

# St Patrick's College Jaffna Old Boys Association

Melbourne, Australia

Established 1992

P.O.Box 551, Rosanna, Vic 3084



Website: [www.spcaustralia.com](http://www.spcaustralia.com)

Email: [secretary@spcaustralia.com](mailto:secretary@spcaustralia.com)

Newsletter 41

Facebook: [www.facebook.com/spcobamel](https://www.facebook.com/spcobamel)

June 2021



## Our Objectives

Socialise and share the Patrician spirit with benevolence.

Support our Alma Mater in meaningful ways.

Fide et Labore  
Faith and Labour

**“That Religion is not devotion, but work and suffering for the love of God;  
this is the true doctrine of Mystics.” – Florence Nightingale**



## Message from the President

Dear Fellow Patricians

It is my pleasure to reach you all through this newsletter. As we try to navigate through the pandemic's new normal and uncertainties, I wish our Patricians and families abundant grace from God Almighty.

With the relaxation of Covid restrictions in the latter part of last year and after a long pause to our regular activities, we were able to have our annual Cricket and Family Fun Day in February. It was nice to see a lot of Patrician families after a long period of lockdown. It was indeed a great day with lots of food, camaraderie and fun, **particularly for the children**. Also, in March, we had our AGM for 2020–21 and the St Patrick's Day Mass and celebrations. It was our privilege to have the TCAV Chaplain Fr. Anton Punithakumar to say Mass and address the AGM proceedings.

Upon request from the College, our OBA agreed to support a hosteller whose family was severely affected by war with hostel and school fees. I sincerely thank our members for their continued support in these endeavours. We will always look for opportunities to support the most deserving whenever possible.

As with you, I am delighted to see our Alma Mater's success in the 2020 GCE A/L Exams. Melbourne OBA congratulates the students, Fr. Rector and teachers for their dedication and hard work in bringing about this achievement at a most difficult and challenging year. We wish them continued success in the future.

The Patrician Nite 2021 is scheduled for the 16<sup>th</sup> of October. After being compelled to cancel the event last year, we look forward to seeing as many patricians and their families as possible. The Committee is making all necessary plans to make it a great and memorable

night for our members, Covid permitting, of course.

Next year – 2022, will be the 30th year of the formation of our Melbourne OBA, and the Committee is exploring options to make it a momentous year with special contribution to the College and celebrations. We will provide further information in due course, so watch this space!

On behalf of the new Committee, may I say we are looking forward to serving our members and continue to foster and uphold the camaraderie and good works of our predecessors.

Again, I wish all our members good health and prosperity. Stay safe and take care.

**Noel Rajiv**

President

## Office Bearers and Committee Members 2021-22

**President - Noel Rajiv**

**Vice President - Jenith Jesuthasan**

**Secretary - Berchmans Tennakone**

**Assist. Secretary - Parthiban Vivekanandan**

**Treasurer - Richman Mangalanayagam**

## Committee Members:

Anandarajan James, Angelo Fernando, Chrysostom Gunanayagam, Fredy James, Dr Hutchinson Thuraiarah, Jeevaranjan Fernando, Jeyandra Antonipillai, Philip Ravindraraj, Raj Lingham, Dr Sanjeev Alfred and William Nimalraj.

## Support Group:

Antony Gratian, Dr Florentine Singarayar, James Joseph and Patrick Rajaratnam.

**Patrician Nite 2021 will be held on Saturday, 16th October, in a Covid-safe manner.  
See flyer on page 7.**

# St. Patrick's College

Rev. Fr. A. P. Thirumahan  
B. Ph. (Rome), B. Th. (Rome)  
Dip. in. Ed., M. A. (Ed.) (London)  
**RECTOR**  
Tel : 021 222 4258  
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Jaffna, Sri Lanka

