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Additional \$25M to improve school ventilation in Ontario.

Stephen Lecce, the Education Minister on August 4, 2021 announced additional funding of \$25 million for more ventilation improvements so schools will be ready to welcome students returning to in-person learning this fall. Additional funds will purchase around 20,000 standalone HEPA units to ensure all schools have access to improved ventilation.

The minister made the announcement at St. Robert Catholic School in Thornhill. The Minister was joined by Markham-Thornhill MPP Logan Kanapathi, Dr. Kieran Moore, Ontario's chief medical officer of health, and Dr. Karim Kurji, medical officer of health for York Region.

"Under this plan, students will return to a more normal in-person, full-time learning experience," Lecce said during the press conference. "We know parents and experts have urged us to do this. In-person learning is crucial for their mental and physical health, their overall well-being and the long-term success of our students."

The \$25 million announced today purchased approximately 20,000 standalone HEPA filter units for facilities and rooms that don't have access to mechanical ventilation. They will also be deployed in all junior and senior kindergarten classes, Lecce said, to add an extra layer of protection for young students who aren't required to wear masks.

The funds are in addition to the \$100 million announced during the last school year, which is being used to upgrade and improve school ventilation systems before the new school year starts in September.

Ontario also partnered with the federal government to fund HVAC and other improvements, bringing the total taxpayer investment to more than \$600 million on more than 2,000 ventilation projects.

"We are following the best expert advice by ensuring all schools have improved air ventilation, including deploying an additional 20,000 HEPA units, in total over 70,000 ventilation devices, to help ensure schools remain as safe as possible," Lecce said in a release. "With the work we have done, I am confident we will keep students and staff safe in our schools as we reopen for the 2021-22 school year."

Ontario is also providing school boards with a standardized reporting tool on ventilation improvements to ensure ventilation requirements are being met, and makes that information



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Canada welcomes first Afghan refugees resettled through the special immigration program



The Honourable Marco E. L. Mendicino, Minister of Immigration, Refugees and Citizenship, the Honourable Marc Garneau, Minister of Foreign Affairs, and the Honourable Harjit S. Sajjan, Minister of National Defence, issued the following Statement:

"Today, August 4, 2021, the Government of Canada is welcoming the first of a number of flights carrying Afghan refugees who provided crucial support to Canada's mission in Afghanistan. This first group is now beginning their new life in Canada, and we welcome them with open arms. More flights will be arriving in the coming days and weeks. We committed to do right by the Afghans who supported Canada's mission in Afghanistan. With the arrival of the first resettled Afghan refugees in Canada, we are making good on that promise.

"The Government has been seized with the urgency on the ground and is working as quickly as possible to resettle Afghan nationals who put themselves at great risk to support Canada's work in Afghanistan. We have been working around the clock to identify individuals eligible to come to Canada under this special immigration program. This work is well underway, and a team has been on the ground in Afghanistan, including support staff who are assisting clients in submitting their applications and requested documentation. We are doing everything we can to get every Afghan refugee out as swiftly and safely as possible, but we recognize that the security situation can change rapidly.

"All those arriving under this special immigration program have met Canada's requirements concerning eligibility, admissibility and security screenings. The Afghan refugees were tested for COVID-19 on arrival and will follow all quarantine and testing requirements to protect the health and safety of those in Canada.

"These refugees are coming to Canada as government-assisted refugees. To help the Afghans adjust to life in Canada, service provider organizations in communities across Canada are preparing to welcome them. Settlement organizations will help them to find permanent housing, language training, a job and connections with established immigrants and Canadians and provide them with the information that they need about life in Canada, and the community in which they will settle. All of these services will help Afghans settle into their new home.

"To protect the safety of those being evacuated and the security of this operation, further operational details will not be released, including information on where Afghans will be resettled in Canada.

"We would like to thank those working at Global Affairs Canada, the Department of National Defence, the Public Health Agency of Canada, Immigration, Refugees and Citizenship Canada and the Canada Border Services Agency who have been working tirelessly to facilitate this process. We would also like to thank all of the advocacy groups across the country who have worked so hard to make this possible."

Possible election in Fall?



There has been stories circulated that there will be a Federal election in the fall of 2021. Twenty-nine per cent of respondents in the survey by Leger and the Association for Canadian Studies said they would vote for the Liberals if an election were held today, which was only one point more than two weeks ago.

The Conservatives saw a similar increase to place second at 24 per cent, while the NDP was down slightly with only 16 per cent of respondents.

The Bloc Quebecois and Greens held steady at seven and four per cent of decided voters respectively, while the Peoples Party of Canada had three per cent. Many observers anticipate Prime Minister Justin Trudeau calling an election this month, which Leger executive vice-president Christian Bourque says could be a problem for the Tories and New Democrats.

"If you're the Conservatives, the concern would be that if the writ really is dropped in mid-August, you're coming into it without any momentum," he said.

"Usually parties like to come into an election campaign with a little bit of wind at their back. But that's not happening right now for the Conservatives nor for the NDP. That's why the Liberals are holding steady." Yet Bourque also noted that the Liberals are not soaring high despite what appears to be relative satisfaction over how the government has handled the COVID-19 pandemic.

"You think they would be a lot stronger at this point," he said of the Liberals. "So, there might be a few things holding them back. Other elements about their record maybe for some people, the prime ministers personality for some others." The Liberals also remained ahead among the 1,737 respondents who identified as decided voters, with 36 per cent saying they would cast their ballots for the governing party - a two per cent increase from mid-July.

That slight bump appears to have come at the expense of the New Democratic Party under leader Jagmeet Singh, which sank by the same amount to 20 per cent of decided voters. The Conservatives under Erin O'Toole were holding steady at 29 per cent, unchanged from two weeks ago.

However, only one in four Canadians told pollster Nik Nanos they want a fall election. Thirty-seven percent were downright upset about the prospect.

