

Kerala

in Mumbai

December 2010

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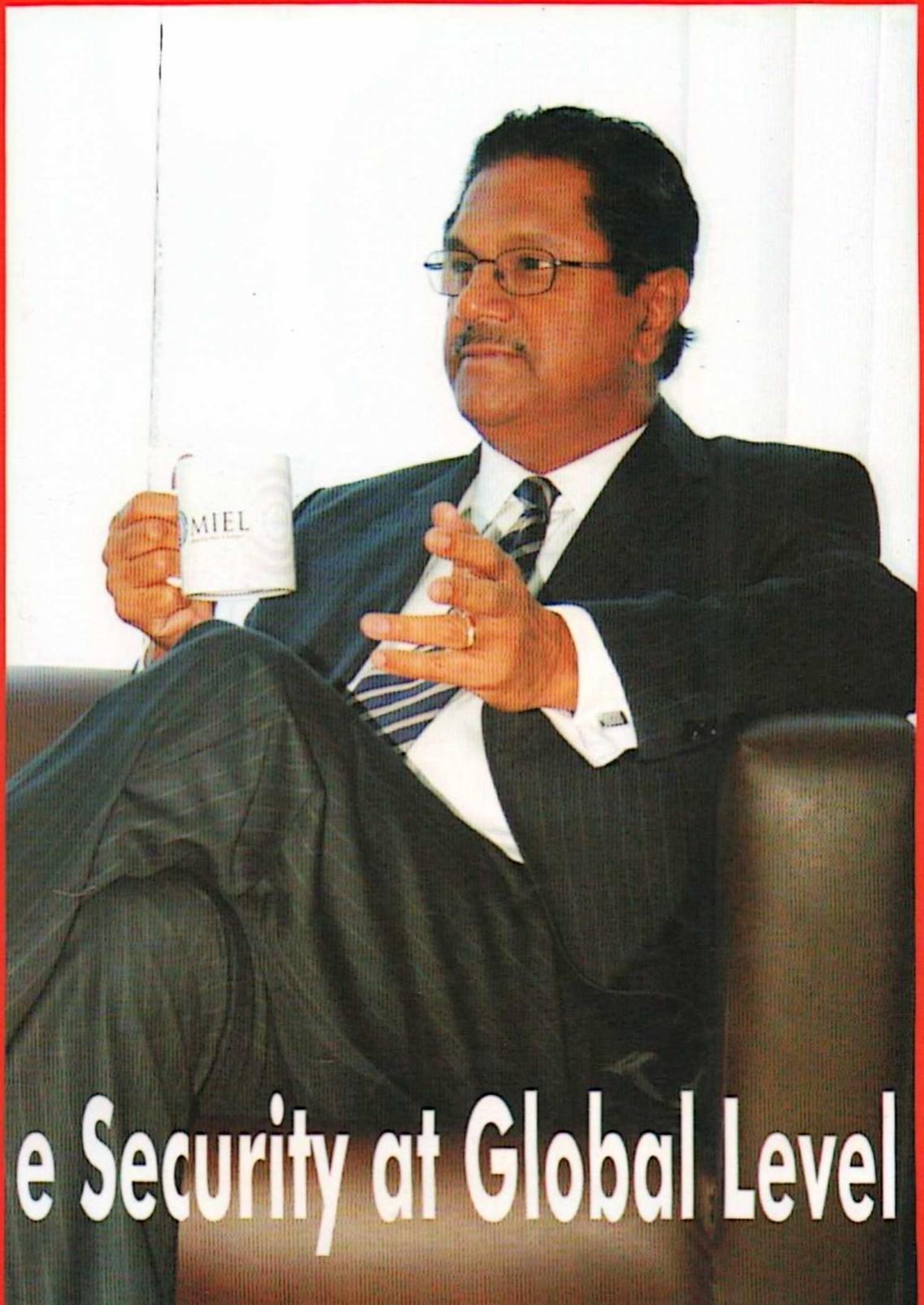
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SPB



Historic City



e Security at Global Level

Kerala in Mumbai Vol 01, No.11 December 2010

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EDITORIAL*Welcome Change of Guard*

Maharashtra has, at long last, got a Chief Minister in Prithviraj Chavan, who has taken office promising to provide a clean government and good governance. His past record gives an indication of the working of his mind.

An engineer by profession, he is known to have done his homework every time he attends parliament. He had been elected from Karad, and is known to take meticulous care of his constituency and the needs of its citizens. As a technocrat he has a liberal mindset, a broad vision of reconstructing the policy of this country and providing clean and transparent governance.

His first few actions hold out promise of the progressive and liberal lines on which he wishes to establish his government. He has kept out several leading politicians with questionable records of public life from his cabinet. He does not belong to the sugar lobby (unlike all the other previous Chief Ministers and he does not indulge in groupism to hold himself in position.

He has not demonstrated any semblance of the religious, communal or regional tokenism his predecessors indulged in on assumption of office. One can be sure that Varsha, his official residence, will not witness the kind of religious ceremonies, receptions to Godmen and other rituals which had been held in the recent past in the official residence of Chief Minister of Maharashtra.

His actions in having all his posters and hoardings put up by sycophants and self-serving politicians removed has rid the city of great visual pollution. One can only hope that he will have the sagacity, the persistence and the tenacity to make Maharashtra once more the progressive, liberal and broadminded state that it had been till the mid-1970s. That was the period, when following national lead, this state and its political hierarchy brought in wide spread corruption in the name of collection of party funds. Soon, the infection spread to all other political outfits in the State, making it one of the richest and lamentably one of the most corrupt States in India.

The corruption in political life has eroded much of the independence and public spirited organizations, including the bureaucracy, the police force and almost all government organizations working for the benefit of those who run them, ignoring public welfare and public needs.

