.

One of the finest art work painting of Ravi Varma is 'The lady with the Mirror'. It is an oil

painting. It illustrates, that a lady is holding a mirror and combing her flock of hair. The beauty of the hair style is impressive.

The portrait painting of 'Yesodha and Krishna' is an oil painting. Ravi Varma was influenced by the great Italian artist Raphael, who painted Madonna and child. Ravi Varma painted it in Indian way, as Yesodha and Krishna. The artist has used dark background in the painting in order to give relief to the main figures which are light yellow. The painting shows, the hand holding the child's arm is not naturalistically done by the artist.

During his last days Ravi Varma could not devote much time to painting, as he became the guardian of the next ruler of Travancore, who was then a minor. He died in October, 1906 at Attingal near Trivandrum.

Besides the paintings of Ravi Varma, in the Government Museum, his art works can be studied at the Shri Chitralayam Gallery in Trivandrum, the Laxmi Vilas palace at Baroda, the palace at Mysore, the Udaipur Palace and the Salar Jung Museum at Hyderabad. Two of his paintings are on display at the National Gallery, New Delhi.

GOVERNMENT MUSEUM, MADRAS





1400 Years Old Jyeshtha Discovered

A rare image of Jyeshtha assignable to 6th-7th Century A.D. has been discovered by the Tamil Nadu State Department of Archaeology at Mel Olakkur in Gingi Taluk of Villupuram-Ramasamy Padayatchiyar District, while the archaeological exploration was conducted by Thiru. Natana. Kasinathan, Director along with Messrs. D. Thulasiraman, Curator of Poondi, Pre-Historic Museum and Muthu Ethirasan, a Retd. Tamil Teacher of Aiyur.

Jyeshtha worship in Tamilnadu seems to be as old as the worship of Korravai. Jyesthai was worshipped as the Goddess of Water while Korravai was as the Goddess of War. These two Goddesses were the earlier forms of Sakti in Tamilnadu. In course of time Jyeshtha was replaced by Saptamatrikas and Korravai was by Kali.

The celebrated epic Manimekalai refers to a shrine dedicated for Mudiyal i.e. Jyeshtha. Tirumugamuppada which gives the detail description of six sacred shrines of Lord Muruga also mentions Jyeshtha as Palaiyol. A rock cut panel sculpture of

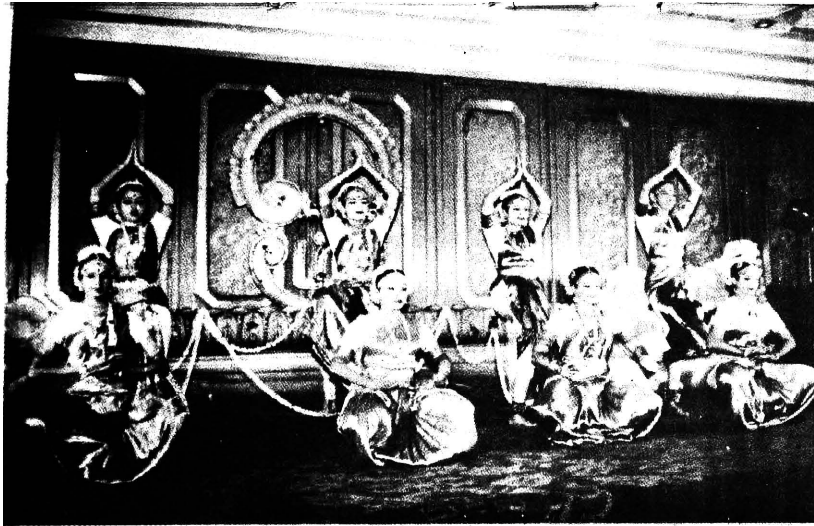
Jyeshtha is in existence at Tirupparankundram, one of six sacred shrines. On the same hillock there is an inscription of Jatilavarman Parantaka Nedunjadaiyan of 8th Century A.D. recording the establishment of the shrines Durga and Jeyeshtadevi which were caused to be made by Nakkankorri. On the north wall of the main shrine of Kailasanatha temple built by Rajasimha Pallava during 8th Century A.D. there is an excellent image of Jyeshtha seated on a pedestal having two hands in Abaya and Varada mudras. A figures of Jyeshtha is found carved in a group of panel sculptures located at Velanjeri in Chengai-M.G.R. District. This panel could be dated to 6th-7th Cen. A.D.

