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June 18 - June 24, 2017

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Govt plans to increase amount to be paid to parents senior citizens



The Union Government is set to introduce a legislation to triple the monthly amount to be paid to parents and senior citizens, neglected or abandoned by their children, increasing it from Rs.10,000 a month between Rs.25,000 and Rs.30,000 a month.

The Centre will move amendments to the Maintenance and Welfare of Parents and Senior Citizens Act 2007 to increase the amount awarded to senior citizens (above the age of 60) and parents (irrespective of their age) of children who are not minors.

"There are many who earn enough and can spare more than Rs.10,000 to provide for their parents. This is why we decided to increase the upper limit" said Latha Krishna Rao, Secretary, Minister for Social Justice and Empowerment, Government of India.

India has the highest number of world's obese kids after China



India has the second highest number of obese children in the world after China, according to an alarming study which found 14.4 million kids in the country have excess weight, according to a study published in The New England Journal of Medicine.

China with 15.3 million and India with 14.4 million had the highest number of obese children.

People who shrug off weight gain do so at their own risk risk of cardovascular disease diabetes, cancer, and other life threatening conditions, said a professor from the University of Washington.

New Year resolution to lose weight should become year round commitments to lose weight and prevent future weight gain.

Parents should avoid giving junk food as snacks for the schools though children insist so. Obesity is a great concern for the future of India.

Government actively working towards bank consolidation : Arun Jaitley

The government is "actively working" towards consolidation of banks, said Finance Minister Arun Jaitley in a meeting. The meeting was attended by top bankers and RBI Deputy Governor S S Mundra.

"I can't give you further details because some of these are price sensitive, but you can take it that there is a movement going on in that direction" he emphasised. The minister hinted that a solution is coming very soon.

Public banks are sitting on a mountain of bad loans to the tune of over Rs. 6 lakh crore at the end of 2016-17. A top ministry official said there is no option but to resolve the NPA as far as the sectoral source is concerned. Rules have been framed for the six such large sectors and task forces have been on the job.



"We worked out four refined institutional ways in which banks can actually put their points across to the task force to the specific sector and telecommunication is one of them. In each of the sectors, there is no option but to resolve as you go along" the official stressed.

As of June 2016, the total amount of Gross Non-Performing Assets (NPA) for public and private sector banks is around Rs. 6 lakh crore. The NPA figures along with total debt for each of the 49 public and private sector banks were shared by the Ministry of Finance in response to a parliament question.

The amount of top twenty NPA accounts of Public Sector Banks stands at Rs. 1.54 lakh crores.

The advances given by banks are called assets, which generates income via interest and instalments. If the instalment is not paid until the due date, it is called a bad loan. If it extends beyond 90 days, it is termed as NPA. The ratio of NPAs to total advances given by bank is a commonly used indicator reflecting the health of the banking system.

Source FE & ET

Verizon takes over Yahoo



Varizon has taken over Yahoo, completing a \$4.5 billion deal that will usher in a new management team to attempt to wring more advertising revenue from one of the internet's best known brands. On 13th June, the closure of the sale ends Yahoo's 21 year history as a publicly traded company. It also ends the nearly five year reign of Yahoo CEO Marissa Mayer, who is not joining Verizon. She will walk away from Yahoo with a compensation package currently worth about \$125 million, including her severance pay and stock awards that will be fully vested with the deal's completion.

Branded shops slashes prices to clear sales before GST roll out



Retailers are rushing to clear their inventories before GST is rolled out due to difference in taxation and setting off their tax paid to the government. It is high time for the people to make use of it.

While sportswear is offering an extra 10% off on flat and 40% discount at stores. Allen Solly has a buy one get one free scheme in its pre GST of season sale for members.

White goods are sold in a slashed price to keep their inventory as minimum as possible after this month.

The apparel stores are also offering very good prices as GST council decided to charge for apparels costing more than Rs.1000 at 12% levey. Hence this category is sold at discounted rates.

"The difference in the tax will be a big hit for the brand, so we want to keep the channel clean with lower inventory dues. We are doing this to liquidate merchandise before the new designed regime GST kicks off on July 1." said a store owner in Chennai.