Within three decades we had the phenomenon of the State's peasantry commit suicide in hordes, unable to bear the strain of failure of monsoons and mounting debts. It was blatant erosion of conditions of living, public faith in the one-ness of Indian citizenship and the constitutional values of freedom of thought, action, belief, faith and free movement anywhere in the country.

Nowhere in the country has education been devalued as in Maharashtra, with a Vice Chancellor of dubious qualifications heading the once glorious temple of learning in this city.

One can only pledge full support to the new Chief Minister, in his endeavour to clean up public life in the State.

M N KUTTY NAIR

PIONEER IN e SECURITY SYSTEMS



-P K Ravindranath

Mechanical engineer turned entrepreneur, M N Kutty Nair has pioneered India's first end-to-end information security solutions company, MIEL e-Security Pvt Ltd. It is the largest pure-play, stand-alone security company with a clientele that comprises all major blue chip companies and organizations from the Reserve Bank of India, Reliance Industries, the Mumbai Stock Exchange, ICICI Bank, HDFC Bank, LIC, Godrej, Tata Interactive Services and over a hundred private and public institutions.

Kutty Nair is the Chairman and Managing Director of MIEL. Besides India, it has operations in UK, UAE, the Far East and U S and footprints in 15 countries.

In an age when the right information at the right time connotes power, every channel of communication becomes highly vulnerable. If earlier, security systems meant only tackling viruses, hacking and phishing, it has now become complicated and calls for a great deal of ingenuity to ensure the safety of stored information.

When a person carries information with him, or is logged on, he becomes highly vulnerable. This is where the services of MIEL comes in. It ensures confidentiality, integrity and availability (CIA).

"This is an age when even children can hack into computer systems," Nair points out.

MIEL came into being in 2001. It has since become a centre of excellence. It is now looking at growth as quickly as possible.

In 1981 Nair joined a Fortune 500 Canadian multinational and headed for Canada. He landed up in Ireland where he became an investor in several companies, including a children's educational software company with a sales network in more than 40 countries.

While in Dublin he became the Founder Chairman of the Ireland, India Business and Economic Association (IIBEA). He is now associated with several trade bodies in India and takes part in high level meetings regularly.

Now permanently residing in Mumbai, Nair focuses on making MIEL a global leader and putting himself and the company on the global IT map. He has before him the lessons he learnt in Ireland of how that country transformed itself from one of the poorest countries to one of the richest nations in Europe. He seeks to apply some of the lessons learnt there to conditions in India.

VITAL SECURITY

That called for a great deal of change in thinking, behaviour and work culture

which were all different from his experience abroad. Slowly, Nair built a sound team of colleagues and workers around him, who are now imbued with the kind of change Nair wanted, in order to produce quick results and match up to international standards of excellence. MIEL now typifies that work culture. Among the several awards that came his way, Nair is proud of the prestigious Irish Science and Technology Award for management excellence.

The question of cyber security and safety of information was stressed recently at a top level conference of e-security exports. The more people use the net, it was pointed out, the more they become vulnerable to hacking and leakage of vital information.

Cyber terrorism is the next big threat that worries the security men. Cities could be paralysed, electric supplies stalled, suburban train services halted, all at the flick of a button. Net traffic diversion could be another cyber weapon.

IDC China Telecommunications diverted Web traffic routes on April 18 and the information was then retransmitted to China's State-owned China Telecommunications forcing data from the U S and other countries to pass through Chinese computer servers.

In June 2008, American Army had warned that China is gearing up to launch



Lakshmi Venkatachalam

CHRISTMAS

Season of Joy and Peace

Jesus Christ, the Son of God, came with the message of Peace on Earth and Goodwill to all men. The exact date on which Christ was born is not known. But all over the world December 25 is accepted as Christmas, and for the majority of believers, as the birthday of Jesus Christ. The term Christmas is a derivation of the Old English word Cristes Maesse which literally means 'the Mass of Christ.'

The Christmas Story

Mary was a young girl in Nazareth in Galilee. She was engaged to a carpenter named Joseph. One day the Angel Gabriel visited her and said that the Holy Spirit would rest upon her and she will conceive a son. "He will be great and will be looked upon as the Son of God. You are to name Him Jesus and he is the messiah (Messenger of God)." Mary was afraid but she believed and obeyed the Angel's words.

Even before Joseph and Mary were married, it was discovered that Mary was pregnant. Joseph did not want to shame Mary

publicly and was thinking of some way to cancel the engagement when an angel appeared in his dream and told him that the child she was carrying was of the Holy Spirit and was the Son of God and Future Messiah. Joseph believed the Angel's words and decided to take her as his wife. Thus, Jesus was born of Immaculate Conception to Virgin Mary. At that time the Roman Emperor Caesar Augustus decreed that a census be taken, and every person in the entire Roman world had to go to his own town to register. Joseph, being of the line of David, was required to go to Bethlehem to register along with Mary. The time for the birth of Jesus was approaching. Joseph and Mary could not get any boarding place. So they took shelter in a manger where Jesus was born. "She (Mother Mary) wrapped him in clothes and placed him in a manger because there was no room for them at the inn." (Luke 2:7). Thus was Jesus born in a stable surrounded by farm animals.

According to the Bible, shepherds from the fields surrounding Bethlehem, watching over their flock by night, were told of the birth by an angel. The Angel said, "Have no fear; for truly, I give you good news of great joy which will be for all the people:

The significance Of Christmas

Jesus Christ was born at a time when ignorance, superstition, greed, hatred, and hypocrisy, prevailed in the land. He worked a transformation in the lives of people. He gave a new spiritual turn to the lives of man. Jesus was born in a lowly stable, to humble and poor parents whose only points of pride were a spotless character and complete faith in God. This point signifies that spiritual awakening comes to the seeker who is humble and 'meek'.



for on this day, in the town of David, a Saviour has come to birth, who is Christ the Lord." Along with the angel there was a band of spirits from Heaven singing praise to God saying, "Glory to God in the Highest, and on earth peace among men with whom he is well pleased." So the shepherds went to see the child. They were the first to see Baby Jesus.