Jyeshtha is believed to be the elder sister of Sridevi (Lakshmi) and is also known as Alakshmi, one who is bestowing inauspicious influences. She is referred to in Tirukkural as Thavai and Mamukadi. This is the earliest reference to Jyeshtha in Tamilnadu.

The present image of Melolakkur is significant in many respects. The face of her son Gulikan is found in human form as against his usual bovine head. The second unusual feature is his position in the panel. His figure is shown in equal size with his mother's figure and he is seated on the left side as against the usual position of her right. Similarly her daughter Mandi is shown on the right side as against the usual position of her left. She is shown as if leaning on her mother's shoulder. Jyeshtha's banner of crow and her weapon brome are seen on right and left respectively just above the shoulders of Jyeshtha.

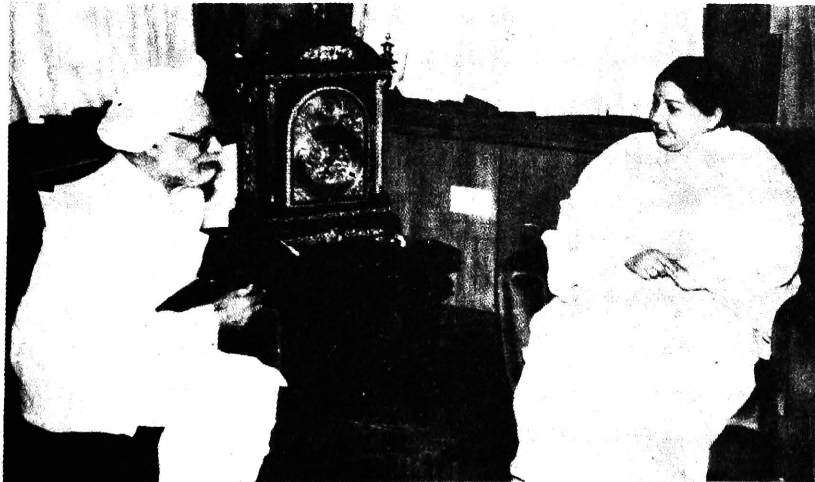
Jyeshtha is soon seated with folded legs in crossed position which is also unusual. Generally she will be shown as seated on the pedestal hanging her two legs apart. Decked with necklaces and ear ornaments she is shown having large breasts with flabby belly. Her right hand is shown hanging on the right side of folded right leg while the left is made placed on the left folded leg. Her son is holding a big mace in his right hand. He is also seated with folded legs placed on the pedestal.

The groups of those figures are found carved in a space of one metre height and one and a half metre width.



Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha hosted a party to the Members of the Legislative Assembly on 4.5.94. The Hon'ble Chief Minister, Ministers and the Members of Legislative Assembly witnessed a dance programme.

NEWS IN PICTURES



Hon'ble Union Minister for Finance Dr. Manmohan Singh, called on the Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha at Secretariat, Madras on 6th June, 1994.



The Managing Directors of Government Transport Corporations handed over the trophies which had been won by the Corporations in the State and Central level, to Hon'ble Chief Minister Puratchi Thalaivi Dr. J. Jayalalitha on 2.5.94. Hon'ble Minister for Transport, Thiru K.A. Sengottaiyan accompanied them.

Women's empowerment, should not involve the breaking of women's ties with their homes and their families. On the other hand, it must help to strengthen the bonds in terms of education, training and occupational opportunities. Our efforts must be to create a Society which gives opportunities to women to give the fullest expression to their natural propensity in the home and with regard to the family.