Our usual end of season sale period - July 1 to August 15 is now preponed to till June end, said another owner of the store.

Though we are able to sell only 30% of the stock and we are left with more stocks to liquidate so we will surely extend the offer till this month end, said a branded store in Mogappair.

It is now for the people to turn and use the opportunity to buy at cheap rates.

Who is real father?

A father is some one who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A father is some one who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A father is some one who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail...

Town Express

BSNL bumper offer, 4GB data per day for 90 days at just Rs.444

BSNL today increased per day data offering to 4GB at 3G speeds under a new prepaid mobile scheme priced at Rs.444 with 90 days validity.

BSNL introduced "BSNL Chaukka - 444" a new STV, for truly unlimited data for 90 days as a special promotional offer under prepaid mobile services, the company said in a statement. This is the highest per day data limit being offered by any telecom operator in the country.

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Curry leaf rice



Ingredients:

Basmati rice - 2 cups Salt - as needed Turmeric Power a pinch

To roast and powder:

Curry leaves 1 cup packed Urad dal 2 tbsp Channa dal 1 tbsp Garlic one clove Dry red chillies 5 Peppercorns 5 Coconut 2 tbsp

For seasoning:

Asaefoetida a pinch Mustard seeds 1 tsp Sesame oil 2 tbsp

Method

Cook the rice with required salt and a pinch of turmeric powder and keep aside.

Dry roast the dals, garlic, peppercorn, dry red chillies and coconut till it tuns golden brown. Roast it in low flame to prevent it from getting burnt.

Add the curry leaves and toss everything on low flame till the leaves turn crisp. The whole roasting process should take about 12 minutes. Switch off and cool everything.

Grind everything to a coarse powder and keep aside.

Heat oil in a wok and do the tempering with mustard seeds and asafoetida.

Add the cooked rice and the ground curry leaf powder. Switch off.

Toss till everything comes together. Check for seasonings and add salt if needed.

Serve with raita, papad or some vegetable fry.

This rice improves the digestion and alters the way our body absorbs fat and also helps in weight loss and keeping anemia in bay.

City on Mars possible within our life time: Elon Musk



Human colonies on Mars could be possible within our life time, according to SpaceX CEO Elon Musk who has outlined his vision for a self sustaining city on the red planet in a new study.

He said in his study that the major challenge, facing engineers and scientists at present is the need to reduce the cost per tonne of transporting materials to Mars by five million percent.

"By talking about the SpaceX

Mars architecture, I want to make Mars seem possible make it seem as though it is something that we can do in our lifetime. There is really a way that anyone could go if they wanted to" said Musk, founder of US based space transport services company.

"History is going to bifurcate along two directions. One path is we stay on earth forever and then there will be some eventual extinction event." he added.

Change of fuel prices everyday Here is, how you can trace everyday

Starting today, you will be paying different prices for petrol and diesel everyday, similar to what happens in many advanced markets.

Earlier the state fuel retailers used to revise the prices on the 1st and 16th of every month based on the average international price of fuel in the preceding fortnight and currency exchange rate.

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BPCL runs a similar app



called SmartDrive and the app which is run by HP is called MYHPCL.

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படித்ததில் பிடித்தது

உண்மையில் நாம் எதற்காக குளிக்கிறோம் என்று தெரிந்து கொள்வோம்.

அழுக்கு போகவா.... நிச்சயம் கிடையாது.

சரி பின் எதற்காக தான் குளிக்கி றோம் என்று கேட்கிறீர்களா...

குளியல் = குளிர்வித்தல்

குளிர்வித்தலே மருவி குளியல் ஆனது.

மனிதர்களுக்கு உள்ள 75 சதவீத நோய்களுக்கு காரணம் அதிகப்படியான உடல் வெப்பம்.

இரவு தூங்கி எழும் போது நமது உடலில் வெப்பக் கழிவுகள் தேங் கியிருக்கும். காலை எழுந்ததும் இந்த வெப்ப கழிவை உடலில் இருந்து நீக்குதற்காக குளிந்த நீரில் குளிக்கிறோம்.