The Gospel of Matthew describes the visit of the three wise men, called Magi who had seen and followed the Star on the East. They had been told that the Star would rest at the place where the Future King of Jews was born. They followed the Star and came to visit the Baby Jesus with gifts of gold (*pon*), frankincense (*mooru*) and myrrh (*kunthirikkam*). Tradition says they came on January 1. They worshipped him and being told by God in a dream that they should not meet Herod, the King of Jerusalem, who would harm the child on knowing where he was, they went back to their country by another route. The story of the birth of Jesus is also called the Feast of Nativity. This Nativity scene is set up in many Christian homes and churches, where the figurines of baby Jesus with Mary and Joseph and the three wise men with their gifts and the shepherds and the stable animals are displayed. Nativity plays are also performed by children who enact the events of the birth of Infant Jesus.

Traditionally, the sacred Christmas season starts with Advent, which begins on the fourth Sunday before Christmas and continues till the Christmas Day. The Sacred season ends on Epiphany, January 6. During Advent, Christians make preparations for the commemoration of Jesus' birth on December 25. Each one of the four weeks symbolise a different way in which believers perceive Christ: through the flesh, the Holy Spirit, death and Christ's judgement of the dead.

Christmas Festivities

In India, this festival is celebrated with joy and cheer by Christians. Christianity is the third prominent religion in India after Hinduism and Islam and there are more than 25

million Christians in India. While 50% of Tamil Nadu and Kerala have Christian population in the North Eastern states of Mizoram and Nagaland they form the majority of the total population. In Goa they form one third of the people living there. Christmas is the biggest Christian festival and is one of the national festivals of India.

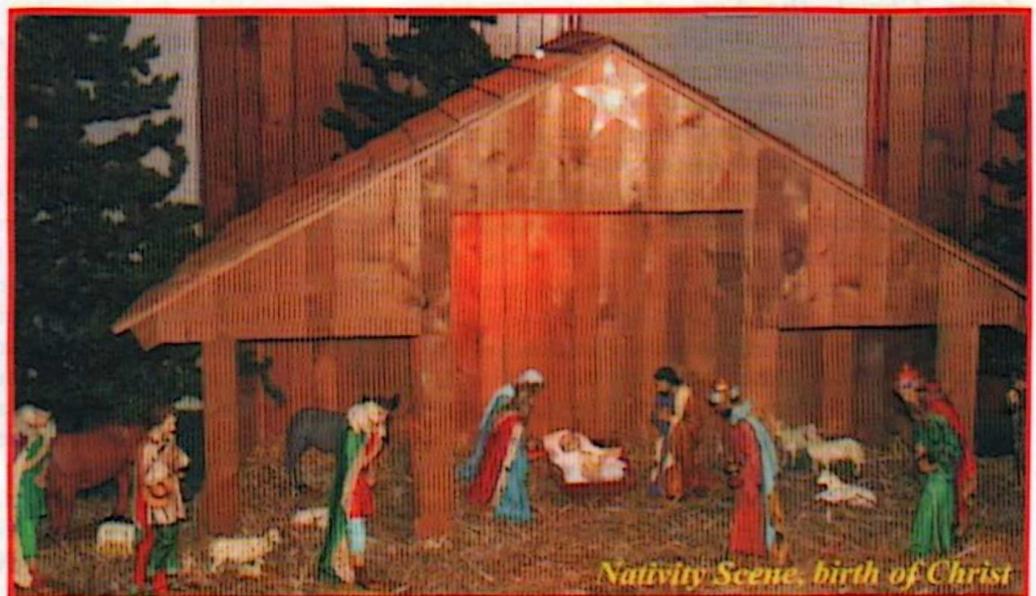
Christmas time is merry making time. It is the yuletide spirit of good cheer and joy. Children go from house to house to sing carols. Carol songs are about the birth of infant Christ in a stable in Bethlehem. Illuminated Christmas stars are hung from busy street corners as well as in balconies and verandahs of houses.

Santa Claus, with or without his reindeer adorn the markets and malls. Decorated Christmas trees with small trinkets like bells, angels, reindeer, balloons, mistletoe, holly, and other baubles hanging on them are illuminated with small bulbs and placed in the public places as well as individual homes. People rush to send Christmas

and New Year cards to their friends and relatives. Santa Claus or Father Christmas is depicted as a plump, jolly, white-bearded man wearing a red coat with white collar and cuffs, white-cuffed red trousers, a red hat trimmed with white furs and black leather belt and boots. Legend says that Santa Claus lives with his wife in the North Pole, a land of perpetual snow. He is believed to bring gifts of toys to good children and coals to bad children on December 24 Christmas Eve. He has elves in his workshop who make the toys for the children and several reindeer that pull his sleigh as he speeds in to bring the toys for the children.

On Christmas Eve, the devout go to their Church for the midnight Mass wearing new clothes. After the mass, they greet one another Happy Christmas. On the day of Christmas relatives and friends meet, greet one another and exchange gifts. It is a time of re-unions and celebrations.

Among Malayalees, the breakfast on Christmas morning is *palappam* with mutton or potato stew. This is followed by a lavish lunch spread of biriyani and varieties of non vegetarian and some vegetarian dishes. Cakes, candies, diamond cuts, *besan laddus*, *achappams* are the traditional Christmas sweets prepared during Christmas. In the evenings there are Christmas parties where people bond with one another and catch up with news.