Tel/Fax: 021 222 2388

Email: stpatricksjaffna@gmail.com

05.05.2021

## G.C.E. A/L Best Results - 2020

### Physical Science

	Results	District Rank
1. Alric Prashanth Patric Nilackshan	3 A (Eng. Med.)	- 15
2. Alanparkroche Rukshan	3A	- 16
3. Thayanesan Sajeevan	2A B (Eng. Med.)	- 52
4. Francis Regi Jeyakumar Jude Dinoshan	2A B	- 57
5. Nobert Samson	A 2B	- 105
6. R.K.R. Dhanoshigan	A C S	- 300
7. V. S. Vivyan	B 2C	- 431

### Arts

8. Alkanthiraj Vinojan	3A	- 66
9. Francis Edwinraj	2A B	- 74
10. Antony Mariyathas Sanjuvan	2A B	- 269
11. Ceasar Kukenthiran	2A C	- 208
12. Matiyathas Maria Nixon	A 2B	- 394
13. Stalin Diluxan	2B C	- 419

### Commerce

14. J.P. Vithushan	2A C	-146
15. R. Kolin Klaif	A B C	- 203
16. J. Aakash	A B C	- 186
17. A.K. Arnold Wilton	3B	- 169
18. Stanislas Sujanth	2B C	- 227

### Bio Science

19. Sathiyaseelan Thulaxshan	2B C	- 215
20. Dunsan Keerthikan	B 2C	- 232
21. Clintus Maria Nitharjan	B 2C	- 244
22. Edman Jevathas Tineshkanth	B 2C	- 272
23. Premachandran Abishek	B 2C	- 336
24. John Britto Ajay Stephan	B 2C	- 361
25. Viyayakaran Thokeesan	B 2C	- 362

**"FIDE ET LABORE"**



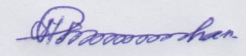
## Technology

### Engineering Technology

26. Anton Felix Anton Ajithkumar	A 2B	-7
27. Anton Robert Amalathas	2B S	-54
28. Jeyathunka Joseph	B 2C	-33

### Bio System Technology

29. Robert Sathujan	A 2B	-8
30. Christian Joel	A B C	-7
31. Peter Lawrencepillai John Christopher	A 2B	-13
32. Rathinarasa Aron	2B C	-11
33. Jesurathinam Joseph Sinthujan	2C S	-65
34. Joseph Pragash	2C S	-62

  
Rector

Rev. Fr. A.P. Thirumahan  
RECTOR  
St. Patrick's College  
Jaffna.

**As per the statistics released by the Northern Province the following eligibility for University Entrance .**

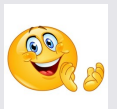
Zone	Name of school	Pass percentage
Jaffna	J/Vembadi Girls' High School	76.41%
	J/Hindu College	70.83%
	J/ST.Patrick's College	70.00%
	J/Hindu Ladies College	64.02%
	J/Holy Family Convent	60.45%
	Kokuvil Hindu College	59.27%
	ST.John's College	53.30%
	J/Central College	40.00%

**Lexico's 2020 Word of the Year:** [quarantine](#), and its Spanish translation, [cuarentena](#).

Defined as 'a state, period, or place of isolation in which people who may have been exposed to infectious disease are placed', the word *quarantine* has stood at the centre of the profound ways Covid-19 changed society and language in 2020.

*Quarantine* is a prominent example of how an explosion of scientific terms suddenly became essential to daily life, such as [asymptomatic](#), [contact tracing](#), [herd immunity](#), *R* number, [social distancing](#), and [superspreader](#), not to mention [Covid-19](#) itself, plus [coronavirus](#) and SARS-CoV-2.

**So kudos to all those boys and girls who have done so well in the  
2020 G.C.E. A/L Examination.**





# Family Fun Day events at Wattle Park — 7 February, 2021, and St. Patrick's Day celebration and AGM — 20 March, 2021



See Notice-board for more photos

Former President Jeyandra Antonipillai congratulating the new President Noel Rajiv.

Office Bearers and Committee Members for 2021—22 with TCAV Chaplain and others.





