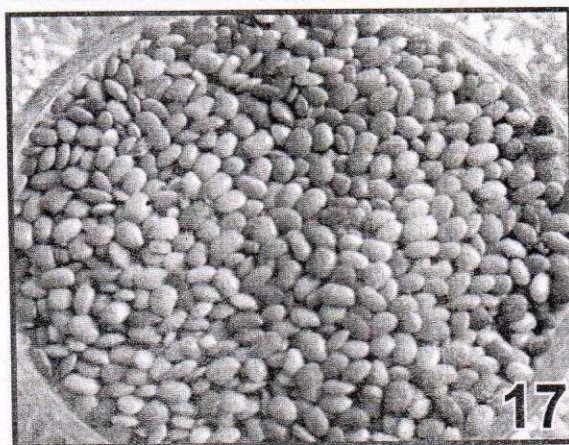
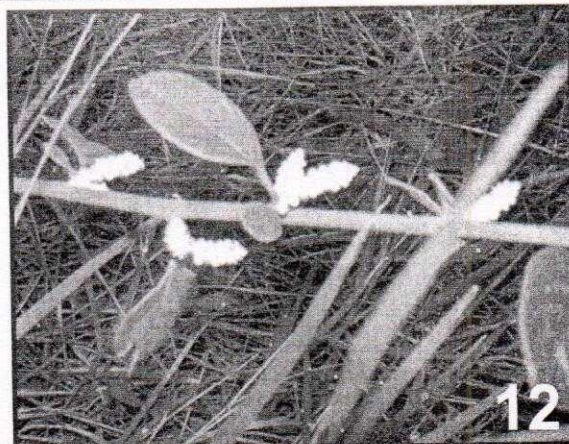


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# SKILL INDIA:

## Opportunities And Scope For Development

C. Sivakkolundu

### Introduction

The Government launched a new programme called 'Skill India' which is supposed to be a multi-skill programme. It was launched in March 2015 and the government launched new skill development policies that would bridge the gap between educational institutions and the labour market. 'Skill India' is a dream project of the Government and the work to launch this programme has already been initiated. The new scheme is expected to move beyond the target of skilling 500 million youth by 2020. A multi skill development programme on mission mode for job creation and entrepreneurship for all socio-economic classes is being worked out.

### Goal of Skill India

- To create opportunities, space and scope for the development of the talents of the Indian youth.
- The new programme aims at providing training and skill development to 500 million youth of our country by 2020, covering each and every village.
- The mission of this campaign is to coordinate, converge, implement and monitor skill development activities across India.
- The government aims at providing training on skill development to 102 million youths in the country within a span of the next five years.
- The end objective is to train and develop the skills of the youths along with speed, scale and standards spread all over the country.

### Features of Skill India

- The emphasis is to skill the youths in such a way so that they get employment and also improve entrepreneurship.
- Provides training, support and guidance for all occupations that were of traditional type like carpenters, cobblers, welders, blacksmiths, masons, nurses, tailors, weavers, etc.
- More emphasis will be given on new areas like real estate, construction, transportation, textile, gem industry, jewellery designing, banking, tourism and various other sectors.

The training programmes would be on the lines of international level so that the youths of our country can meet the international countries demand.

The Skill India programme would be to create a hallmark called 'Rural India Skill' so as to standardise and certify the training process.

The programmes would be initiated for specific age groups which can be like language and communication skills, life and positive thinking skills, personality development skills, management skills, behavioural skills, including job and employability skills.

The course methodology of 'Skill India' would be innovative, which would include games, group discussions, brainstorming sessions, practical experiences, case studies, etc.

### Advantages of Skill India

- The idea is to raise confidence, improve productivity and give direction through proper skill development. Skill development will enable the youths to get blue-collar jobs.
- Development of skills, at young age, right at the school level, is very essential to channelise them for proper job opportunities.
- There should be a balanced growth in all the sectors and all jobs should be given equal importance.
- Every job aspirant would be given training in soft skills to lead a proper and decent life. Skill development would reach the rural and remote areas.
- Corporate educational institutions, non-government organizations, Government, academic institutions and society would help in the development of skills of the youths so that better results are achieved in the shortest time possible.

### Initiatives of Skill India

- It provides skills to people, especially because India is one of the few countries all across the world whose working age population will be very high, few years down

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the line, going by its ever-increasing growth of population, as per the World Bank.

- It is also high time now measures are taken to improve the physical and mental development of the youths of the country so that none of them remains unemployed and the country's unemployment problem also gets reduced.
- The economy should concentrate on job creation and social security schemes.

### **Skill Development Policies**

National Policy for Skill Development and Entrepreneurship 2015:

This will offer policy direction to all stakeholders for skill development and growth of entrepreneurship ecosystem.

### **Pradhan Mantri Kaushal Vikas Yojana (PMKVY):**

According to this scheme, financial incentives will be offered to those who complete the approved skill training programmes successfully.

### **Recognition of Prior Learning (RPL):**

The skills of the youth who lack formal certification as well as education will be recognised. This will cover young workers in the country's large unorganised sector. Over the next one year, the government aims at certifying 10 lakh youth under the RPL category of PMKVY.

### **Skill loan:**

A skill loan initiative will also be started where more than 34 lakh youth, who want to attend skill development programmes, will be given Rs 5000 to Rs 1.5-lakh loan.

### **Scope of the National Skill Development Policy**

- Institution-based skill development including ITIs/ITCs/vocational schools/technical schools/polytechnics/professional colleges, etc.
- Learning initiatives of sectoral skill development organised by different ministries/departments.
- Formal and informal apprenticeships and other types of training by enterprises.
- Training for self-employment/entrepreneurial development.
- Adult learning, retraining of retired or retiring employees and lifelong learning.

Non-formal training including training by civil society organizations.