Nativity Scene, birth of Christ

S P Balasubrahmanyam: Me And Malayalam Films

I Need To Learn The Language

Padmasree Kalaimamani Dr S P Balasubrahmanyam, one of the greatest playback singers in Indian films, has sung 35,000 songs since 1966. He has sung Tamil, Telegu, Kannada, Malayalam, Hindi and Marathi songs. SPB or Balu as he is fondly called is also a music director, and has acted in some films and produced a few ones. He is also a dubbing artiste and has dubbed voices in Telugu films for Kamal Haasan, Bhagyaraj, Naaser, Salman Khan, Anil Kapoor, Kulbhushan Kharbanda and many other stars.

Dr Balasubrahmanyam was conferred the Padmasree by the President of India K R Narayanan in 2001. In 2001 he was conferred a Doctrate degree by Potti Sree Ramulu University (Andhra Pradesh). Other Universities that awarded him Doctrates were Satyabhama University in 2009 (Tamil Nadu), Kalaprapoorna University Andhra Pradesh in 2009. JNTU, Anantapur University (Andhra Pradesh) awarded him Doctrate in August 2010. He was conferred the Kalaimamani title by the Tamil Nadu Government in 1981. Raagalaya Academy of Music and Arts, Mumbai founded by P V Vijaykumar awarded him the Raagalaya Lifetime Achievement Award 2009 at a function in Mumbai in 2010.

The 64 year old veteran from the film music world is now anchoring two musical reality shows - one in Telegu and the other in Kannada. He is also doing a number of stage shows in India and abroad. His voice continues to mesmerize his listeners.

SPB became popular with the Malayalee lovers of music with his semi-classical numbers from the award winning film Sankarabharanam. It established his versatility as a classical singer though he never had formal training in Carnatic music.

His very first Malayalam song 'ii kadalum maru kadalum' from Kadal paalam, won the hearts of many Malayalee listeners. At the Raagalaya Award function in Mumbai, SPB confessed that this particular song always made him emotional with the wonderful lyrics which in essence says, one is able to find people only as Christians, Hindus, Muslims and not as plain human beings, emphasising the lack of love and the divisive forces within mens' hearts. The song by Vayalar Rama Varma was set to music by Devarajan. SPB has sung for music directors like Vidyasagar, Raveendran, K Raghavan, Shyam, K J Joy, Deva and many others. His second Malayalam song Neelasagara theeram was a duet with S Janaki in 1971 for Yogamullaval. Music was by R K Sekhar and Lyrics by M G Sreekumaran Thampy. SPB has sung in Malayalam films like CID Moosa, Inappravukal, Swarnachamaram, Kilukkam, Sagarasangamam, Butterflies and many others.

His Hindi songs from Ek Duje ke liye, Maine Pyar kiya, Hum Aapke Hai Kaun, and many others have their own distinctive style. Many of his songs are the nations' all time favorites. His Ilaya Nila and Aayiram Nilave Vaa in Tamil are timeless treasures. SPB has won six National Awards for Best Playback singer: Sankarabharanam (1979), Ek Duje Ke liye (1981), Sagara Sangamam and Silangai Oli (1983), Rudraveena / Unnaal Mudiyum Thambi (1988), and the



Kannada film Ganayogi Panchakshara Gavayai in 1995 and Minsara Kanavu in 1996.

In Mumbai recently, he narrated his musical journey candidly and shared his feelings and opinions exclusively for Kerala In Mumbai in an interview.

Here is a first person account of the singer:

- Editor

Malayalam film songs, films and me

My entry into the Malayalam music industry happened in quite a filmy fashion. There was a music track to be recorded and picturised on the great hero Prem Nazir. Mr Yesudas was supposed to sing. He was very busy and they could not get his date. Devarajan, assisted by Sekhar, father of A R Rahman was the Music director. Sekhar had heard me sing and he told Devarajan 'we can get him to sing. If you find it good, you can keep it. Otherwise you can replace it later.' He took me to the recording studio, recorded my voice and sent the song to the producer. Devarajan Master heard the song and said, 'we can keep this boy's song'. This happened in 1969. The song was 'ii kadalum maru kadalum'. From then onwards I have sung about 200 Malayalam film songs. I have sung for almost all music directors except Baburaj because by the time I became popular, he passed away. My experiences with Malayalam music directors have all been rewarding. Those days all Malayalam songs were classical or semi classical and, singing these numbers were all great experiences.

Recently, I was offered a role in a Malayalam film. I could not take it up since I am not very fluent with the language. And I do not want somebody to dub for me. Unless you are confident about the language you cannot emote. I must learn Malayalam

My room mate entered my name for the competition without my knowledge. 'Go sing for the fun of it,' he said. The judges were stalwarts of that time : Nageshwar Rao, Dakshinamoorthy and Ghantasala Master. I was the first one to sing. There were 65 participants. The competition continued for two days. When the results were announced. I got the first prize. But more than that, on that day S P Kothandapani, the famous music director, but at that time an up- and- coming music director, came and asked me. 'Do you want to sing in films? If I give you a chance will you sing?' The next day he took me to a film producer. I sang before him. The producer said the same thing. 'Your voice must mature'. But Kothandapani said, 'Don't lose heart. I have three or four films. I will give you a break.'

Two years I did not bother to see him. He had been searching for me, found out in which college and class I was studying. He sent somebody to my class, dragged me to a producer, Mr Padmanabha who was a character artiste. The film was Sri Sri Sri Maryada Ramanna and that was my first song. It was a quartet sung by Susheelaji, PB Sreenivas, myself and Raghuramayya, a stage singer of that time. My first recording was on December 15, 1966. But even then I did not think I would go this far.

Immediately, thereafter, I got a break in Kannada films. One of the musicians who played for my first song, Ranga Rao, gave me a break in a Kannada film. Slowly I picked up my singing. I was simultaneously studying and singing. By 1968, I had both my feet firmly balanced in the film industry. I was so busy I could not attend my classes. My father advised me. 'Don't ride on two horses at a time. If you want to go into music, go into it seriously.' I thought, 'let me try my luck as a singer. If I fail, I can always come back to my studies at any time.'