**-Puratchi Thalaivi
Dr.J.JAYALALITHA**

Bi-Centenary of Institute of Mental Health, Kilpauk

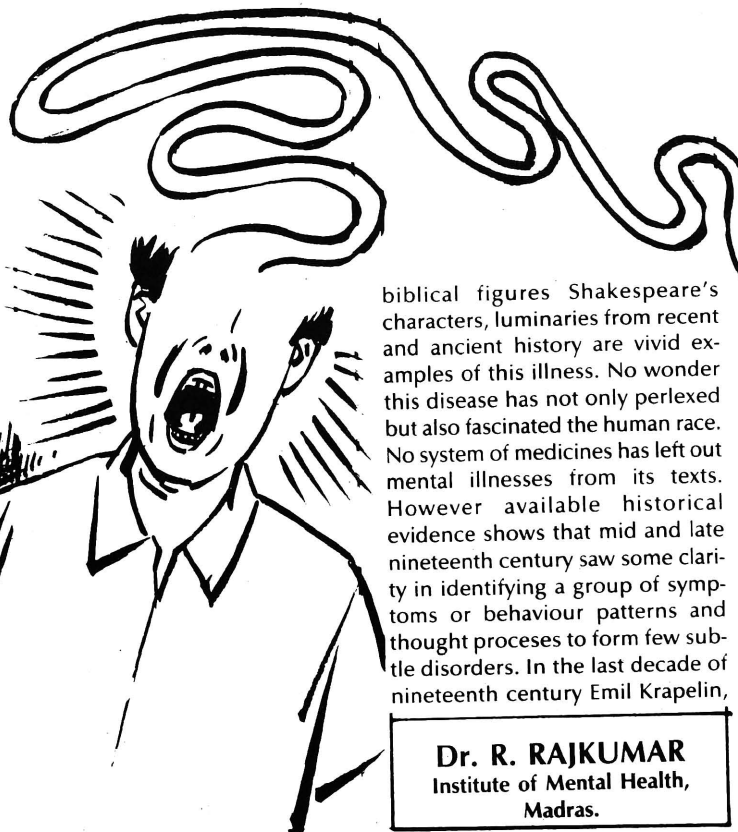
Maze or labyrinth characterises the major mental disorder called Schizophrenia. In a maze a person meets blind alleys and dead ends when he chooses the apparently right path. This confusion and perplexity characterises the patient's understanding about his illness, the relatives understanding of the patients behaviour and professionals understanding of the causation of the illness.

A person who enters a maze

could never have his journey's end in sight, till he reaches there, and some times already trodden paths may be travelled again. This is the state of patients' and others when they are confronted with this illness. The mind, the highest seat of a person itself is plagued by sickness. This makes him lose his reasoning and his thought process is severely disturbed.

This disease has its mention in ancient literatures. Some of the

SCHIZOPHRENIA - THE MAZE AND ITS MANAGEMENT



biblical figures Shakespeare's characters, luminaries from recent and ancient history are vivid examples of this illness. No wonder this disease has not only perplexed but also fascinated the human race. No system of medicines has left out mental illnesses from its texts. However available historical evidence shows that mid and late nineteenth century saw some clarity in identifying a group of symptoms or behaviour patterns and thought processes to form few subtle disorders. In the last decade of nineteenth century Emil Krapelin,

Dr. R. RAJKUMAR
Institute of Mental Health,
Madras.

a German Psychiatrist crystalised our understanding of the symptoms and named it DEMENTA PRAECOX (Deterioration of intellect in young adults), Eugen Bleuler - a Swiss Psychiatrist coined the term SCHIZOPHERNIA - as he thought that the essence of the illness was dissociation of thought processes. In any field of science, identification and classification forms the first step. The beginning



of understanding took place with Krapelin and Bleulers, delineation of the boundaries and exposition of the concept. Unfortunately science has not advanced far from the last century in understanding of the illness. Clarity comes slowly in the field of Schizophrenia.