வெந்நீரில் குளிக்கும் போது இன்னும் உடல் அதிக வெப்ப மடைகிறது.

எண்ணெய் குளியலின் போது மட்டும் மிதமான வெந்நீர் பயன் படுத்த வேண்டும்.

குளிர்ந்த நீரை அப்படியே எடுத்து தலைக்கு ஊற்றிவிடக் கூடாது. இது முற்றிலும் தவறு.

நீரை முதலில் காலில் ஊற்ற வேண்டும். பின், முழுங்கால், இடுப்பு, நெஞ்சு பகுதி, இறுதி-யாக தலை.

எதற்கு இப்படி? காலில் இருந்து ஊற்றினால் தான் வெப்பம் கீழிருந்து மேல் எழும்பி விழி மற்றும் காது வழியாக வெளியேறும்.

நேரிடியாக தலைக்கு ஊற்றினால் வெப்பம் கீழ் நோக்கி சென்று வெளியில் போக முடியாமல் உள்ளேயே சுழன்று கொண்டி-ருக்கும்.

இப்போது நம் முன்னோர்களின் குறியல் முறையை கண்முன்னே கொண்டு வருவோம்.

குளத்தில் ஒவ்வொறு படியாக இநங்குவார்கள். காலில் இருந்து மேல் நோக்கி குளிரும். வெப்பம் கீழ் இருந்து மேல் எழும்பி இநுதியில் தலை முங்கும் போது கண், காது வழியே வெப்பக் கழிவு வெளியேறும்.

இதற்கு முன் ஒன்று செய்வார்கள் கவனித்ததுண்டா...

உச்சந்தலைக்கு சிறிது தண்ணீர் தீர்த்தம் போல் தெளித்துவிட்டு இநங்குவார்கள். இது எதற்கு? உச்சந்தலைக்கு அதிக சூடு ஏறக்கூடாது. சிரசு எப்போதும் குளிர்ச்சியாக இருக்க வேண்டும்.

எனவே உச்சியில் சிறிது நனைத்து விட்டால் குளத்தில் இறங்கும் போது கீழ் இருந்து மேலாக எழும் வெப்பம் சிரசை தாக்காமல் காது வழியாக வெளி யேறிவிடுகிறது.

குளித்து விட்டு சிறிது நேரம் ஈரத் துணியோடு இருப்பது மிகவும் நல்லது.

பித்தம் நீங்கி பிராணவாயு அதிகரித்தால் அனைத்து நோய்களும் ஓடிவிடும்.

புத்தி பேதலிப்பு கூட சரியாகும்.

குளியலில் இத்தனை விஷ-யங்கள் இருக்கும் போது, குளியல் அறை என்றாலே அதில் ஒரு ஹீட்டர் வேர, இப்படி சுடு தண்ணீரில் சோப்பும், ஷாம்-பையும் போட்டு குளித்து விட்டு வந்தால் நாம் எப்படி நோயில்-லாமல் இருக்க முடியும்.

குளிக்க நல்ல நேரம் - சூரிய உதயத்திற்கு முன்.

குளிக்க மிக சிறந்த நீர் - பச்சை தண்ணீர்.

குளித்தல் அழுக்கை நீக்கவும் மற்றும் உடலை குளிர்விக்கவும்.

உடல் இறைவன் கொடுத்தது. நாம் அதை நோயில் லாமல் பேணி காக்க வேண்டும். நாம் நமது கார் அல்லது இரு சக்கர வண்டியை மூன்று மாதத் திற்கு ஒரு முறை மெக்கானிக் கிடம் கொடுக்கிறோம். அதை அதை நன்றாக பாதுகாத்துக் கொள்-கிறோம். அதே போல் இந்த உட்லையும் நாம் நன்றாக நோயில்லாமல் பாதுகாத்துக் கொள்ள வேண்டும்.

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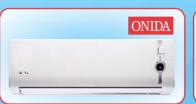
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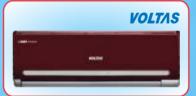






























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