Mohammad Rafi has been an inspiration for me. I loved his singing. I listen to any music which is soothing and melodious to my ears.

It is most unfortunate - a shame I should say that I could never learn classical music until now. I was very very busy. But that is not the right answer. Priorities are priorities. Whatever theoretical knowledge I have acquired, was on my own. I am self-taught. Being a playback singer, I didn't want to go deep into classical music. I fear that if I go deep into classical music, the style of film music singing might be hampered.

Dedication To Music

I am domiciled in Chennai for the past 50 years. I have constructed a recording studio in the name of my mentor S P Kothandapani called Kothandapani Audio Lab. It is a state of art recording theatre.

I have sung about 35,000 songs. I have acted in 60 films and composed music for 65 films. I will continue to sing till my faculties permit me. When my vocal chords do not cooperate and my age shows in my voice, I will hang up my boots. Whenever I feel I am not fit to do the job, I will quit. It has been an amazing and successful life. People dream of so many things. Sometimes they become a reality. When you dream of something, sometimes God gives you something else. I got what I did not dream and that too successfully. The reason for this, I would say, is that I believed that this is the screenplay written for me. When I believed in this, right from start till now, I have been sincere to my profession., Even it is a small producer or an album of devotional songs, I give my 100% to the job. I know what I



do not know. I don't want to do what I don't know. I know this well. I am trying to do this better. Great profession. Great life.

Best Wishes to Kerala In Mumbai

I must tell something about Mr Vijaykumar and the magazine he runs. It is great that he seeks to prevent the next generation from losing hold on their culture. There are so many Malayalees in Mumbai who can not to read or write Malayalam. They may speak Malayalam at home but it is a stylized one. This is true of not only Malayalam but all Indian languages. He is trying to rejuvenate, infuse values in the younger generation: this is our culture. Without English and the present culture you can not live in today's society. But for that we need not lose what we already have, which is a very refined culture. This is the entire idea behind this magazine, I believe. A few pages of mine in this magazine, I feel happy. I wish all the best to the magazine and the people behind it and the cultural associations in Mumbai and the kids. I wish them all a great great great future. God bless everybody.

As told to Lakshmi Venkatachalam





Andheri West

-KIM Bureau

Andheri is one of the largest suburbs of Mumbai. The name Andheri is derived from Udayanagari, the name of a hillock near Mahakali Caves. Andheri is divided into East and West by the western suburban railway line crossing through it. Andheri West is more a residential area while the East has a lot of industries.

Andheri West is a centrally located suburb of Mumbai. It has some of the best malls, multiplexes, restaurants and branded retail outlets and good housing facilities. There are many good schools and colleges here. Many television and film personalities, businessmen and upper strata of society live here. At the same time, people of all income groups and of all communities and religions also live here.

The oldest inhabitants here were the East Indians. They lived by the sea in Versova, then called Vasave. Fishing was their main occupation. In the early 1900's, as urbanisation from Bombay spread northwards, Gujaratis and others came to settle in this area. The English encouraged their migration because it eased the population pressure within the city limits. The Versova causeway was built between Andheri on Sashti Island and the islet of Versova. Today it is the

Versova Road. The area on both sides of the Causeway was filled in to develop areas now known as Dhake Colony, Four Bungalows, Seven Bungalows and so on.

Dhake Colony and D N Nagar are some of the earliest colonies in Andheri West. In Dhake colony there were five buildings and they served as landmarks till recently. Another of these early settlements is Bhardawadi. This lane forms a vital link with SV Road for the residents of Versova Road. It has been inhabited for the last ninety years. In the past, there were bungalows on this road; these gave way to apartments although there are still a few old bungalows. This lane bustles with the sound of traffic which passes through it to reach SV Road.

Though the area near the station was developed, rapid construction activities started in Andheri West only by the late

60s and 70s. Today Lokhandwala Complex, Yari Road, Oshiwara are some of the poshest areas in Mumbai. Like in other parts of Mumbai, in Andheri also there is a Kerala presence. There are eminent doctors, businessmen, educationists, and social activists. Eminent cardiologists like Dr M G Pillai, Dr C C Nair and Dr Prashant Nair reside in Andheri. Dr Rajiv Kovil's Diabetes Care Centre, has two branches at SV Road and Lokhandwala. Arogya Ayurvedic Centre run by Dr Rajiv Warriar and Dr Krishna Pisharadi, is famous for its traditional Kerala Ayurvedic treatments. Dr Sudhir Warriar is an eminent orthopaedic surgeon staying in Andheri. His specialisation is hand and microsurgery. He works with Dr Laud's clinic in Dadar. He also visits Lilavati Hospital, Jaslok hospital, Hinduja, Shushrusha and L H Hiranandani hospitals.

Social Organizations

Keraleeya Samajam, Andheri West

The Keraleeya Samajam Andheri West has about 1500 members. The Samajam has been running a *balawadi* since 2006. There are about 50 kids in the *balawadi*. It regularly donates food, and old clothes to Vimala Dermatology Centre, a leprosy Centre in Yari Road. It provides food to poor inmates and destitute children at the Centre. The Samajam also provides food to Prem Nidhi, a special school for physically challenged children. With its help, medical assistance and discounts are given to poor patients at the Kokilaben Dhirubhai Ambani hospital. The Samajam distributes books and uniforms to deserving students.

P M Sethumadhavan is the President, P Ramachandran Vice President, Unni Menon, Secretary. Aravindan Nair is the Jt Secretary while T P K Nambiar is the Treasurer.