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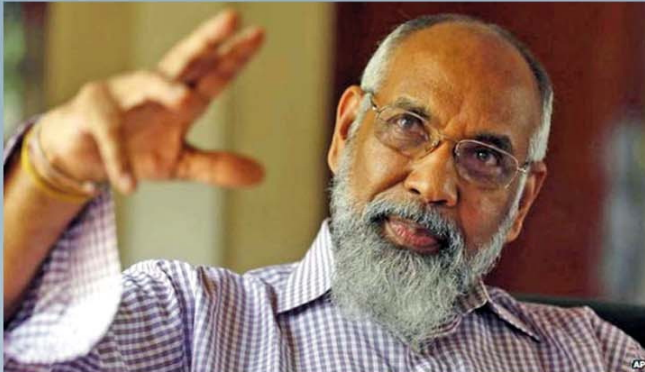
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Ontario

The writing Is On The Wall And We Are Blissfully Engaged In Petty Politics

By C.V. Wigneswaran –



Honourable Speaker!

It is with a heavy heart that I rise to speak on the Central Bank Report 2020. We are at the threshold of erasing our unblemished record with regard to Debt Repayment. If we Default on any loan it is likely to trigger cross-default across all our loans. That as you can imagine, Sir, would be an unmitigated disaster.

All our debtors would want us to settle our full liabilities immediately. Our cost of borrowing would increase beyond measure. We simply would not be able to borrow any more. Unless we become a vassal State to a country such as China we simply will not be able to exist. We are bringing out gold coins to celebrate the 100 th anniversary of the Chinese Communist Party.

Already many institutions have only Chinese name boards – no Sinhala, no Tamil and not even English. So perhaps preparation is already afoot to make us a distant province of China in anticipation of where we are heading! Have we forgotten what this means in terms of geo politics? Do we want to cut our nose to spite the face?

One particularly troubling matter is our inability to meet our recurring expenditure through government revenues. The taxation policy that was introduced in 2020 significantly reduced Government revenue in terms of taxation. While this was no doubt beneficial to the ordinary citizen the cost of living that has burst through the roof has more than off-set any benefit from the changed policy in taxation.

The result is that the Government coffers remain constantly under pressure with no economic growth. So the problem is we cannot even generate enough revenue to meet our loan obligations and effect the payment of Salaries. This means that the Government cannot even maintain the status quo without resorting to further borrowing. Not only have we been caught in the debt trap, but it looks like we don't even want to get out of it talking only politics to get one over each other.

Recently Honourable Kehelika Rambukwela told the Press that the Sri Lankan Government has paid one billion dollars as loan repayment. He was proud of it. But he has forgotten to tell us as to when the balance 34 billion would be paid! Be that as it may, I am told Letters of Credit have been refused to certain institutions due to paucity of dollars. Our Reserves have gone down to perilous levels? We may not be able to import petrol or diesel. I think it was Dr. W. Dahanayake who came to Parliament by Bullock Cart long ago when Petrol prices went up. That was due to a price hike. But the present situation is much worse. There will be no petrol nor diesel even if you could afford to buy.

We have been printing paper money recently at levels previously unheard of – setting daily, weekly and monthly records. Our currency is being propped up by artificial and extra legal means. The writing is on the wall and we are blissfully engaged in petty politics – even in respect of the most vulnerable groups.

Where have we brought our citizens to? We are prepared to play the fiddle like Nero while the flames of hunger, debt and despair ravage our fellow citizens. The fertilizer imports were stopped saying we must go for organic fertilizers locally. Noble idea no doubt. But such stoppage was not to save the people from chemical fertilizers. It was to save our dollars that the decision was taken, but like everything else packaged in nationalist terms.

Where is the scientific basis for such a decision? Which institution recommended such decision in such drastic terms to the Government? Which is the Government organization that recommended such a dramatic shift overnight without any transitional period? Were studies conducted? Were projections made on the yields that will be expected with the introduction of the decision not to import chemical fertilizers? I am given to understand that the Government is considering importing rice from countries which use the same chemical fertilizers. That means the Government stopped the import of chemical fertilizers not due to their concern towards its citizens but due to paucity of dollars.

In any event what steps have the Government taken to ensure a free flow of organic fertilizers? Would it not take at least three to four years for the earth to get used to organic fertilizers after using inorganic fertilizers for so long? Meanwhile will not production come down drastically? At the very least, is it not possible for this Government to tell its citizens the truth? Must everything be viewed through the lens of politics even at this perilous juncture in history?



If I have to refer to the situation in the Northern Province the stoppage of fertilizer imports is going to have a long term negative effect on our economy. Already our Provincial GDP contribution in 2019 was 4.7% only. So many years of war has had a deleterious effect on our economy.

Added to that the continuation of the occupation by the Military of the Northern Province has had a negative effect on our performance. Adding to the farmers' woes is the Military doing agriculture in the North and East. This affects the locals since the Military is able to produce agricultural products cheaply with the several benefits they enjoy while the farmer finds it difficult to produce and market their goods. In any event no proper planning has been done to find markets for our local produce. I hope the new Minister of Agriculture would take effective steps for the farmers in the North to market their goods. The Northern economy is almost in a stagnant state. Honourable Minister Mahindananda Aluthgamage, who speaks our language too, will no doubt help to alleviate the precarious state into which our farmers have fallen.

I have time and again advised my Sinhala friends on both sides of the Parliament that they should take us, the Tamils, into confidence, solve our problems and invite investments from our diaspora.

Our brethren abroad including our Sinhalese brethren would gladly bring in enough foreign currency to tide over the calamitous situation we are in. But our Sinhala politicians are like the moths wanting to run into the burning light and burn themselves out. They are prepared to trust the Chinese but not the Tamils! Let me again appeal to the saner sections of our Sri Lankan Sinhala Buddhist intelligentsia to consider closing ranks with the Tamils and Muslims and allow copious flow of capital into the Country to tide over the serious foreign exchange problem we are facing today. This is the time to come together to save this Country. I thank you.

***In Parliament debate on the Central Bank 2020 Report on 3/8/2021 in the afternoon**



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STRONG CONDO DEMAND CONTINUED IN Q2 2021



Second quarter 2021 GTA condominium apartment sales were up substantially compared to Q2 2020, but ebbed slightly compared to Q1 2021, following the broader market trend.

Competition between buyers continued to accelerate compared to last year, which led to year-over-year and quarter-over-quarter average price increases. Greater Toronto Area REALTORS® reported 8,793 condominium apartment sales in the GTA in Q2 2021 – up by 155 per cent compared to Q2 2020, but down by approximately six per cent compared to Q1 2021, following the broad-based slowdown in home sales since March.