Available scientific evidence shows that the roots of the Schizophrenia illness is found in following areas (1) Genetic (hereditary factors from the parents) (2) Biochemical changes taking place in certain brain areas. (3) Psychological causes (4) Family environment and (5) Socio cultural factors. This goes to show that varying causes produce illness which is

same or similar. A person with Schizophrenia goes through pre illness phase where he is resented with unpleasant emotion and feeling of strangeness. Though the onset of the illness is gradual in many cases, it might be sudden in a few cases. He starts being influenced by his pathological thinking. His perceptions also become abnormal. The thoughts are perceptions alter his mood and behaviour. Behaviour becomes odd and abnormal. Thought processes and perception corrupt a person's behaviour. This behaviour which is apparently strange is misunderstood by his relatives. Lack of understanding leads to ill conceived means of coping, such as the person being ostracized, shut in side rooms, or even chained. Since the patient is ridiculed by the society in general there is a sense of shame and embarrassment amongst the relatives. These ill feelings are expressed by anger and revulsion by the family members. Most of the patients are brought for treatment when problems become unmanageable and out of control. Since the behaviour is strange, stranger methods are adopted to tackle the illness. Shamans and practitioners of magico religious rituals become the first choice. Frequently patients complain of some imaginary enemies influencing by black magic on them. This is understandable because when a person is not able to utilize reasonable processes to understand his problems, he resorts to unreasonable processes to reason out. His relatives also believe in this and accept this behaviour.

Though the causation and manifestation is enigmatic, identification and management is clear. There is withdrawal and unexplained irritability. Talk becomes irrelevant. Hostility and suspicions cloak the persons activity occasionally. Emotion may become a liability and laughing and crying occurs due to internal cues. Imagined fears prevent the patient from carrying out

his normal work. His relationship with others become strained due to his suspicious and irritable behaviour. Early detection of abnormality and a wise decision to treat the patient by medical means go a long way in the success of the treatment.

Though understanding of the causes helps in cure of a Schizophrenic disease, at times effective treatment precedes identification of an abnormality. As of today identification of anatomical structural disturbance is lacking in the case of Schizophrenic disorders.

Functional disturbances are well understood. These are effectively tackled by medical means. Gone are the gloomy days when a person diagnosed as a psychotic was incarcerated in the dingy cells of a mental hospital. It is the norm today to make the patient functional to live and lead a healthy life in his own environment.

When a patient is brought to a psychiatric physician effort is made to elicit a detailed history. There are



"Democracy is not merely a form of Government. It is primarily a mode of associated living of conjoined communicated experience. It is essentially an attitude of respect and reverence towards fellowmen."

Dr. B.R. Ambedkar

no laboratory or investigative procedures available, proper information is sufficient to make an accurate diagnosis. When medications are given to a patient sufficiently early in the converse of the disease, patients usually improve. They are then discharged if they are hospitalised and sent home. Regular followup in a psychiatric hospital and medications are advised. Many patients do well on medications and work. In a few cases residual symptoms persist. The family members are involved in identifications of relapse of symptoms and advised to bring the patient for intensive treatment methods.

Patients who are unable to leave the hospital due to the nature of the disease and of lack of social support are rehabilitated.

Occupational therapeutic methods are utilised, along with social skills training to make a patient a person who is worthy. The paths through the maze might be torturous and amazing, but effective management could go a long way in treating Schizophrenics.

Bi-Centenary of Institute of Mental Health, Kilpauk

Human Ageing, a progressive loss of adaptability in an individual, is due to complex interplay between intrinsic (mainly genetic) and extrinsic (mainly environmental) factors. Longevity is not in all cases a factor of blessing. Old age has always been fraught with problems - medical, Psychological, social and economical. Today many of these problems are intensified by the pressures of modern society and the changing attitudes.

