

## *At Its Natural Best*

Nutritious fresh coconut is a powerhouse of various nutrients like antioxidants, vitamins, minerals, fibres, essential fats and sugars.

The raw edible parts of the coconut are:

**\*Coconut Flower Nectar :** Neera, the sweet sap is tapped from the unopened immature inflorescence.

**\*Tender Coconut :** 7-8 months old coconut offers a pleasantly sweet refreshing drink with delicious gelatinous kernel. For rehydration, administering the drink as a temporary alternative to intravenous during world war in the tropical regions has been recorded. The best will be reddish tint tender coconut, devoid of dead patches, fissures or discolouration. The next grade is medium reddish green shade on the top. The lower grade is small, green and salty to taste.

Younger coconuts only with water has a nutritive edible core nestled in the bottom

### NATIONAL NUTRITION WEEK

September 1-7

#### **"Eat Right for a Better Life"**

This theme sets to highlight the importance of healthy eating habits, balanced diets and nutrition education.

before kernel is developed. Oblong coconuts contain lesser water than rounded ones but are in original shape.

**\*Ripe Coconut -** A matured coconut can be detected by hollow sound produced, with tap on the husked drupe. It can be stacked longer for a month, when stalk part is placed facing up. The shelf life of a coconut without husk is about two weeks. Tuft of fibre covering three eyes of the coconut shell is required to prevent earlier spoilage.

The thick firm kernel is the most commonly consumed part. Small quantity of nutty flavoured



water is gradually absorbed by the kernel. The brown coat of testa in the kernel is also nutritious. Sliced kernel is a nourishing snack. Teethed bits or scraped coconut are used in garnishing food.

Coconut milk extracted from kernel can be a substitute for dairy milk.

**\*Coconut Pearl :** Germinating coconut has its cotyledons develop into a pearl bloom. It is a spherical sprout resembling a pearl and gets to occupy entirely inside the coconut shell. This is an edible spongy, crunchy and juicy delicacy found in a young sapling.

**\*Coconut Palm Cabbage :** The apical meristem of the coconut palm, can be harvested by cutting down the tree. Leaf sheaths are

removed to access the inner core. The heart of the core is a cylindrical white edible part similar to core of a cabbage. Eaten as it is, can be added to pep up a fresh salad or dip with its subtle sweetness.

Choosing edible part of fresh coconut, storing appropriately and consuming raw preferably first in the morning is a boon for

- i) gut health in promoting digestive regularity,
- ii) clarity of mind in balancing electrolytes,
- iii) weight loss in suppressing cravings,
- iv) immunity in preventing sickness and
- v) nourishment in strengthening skin and hair care.

# Auspicious Coconut

## A symbol of Fortune

- \* A coconut palm tree is a Kalpatharu, the tree of life. The coconut sapling nurtured like a child is an important wealth inherited to gain multiple health benefits. Traditional practice in farmland is to raise a patch of coconut trees for the benefit of a child growing along with it. The age of the life long tree companion, maybe calculated by the number of leaf scars.
- \* Also known as Kalpavriksham, divinity is associated with few trees. They gain reverence, when found to be economically essential in sustainable livelihood. Cocos nucifera, the coconut tree is one. From the roots to the leaves, every part can be utilised, making it a vital resource for many communities world wide.
- \* Shri Phal is the coconut drupe. The presence of wealth goddess is represented by coconut anointed by turmeric and vermilion, placed with mango leaves on a sacred water pot, the kalasam. Then, the coconut water and kernel can be consumed as food offered in ritual, prasadam.

## A symbol of Purity



Promote coconut consumption and create awareness on the benefits of consuming coconuts.



- \* Divine energy is represented by coconut inflorescence and tender or mature coconut.
- \* The inflorescence remains intact within its spathe until maturity. It signifies sanctity in the source of abundance in life and blossoming of good luck. The gracious presence of it is desired during auspicious occasions.
- \* Cracking the coconut and opening to sprinkle its water is a communion ritual.
- \* World Coconut Day - September 2  
Promote coconut consumption and create awareness on the benefits of consuming coconuts.





# Grace Line Of Art

An Iconic Monolith Trail led by member MRB, a line art illustrator was an eye opener.

Accompanying him were field work assistant S.P.Ramesh and data operator Nagalakshmi of his line at book on Madurai Meenakshi Temple released four days before. MRB drew much attention to the fine depictions of sculpted columns in attire, ornaments associated figures, distinct narrative panels, *Chakrams* and interlock motifs.

*Veta Mandapam* elevated as a porch on either sides of the entrance. It features god and goddess facing each other respectively, along with relatively smaller Yali columns confronting inwards.

- i) Chokkanathar as a hunter - multifold knotted hairdo, broad ash thilakam, straight narrow to rolled out moustache, temperament of animals and birds with him, fan shaped cane basket to carry the captive animals.
- ii) Nageaswari, an aspect of benevolent Kali with a five headed snake hood and small snake bracelet in dance accompanied by musicians particularly the lady with *Rudra Veenai*.

Historically resourceful ceiling mural of Meenakshi Sundareaswarar Thirukalyanam witnessed by Rani Mangammal with grandson Vijayaranga Chokkanatha Nayakkar and commander Ramappayar at Oonjal Mandapam recreated by MRB is also placed there.

- i) Entirely long thick flower garland.
- ii) Medium sized Meenakshi Amman column. Opposite to which is probably the patron Chettiyappa Nayakkar in reverence with *Anjali Mudra*.