**Let us pray for one another**

**The prayer of a righteous person is powerful and effective.**

### **Sri Lanka and World Bank sign agreement for COVID-19 Vaccine Deployment**

On May 13, 2021 the Government of Sri Lanka and the World Bank signed a \$80.5 M additional financing to help Sri Lanka access and distribute COVID-19 vaccines and to strengthen the country's vaccination system and pandemic response. The [COVID-19 Emergency Response and Health System Preparedness Project](#)— a total of \$298.07 M— has contributed to Sri Lanka's pandemic management and prevention efforts. [Source: World Bank]

The FTZ workers have been working throughout the COVID-19 outbreak, including through island-wide lockdowns since March last year (2020), putting their lives at great risk. Hundreds of workers testing positive are being made to self-quarantine at their respective hostels, or sent away to State run quarantine centres, where they remain unprotected, not prioritised for vaccination, and largely left to fend for themselves, including paying for any quarantine related expenses.

While there has been an exponential increase in the number of daily infections and deaths in the country in recent weeks, it is reported that the government has no AstraZeneca vaccines to distribute. And over 600,000 persons who have received the first AstraZeneca vaccine have no assurance that they will receive the second jab within the medically recommended time frame.

From 3 January 2020 to 4:47pm CEST 28 June 2021, there have been 253,618 confirmed cases of COVID-19 with 2,887 deaths reported to WHO. Infected cases are often under-reported. Many frontline healthcare workers and deprived families have contracted the virus due to lack of PPE, facemasks and other sanitising products. Due to extended lockdowns, many daily wage earners are begging for essential supplies while widespread embezzlement of relief funds is reported.

### **India's revised coronavirus vaccination policy:**

From June 21, every citizen above the age of 18 years will be vaccinated free of cost. However, this can be availed only at vaccination centres run by the state governments and the central government. **People of all ages will have to pay for vaccination at private centres.** However, private centres can charge only Rs 150 as service charge over and above the price of the vaccine. The maximum price that can be charged by private centres is Rs 780 for Covishield, Rs 1,410 for [Covaxin](#); and is Rs 1,145 for Sputnik V. The total cost of vaccination will be displayed on the CoWIN portal at the time you book your slot.



### **In Australia**

While we offer our prayers for the health and well being of the people of Sri Lanka, India and other countries where the pandemic has seen mounting death tolls, we thank God our Father for the immense blessings he has bestowed upon us here in Australia. **COVID-19 vaccines are free for everyone in Australia**, even if you are not an Australian citizen or permanent resident. **This includes people without a Medicare card, overseas visitors, international students, migrant workers and asylum seekers.** There are also several other government and private support services helping with food, utility bills, emergency accommodation, children's educational needs and mental health issues. Job Seeker, Job Keeper and other one off Social Security payments have sustained the lives of many thousands of Australians from the brink of financial and economic crises and depression. And Australia remains a AAA rated country.

**For all these, God our Father, we thank you.**

**உம்மை வாழ்த்துவோம், உம்மைப் போற்றுவோம், உம்மை ஏற்றுவோம் இறைவா.**

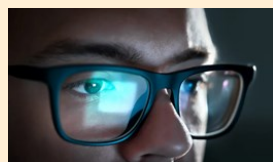
**Have mercy on those who are suffering with Covid, and console those who have lost their loved ones.**

Let's also keep in our prayers the thousands of flood victims and farmers in eastern Victoria who are hurting badly.

Antony Gratian  
Editor

# What Happens to Your Eyes When You Stare at Screens All Day

[Beth Skwarecki](#) — 4 January 2021



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

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

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

## Eyestrain is real

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

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

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

## Blue light from screens isn't ruining your eyes

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

There *is* research that finds blue light can damage cells in certain lab conditions, but those conditions are very different from what happens in the actual cells of our retina. We dug into this myth [here](#), noting that [the AAO has emphasized that](#)—in their words—"blue light from electronic screens is not making you blind."