### **Challenges of Skill India Programme**

- Disseminating information about the availability and effectiveness of training programs.
- Improper and inadequate development of vocational training system.
- Lack of coordination between vocational training institutions and absence of partnership
- There is a need to identify institutions to carry out impact evaluation studies and Surveys of graduates from vocational institutes on a regular basis.
- Vocational training institutes should be given greater freedom in terms of resource generation
- Increasing capacity and capability of existing system to ensure equitable access to all.
- Promoting lifelong learning, maintaining quality and relevance, according to changing requirement particularly of emerging knowledge economy.
- Creating effective convergence between school education, various skill development efforts of government and between government and Private Sector initiative.
- Capacity building of institutions for planning, quality assurance and involvement of stake holders.
- Creating institutional mechanism for research development quality assurance, examinations & certification, affiliations and accreditation.

### **Conclusion**

India has one of the youngest populations in the world and it has the potential to meet the skill needs of other countries. Ironically, most industries in India are currently struggling with scarcity of skilled labour. The current education system does not focus on training young people in employable skills that can provide them with employment opportunities. Today, a large section of India's labour force has outdated skills. With current and expected economic growth, this challenge is going to only increase further, since more than 75% of new job opportunities are expected to be skill-based. The Government is therefore strongly emphasizing on upgrading people's skills by providing vocational education and training to them.