*Kambathadi Mandapam* has the varied twenty six manifestations of Sivan and nine avatars of

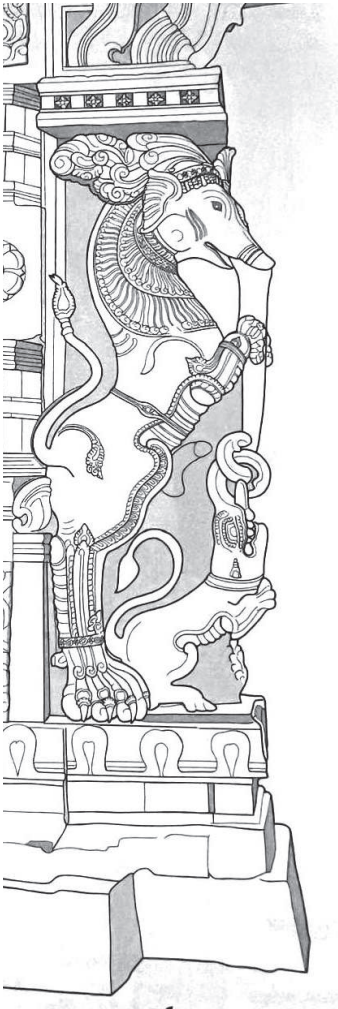
Vishnu unusually represented together.

- i) Miniature twin musical columns within a column base.

Indra Vinanam aspects of Airavatham, the elephants that appear to be same but are similar with slight differences. Every Yali sculptures also has subtle to distinguishing changes.

Participants of yesterday's heritage walk to the Meenakshi temple had the opportunity to view the temple sculptures through an artist's eyes - the artist being our fellow member Mr Rathina Baskar. His interpretations and explanations made the participants see beyond the superficial and obvious and opened new vistas in perceiving beauty. His observations manifested a new image of the iconic Meenakshi temple. The Heritage walkers were initiated into the art of observing the sculptures with the curiosity of a child. The effects of angles and lines in the sculptures were pointed out. He was ably supported by our chapter convenor Mrs Vani who supplied a fund of information and held the walkers' attention and interest. It was an enjoyable evening - an evening to reminisce about.

- Member **Mathalaimani Asaikani**, September 26, 2025



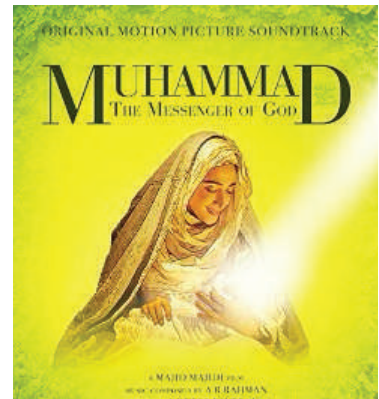
# Birth of Prophet

Muhammad is the last of the prophets, sent for the whole of humankind. As the Final Prophet, last to seal the line of prophets brought prophethood to perfection. Khatam Al-Nabiyin is his epithet, literally ‘Seal of Prophet’ indicates him to be the final messenger of Allah (god). A complete and comprehensive universal law for humanity was provided by him. Often referred Muhammad the Prophet, in the form of a noun. Muhammad was born in 570 CE at Mecca. It is situated in a desert valley of Hejaz region, Western Saudi Arabia.

Mecca is also the birthplace of Islam. A worldwide practice of the Muslims is to pray facing the direction of its location. The religious duty for

them is to undertake Hajj Pilgrimage at least once in their lifetime. The word mecca has become a word in English language referring to hub / center / focus.

**Muhammad:** The Messenger of God-Mohammad Rasulollah is a 2015 Iranian Islamic film. Set in the sixth century, the plot revolves around the childhood of the Prophet. The soundtrack album by A.R. Rahman was adjudged as one of the "Best Scores of Asia in 2015" by Movie Music UK magazine.



# River Vaigai

“Almost all routine wetland birds are found in the river too because it is a shallow slow stream with lot of vegetation similar to wetlands.

Asian Open Bill Stork, Indian Cormorant, Glossy Ibis, Indian Pond Heron can be seen here in good numbers” - Dr. Haemoglobin (Ornithologist / Ophthalmologist)

Vaigai river bed within the city limits has changed to invite flocks of wetland birds. A new ecosystem is evolving.





# Heritage Awards

September 26, 2025

Best Of Tamilnadu, a unit of Tamilnadu Chamber of Commerce conducted BOTFLUENCE SOUTHSCAPE 2025 - Celebrating Heritage Powering Growth. It recognised some of our members as City Ambassadors - Dr. Vasudevan Ganapathy, Chitra Ganapathy, Dr. Badri Narayanan and P. Rajesh Kanna. Then for Cultural Heritage Organisations INTACH Madurai and Dhan Foundation.



**Dr. Vasudevan Ganapathy,**  
*Fortune Pandiyan Hotel*



**Mrs. M. Chitra Ganapathy**  
*Kadambavanam*



**Dr. Badri Narayanan,**  
*Dr. Agarwal's Eye Hospital*



**Mr. P. Rajesh Kanna,**  
*Andril Heritage Art Gallery*





**Mrs. Vani C Chenguttuwan,**  
*INTACH*



**Mr K P Bharathi,**  
*DHAN Foundation*

## **Tamilnadu Travel Expo**

# *Cultural showcase*

The Cultural Programme concept was a dance show interspersed with narration themed on highlights of travel destinations in southern Tamilnadu pertaining to age old land of the Pandyan dynasty. We had been part of providing the content for promoting the authentic and lesser known natural, cultural and art heritage tourism experiences.