"There is no doubt that the condominium apartment segment has improved markedly over the past six months, after lagging the low-rise market segments in the second half of 2020. Consumer polling conducted by Ipsos for TRREB suggested that about 40 per cent of buyers in 2021 would be first-time buyers.

For many first-time buyers, their entry point into homeownership is the condo market so we expect further upward movement this year with accelerated migration back to cities and heightened immigration," said TRREB President Kevin Cragger.

The average condo apartment selling price was up by 10.8 per cent year-over-year in Q2 2021 to \$686,312. This also represented more than a six per cent increase compared to Q1 2021. In the City of Toronto, which accounted for close to 70 per cent of Q2 condo transactions, the average selling price was \$721,109 – up by nine per cent compared to Q2 2020. "The second quarter marked a turnaround for the condo market in terms of price growth.

Whereas other market segments experienced a resurgence in price growth in the latter half of 2020, the condo market took longer to recover. Looking forward to 2022, condo demand could very well strengthen as immigration picks up and younger people, more impacted by COVID-19, look to purchase a home," said TRREB Chief Market Analyst Jason Mercer. TSource



Real Estate page compiled by Charles Devasagayam

Tips for opening up the cottage for the summer



(NC) We all know that opening up the cottage or cabin for the season comes with countless chores. But no matter how many lists you create and how many people are involved, there's always something you might forget.

Here are some key reminders:

- Evaluate the perimeter when you arrive. Do a quick walk around the property to check for any over-winter damage or uninvited guests.
- Air out the buildings and hang out the linens to avoid mould and mildew.
- Turn on the power and then the water so systems run smoothly.
- Change the batteries in your smoke and carbon monoxide alarms.
- Remember your boating safety.

Whereas other market segments experienced a resurgence in price growth in the latter half of 2020, the condo market took longer to recover. Looking forward to 2022, condo demand could very well strengthen as immigration picks up and younger people, more impacted by COVID-19, look to purchase a home," said TRREB Chief Market Analyst Jason Mercer. TSource

That last one is crucial, and it involves some steps of its own:

- Is your dock or boathouse afloat? Review its condition and make any required adjustments or repairs.
- Check out your boat, and make sure it's seaworthy.
- Inspect your safety equipment including personal flotation devices and lifejackets.
- Locate your boating license or proof of competency so you can carry them on you when you boat.

Once you're all set, it's time to enjoy. Just remember to follow the rules while you're out on the water, for your safety and the safety of others. If your property is on the ocean, the Great Lakes or the St. Lawrence River, the Canadian Coast Guard can provide you with marine safety and navigation information.

They're also the ones to call if you find a wrecked vessel or spot a marine mammal in danger.

Find more information on how the Coast Guard can help at ccg-gcc.gc.ca/mcts.

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3 tips about returning to classrooms safely and with confidence

(NC) While there's still some uncertainty about how this school year will play out, one thing parents, students and teachers can do is make sure they're prepared for all scenarios.

Here are a few health and safety tips to keep in mind as students return to school:

1. Practice handwashing and sanitizing

Now is the perfect time to remind ourselves about good hand-washing technique. At home, remind little ones to practice handwashing for at least 20 seconds each time. They can sing happy birthday or another song verse that lasts 20 seconds to make it fun and memorable.

While it may be difficult to teach kids not to touch their face, consistent reminders are a good way to help them remember as best they can. When they're back in the classroom, they'll take these lessons with them.

2. Show them how to keep personal space

Teaching children that they have to stand two metres apart from each other may be difficult, especially when they've not seen their friends in months. Explaining that everyone is keeping their distance to keep their friends and families safe is key to helping young kids understand.

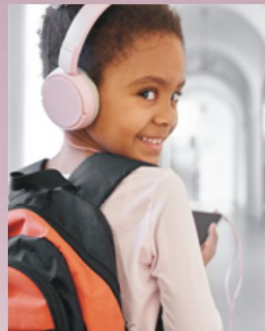
Give them an example to visualize what two metres looks like, like a hockey stick or the height of a door.

3. Get the right items in their backpacks

In addition to backpacks, pencil cases, binders and the other usual school supplies, they should still carry face masks, hand sanitizer and travel wipes. Make mask shopping fun by choosing a trendy design that kids will be excited to sport.

Equip them with multiple hand sanitizers so when one gets lost, they have quick access to another. Staples Canada carries a variety of safety products and masks for the whole family. Find out what else you can do to return to school with confidence at staples.ca/backtoschool.

Managing back-to-school jitters



The new school: What's in your backpack?

(NC) If there's anything the back and forth between in-person and virtual learning has taught us, it's that it helps to be prepared. With the right supplies, kids can be productive no matter where their studies happen.

As we head into a new school year, fill your child's backpack with some of the top picks from Staples Canada for every age group:

Elementary students

This is the time for younger kids to let their imaginations run free, and the right supplies can help.

Send them off with pencils, erasers, sharpeners, pencil crayons and markers in handy pencil cases and cool backpacks. Feed their imaginations with healthy lunches and snacks packed in compact containers, thermoses, water bottles and lunchboxes. And help keep them protected with comfortable re-usable masks, hand sanitizers and wipes.

High school students

As their course loads get heavier, their bags will too. Look for lightweight laptops, tablets, binders, and compact wireless headphones that can help take the pressure off.

The right backpack can help ease the load and give them plenty of compartments to store their stuff, while still being durable enough to handle being tossed around. Set up their lockers with shelves, locks and storage solutions to keep them organized.

University students

Ready them for success before sending them off to continue their studies with the right products to fill their bag and dorm room. Think touchscreen laptops, mobile phones and portable chargers to keep them connected; noise-cancelling headphones to help them stay focused; tumblers and water bottles to keep them hydrated; and desks, chairs, lamps and printers to make their workspace productive, even into the wee hours.

Find all the essentials you need to fill kids' backpacks at staples.ca/backtoschool.

Focus on the positives

If your child is feeling a bit anxious, try to shift their focus from the things they're worrying about to the things they're looking forward to. Maybe they're excited to see old friends again, buy new school supplies or get involved in an after-school activity.