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

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

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

Blue light-blocking filters also don't block very much blue light; they just reduce it a tiny bit. (Experts [have pointed out](#) that you could get the same effect by holding your screen one inch farther away from your face.) Avoiding screens at bedtime is probably a good idea, but not because there's anything especially damaging about the screens themselves.

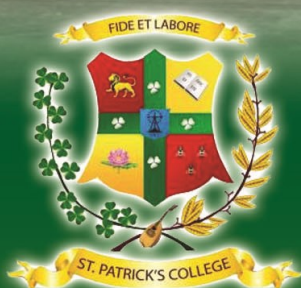
## How to take care of your eyes when you're looking at screens

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

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

[https://vitals.lifehacker.com/what-happens-to-your-eyes-when-you-stare-at-screens-all-1846593909?utm\\_source=pocket&utm\\_medium=email&utm\\_campaign=pockethits](https://vitals.lifehacker.com/what-happens-to-your-eyes-when-you-stare-at-screens-all-1846593909?utm_source=pocket&utm_medium=email&utm_campaign=pockethits)





**St. Patrick's College Jaffna,  
Melbourne OBA**

# **Patrician Nite 2021**

**Sacred Heart Church Hall  
19-22 Johnson Street, Oakleigh, VIC 3167**

**Saturday 16th October 2021  
6.30 p.m. till late**

***Dress: Smart Casual***

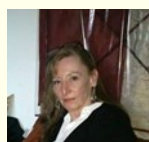
***Catering: MKS***

***Entertainment: DJ Damian***

***Donation (Adult): \$60***

***Food: Sri Lankan***

## How come we say we ride “in” a car, and get “out” of a car but ride “on” an airplane and get “off” of an airplane?



How come we say we ride “in” a car, and get “out” of a car but ride “on” an airplane and get “off” of an airplane — even though we are “in” the airplane when we’re “on” it and we are “off” the airplane when we are “out” of it?

[Veronica Curlette](#) - 25 January 2021

When you see two seemingly contradictory items in language, your first thought should be, what did people speaking this language do in this situation 1000 years ago. **In** or **on** for vehicles, (being things that move, and that people use for travel) is seemingly contradictory, but if we look back through the years, (or centuries), it becomes much clearer.

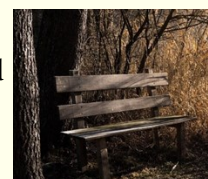
Try to think of the very first ‘thing’ people in England would have used for transport. My guess is a pony. (There were many wild ponies in the forest of England in 1000 A.D.) It’s easy to understand why we say he was riding **on** a pony. For many centuries, people have brought their wares from their farms to a town or village to sell on market day. How did they bring their wares a thousand years ago? They would bring them in a cart pulled by the pony.



Have you ever sat in a cart? It’s terribly uncomfortable. Imagine 1000 years ago. You’d be sitting with the vegetables and chickens! The answer to that problem was to place a board across the sides of the cart, so you could create something similar to a chair. Then you can sit on the board—all aboard!



The prefix ‘a’ means towards. ‘aboard’ means towards the board. Put them together and you get our modern word ‘aboard’. People used boards for all types of ‘sitting’ (and we still do).



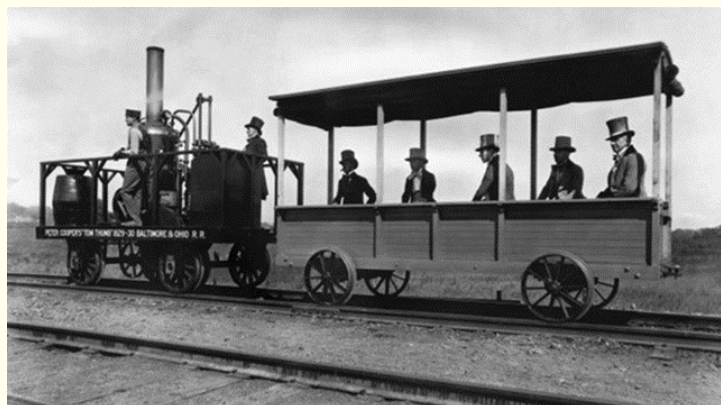
They placed boards around their fires, in their houses and anywhere else people wanted to sit.