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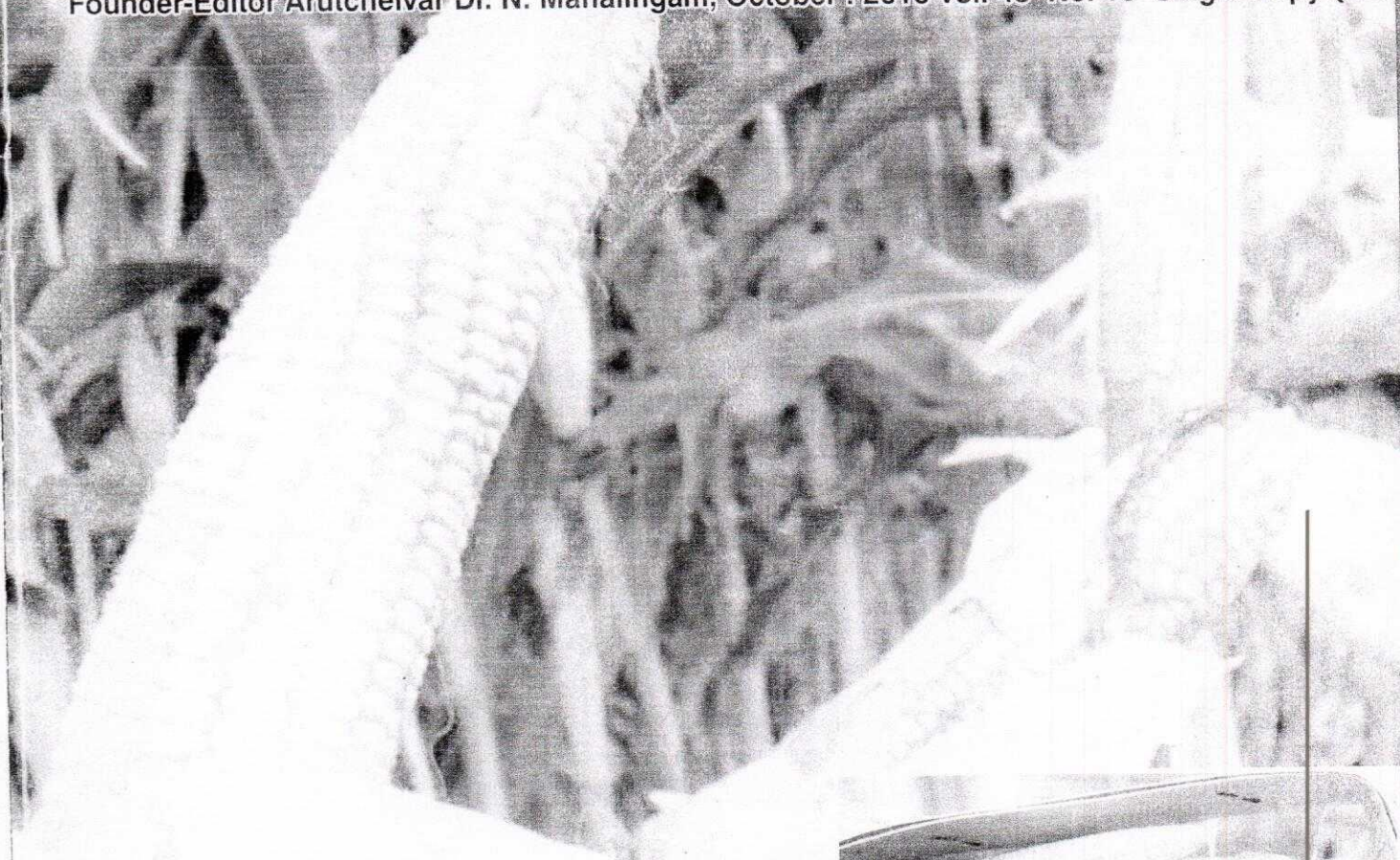
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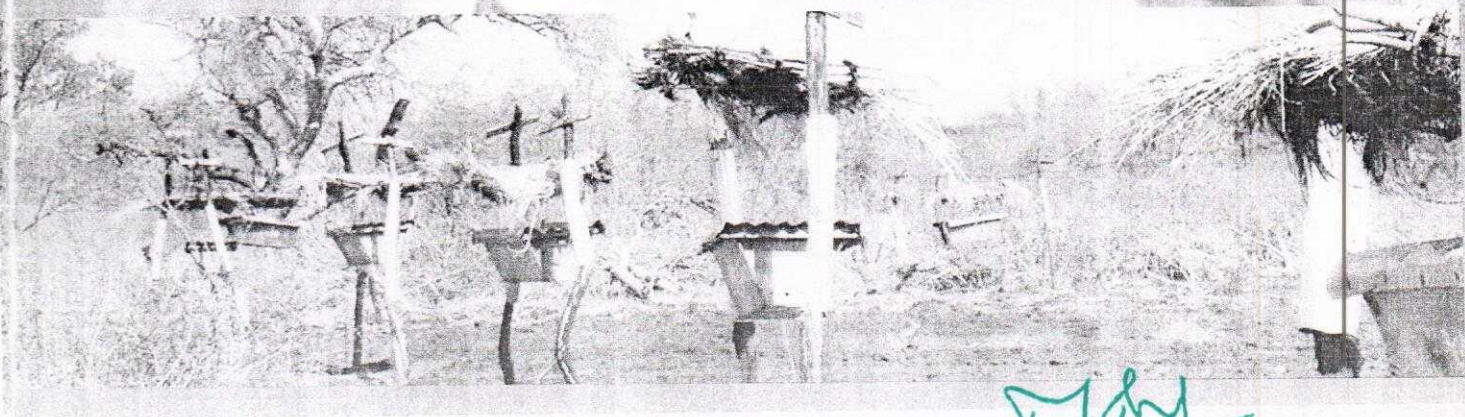
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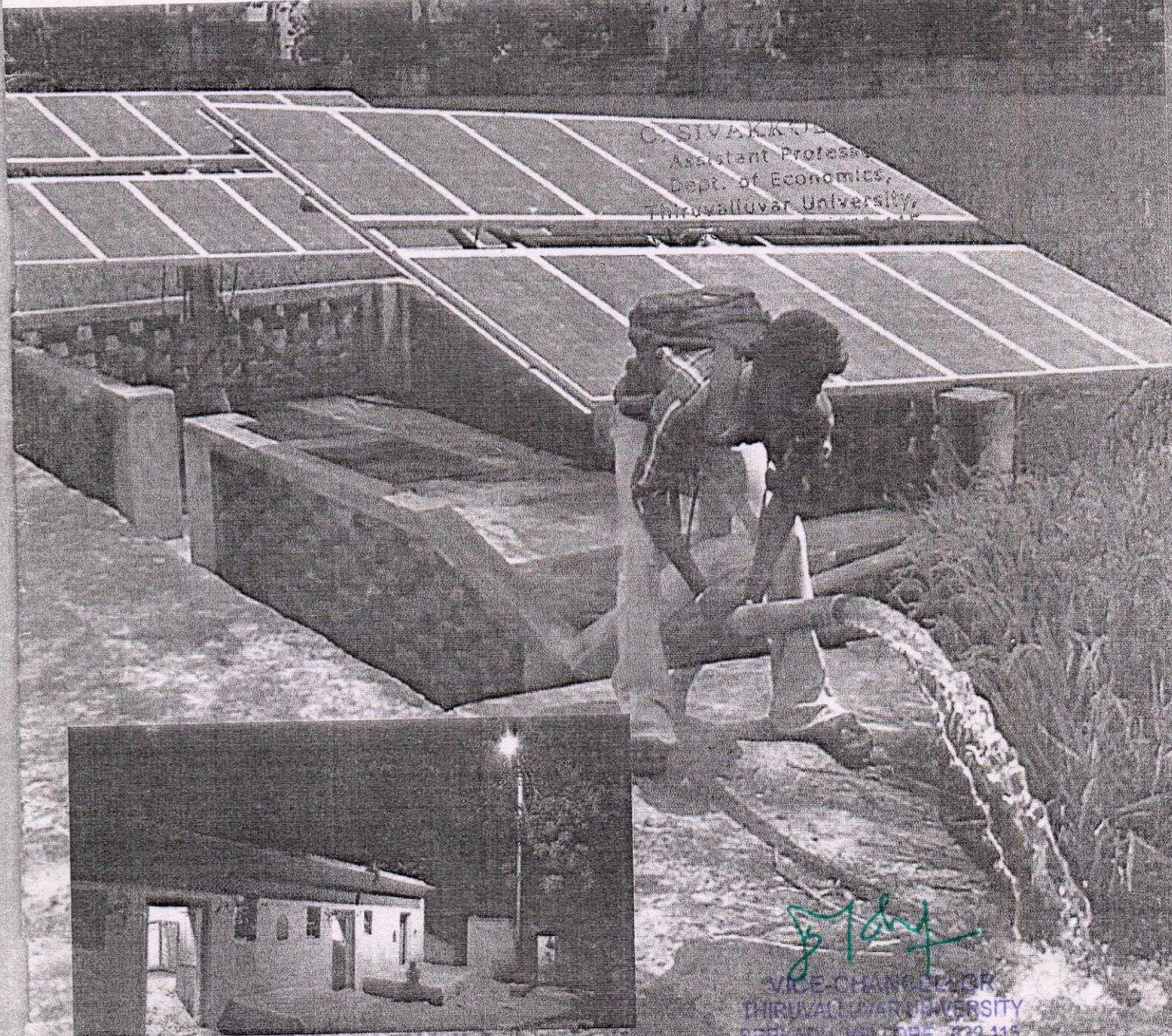
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# The Kolli Hills of Tamil Nadu

C. Sivakkolundu\* and P. Loganathan\*\*

## Introduction

Kolli Hills is a small mountain range located in central Tamil Nadu. The mountains are about 1000 to 1300 m in height and cover an area of approximately 280 km<sup>2</sup>. The Kolli Hills has 72 hair pin bends to reach the top of the hills. The Kolli Hills are part of the Eastern Ghats, which is a mountain range that runs mostly parallel to the east coast of South India. The mountains are relatively untouched by commercial tourism and still retain their natural beauty.