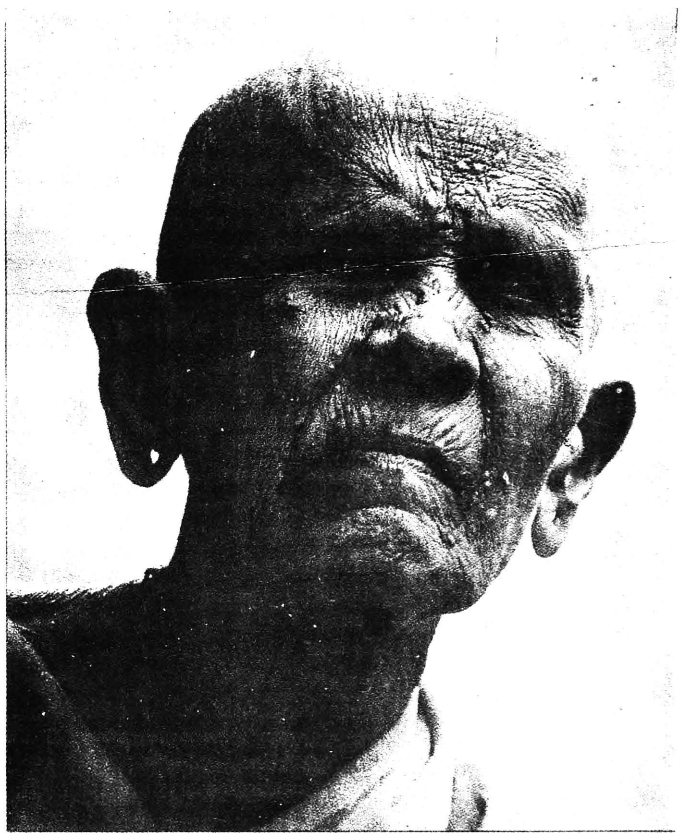
A definition of 'Ageing' depends upon how it is viewed from different perspectives. In India, it has been convention to take 60th year of living as the point of turning old. The proportion of people aged 60 and above has increased in India. Those above the age of 60 constitute 7% of the total population of India and number about 50 millions today. This number is expected to reach 60 million in 2000 A.D.

MENTAL HEALTH PROBLEMS IN THE ELDERLY

Epidemiological studies have estimated the prevalence of mental morbidity among the aged at 89/1000 yielding a figure nearly 4 million in the Country to be severely mentally ill. (Venkoba Rao et al 1982).

Affective disorders (mostly depression and to a lesser extent mania), Paranoid states and organic mental disorders constitute the bulk of mental illness in the elderly. Depression is most frequent with the prevalence rate of 60/1000. Dementias formed 20% of the total mental morbidity among the hospitalised patients. (National Task Force Report ICMR 1988).

Psychopathology increases with age organic mental disorders as well as functional psychosis increases in frequency with aging. Suicide rates rise sharply with age. Neurotic reactions are also a problem as the old person's adaptability wanes so that minor stresses precipitate depression and anxiety states. Thus age alone does not mean that



MENTAL HEALTH PROBLEMS IN OLD AGE

patients emotional disorders is due to a dementing irreversible process. Depression, Paranoid reactions and anxiety states should be as vigorously treated in the old as in the young. Psychiatric illness in old age is not to be viewed in isolation. The mental health problems of the aged have to be examined along with the prevailing social system. In view of the multiple system involvement, including Psychiatric illness and also in view of the social, economic

and the nutritional problems, the care of the elderly to be meaningful needs to be a comprehensive one.

The two major mental health problems in old age are:

1. Depression, 2. Dementia

DEPRESSION IN OLD AGE

Depressive illness is a major mental illness in the elderly. The occurrence of depression in the elderly has been found to vary from 13% to 22%. Severe major depression present in 2% to 3%, depression needing professional intervention in 10% to 15% while substantial depressive symptoms may be

Dr. S. NAMBI

Asst. Prof. of Psychiatry,
Institute of Mental Health

seen in 20 to 30% of elderly people in general population.

The three important factors associated with depression in old age are:

1. Emotional Factors -

- a) Feeling lonely
- b) Dissatisfaction with life
- c) Self pity.

2. Physical Factors -

- a) Deterioration in health
- b) Difficulty in self care
- c) Difficulty in mobility
- d) Sensory deficits

3. Socio Economic Factors -

- a) Widowed state
- b) Loss of social status
- c) Loss of income
- d) Retirement
- e) Bereavement

CLINICAL FEATURES OF DEPRESSION IN OLD AGE

Depression in old people may present in ways which are rather different those seen in younger patients. The patient may be extremely agitated with bizarre delusions concerning guilt, worthlessness or bodily disorder. Sometimes the depression may be hidden behind an array of vague symptoms of anxiety or other neurotic complaints.

When the symptoms are vague with no specific underlying cause the diagnosis could be depression in elderly, hence the use of the term 'Masked Depression'. Sometimes the perplexity, the apparent lack of awareness and the total disregard of surroundings give the picture of a dementing illness. This is called as 'Pseudo Dementia'.