Shree Vidhyadhiraja Educational and Charitable Trust

Shree Vidhyadhiraja Educational and Charitable Trust was established in 2005 by the NSS. It aims to provide help to the poor and the needy in the educational and medical field. Though its office is situated in Andheri (East), the Vidyadhiraja Trust has been conducting a *balawadi* at DN Nagar Municipal School for the past five years. V Vijayan Nair is the Chairman, P Balachandran Pillai is the Vice Chairman, K B Sasidharan Nair is the Secretary, P K G Panikkar is the Jt Secretary, and S Haridevan is the Treasurer.



Keraleeya Samajam Members: Sitting 2nd from Left: T P Kunhiraman (Treasurer), 3rd from Left: P M Sethumadhavan (President), 4th from Left: Unni Menon (Secretary) Others are members of Board of Trustee.

Vimala Dermatology Centre

Vimala Dermatology Centre at Yari Road, has been actively assisted by the Indian Development Foundation (formerly called Indian Leprosy Foundation) headed by Dr ARK Pillai. Starting in 1976 as a leprosy hospital, today the Centre is an one hundred and forty Bed full-fledged one. It is also a TB hospital and has an outpatient Block to treat all diseases. Dr Pillai was active in creating awareness about leprosy and eradication of the disease. The Foundation also assisted the Vimala Centre by giving financial assistance to buy medicines for leprosy patients. Now that the rate of leprosy affliction has reduced, the Foundation has diversified and has its focus on healthcare, education and rural development. At the Vimala Centre, IDF creates awareness and helps in getting medicines for the patients there. There is a Childrens Home at the Centre

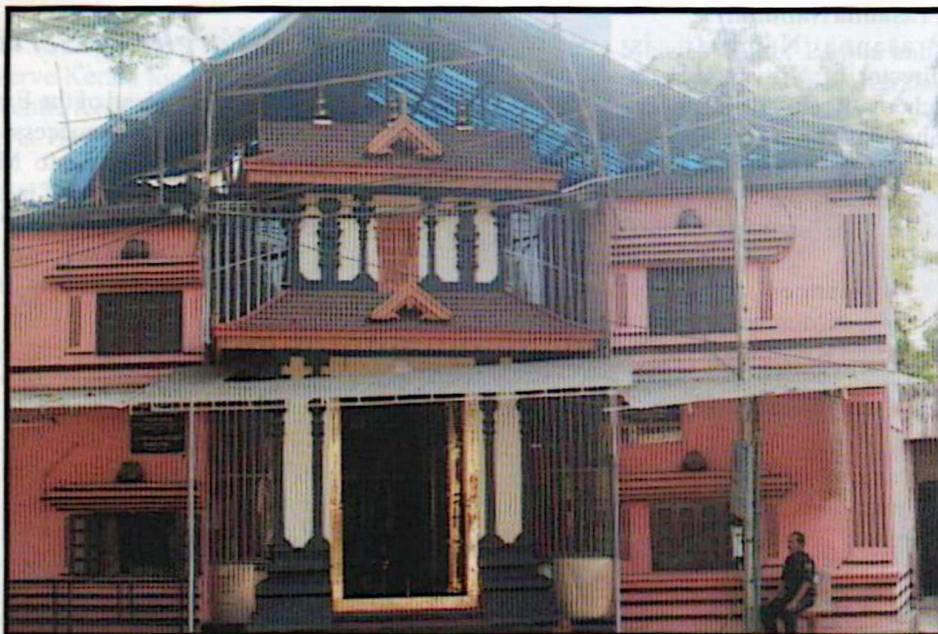
for the children of lepers and orphans. They are provided free education, free text books and two sets of uniforms by IDF. There are about 60 children living here. The IDF also teaches deprived children at St Catherine's Home in Andheri West as part of its commitment to spread education. The Foundation regularly collects money and gives grants to the Vimala Centre for its various projects. On November 2, 2010, IDF under Dr Pillai and other members of IDF, jointly with Rotary Club of Mumbai North End and All India Womens Conference, organized a Citizens Meet to celebrate Diwali with the patients of Vimala Centre. The inmates were given flowers, fruits, sweets and the children were given in addition, packets of crackers. Vimala Dermatology Centre is run by Sisters of the Immaculate whose head office is in Italy and whose headquarters in India is in Secunderabad. It is run by nuns many of whom are from Kerala.



Children of Vimala Centre celebrating Diwali with A R K Pillai

Veera Desai Sree Krishna Mandir

Sree Krishna Mandir at Veera Desai Road is a place of solace for many local residents. The main deity is Maha Vishnu in the form of Guruvayoorappan. Other deities are Ganesha, Ayyappan, Bhuvaneshwari, Bhadrakali and the *nagadevatas*. It was due to the untiring efforts of the devotees under the leadership of late A Parameswaran, that this temple was constructed and Brahmasree Kandararu Maheshwararu, Tantri of Sabarimala performed the *pranaprathishta* in 1993. *Sreemad Bhagavatha Saphthaham* is conducted from 1st November for a week every year. The Mandir Managing Committee members are K V Gopalakrishnan President, C S Seshadri Vice President, K K Muralidharan Secretary, K B Sasidharan Nair Jt Secretary, N Ravunni treasurer, CK Padmanabhan Jt Treasurer.



Sree Krishna Mandir

Ayyappa Bhakta Mandalam

Ayyappa Bhakta Mandalam: This organization of Ayyappa devotees was started 27 years ago at Lokhandwala. Every year they celebrate Mandala pooja in the third week of December during the *Mandala Masam*.

St. Mary's High School Andheri: [W]

St. Mary's High School is run by Diocese of Kalyan. It was established on 14th June 2000. The institution is presently managed by St. Mary's Educational Trust and Mar Thomas Elavanal, Bishop of Kalyan as the Chairman. Rev. Fr. Paul Olickal as Director and Manager and Rev. Sr. Lilly

as Principal.

St. Mary's School is rapidly emerging as one of the best schools in Andheri.