Boats 1000 years ago, were not originally built for passengers. The people on boats were sailors and they sat on boards as well.



The first trains were not elegant. The seats were made from boards.



We sit on boards, (not in). Once a phrase becomes useful in a language it is used without question for centuries. ‘Aboard’ was extended to passenger boats, then passenger trains and in the 20th century to airplanes. ‘Aboard’ was a perfectly useful word and nobody changed it.

When the ‘covered’ cart or carriage become common, the idea of being ‘on’ a board seemed far too inelegant for the members of society who used these vehicles. They had a covered compartment and because it was for personal use there wasn’t a conductor calling out, “All aboard”. The people who used carriages got ‘in’ their compartments.

The evolution of the ‘carriage’ to the modern-day **car** carried the phrase. You get in a car.

Public transport uses the phrase from ‘board’, *get **on** board*. Private transport uses the phrase from the idea of a compartment, *get **in** a compartment*.



Today we have a few new types of transport, but the language uses the set phrases.

**We get on and off buses, trains, airplanes, ferries etc.**

**We get in and out of cars, (taxis), helicopters, submarines and space pods, all of which have a compartment.**



## How Fit Can You Get From Just Walking?

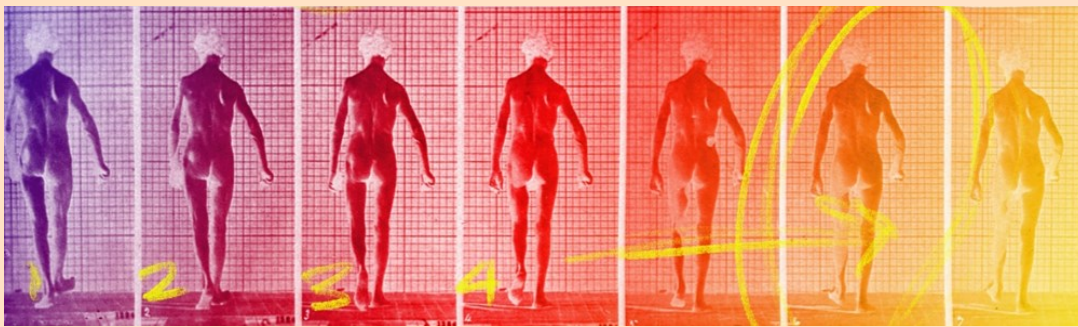
**Walking is good for you, obviously. But can it whip you into shape?**

Extracts from article by Graham Isador  
April 1, 2021

Four months ago my friend John Sharkman stepped on the scale and realized he was the heaviest he'd ever been. Sharkman—a former college football quarterback—was weighing in at 263 pounds, fifty pounds heavier than his time as an elite athlete. The realization that he'd jumped up to the size of a lineman was humbling, and he knew he needed to shed some weight. He asked me, his fitness journalist friend, to help. But the request came with quite a number of caveats: he didn't want to cut off certain food or alcohol, he didn't want to go to the gym, and he didn't want the whole process to feel that hard.

In the past, I've undertaken a number of successful fitness and fat loss challenges. I've taken all the pre-workout in the world, done thousands of kettlebell swings, gone paleo. But Sharkman's request got me thinking: What is the least amount of effort necessary for substantial weight loss? Can you get *real* results by just kind of messing around?

So in our group chat, Sharkman and a few other friends made a commitment to walking 10,000 steps a day and tracking our food. We aimed for about 2,000 calories. Sharkman dubbed the initiative Health Zone. After four months following those guidelines, my friend dropped 43 pounds. Collectively the group chat was down 105. Those are life-changing, infomercial-pitch numbers. Some caveats obviously apply: losing weight is hard, and keeping it off is even harder. Your mileage will almost certainly vary. But the whole experience made me wonder: just how fit can you get from just walking?