## Climate of Kolli hills

Kolli hills enjoy a salubrious climate throughout the year. This fertile pocket in Namakkal district is where exotic tropical fruits and medicinal plants grow in plenty. The land is still relatively untouched by time, with 16 quaint little tribal villages that once constituted the hill kingdom of Ori. Much of the charm of this hill country still remains. If you can't stand the milling crowds of Ooty and Kodai, this surely is one place where you can head for a quiet holiday.

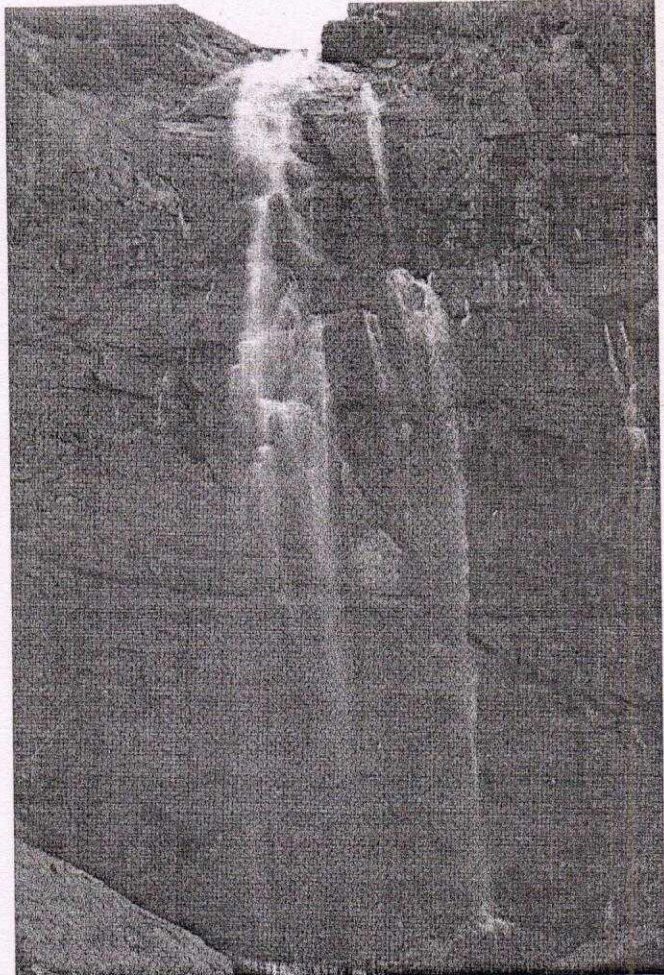
## Beautiful hill station

The history of Kolli Hills is closely linked with ancient Tamil literature. It is believed that in the Ramayana, these hills are called Madhuvanam (forest of honey), the abode of the monkey king Sugriva. In the ancient Tamil epics, zSilapadikaram and Manimekalai, there is an interesting reference to Kollipavai, the deity in the sacred grove, who is also considered the guardian of the forests here. According to this legend, the sages were looking for a peaceful place to do their penance, and they chose Kollimalai as their abode.

When they began their rituals, the demons invaded the hills to destroy their penance. The sages prayed to Kollipavai, who according to the myth chased away the demons with her enchanting smile. The Kollipavai is still worshipped by the people here and her smile is revered. The Kollipavai temple is located in one of the 15 sacred groves here and can be approached only on foot.

## History of Kolli hills

According to the references in Tamil Sangam literature, Kolli Hills was once ruled by the benevolent and most valiant King



Ori, who lived sometime during 200 A.D. The region, consisting of 18 nadus (villages) including the present Rasipuram and Senthamangalam, were under his rule. His reign was perhaps the most prosperous, as far as these hills were concerned, s paddy, millets and spices grew abundantly and the king himself was a patron of arts and the most generous among all rulers. The Tamil literary works also talk about his extraordinary valour and archery skills. It is believed that he once killed an elephant, tiger, deer, wild boar and monitor lizard with a single arrow.

## Kollimalai Arappaleeswarar Temple

The Arappaleeswarar temple in Kollimalai hills near Salem is a very ancient one and it dates back to the period of Appar, who has referred to it in his KshetraKovai Tiruttandakam. Arunagirinathar has sung of the Subramanyar shrine here.

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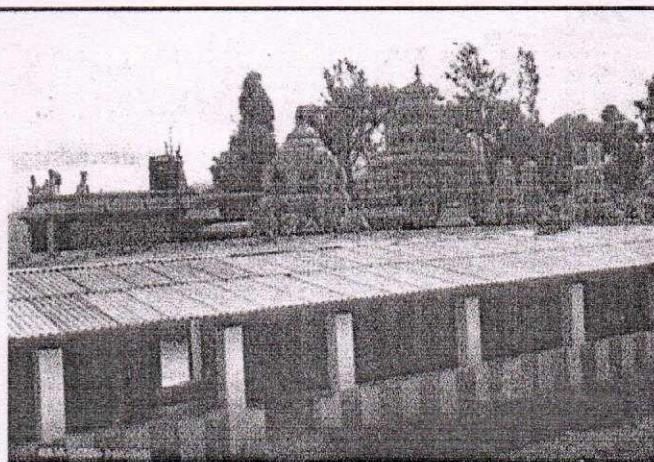


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### History of Arppallilswarar Temple

A Shiva temple in the Valappur Nadu is situated on the stream Aiyaru. Its is dedicated to Arppallilswarar. The deity's other names are ThiruArappalliAshavar, ThiruArappalliMahadhevan and ThiruArappalliUdaiyar. The Deity's consort is Archalai. It is a 12th century temple. Valli Amman, also known as Sucathamba, and Thayammai. Because of the belief that Arappallilswarar resides in the small fish of Aiyaru, the temple has also the name of Fish temple.