The salient feature of the school are smart class [Educom], computer lab, science lab, language lab, counselling and remedial centre, more than 10 sports and cultural activities, experienced teachers etc.

Today, this school is marching towards excellence as a symbol of glory.

St. Mary's Church Andheri [W]

St. Mary's Church, Andheri [W] is a Syro-Malabar Church that comes under Diocese of Kalyan. Mar Thomas Elavanal is the present Bishop.

The Parish is established in September 1998, a parish covering the area of Juhu,

D.N. Nagar. Dhake colony, Manish Nagar, Four Bungalows, Seven Bungalows, Versova and Lokhandwala Complex. Today, it comprises a well-knit community of sixty seven families. Rev. Fr. Paul Olickal is the present parish priest of the church.

Other Churches where Keralites go for Mass are St. Blaise's Church, Good Shepherd Church, St. Louis Church. Another School founded by Malayalees is the Cosmopolitan School in D N Nagar. But now the Management has Maharashtrian members also.

Some Eminent Andheri Personalities

Sangeet Sivan

Sangeet Sivan is a well known director of Malayalam and Hindi films. Brother of Santosh Sivan, Cinematographer and director, he runs the Sangeet Sivan Production Pvt Ltd.



Santosh Sivan

RMohan

Another wellknown personality of Andheri West is R Mohan, owner of Shogun Films, producer of Malayalam, Tamil and Hindi films like *Gardish*, *Kabhi Na Kabhi*. He is also known as Good Knight Mohan since he initiated Good night mosquito repellent mats and coils.



R Mohan



St Mary's High School, Andheri (W)

Prasanna Nambiar

Prasanna Nambiar, is director of Nrityaprabha, a school of classical dances. She has been conducting Bharatanatyam dance classes for the past thirty years. The students of this school give dance performances in many suburbs of Mumbai.

*Prasanna Nambiar***Lakshmi Krishnakumar**

Lakshmi Krishnakumar did her schooling at Calicut, then shifted to Chennai with her parents where she did her *Sangeeta Vidwan*, a Diploma in music, along with her graduation. Lakshmi did her post graduation in music from Madras University and is a gold medalist in music.

*Lakshmi Krishnakumar*

Lakshmi Krishnakumar stays in Andheri West and has been teaching Carnatic music for the past 10 years. She is also learning advanced Carnatic music at the Shanmukhananda Music College. Lakshmi and her teacher Radha Nambodiri, the Principal and Director of Shanmukhananda College of Music recently gave a performance at Tirupathi. She has given a number of concerts at NCPA, Bhavan's Cultural Centre, Music Triangle in Santa Cruz, Krishna Mandir at Veera Desai Road Andheri, and for several organizations.

Lakshmi regularly sings at Guruvayoor during the Chembai Music Festival. She is an All India Radio A Grade artiste.

M R Narayanankutty Menon

M R Narayanankutty Menon, is one of the oldest residents of Andheri. He came to live in Dhake Colony in 1968 and in '74, he shifted to Seven Bungalows. A native of Thrissur, he came to Mumbai in 1952.

According to Narayanankutty Seven Bungalows was a marshy place in the 70s. When he came for the *Bhumi puja* for his building, he had to walk in ankle

*M R Narayanankutty Menon*

deep water to reach the place, he remembers. There were only a few buildings then. From his balcony, he could see the sea. Several buildings have come up now mostly by Rahejas.

Narayanankutty is an active member of many Kerala samajams in Mumbai, including the Bombay Keraleeya Samajam.

M R Varghese: Service is his Mission

M R Varghese, Head of the Emmar Group of Companies is a success story of a Malayalee who came to Mumbai and carved a name for himself in the business world. Today he is the Proprietor / Managing Director of Emmar Enterprises - Overseas Recruiting Consultants, Emmar Human Resources-IT and Local Recruitment, Emmar International - Merchant Exporters. He stays in Lokhandwala, Andheri West. His spacious corporate office is situated in Nariman Point, the business hub of Mumbai.



M R Varghese was born in Mathalakam near Irinjalakuda in Kerala. He came to Mumbai in 1961 after completing his Graduation. His first job was for a private company at a salary of Rs 60 per month. He joined another company after a year with an increase in his salary. He worked with sincerity and dedication and soon he was promoted as Accountant and then Manager in a company called Colour Craft Pvt Ltd.. The salary was good and he worked here for thirteen years.

One of Varghese's friends, Abdul Nabi Alshola from Bahrain, wanted three personnel for his Company in Bahrain and he requested Varghese to send the bio data of some qualified persons. Varghese did so. Out of the nine CVs that he sent, three were selected by Abdul. Varghese had not collected money from the candidates. After the candidates were taken into employment by Abdul, the latter sent Varghese a letter of thanks and also some amount as a token of acknowledgement for the recruitment. This sowed the seeds in Varghese's mind of starting his own business. Abdul Alshola today is a minister in Bahrain. In 1976, Varghese set up Emmar Enterprises, a company for overseas recruitment. Varghese says that his friend Abdul was the one who encouraged him to start on his own. In 1980, he started Emmar International a merchant exporting Company for exports of woollen blankets, cotton bedsheets, leather and brass items. His markets are UK, USA, France and the Middle East. Emmar Human Resources is a company that does recruitments for Corporate houses and IT sectors within India.

M R Varghese is a businessman with a sense of social service. He is an active member of the Lions Club at the District level and does a lot of social work for the upliftment and welfare of the poor and the downtrodden. He is involved in various projects that look after the needs of the orphans and street children and the poor. He does his bit for the leprosy patients at the Vimala Dermatology Centre in Yari Road Andheri. He is a member of the Kerala Catholic Association, Kerala Christian Council and Christian Chamber of Commerce and Industry. All these organizations work for the upliftment of the society.