Being prepared can also help ease anxiety, so find things you can do together like setting up a workspace, organizing supplies or planning lunches and snacks. Not only can these activities be fun, but they can also help kids feel more proactive and less overwhelmed.

Teach them stress management

Learning how to cope with stress in times of adversity is a valuable life skill for kids. Here are some simple techniques you can teach your child: breathing techniques — get them to focus on their breathing and take deep breaths as they count to 10; visualization — have them close their eyes and picture something that makes them feel happy and calm, like a place or person they love; journaling — encouraging them to write their thoughts down on paper can help them sort through their feelings when they're overwhelmed.

(NC) After a summer off, going back to school, homework, exams, and the unknowns of teachers and classmates can all be sources of anxiety. Add to that the uncertainty of hybrid learning models, pandemic protocols and the fact that many kids have been learning remotely for so long, the thought of going back to school can quickly become overwhelming. Help your kids manage back-to-school jitters and set them up for success with these three simple tips:

Rest their minds and bodies

Sleep is restorative, and it can be one of the most powerful ways to improve mental and physical well-being. When kids are well rested, they can think more clearly, make better decisions and reduce anxiety.

Find everything you need to make back to school a positive experience at [Staples.ca/backtoschool](https://staples.ca/backtoschool). Long summer days can mean later bedtimes, so start to ease them back into an earlier schedule and make sure they're getting a good night's sleep. That way they'll be in a good routine and ready for early-morning start times once the school year begins.

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கிபி 1024 ஆம் ஆண்டளவில் ஸ்ரீ விஜயத்தைத் தாக்க மூன்று காரணங்கள் ராஜேந்திரனுக்கு இருந்தன.

By: பிரவீணன் விழி மைந்தன்



வங்காளம் வரை அரையன் ராஜராஜனால் கைப்பற்றப்பட்ட பிறகு வங்காள விரிகுடாவின் மேற்குக் கரை முற்று முழுதாக இராஜேந்திரன் வசமானது. அதே வேளையில் தூர கிழக்கு – முக்கியமாக ஸ்ரீவிஜயம், ராஜேந்திரனின் கவனத்தை ஈர்த்திருக்க வேண்டும். முதலாம் ராஜராஜன் காலத்தில் ஸ்ரீவிஜயத்திற்கும் ராஜராஜனுக்கும் நட்புறவு நிலவியிருக்கிறது. இதற்குப்பிரதான காரணம் இரு நாடுகளும் ஒன்றுக்கொன்று தொலைதூரத்தில் இருந்ததால் சாம்ராஜ்யிய விஸ்தரிப்பில் ஒன்றுடன் ஒன்று முட்டுப்படும் நிலையில் இருக்கவில்லை.

ராஜராஜனைப் பொறுத்தவரை ஸ்ரீவிஜயத்தின்மீது படைபெயர்த்துக் கைப்பற்றுவதென்பது நினைத்தபார்க்க முடியாத ஒரு விடயமாக இருந்தது. ஸ்ரீவிஜயத்திற்கும் அப்படித்தான். எனவே அவர்கள் ஒருவரை ஒருவர் போட்டியாகவோ பகைவராகவோ நினைக்கவில்லை. ஸ்ரீவிஜய மன்னனான மாற விஜயோத்தங்க வர்மன் ஒரு பெளத்தன் என்ற வகையில், நாகபட்டினத் துறைமுகத்துக்கு வரும் தனது வணிகர்கள் வழிபடுவதற்கு சூடாமணி விகாரத்தைப் புதுக்கி அமைத்தான். இதை அவன் ராஜராஜனின் அனுமதியுடனும் நட்புறவும் செய்தான். இதே போல் சீன தேசத்திலும் இவன் விகாரைகளை அமைத்திருக்கிறான்.

அதேவேளை, சீனப்பேரரசு வெளியுலகின் வர்த்தகம் செய்வதற்கிருந்த கடல் வழிகளில் ஸ்ரீவிஜயம் முழு ஆதிக்கம் பெற்றிருந்தது. மலாக்கா அல்லது சுந்தா தொடுகடலின் ஊடாகவே சீனாவில் இருந்து வரும் எந்தக் கப்பலும் சோழநாட்டுக்கோ அப்பாலியப் பேரரசுக்கோ போய் சாம்ராஜ்யியத்துக்கோ செல்ல வேண்டும். இதனால் இவ்வழியில் செல்லும் கப்பல்கள் ஸ்ரீவிஜயத்திற்குக் கப்பம் செலுத்த வேண்டியிருந்தது.

சீனாவில் தாங் வம்ச ஆதிக்கம் முடிந்த சோங் வம்ச ஆதிக்கம் தொடங்கிய 10 ஆம் நூற்றாண்டில் அவர்களது பொருளாதாரக் கொள்கையில் மாற்றம் ஏற்பட்டது. இந்த மாற்றம் ஜே. ஆர். ஜெயவர்த்தனா காலத்தில் ஸ்ரீலங்காவிலும் நரசிம் ராவ் காலத்தில் இந்தியாவிலும் ஏற்பட்ட பொருளாதார மாற்றத்தை ஒருவாறு ஒத்தது. அதுவது, முடிய தன்னிறைவான பொருளாதாரக் கொள்கைக்குப் பதிலாகத் திறந்த, வரிகள் குறைவான, சர்வதேச வர்த்தகத்தை ஊக்குவிக்கும் கொள்கை ஏற்பட்டது. குவாங்செளவில் 'சுத்தநீர் வர்த்தக வலயம்' அமைக்கப்பட்டது. ராஜேந்திரன் காலத்தில் இருந்து சோழநாடும் இப்படியான பொருளாதாரக் கொள்கையை நோக்கி நகர்ந்திருக்கலாம் ('சங்கம் தவிர்த்த சோழன்' ஆகிய முதலாம் குலோத்துங்கன் காலத்தில் ஏற்றுமதி இறக்குமதித் தீர்வைகள் நீக்கப்பட்டதோடு இந்தத் திறந்த பொருளாதாரக் கொள்கை புரணம் பெற்றதெனலாம்).