It is customary for the pilgrims to catch the sacred fish by hand, adorn them with gold or silver nose rings in fulfilment of vows. The Hindu legends of the temple's origin claim that the lingam in the main shrine was unearthed during the ploughing of a field. The scar on its top is supposed to have been caused by the plough. The mountain is a site of pilgrimage, because of the Arapaleeswarar temple, which is believed to have a secret path to the Shiva temple in Rasipuram. The Shiva temple is said to have been built by Valvil Ori in the 1st or 2nd century when he ruled this area.

### The ancient Tamil ruler Val Vil Ori

This temple is associated with the ancient Tamil ruler Val Vil Ori, who ruled this region. This temple is held in high regard by the tribes of this region and by several others around. It is believed that the shrine has the power to bring back to life, severed fish – taken out of the streams flowing on the hill. A three-day festival concluding with PathinettaamPerukku in the month of Aadi attracts several here. This temple is home to several fine bronzes. It is also said to have had an exquisite chariot. There are many such legends and interesting myths associated with these hills, which make it all the more interesting and worth visiting.



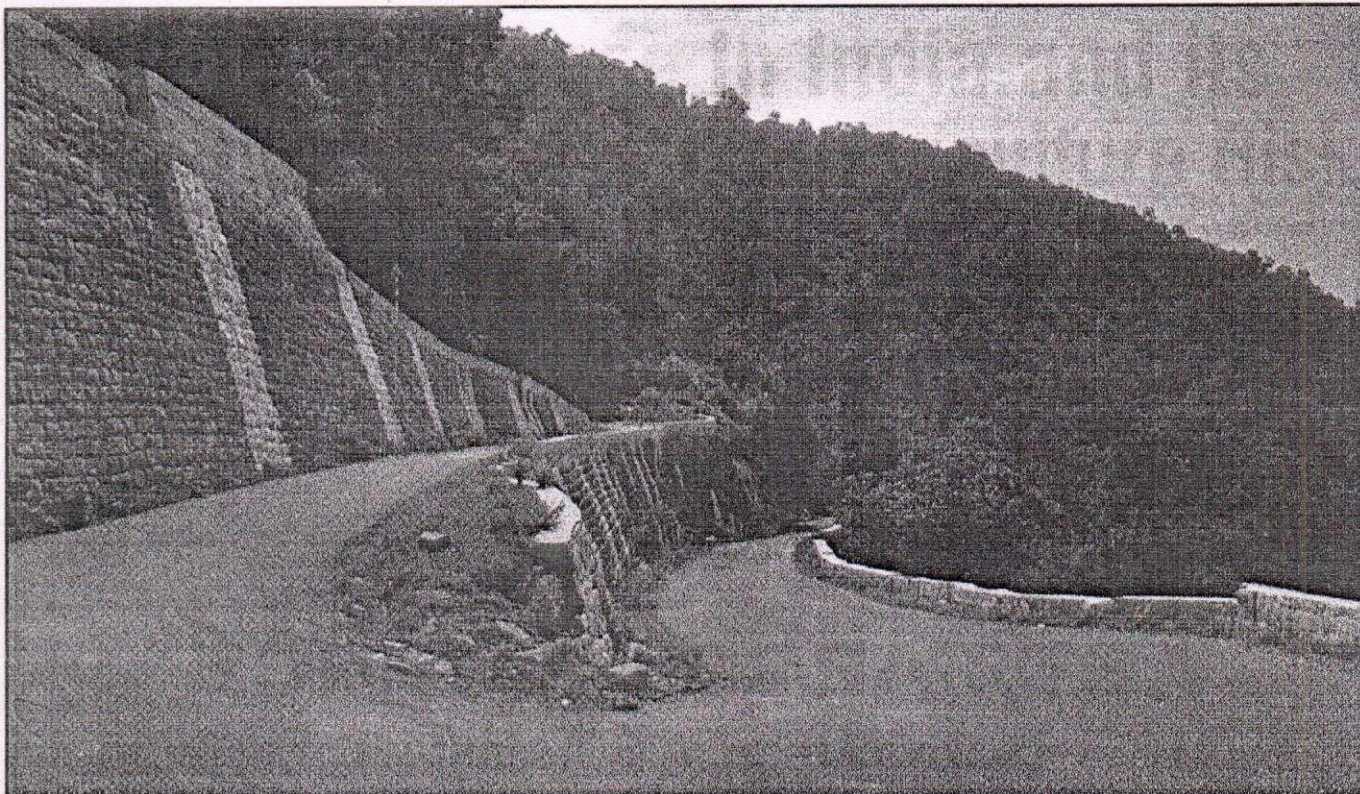
### Attractions of the hills

The drive up the hill will take you to Solakkadu, the main town here, which is also one of the highest points in the hills. But for the few shops, bus stand, a Highways Department Guest House, a higher secondary school and the weekly shandy, Solakkadu is just an overgrown village. The viewpoint inside the Highways Bungalow compound is worth visiting, as one can have a spectacular view of the surrounding hills and plains from here.

The bi-weekly shandy (dawn market) on Wednesdays and Saturdays attracts fruit vendors and wholesale dealers from the plains. The shandy begins on the previous evening as tribal's trickle in with their produce. Many walk all the way from their villages, and camp at Solakkadu for the night, for the actual business begins at 5.00 in the morning and is over by 10.00am. Plantains, Jackfruit, Pineapple, Orange, Pepper, Coffee and Honey are what the Kolli Hills are famous for, though you may get a better deal from the vendors than the tribal themselves.