MANAGEMENT OF DEPRESSION IN ELDERLY

Drugs play an important role in addition to psychological and social support. Antidepressants with less Anticholinergic and less cardiotoxic side effects are preferred. Electro convulsive therapy is safe if given with proper care in selected cases.

STEPS TO MINIMISE DEPRESSION IN ELDERLY

- 1. Regular and periodic check by of

- physical health.
- 2. Proper planning of Retirement.
- 3. Low cost health insurance scheme for old people.
- 4. Encouragement of traditional values and joint family system.
- 5. Advise to engage old people in religious activities and reading habits.

DEMENTIA

Dementia is identified as a major public health problem in old age. Dementia is an organic mental impairment with involvement of Brain. Dementia is defined as 'an acquired global impairment of intellect, memory and personality without impairment of consciousness, Dementia is a dying mind in a living body. Dementia is not normal ageing or accelerated ageing, but a qualitative and quantitative change in intellectual function.

The Common causes of Dementia in old age are:

Primary cerebral cortical degenerations

- Alzheimer's disease
- Pick's disease

CEREBRO-VASCULAR DISEASE

- Multi-infarct dementia
- Binswanger's disease
- Cranial arteritis
- Other cranial angitis
- Congophilic angiopathy

PRIMARY SUBCORTICAL DEGENERATIONS

- Parkinson's disease
- Multiple system atrophy
- Huntington's disease
- Progressive supranuclear palsy
- 'Punch-drunk' syndrome

CEREBRAL INFECTION AND INFLAMMATION

- Neurosyphilis (GPI)
- Post-encephalitic
- Creutzfeldt-Jakob disease
- Limbic encephalitis
- Multi-focal leucoencephalopathy
- Multiple sclerosis

ALCOHOL

- Toxic and Metabolic
- Hypothyroidism

- Hypocalcaemia
- Chronic hepatic encephalopathy
- Chronic uraemia + dialysis
- Vitamin B 12 deficiency
- Pellagra

- Malabsorption syndrome
- Anticholinergics and levodopa
- Anticonvulsants and barbiturates
- Neuroleptics

TUMOUR AND HYDROCEPHALUS

- Meningiomas
- Benign gliomas
- Para-pituitary tumours
- Intra-ventricular tumours
- Pineal and midbrain tumours
- Secondary deposits
- Subdural haematomas
- Giant aneurysms
- Aqueduct stenosis
- Communicating hydrocephalus

After excluding secondary Dementia the most common among the primary Dementia are:

- 1. Alzheimer's disease and
- 2. Multi infarct Dementia

The Diagnostic Features of Dementia are:

- 1. Demonstrable evidence of impairment in short and long term memory.
- 2. Impairment in abstract thinking, judgement, higher cortical functions and personality change.
- 3. Disturbances that significantly interfere with work and social activities.
- 4. Not a part of delirium. (i.e) there is not change in consciousness.
- 5. Evidence of organic change.

MANAGEMENT OF DEMENTIA IN ELDERLY

Drugs have a limited role to play in the management of Dementia. Drugs are helpful in managing associated Psychosis, Behavioral problem and to improve the Cerebral Blood Circulation.

PSYCHO SOCIAL MANAGEMENT OF DEMENTED ELDERLY

Dementia is often accompanied by a behaviour supervened by psychotic symp-

toms. Management in addition to psycho pharmacology should include a total psycho social approach.

Psycho social intervention in Dementia includes:

1. Behavioral methods
2. Milieu therapy
3. Activity engagement
4. Physical exercise
5. Problem oriented approach
6. Reality orientation and
7. Organisation of psychiatric services.

BEHAVIORAL METHODS

Much rehabilitation is based on the analysis of problems and the setting of goals. Behavioral methods share these

principles but add specific procedures to modify particular aspect of behavior. Recently these methods have been directed to improve deficits of memory (Eg.) use of lists and reminders and by practice. Methods have been identified for training patients with problem in eating, continence or social skills. Folsom (1967) described reality orientation therapy which is intended to reduce confusion and improve behavior.