எனவே சோழ நாட்டுக்கும் சீனாவுக்கும் மத்தியில் இருந்த ஸ்ரீவிஜயம் கப்பல்களுக்குக் கடுமையான கடவு வரிகள் விதிப்பதைச் சீனாவோ, சோழ நாடோ விரும்பவில்லை. சோழ சோழமன்னர் பாரிய கடல் வியாபாரக் கம்பெனிகளைக் கொண்டிருந்தது என்பதையும் கவனிக்க வேண்டும். நூற்றுக்கணக்கான அல்லது ஆயிரக்கணக்கான வணிகர்கள் ஒன்று சேர்ந்து முதலீட்டு, பல கப்பல்களையும் அவற்றைப் பாதுகாக்கப் படைகளையும் வாங்கி '... அமர்த்தி, கடல் கடந்த வானில் செய்து பெரும் லாபம் ஈட்டும் குழுமங்கள் இவை. எனவே இந்த வகையிலும் சோழநாட்டை ஐரோப்பியக் காலனி ஆதிக்கத்துக்கு (கிழக்கிந்தியக் கம்பெனிகளுக்கு) முன்னோடியாக இருந்திருக்கிறது. அங்கு வண்ணத்தார், நாலா தேச திசை அப்பாயியத்து ஐந்துநூறுவர், மணிக்கிராமத்தார் பன்னிரை இந்தக் கம்பெனிகளின் பெயர்கள். மிகுந்த பண பலம் வாப்பந்த இவர்கள் ஸ்ரீ விஜயத்தைப் பணிய வைக்கும்படி இராஜேந்திரனுக்கு நெருக்குதல் கொடுத்திருக்கலாம். இது இவ்வாறிருக்கையில், கெமர் பேரரசான முதலாம் சூரியவர்மன் (கிபி 1006 – 1050) தனது சாம்ராஜ்யத்தை விஸ்தரிக்கும் நடவடிக்கைகளில் ஈடுபட்டிருந்தபடிபகுதியில் இருந்த லாவோ நாட்டைக் கைப்பற்றிக்கொண்டு மேலும் தெற்கு நோன்.

கிரா திகற்பத்தின் கக்கி வந்தபோது ஸ்ரீவிஜயத்தின் பகுதியான அல்லது சிற்றரசான தாமிரலிங்க நாட்டுடன் அவன் மோத வேண்டியதாயிற்று. தாமிரலிங்க நாட்டினரும், பொதுவாக ஸ்ரீவிஜய சாம்ராஜ்யமும் பெளத்த மதத்தைக் கடைப்பிடித்தன. முதலாம் சூரியவர்மன் பெளத்தனானாலும் அவனது நாட்டினர் பெரும்பாலோர் சைவர்கள். தாமிரலிங்கத்தைத் தான் ஆக்கிரமிப்பதானால் ஸ்ரீவிஜயப்பேரரசுடன் மோதல்

ஏற்படும் என்பதையும் அதனைத்தான் தனித்துச் சமாளிக்க முடியாத என்பதையும் சூரியவர்மன் புரிந்து கொண்டிருக்க வேண்டும். இதனால் அவன் சமய ஒற்றுமையைக்காரணம் காரணம் காட்டிச் சைவர்களான சோழர்களுடன் உறவை வளர்த்துக்கொண்டு, ஸ்ரீவிஜயத்தைத் தாக்க அவர்களிடம் உதவி கோரினான். தனது சொந்த ரத்தத்தையும் ராஜேந்திர சோழனுக்குப் பரிசாகவும் அனுப்பினான். எனவே கிபி 1024 ஆம் ஆண்டளவில் ஸ்ரீவிஜயத்தைத் தாக்க மூன்று காரணங்கள் ராஜேந்திரனுக்கு இருந்தன.

- 1 – சாம்ராஜ்ய விஸ்தரிப்பு மற்றும் வல்லாதிக்க ஆசை.
- 2 – ஸ்ரீவிஜயத்தின் வணிகத் தீர்வைகள் சோழ நாட்டின் கடல் வர்த்தகத்தைப் பாதித்ததும், இதன் விளைவாக சோழநாட்டுக் 'கம்பெனிகள்' இராஜேந்திரனுக்குக் கொடுத்திருக்கக்கூடிய அழுத்தமும்
- 3 – சூரியவர்மனின் நட்பும் அவன் கோரிக்கையும் இவ்வாறு வல்லமையான மூன்று

காரணங்களினாலேயே தனது தந்தையின் காலத்தில் நிலவிய சுமுகமான உறவுகளை உடைத்துக்கொண்டு ராஜேந்திரன் ஸ்ரீவிஜயத்தின்மேல் படைபெயர்த்தான். அதே நேரம், சீனப்பேரரசும் ஸ்ரீவிஜயத்தின் கடலாதிக்கத்தை விரும்பவில்லை என்பது புற்றிய சூசகங்கள் ராஜேந்திரனுக்குக் கிடைத்திருக்கலாம். கிபி 1015 அளவில் வரலாற்றில் முதன்முறையாக சோழ – சீன நேரடி ராஜதந்திர உறவுகள் ஆரம்பிக்கப்பட்டன. இதனாலும், சீனர்களிடம் வல்லமையான தரைப்பட இழந்த அளவு கடற்படை வல்லமையுற்றிருந்ததாலும், சீனா சோழ ஆக்கிரமிப்புக்கு எதிராகக் களமிறங்காது என்பதை ராஜேந்திரன் உறுதிப்படுத்திக்கொண்டு விட்டுருக்க வேண்டும்.

ராஜேந்திரனின் கோபத்தை ஸ்ரீவிஜயம் எதிர்பார்க்கவில்லை என்று சொல்லமுடியாது. கிபி 1012 இல் ராஜேந்திரன் சிம்மாசனம் ஏறியதிலிருந்து கிபி 1025 இல் அவனது படைபெயப்பு வரை சோழ – ஸ்ரீவிஜய உறவுகள் மோசமாகிக்கொண்டு சென்றிருக்கும்.

ஆனாலும், சோழர்களின் கோபமானது ராஜதந்திர அடிப்படையில் வெளிப்படுமையன்று தேரடிப்படப்பெடுப்பாக வெளிப்படும் என்று ஸ்ரீவிஜயம் எதிர்பார்த்திருக்க முடியாது. ஏனெனில், உலக வரலாற்றிலேயே அவ்வளவு நடை தாரம் கடல்கடந்து சென்று கடல்வழிப் படைபெயர்ப்பொன்றை அதுவரை யாரும் செய்திருக்கவில்லை.