AgaayaGangai(Tamil: ") waterfalls is located in Kolli Hills of the Eastern Ghats. Panchanathi, a jungle stream cascades down over 150 feet deep as the AgayaGangai (Ganges of the Sky), near the Arapaleeswarar temple atop the Kolli Hills in Namakkal district, Tamil Nadu. AgayaGangai is an enchanting 300 feet waterfall of river Aiyaru, located near Arapaleeswarar temple. It is situated in a beautiful valley surrounded by the mountains on all sides. En route, one sees the natural beauty of the valley and the vegetation-covered peaks. The location is ideal for trekking and the breeze is pleasant, the cascade of silvery water touching and brushing the innumerable herbs which abound in KolliHills keeps every one spell-bound and fresh with its herbal touches.





Water is so cool, and if you want to bathe, you need to swim across the pool which is of 7 Meters deep, minimum, there is one more way in which you need to jump across rocks, but in monsoon time there is no way to reach the fall. We need to just stay away and see the majestic view and believe it is falling from the height of 90+ meters. People who do not know swimming can bathe in the pool with caution, just stay in the start of the pool. Even if you use mugs for bathing you will feel the same as under the falls. Really the water is so refreshing.

#### Two viewpoints – Seekuparai and Selur Nadu

Two viewpoints – one at Seekuparai and another at Selur Nadu – are being developed to encourage tourism. As of 2007, creation of a park and formation of an approach road to the Seekuparai viewpoint were nearing completion. The government maintains a pineapple research farm where hybrid varieties are created. Research on medicinal plants is also being pursued in these mountains. The government holds a tourism festival in August. Kolli Hills has been the top choice for nature lovers, hiking enthusiasts, trekking clubs and meditation practitioners among the hill stations in Tamil Nadu. In comparison to other hill stations in Tamil Nadu, Kolli Hills is not commercialized; less polluted and offers unique mountain ranges. Recently, the local administration has been in full swing to create a Botanical Garden, a Boat House and giving an overall facelift to the view points.

#### Trekking

There is a trekking trail with yellow & red arrow marks which leads to PambattiSiddharGuhai. 30 minutes of trek you will reach a rock, in white paint they have written the name in Tamil, opposite to that write up you will find the cave, in which only one can go inside at a time, beware of bats. Trek down another 30 minutes, and the route does not end there, people say it leads further down to another cave called AgasthiarGuhai. This trek is not recommended for people who are not physically fit. Be sure to carry water everywhere.

#### Conclusion

The sages were looking for a peaceful place to do their penance, and they chose Kollimalai as their abode. The sages prayed to Kollipavai, who according to a myth chased away the demons with her enchanting smile. The Kollipavai is still worshipped by the people here and her smile is revered. Kolli Hills has been the top choice for nature lovers, hiking enthusiasts, trekking clubs and meditation practitioners among the hill stations in Tamil Nadu. In comparison to other hill stations in Tamil Nadu, Kolli Hills is not commercialized, it is less polluted and offers unique mountain ranges.

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# Health Benefits and Traditional Uses of Turmeric

C. Sivakkolundu\* and P. Loganathan\*\*



## Introduction

Turmeric is a rhizomatous herbaceous perennial plant of the ginger family, Zingiberaceae. It is native in south-east India, and needs temperatures between 20 °C and 30 °C (68 °F and 86 °F) and a considerable amount of annual rainfall to thrive. Plants are gathered annually for their rhizomes, and propagated from some of those rhizomes in the following season. When not used fresh, the rhizomes are boiled for about 30–45 minutes and then dried in hot ovens, after which they are ground into a deep orange-yellow powder commonly used as a spice in Indian cuisine and even curries, for dyeing, and to impart color to mustard condiments.

## History and etymology

Known as Kasturi Manjal or just Manjal, turmeric has been used in Asia for thousands of years and is a major part of Siddha medicine. It was first used as a dye and then later for its medicinal properties. There may be a Latin origin, terra merita (merited earth). Turmeric grows wild in the forests of South and Southeast Asia. It is one of the key ingredients in

many Asian dishes. Tamil traditional medicine, called Siddha, has recommended turmeric for medicine.

## Medicinal uses

Manjal Pal (turmeric milk) is warm milk mixed with some turmeric powder. It is commonly used in Tamil Nadu as a home remedy for fever. Turmeric paste is often used in Tamil Nadu as an antiseptic in open wounds, while chunholud (turmeric with slaked lime) is used to stop bleeding as home remedies.

The active compound curcumin is believed to have a wide range of biological effects including anti-inflammatory, antioxidant, antibacterial, and antiviral activities, which indicate potential in clinical medicine.

As of December 2013, turmeric is being evaluated for its potential efficacy against several human diseases in clinical trials, including kidney and cardiovascular diseases, arthritis, several types of cancer and irritable bowel disease. Turmeric is also being investigated for potential treatment of Alzheimer's disease, diabetes, and other clinical disorders.

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Turmeric is packed with nutrients like proteins, dietary fiber, niacin, vitamin C, vitamin E, vitamin K, sodium, potassium, calcium, copper, iron, magnesium and zinc.

### **Health benefits**

#### **Prevents cancer**

The compounds present in turmeric were capable of preventing the progression of both invasive and non invasive colon cancers by destroying cancer cells. It is also found that the anti oxidative properties of haldi protects the body from damage due to oxidative stress and radiation, thereby reducing your chances or suffering from tumours caused due to radiation.

#### **Relieves arthritis**

The compounds present in turmeric were responsible for reducing the inflammation associated with arthritis. The root helps to reduce the pain and inflammation associated with the conditions.

#### **Controls diabetes**

If you have diabetes, haldi is something you simply must include into your diet. The curcumin present in turmeric has a very potent effect in moderating insulin levels and enhancing the efficacy of anti diabetic drugs. By controlling these two factors, turmeric increases the person's sensitivity to insulin lowering his/her total blood sugar.