**"I think walking is probably the single most underutilized tool in health and wellness,"** says nutrition coach and personal trainer Jeremy Fernandes. According to Fernandes, the reason we rarely hear about walking as a major fitness tool—in

the same conversations as stuff like yoga or expensive spinning bikes—is that people aren't emotionally prepared for fitness to be easy. "Most people want to believe that working out and fat loss needs to be hard. If you need impossibly crushing workouts to get in better shape, then you're not responsible when you fail," he says. **"But a basic program performed consistently—even a half-assed effort done consistently—can bring you a really long way, much further than going hardcore once in a while."**

It's not like walking is some secret. 10,000 steps is the default recommendation of some of the most popular fitness trackers on the market, and long walks have been a hidden weapon of superhero body transformations for ages. But until witnessing Sharkman undergo his transformation I didn't realize just how powerful just walking could be.

Of course, it's not the right tool for every goal. It won't get you over the finish line of a marathon. If you're chasing high-level performance, single-digit body fat, or a bodybuilder physique, then relying solely on a ton of walking isn't the right move. But the reality is that most average people are pretty far from those goals, and focusing on the routines of really high performers maybe doing more harm than good. In other words, expecting that you'll accomplish the training required for a movie star body when starting out a fitness routine is setting yourself up for disappointment. Walking a bunch, on the other hand, is something that is relatively simple to fit into your everyday life. **The best fitness routine is always going to be the routine that you follow consistently.** And I can vouch for the—unscientific, absolutely not peer reviewed—results.

**"Walking is something you're completely capable of starting right now," said Sharkman. "It sounds cheesy to say changing your life is that simple, but this definitely changed mine."**

[https://www.gq.com/story/get-fit-from-just-walking?utm\\_source=pocket&utm\\_medium=email&utm\\_campaign=pockethits](https://www.gq.com/story/get-fit-from-just-walking?utm_source=pocket&utm_medium=email&utm_campaign=pockethits)

## Does bi-weekly mean twice a week, or once every two weeks?



Ray Lewis—28.01.2021—English Teacher (2020–present)

Unfortunately, it can mean either. Context may make it obvious which meaning is intended, but it is a source of confusion. It really is an expression that should be avoided for that reason.

You can say ***twice-weekly*** as a clear alternative to ***bi-weekly*** meaning twice a week.

You can say ***fortnightly*** as a clear alternative to ***bi-weekly*** meaning every two weeks (i.e. a fortnight) however, this will not work in North American English, where ***fortnight*** is not used.

## What is the difference between Hungarian words "roma" and "róma"?



Orbán Vajda, knows Hungarian

roma = romani (politically correct word for gypsy); róma = Rome (ancient city)

román = Romanian; romániai = something or somebody from Romania; római = Roman

**கவிஞர் கவிக்கோ அப்துல் ரகுமான் (1937 -2017)**

கலைஞர் மு கருணாநிதி தலைமையில் 2000ஆம் ஆண்டு இடம்பெற்ற தைப்பொங்கல் விழாவின்போது ஐம்பூதங்களில் ஒன்றான 'காற்று' பற்றி கவிக்கோ ஆற்றிய உரையிலிருந்து எடுக்கப்பட்டது:

நான் இல்லையென்றால் இவர்கள் இல்லை; ஏன் யாருமே இல்லை. அனைவருக்கும் நான்தான் ஆதித்தாய். விஞ்ஞானமும் சொல்கிறது, மெய்ஞ்ஞானமும் சொல்கிறது.

நீர் ஏன் மகள், நெருப்பு ஏன் பேத்தி. மண் ஏன் கொள்ளுப்பெத்தி.



சகோதர பூதங்களே! எனக்கு நன்றி சொல்லுங்கள். நீரே! நான் இல்லையென்றால் மேகமாய் நீ மேலே பறக்க முடியாது. நிலமே! நான் இல்லையென்றால் நீ மயானம்தான். வானமே! நீ ஒன்றுமே இல்லை; நான் இல்லையென்றால் உனக்கு முகவரியே கிடையாது. நெருப்பே! நான் இல்லையென்றால் நீ பிறக்கவும் முடியாது, வளரவும் முடியாது. உன் தாய் நான்தான். அதனால்தான் சொல்லுகிறேன், சகோதர பூதங்களே எனக்கு நன்றி சொல்லுங்கள். ....