அதற்குப்பிறகு கூட, இற்றை வரை, அவ்வளவு பெருமெடுப்பிலான கடல்வழித் தரையிறக்கம் அவ்வளவு தூரம் கடல்கடந்து இடம்பெற்றதில்லை (இரண்டாம் உலக யுத்தத்தின் நேர்மாண்டித் தரையிறக்கம் போன்றவை அதிகளவு படைகளை ஈடுபடுத்தி இருந்தாலும், அப்படைகள் கடந்த கடல்வழித் தூரம் ராஜேந்திரன் படைகள் கடந்ததை விட மிகக்குறைவாகும்.) எனவே இலட்சக்கணக்கான படைகளுடன் அவ்வளவு தொலைதூரம் கடல்தாண்டி ஒரு மன்னன் வரக்கூடுமென்று ஸ்ரீவிஜயம் எதிர்பார்த்திருக்காது. அப்படியே கடல்வழிப்படைபெயப்பு ஒன்று ஏற்பட்டாலும் அது மலாக்காத் தொடுக்கடல் வழியேதான் ஏற்படுமென்று ஸ்ரீவிஜயம் எதிர்பார்த்ததாகத் தெரிகிறது. இதற்குக்காரணங்களும் இருந்தன. சோழப்பேரரசில் இருந்து சீனாவுக்குச்செல்லும் வணிகக்கப்பல்கள் பெரும்பாலும் நாகபட்டினம் அல்லது மாமல்லபுரத்தில் இருந்து புறப்பட்டு நேர் கிழக்காகப் பயணம் செய்து கடாரத்திற்குச் சென்று, அங்கே உணவு, நீர் முதலியவற்றை மீன் நிரப்பிக்கொண்டு மலாக்காத் தொடுக்கடலிலுடாக ஸ்ரீவிஜயத்தின் ஏனைய நகரங்களில்லை, அங்கே உணவும் நீரும் பெற்றுக்கொண்ட சோழர் போர்க்கப்பல்கள் தென்கிழக்காக மேலும் பிரயாணம் செய்து சுந்தா தொடுக்கடலிலுடாக ஸ்ரீவிஜயத்தின் கடல்பகுதிக்குள் பிரவேசித்தன. இதனால் மூன்று தந்திரோபாய நன்மைகள் ராஜேந்திரனுக்குக் கிடைத்தன.

ஆனால், ஸ்ரீவிஜயம் எதிர்பாராத வழியில் ராஜேந்திரன் தாக்குதல் அமைத்தது. அவனது போர்க்கப்பல்கள் சற்றே தென் கிழக்காகப் பயணம் செய்து கமாத்திராவின் மேற்குக்கரையில் இருந்த பாருஸ் என்ற துறைமுகத்தை முதலில் அடைந்தன. அவ்வளவு முக்கியமான அந்தத் துறைமுகத்தில் தமிழ் வர்த்தகர் பலர் இருந்ததோடு ஸ்ரீவிஜயத்தின் கடற்படை அத்துறைமுகத்தைப் பாதுகாக்கவில்லை, அங்கே உணவும் நீரும் பெற்றுக்கொண்ட சோழர் போர்க்கப்பல்கள் தென்கிழக்காக மேலும் பிரயாணம் செய்து சுந்தா தொடுக்கடலிலுடாக ஸ்ரீவிஜயத்தின் கடல்பகுதிக்குள் பிரவேசித்தன. இதனால் மூன்று தந்திரோபாய நன்மைகள் ராஜேந்திரனுக்குக் கிடைத்தன.

- 1) ஸ்ரீவிஜயத்தை எதிர்பாராத திசையில் இருந்து தாக்க முடிந்தமை.
- 2) ஸ்ரீவிஜயத்தின் தலைநகரை முதலாவதாகத் தாக்க முடிந்தமை
- 3) அப்போது வீசிக்கொண்டிருந்த தென்கிழப் பருவக்காற்றைப்பயன்படுத்தி வட மேற்காக, அதுவது ஸ்ரீவிஜயத்தின் கடற்கரை ஓரமாக வேகமாகப் பிரயாணம் செய்ய முடிந்தமை. இதனால், தலைநகரம் தாக்கி அழிக்கப்பட்டதும் மற்றைய நகரங்களுக்கு சுதாரித்துக்கொள்ள நேரம் இருக்காது.

இந்த மகத்தான தந்திரோபாயத்தின்படி ராஜேந்திரன் முதலில் ஸ்ரீவிஜய நாட்டின் இதயப்பகுதியையும் தலைநகரையும் தாக்கிக் கைப்பற்றினான். ஸ்ரீவிஜயத்தின் தலைநகர் என்று ஸ்ரீ விஜயம் என்றே அழைக்கப்பட்டது.

அது முசி நதி முகத்துவாரத்தில் உள்ள தற்போதைய பலிம்பாங் நகராகும். இப்போரில் பேரரசன் சங்கிராம விஜயோத்தங்க வர்மன் (மாற விஜயோத்தங்கனின் மகன்) உயிரோடு பிடிக்கப் பட்டதுடன் பல செல்வங்களும் கைப்பற்றப்பட்டன. அதன்பிறகு ஸ்ரீவிஜயத்திற்கு உட்பட்ட சிற்றரசுகளையும் நகரங்களையும் ஒவ்வொன்றாகச் சோழர் கடற்படை தாக்கி அழித்தது. அரசனை இழந்த ஸ்ரீவிஜய நகரங்கள் மிக விரைவாகப் பருவக்காற்றோடு நகர்த சோழர் படைமைச் சமாளிக்க முடியவில்லை.