#### **Prevents liver disease**

Turmeric is great for the liver. It protects it from the damage caused by eating foods that contain high amounts of fat and excessive alcohol consumption. The compounds in turmeric helped in blocking a particular gene that was linked to inflammation and necrosis of the liver due to excessive alcohol consumption.

#### **Lowers cholesterol**

Having turmeric on a daily basis can keep your cholesterol levels in check. Regularly consuming haldi changed the way the body processed cholesterol. This change lowers the total LDL or 'bad' cholesterol and increased the amount of HDL or 'good' cholesterol in the body.

#### **Acts as good blood clotting agent and heals wounds faster**

Whenever you get cut, you must have heard your grandmother or mother tell you to immediately put some haldi on the wound. Leading to the conclusion that haldi had properties that could not only heal a wound faster but also reduce the intensity of the scar seen on the skin.

#### **Fights cough and cold**

Rich in curcumin and volatile oils that have a protective as well as therapeutic action, turmeric is great in treating cough and cold. As soon as you feel a scratchy sensation in your throat, it indicates the onset of a sore throat or cough and the problem can be stopped from getting aggravated. The easiest way of using turmeric is to drink hot milk with half a tea spoon of turmeric.

#### **For beautiful blemish free skin**

If you want your skin to glow with health, haldi is what you need. Just take some young (immature) haldi roots. Every morning, on an empty stomach, mash a small piece of the root (about the size of a one rupee coin) mix it with a small cup of warm milk or warm water, and drink the mixture. This will ensure that your skin is clear, free of blemishes and glows.

#### **Digestive Disorders**

Turmeric is considered as a digestive cure and a carminative. It can be added into foods including rice and bean dishes to improve digestion, reduce gas and bloating. This improves the body's ability to digest fats. For chronic digestive weakness and/or congestion turmeric is recommended.

#### **Liver Diseases**

Turmeric is beneficial for its influence on the liver. In spring more consumption of herbs and foods can strengthen the liver. Turmeric shares similar liver protectant compounds that milk thistle and artichoke leaves contain. It is said to shrink engorged hepatic ducts, so it can be useful to treat liver conditions such as hepatitis, cirrhosis, and jaundice.

#### **Menstrual Problems**

For women who experience monthly menstrual cramps, try using turmeric extract or bitters twice daily for two weeks prior to expected menstruation. Turmeric is an antispasmodic to smooth muscles so it reduces digestive and menstrual cramping. It should reduce the severity of pain, if not ease them completely.

#### **Bacterial Infection / Wounds**

Turmeric is useful as an external antibiotic in preventing bacterial infection in wounds.

## Eye Disorder

Curcumin may prove to be as effective as corticosteroids in the uveitis (inflammation of the uvea, the middle layer of the eye between the sclera - white outer coat of the eye and the retina - the back of the eye) the type of eye disorder.

## Ceremonial uses

Turmeric is considered highly auspicious and holy in India and has been used extensively in various Hindu ceremonies for centuries. Even today it is used in every part of India during wedding ceremonies and religious ceremonies.

Turmeric has played an important role in Hindu spiritualism. The robes of the Hindu monks were traditionally colored with a yellow dye made of turmeric. Because of its yellow-orange coloring, turmeric was associated with the sun or the Thirumal in the mythology of ancient Tamil religion. Orange is the color of the sacral chakra, and tied to the reproductive system.

It is used in poosai to make a form of Ganesha. Yaanaimugathan, the remover of obstacles, is invoked at the beginning of almost any ceremony and a form of Yaanaimugathan for this purpose is made by mixing

turmeric with water and forming it into a cone-like shape. During the Tamil festival Pongal, a whole turmeric plant with fresh rhizomes is offered as a thanks giving offering to Suryan, the Sun god. Also, the fresh plant sometime is tied around the sacred Pongal pot in which an offering of pongal is prepared.

In Tamil Nadu, as a part of the Tamil marriage ritual, dried turmeric tuber tied with string is used temporarily or permanently as opposed to the Mangalasutra of Hindus in India. The Tamil Marriage act recognizes this custom. Thali necklace is the equivalent of marriage rings in western cultures.

## Conclusion

Turmeric is one of the key ingredients in many Asian dishes. It is being evaluated for its potential efficacy against several human diseases in clinical trials. Turmeric is also being investigated for potential treatment for the liver. It protects from the damage caused by eating foods that contain high amounts of fat. The compounds in turmeric helped in blocking a particular gene that was linked to inflammation.

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# Health Importance of Mustard Oil

C. Sivakkolundu

## Introduction

Mustard oil was once popular as cooking oil in northern India and Pakistan. In the second half of the 20th century the popularity of mustard oil receded due to the availability of mass-produced vegetable oils. This oil has a distinctive pungent taste, characteristic of all plants in the mustard (Brassicaceae) family (for example, cabbage, cauliflower, turnip, radish, horseradish or wasabi). It is often used for cooking in North India, Eastern India, Nepal, Bangladesh and Pakistan. In Bengal, Orissa, Assam and Nepal, it is the traditionally preferred oil for cooking. It has been used in Ayurveda from time immemorial due to its healing and medicinal properties and is considered beneficial for hair, skin, and body.

## Three Types of Mustard Oils

Mustard oil is a fatty vegetable oil extracted from the mustard seeds. It is dark yellow in color and slightly pungent. There are generally three types of mustard oil depending upon the manner of extraction.

- The first is a fatty vegetable oil obtained by pressing the mustard seeds.
- The second one is an essential oil that is made by grinding the seeds, mixing them with water and extracting the oil through distillation.
- The third process involves infusing mustard seed extract with other vegetable oils such as soy bean oil.

## Benefits of Mustard Oil for Skin

Mustard oil is extremely beneficial for skin and is often used in aroma therapy treatments. However, before applying it topically, it is advisable to do a patch test to ensure that you are not allergic to it. Moreover, cold pressed mustard oil should be considered for topical application.