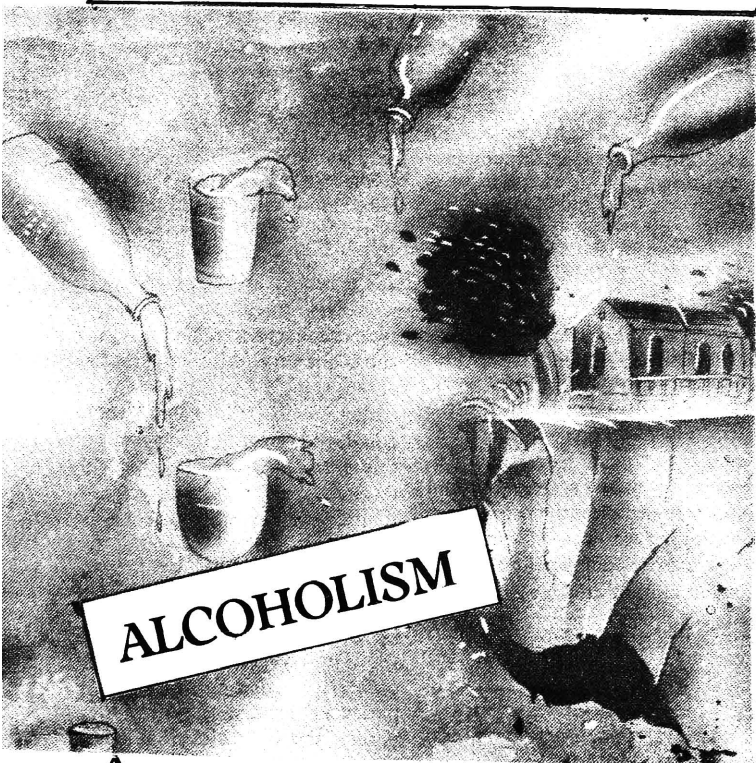
As the illness progresses the patient may be incapable of managing activities of daily living. Activities which entail potential danger must be avoided, such as driving a car, using power tools, smoking and using a stove. Leaving the house unaccompanied may prove a potential

risk. Patients daily routine should be continuously monitored, simplified and regularised to maintain well learned behaviors and to minimise stressful charges. The family members and other care givers should be fully involved in these charges. Dementia affects the entire family. Education of the patients and the family is essential.

Supportive psycho therapy to demented patients with clearly defined aims may be required.

Organization of supportive services for demented patients wherever available would go a long way in sharing the burden.

Bi-Centenary of Institute of Mental Health, Kilpauk



Alcoholism technically (medically) known as Alcohol dependence is a complex bio-psycho-social process involving the chemical "Alcohol" which is ethylalcohol and the person, who is influenced by his

physical and psychological drives and social processes. We call a person as Alcoholic or alcohol dependent, when he drinks alcohol continuously or excessively to the point of requiring a large dose to

have any effect and developing untoward effects if he doesnot take alcohol (i.e.) drinking to function normally rather than drinking to feel the effect.

THE SUBSTANCE: Alcohols are organic compounds of which Ethyl alcohol or ethanol is the one that is used. Whether it is the costliest liquor or the cheapest illicit liquor the basic ingredient in "ethyl alcohol" which causes the effects. The additives, coloring, flavouring agents are the ones that make it more palatable and desirable. Percentage of Ethanol makes a particular drink more or less potent. Alcohol is absorbed without any need for digestion (i.e.) breaking down to simpler products. It prevades all tissues but the effect on the nervous system and the brain is what is desired by the drinkers.

Alcohol depresses the nervous system and the brain and causes sedation initially, later induces sleep and ever causes coma in higher doses. Initially there is disinhibition, euphoria or a sense of well being which is soon followed by sedation and sleep.

Alcohol is absorbed by the stomach and small intestine and is converted to energy and waste products. Alcohol is used like food in the body with a difference that it cannot be stored for later use and it

lacks in vitamins, and minerals commonly present in food. Alcohol acts in the body by affecting the function of nerve cells mainly and disrupting the biochemical process of all the cells in the body. Alcohol is broken down into carbon dioxide and water in the body.