இவ்வாறாக சாவகத்தில் இருந்த பந்தார் (தற்போதைய டையர் துயலய), ஹரி நதி முகத்துவாரத்தில் இருந்த மலையூர் (தற்போதைய தயபடி), இன்னும் வடக்கே இருந்த பண்ணை (தற்போதைய ருயாராபி டையர்), கமாத்திராவின் வட பகுதியான அடலையுமுனைம் (தற்போதைய டையனெய் யு-நா) அதை உள்ளிட்ட சிற்றரசான இலாமுரி தேசமும் (தற்போதைய யு-நா "சுமனெடெ-ந), நக்கவாரத் தீவு (தற்போதைய டை-உ-முடியச), கடாரம் (தற்போதைய முனயா), இலங்காசோகச் சிற்றரசு (தற்போதைய Pattani அண்ட் Surroundings), தாமிரலிங்க அரசு, அதற்குட்பட்ட தக்கோலம் (தற்போதைய Takua Pa), மாயிருடிங்கம் (தற்போதைய ஊயலைய), பர்மாவின் மாபப்பான் (Mon State) ஆகிய இடங்களை சோழர் கடற்படை கைப்பற்றியது. இவ்விடங்களின் அமைவைப் படம் 1 இல் காண்க.

கர்ப்பக் காலம்



கர்ப்பத்தின் போது சிறந்த உடல்வாழ்வு பெற போகா செய்ய வேண்டும். போகா செய்வதை வழக்கமாகக் கொண்டால், சேர்வைப் போக்கி, டென்ஷனை தவிர்த்து, திக்கைகள் தளர்வடைய செய்து, இரத்தத்தை பெருக்கி, சேர்மான தன்மையை அதிகப்படுத்தி, நரம்புகளை சீராக்க முடியும். மேலும் கர்ப்பக் காலத்தில் ஏற்படும் இரத்த சோகை, முதுகு வலி, கால் வலி, சேர்மானம் கெடுதல் போன்றவை சரிவரும். போகா செய்வதற்கு முன் மருத்துவரின் ஆலோசனையை பெறவும்.

தொப்பையற்ற வயிறு



தொப்பையற்ற வயிற்றை பெறலாம் என்று அறியும் முன்னர், எந்த பயிற்சியாலும் இந்த தன்மையை எளிதில் பெற முடியாத என்ற உண்மையை பரிந்து கொள்ள வேண்டும். நவுக்காசனா (naukasana), உத்ராசனா (ushtrasana), க்ரங்ஸஸ் (crunches) போன்ற போகாசனங்களை தினமும் செய்தால், தொப்பையற்ற வயிற்றை பெறலாம். இதனுடன் சீரான உணவு முறையையும் பின்பற்ற வேண்டும்.

இதயம்



போகாவின் மூலம் இதய நோய்களை கூட குணப்படுத்த முடியும். இதனால் இந்த ஓட்டம் சீரடைந்து இந்த அடைப்பை போக்கி அரோக்கியமான இதயத்தை பெற முடிகின்றது.

மன அமைதி



போகா கவாசக் கோளாறை சரிசெய்து, முனையையும், உடல் அரோக்கியத்தையும் பலப்படுத்துகின்றது. அதிலும் அன்றாடம் சிக்கலுக்கு உள்ளாக்கப்படும் முனையின் உட்பிரிவு சம்பந்தமான பிரச்சினைகளை சரிசெய்கின்றது. போசிக்கும் திறனுக்கும், உருவாக்கும் திறனுக்கும் உள்ள சமநிலையை உருவாக்கும் தன்மை போகாவிற்கு உள்ளது.

வலி நிவாரணி



போகாவின் மூலம் தசைகள் தளர்வடைவதால் முதுகு வலி, கால் வலி போன்ற வலிகளில் இருந்து விடுபடலாம். உட்கார்ந்த இடத்தில் வேலை பார்க்கவர்க்கும், டிரைவர்க்கும் தினமும் போகா செய்ய வேண்டும். இதனால் உடல் வலிமை அடைவதன் மூலம் சீராக செயல்படுகின்றது.

சமநிலை



வயதான காலத்தில் உடல் தளர்வடைந்து கீழே வீழ் நேரிடும். அதற்கு போகா மிக அவசியம். கீழே வீழ்தல், முதுகு வலி போன்ற அனைத்து வலிகளுக்கும் போகா நிவாரணம் அளிக்கின்றது. இதனால் உடல் வலிமை அடைவதன் மூலம் சீராக செயல்படுகின்றது.

மன அழுத்தத்தை போக்கும்



கடினமான வேலையை செய்தவுடன் போகா செய்தால், மன அழுத்தத்தை போக்கி கொள்ள முடியும். போகா மட்டும் இல்லை மற்ற உடற்பயிற்சிகளாலும் மன அழுத்தத்தை போக்க முடியும்.

உடலுக்கு ஊக்கம்



நோயற்ற உடலே அரோக்கியமானது என்று இல்லை. முனையும் உணர்வுக்கும் சமநிலை இல்லாத நிலையும் அரோக்கியமற்றதே. போகா செய்வதால் முழுமையான உடல் அமைப்பையும், அரோக்கியத்தையும் பெற முடியும். மேலும் நோயற்ற வாழ்வை மகிழ்ச்சியுடனும், மன அமைதியுடனும் கொண்டாட முடியும்.

இரத்த ஓட்டத்தை அதிகரிக்கும்



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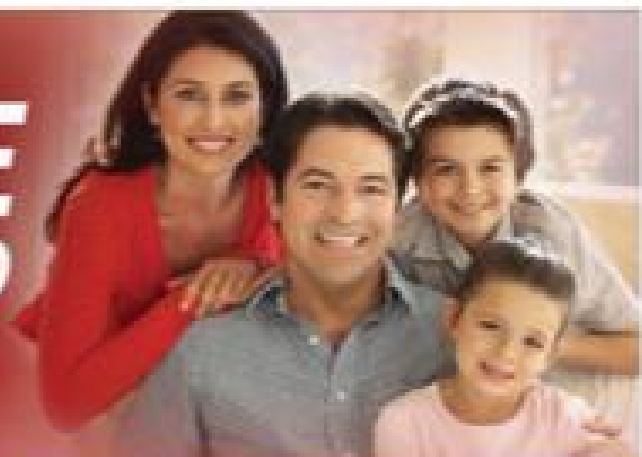


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Downtown Toronto

Downtown Toronto is the main central business district of Toronto, Ontario, Canada. Located entirely within the district of Old Toronto, it is approximately 17 square kilometres in area, bounded by Bloor Street to the northeast and Dupont Street to the northwest, Lake Ontario to the south, the Don Valley to the east, and Bathurst Street to the west. It is also the home of the municipal government of Toronto and the Government of Ontario.