### Removes Tan and Dark Spots

Mustard oil is effective in removing tan and dark spots to give you a naturally glowing skin. For this purpose, prepare a face mask by mixing mustard oil, besan (Bengal gram flour), curd and a few drops of lemon juice and apply it on your face.

Nutrient	Amount	DV
Fat	100.00 g	154 %
Saturated fatty acids	11.582 g	58 %
Hexadecanoic acid	3.750 g	0%
Octadecanoic acid	1.119 g	0%
Tetradecanoic acid	1.388 g	0%
Monounsaturated fatty acids	59.187 g	0%
Docosenoic acid	41.175 g	0%
Eicosenoic acid	6.190 g	0%
Hexadecenoic acid	0.216 g	0%
Octadecenoic acid	11.607 g	0%
Polyunsaturated fatty acids	21.230 g	0%
Octadecadienoic acid	15.332 g	0%
Octadecatrienoic acid	5.899 g	0%

Rinse with cold water after 10 to 15 minutes. This should be done thrice a week for best results.

## Lightens the Skin

In order to make your facial skin smooth, apply a mixture of mustard oil and coconut oil on your face and massage the area in circles for 5-6 minutes. Gently wipe your face with a smooth and wet cotton cloth. This will stimulate blood circulation, thus lightening your skin as well as getting rid of pimples.

## Natural Sunscreen

Due to its thick consistency and high levels of vitamin E, topical application of this oil protects your skin against the harsh ultraviolet rays and other pollutants, thus preventing skin cancer. Vitamin E prevents ageing and wrinkles besides acting as a sunshield.

## Stimulates Sweat Glands

Whether consumed or applied topically, mustard oil stimulates the sweat glands and opens the pores of the skin. Thus, it helps in reducing the body temperature and removes unwanted toxins, water and salts from the body.

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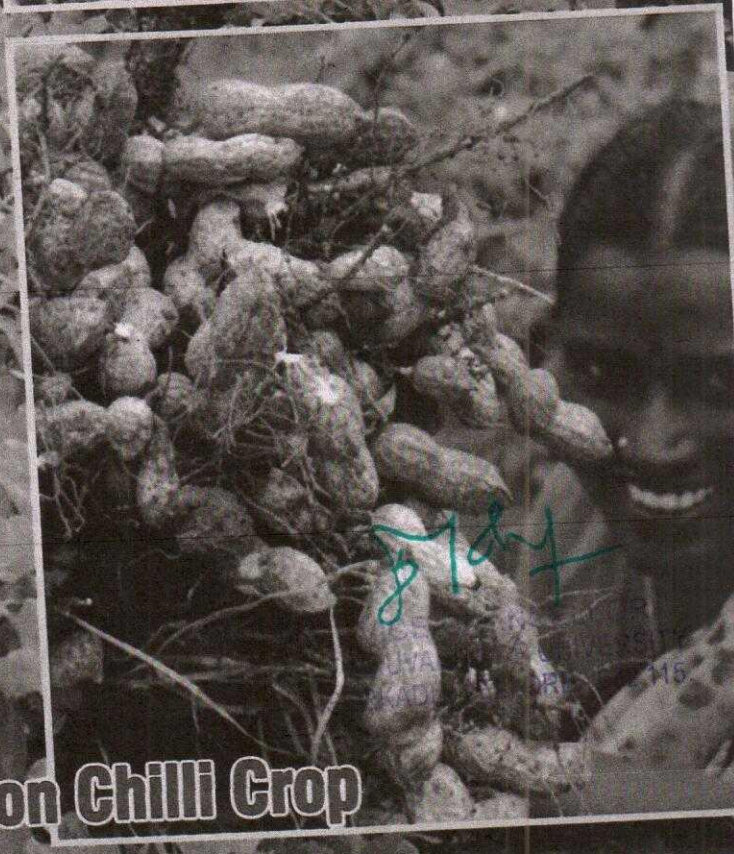
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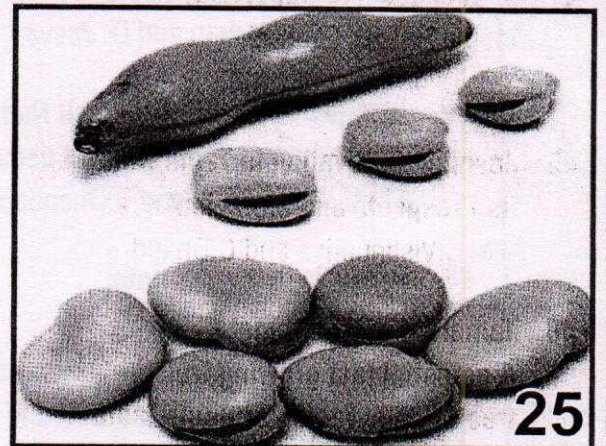
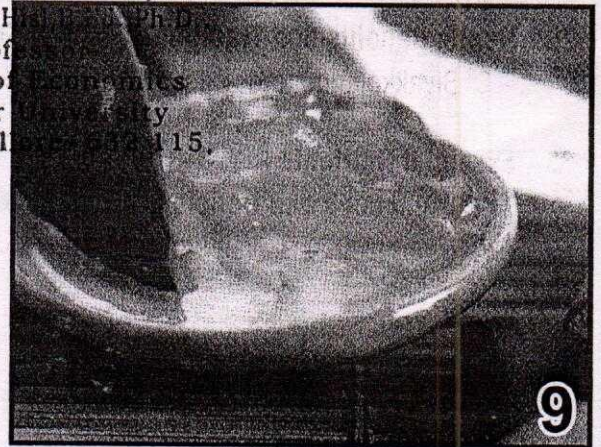
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