Alcohol drinking has psychological and social meanings. Situational social drinking is seen in many cultures. They accept alcohol but no culture permits excessive drinking, may it be once or on a permanent basis. When alcohol is taken due to psychological problems, drinking is more, complications are more and persons drink in spite of complications.

Alcohol dependence is a stage in a person's drinking history. Most have a drink once, in social situations or when influenced by their peers, or due to a sense of adventure and wanting to know what alcohol does to them. This is known as experimental stage. Some progress from this to the stage of social drinking. They drink for occasions sake, as during a festival, function or a party and not for alcohol's sake. The third stage is when a person drinks regularly but takes care to avoid any disruption in his physical health, his work or his family. These people are able to avoid drinking, when they have to. And the fourth stage is when the person is drinking for alcohol's sake. He has no control over his behaviour and is unable to stop even when his health fails, and gets into physical, family, work or legal problems. Alcohol causes complications physically, psychologically and socially.

The concomitant issue in the tolerance and withdrawal. Tolerance is the quality of requiring more alcohol to experience the desired effect. This means that a person who was able to feel high in one drink would require more and more drinks to get the feeling high. Tolerance is only for the intoxication and harmful effects do not require higher doses. Withdrawal is the phenomenon where the person

gets unpleasant effects which are diametrically opposite to the effects of the drug, when the person suddenly stops taking the drug. This makes the person seek alcohol in spite of his wish.

Physical complications of alcohol are many but the important are the gastrointestinal and neurological. Alcohol causes gastritis, hepatitis, cirrhosis and gastrointestinal bleeding.

Affection of the peripheral nerves, and the brain are the most damaging complications of alcoholism. Alcohol also affects the heart, muscles and blood. Deficiency diseases like malnutrition, vitamin deficiency are caused because the alcoholic neglects his food intake due to a loss of appetite, either due to gastritis or being fulfilled of his caloric needs by alcohol itself. Some drinkers avoid food because they have money only for alcohol.

Being dependent on alcohol is a disease by itself. The person also might have psychological complications such as psychosis, mood disorders, dementia or failing intellectual faculties due to the toxic effects of alcohol on the brain.

In handling the problem drinker, it is of prime importance to make the patient realise that he has a problem with drinking and avoiding alcohol is the only option. When a person seeks professional help or he is made to seek help, the treatment process is in two stages. The first stage is to withdraw the person from alcohol and treat the withdrawal effects and the complications of prolonged alcohol use.

The first stage is known as short term management. This is best done by medical professionals who would be able to identify the various withdrawal symptoms and physical complications and treat them effectively. During this period he can be assessed to form an overall treatment strategy. This is best done under in-patient setting because immediate medical attention is possi-

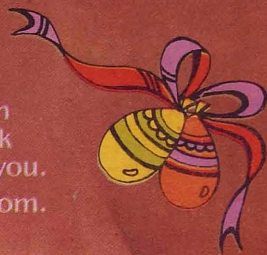
ble and he can be prevented from taking alcohol.

Next stage is the beginning of long term management where the doctor sets the goal of preventing relapse and altering the lifestyle to sober living. The person is treated for long term complications, and counselled to handle the situations that arise in his day to day living which might cause relapse. Persons who are on treatment for alcohol dependence usually relapse because they have stopped drinking only, without altering their outlook behaviour, or lifestyle. Most of them expect to go back to the stage in life when they had never taken a drink. It imperative to make them understand that what made them drink in the first place and made them continuously drink, is with them still and that has to be effectively corrected. Staying sober needs the patients' effort and family's co-operation. Some families view the person the same way as before. Some families expect the persons to atone forever for his past. Some over burden him with their expectation, expecting him to be perfect. The realistic attitude is to know that he has given up drinking but is still vulnerable to relapse. To identify the factors which made him drink and counter it effectively. With view of sensitising the family, usually the family members are counselled to handle the person at home. Some of the families would have gone through great stress and may be traumatised. They also need to be handled.

Alcohol dependence does not happen in a day. The drinker has a whole life style characterised by impulsivity, seeking immediate pleasures even if they are temporary, and an attitude that makes him blind to many illeffects on him and his family. It is a long drawnout process to attempt correction of all these. Stopping drinking is an important step but only a step in the treatment process.

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