The area is made up of Canada's largest concentration of skyscrapers and businesses that form Toronto's skyline. Downtown Toronto has the third most skyscrapers in North America exceeding 200 metres (656 ft) in height, behind Manhattan.

The retail core of the downtown is located along Yonge Street from Queen Street to College Street. There is a large cluster of retail centres and shops in the area, including the Toronto Eaton Centre indoor mall. There are an estimated 600 retail stores, 150 bars and restaurants, and 7 hotels. In recent years the area has been experiencing a renaissance as the Business Improvement Area (BIA) has brought in new retail and improved the cleanliness. The area has also seen the opening of the Dundas Square public square, a public space for holding performances and art displays. The area includes several live theatres, a movie complex at Dundas Square and the historic Massey Hall. Historical sites and landmarks include the Arts & Letter Club, the Church of the Holy Trinity, Mackenzie House, Maple Leaf Gardens, Old City Hall, and the Toronto Police Museum and Discovery Centre.

The Financial District, centred on the intersection of Bay Street and King Street is the centre of Canada's financial industry. It contains the Toronto Stock Exchange, which is the largest in Canada and seventh in the world by market capitalization. The construction of skyscrapers in downtown Toronto had started to rapidly increase since the 1960s.

St. Lawrence is one of several historic districts in downtown Toronto.

The area of St. Lawrence to the east of the financial district is one of the oldest areas of Toronto. It features heritage buildings, theatres, music, dining and many pubs. It is a community of distinct downtown neighbourhoods including the site of the original Town of York, which was Toronto's first neighbourhood, dating back to 1793. The area boasts one of the largest concentrations of 19th century buildings in Ontario. Of particular note are the St. Lawrence Hall, St. James' Cathedral, St. Michael's Cathedral, St. Paul's Basilica, the Enoch Turner School House, the Bank of Upper Canada, Le Royal Meridien King Edward Hotel, and the Gooderham Building. On Saturday there is a farmers market. Other historical districts in downtown Toronto include Cabbagetown, Corktown, the Distillery District, and Old Town.

To the west of the financial district is the Entertainment District. It is home to hundreds of restaurants, nightclubs, sporting facilities, boutiques, hotels, attractions, and live theatre. The district was formerly an industrial area and was redeveloped for entertainment purposes in the early 1980s, becoming a major centre for entertainment. The redevelopment started with the Mirvish family refurbishing of the Royal Alexandra Theatre and their construction of the Princess of Wales Theatre. The area is now the site of Roy Thomson Hall and the Canadian Broadcasting Centre.

The Royal Ontario Museum is a museum of art, world culture and natural history, located in the Yorkville neighbourhood. The Yorkville area, to the north, north of Bloor Street and the Mink Mile, has more than 700 designer boutiques, spas, restaurants, hotels, and world class galleries. It is a former village in its own right (prior to 1883) and since the early 1970s has developed into an up-scale shopping district. The intersection of Bloor and Yonge Streets is the intersection of the city's subway lines and is one of the busiest intersections in the city. At the intersection of Avenue Road and Bloor Street is the Royal Ontario Museum, the largest museum of the city, with a diverse anthropological and natural history collection.



Niagara Falls is a group of three waterfalls at the southern end of Niagara Gorge, spanning the border between the province of Ontario in Canada and the state of New York in the United States. The largest of the three is Horseshoe Falls, also known as Canadian Falls, which straddles the international border of the two countries.[1] The smaller American Falls and Bridal Veil Falls lie within the United States. Bridal Veil Falls is separated from Horseshoe Falls by Goat Island and from American Falls by Luna Island, with both islands situated in New York.

Flowing north as part of the Niagara River, which drains Lake Erie into Lake Ontario, the combined falls have the highest flow rate of any waterfall in North America that has a vertical drop of more than 50 m (160 ft). During peak daytime tourist hours, more than 168,000 m³ (six million cubic feet) of water goes over the crest of the falls every minute.[2] Horseshoe Falls is the most powerful waterfall in North America, as measured by flow rate.[3]

Niagara Falls is famed for its beauty and is a valuable source of hydroelectric power. Balancing recreational, commercial, and industrial uses has been a challenge for the stewards of the falls since the 19th century.

Niagara Falls is located 27 km (17 mi) north-northwest of Buffalo, New York, and 121 km (75 mi) south-southeast of Toronto, between the twin cities of Niagara Falls, Ontario, and Niagara Falls, New York. Niagara Falls was formed when glaciers receded at the end of the Wisconsin glaciation (the last ice age), and water from the newly formed Great Lakes carved a path over and through the Niagara Escarpment en route to the Atlantic Ocean.

Horseshoe Falls is about 57 m (187 ft) high,[4] while the height of the American Falls varies between 21 and 30 m (69 and 98 ft) because of the presence of giant boulders at its base. The larger Horseshoe Falls is about 790 m (2,590 ft) wide, while the American Falls is 320 m (1,050 ft) wide. The distance between the American extremity of Niagara Falls and the Canadian extremity is 3,409 ft (1,039 m).

The peak flow over Horseshoe Falls was recorded at 6,400 m³ (230,000 cu ft) per second.[5] The average annual flow rate is 2,400 m³ (85,000 cu ft) per second.[6] Since the flow is a direct function of the Lake Erie water



elevation, it typically peaks in late spring or early summer. During the summer months, at least 2,800 m³ (99,000 cu ft) per second of water traverse the falls, some 90% of which goes over Horseshoe Falls, while the balance is diverted to hydroelectric facilities and then on to American Falls and Bridal Veil Falls. This is accomplished by employing a weir – the International Control Dam – with movable gates upstream from Horseshoe Falls.

The water flow is halved at night and during the low tourist season in the winter attains a minimum flow of 1,400 cubic metres (49,000 cu ft) per second. Water diversion is regulated by the 1950 Niagara Treaty and is administered by the International Niagara Board of Control.[7] The verdant green color of the water flowing over Niagara Falls is a byproduct of the estimated 60 tonnes/minute of dissolved salts and rock flour (very finely ground rock) generated by the erosive force of the Niagara River.[8]

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