காற்றில்லை என்றால் பாட்டேது? புல்லாங்குழல், பெண்; அதைத் தாயாக்கும் ஆண் நான். தேராக நான் இல்லையென்றால் இசைத்தேவதைக்கு ஊரவலம் கிடையாது.

ஆண்டுக்கொருமுறை சுதந்திரத்தை நினைத்துப் பார்ப்பவர்களே! சுதந்திரமென்றால் என்னவென்று என்னைப்பார்த்துத் தெரிந்துகொள்ளுங்கள். எனக்கு யாரும் விலங்கிட முடியாது; என்னை யாரும் எந்தச் சிறையிலும் அடைக்க முடியாது. அடைத்தால் அது பலான்களைப்போல் உடைந்துபோகும். ...

நான் அதிசயமானவன். எனக்குக் கால் இல்லை ஆனால் ஓடுவேன்; கையில்லை ஆனால் அணைப்பேன். வாய் இல்லை ஆனால் பேசுவேன். கண் இல்லை அதனால் மனிதர்களைப்போல் பேதம் பாராட்டாமல் எல்லோரையும் தழுவுகிறேன். ... ..

நான் வேலை நிறுத்தம் செய்வதில்லை. செய்தால், உலகம் இருக்காது; ஏனென்றால் உலகத்தின் உயிரே நான்தான். மரங்களின் ஊமை நாவுகளுக்கு நான்தான் பேசக் கற்றுக்கொடுக்கிறேன். அந்த நாவுகளோ, அறுந்து விழுந்தபின் அதிகமாய்ப்பேசுகின்றன! .... பூங்குடிகளுக்கு நாட்டியம் கற்றுக்கொடுக்கும் நட்புவுணர் நான்தான். கடலில் உறங்கிக்கிடக்கும் நீரை தட்டியெழுப்பி பேரணி நடத்தச்செய்வதும் நான்தான். எனக்கு சகவாச தோஷம் உண்டு. பூக்களோடு பழகினால் நறுமணம் தருகிறேன்; பொய்கையோடு உறவாடினால் குளிர்ச்சியடைகிறேன்; புல்லாங்குழலில் புகுந்தால் இசையாகிவிடுகிறேன். மனிதர்களே! உங்களிடம் வந்தால்தான் நான் கெட்டுப்போகிறேன்! ....

போய் வரவா என்று நான் விடை கேட்டால், நீங்கள் என்னைப் போகவிடமாடீர்கள். ஏனென்றால், நான் போனால் நீங்களும் போய்விடுவீர்கள்! அதனால் எப்போதும் உங்களிடம் இருப்பேன்!!

<https://www.facebook.com>

<https://www.facebook.com/Dr.Anjugam/videos/329407604903568>

## Elephant Trunks Can Suck Water at 330 Miles Per Hour



Elephant trunks are capable of astonishing feats of suction, according to new research. The study, published in the [\*Journal of the Royal Society Interface\*](#), finds that these muscular, 200-pound nasal appendages can suck up three litres of water in a second, a mind-boggling flow-rate equal to about 24 shower heads. Moving that much water so quickly requires inhaling air at a breathtaking 330 miles per hour. That's 30-times faster than a human sneeze and faster than most high speed trains.

An elephant trunk is useful in just about any situation. This jointless noodle of pure muscle can be used as a snorkel in deep water, rip trees from the ground and, as the authors of this study found out, daintily pluck a potato chip from a table without breaking it.

**For more details visit:** <https://www.smithsonianmag.com/smart-news/elephant-trunks-can-suck-water-330-miles-hour-180977888/>



# Noticeboard

## Family Fun Day at Wattle Park — 7 February, 2021