"I get a lot of happiness by doing social work," Varghese says. "I came from scratch and this motivates me to help others. The more you extend your arms to the needy and poor people, the Almighty will reward you. Every person must act like a human being with a clean conscience and God will be with you and reward you. I am not alone. God is with me." Varghese explains.

Varghese's wife Daisy is also from Irinjalakuda. They have two sons, Nixon and Nelson. Nelson is married and his wife's name is Diana. They have a daughter, Nancy who is married and lives in Mumbai. His two sons also look after their father's business.

Varghese is an example of a human being who has a genuine urge to serve the less fortunate. There is hope for the world as long as there are such people among us.

Eating out

There are a few hotels and restaurants that serve Kerala food. One of them is Rice Boat, which serves authentic Kerala fare, both vegetarian and non-vegetarian. There is Hotel Victory

near Andheri Station that serves Malabar Butter Parotta and stews. Then there is also Happy Home, another Kerala vegetarian hotel which caters Kerala food and snacks.



Victory Restaurant near Andheri Station



Rice Boat Restaurant at Versova

Malayalee Churches in Mumbai

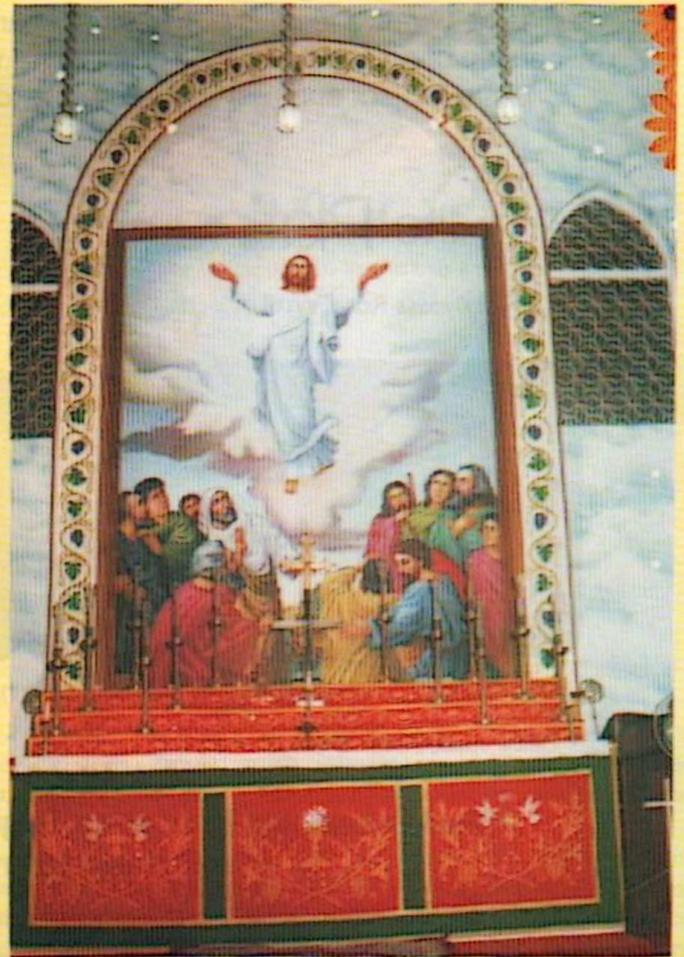
St Thomas, one of the apostles of Jesus Christ landed on the Malabar coast in India in A D 52 and established the first Church there. He also converted a number of local inhabitants to Christianity. Christians in Kerala are thus an indigenous community tracing their roots to St Thomas. According to tradition, St Thomas also came to Kalyan in the first century and established a church there. We have no recorded evidence of the legacy, tradition and history of Bombay Church till the sixth Century. It is generally believed that churches were established in Mumbai in the sixth century and till the 14 th Century, the Church in Mumbai was under the Ecclesiastical rule of the Bishop of Kollam.

In the early 1930s Syrian Christians started coming to Mumbai from Kerala. These pioneers were interested in prayer, worship and fellowship. They gathered in houses, halls, schools and irrespective of church denominations they involved themselves in various church activities especially during Christmas, thus revealing the diaspora community as an ecumenical community. This feeling of oneness enabled them to organize joint programs for the spiritual enhancement of the community. The first Malayalam service was held on April 1st 1934 which was Easter Sunday at St Mary's Church, Parel.

As the number of Christians coming to Mumbai from Kerala increased, the need for organized worship arose. In 1940, the St Mary's Orthodox Church, (Bombay Parish) Dadar East, the first Malayalam church was founded. The Marthoma Church was also founded at the same time.

The first Pentecostal Church in Mumbai was started in 1945. In Mumbai today there are 92 Malayalee Catholic Churches, 23 Orthodox Churches, 22 Marthoma Churches, 14 Jacobite Churches, 5 CNI / CSI Malayalee Churches, 2 Methodist Churches and more than 200 Pentecostal Churches.

The Churches have contributed to the social and economic



development of the inhabitants in their neighbourhood. Many Churches have established schools, orphanages and hospitals to help and assist the poor and the downtrodden.

RISING STARS

Dr Sudhir Warriier

Orthopaedic Surgeon

Dr Sudhir Warriier is the ideal prototype of a Malayalee Mumbaikar, born and brought up in the city and now counted among the top orthopaedic surgeons of India.

Dr. Warriier is today a specialist in hand and microsurgery and consultant at Dr Laud's Clinic, the Centre for Joint Replacement Surgery, Lilavati, Jaslok, Hinduja and Shushrusha Hospitals and the LH Hiranandani Hospital.

Opting for medicine, Dr Warriier found he had no financial backing to go in for specialization. He came in contact with the internationally reputed doyen of hand surgery, Dr. B. B Joshi, who had put the M.G Hospital at Parel on the world map for hand surgery. Dr Joshi took young Sudhir Warriier who had just done his MS in Orthopaedics from Grant Medical College, under his wings.

Soon, Sudhir Warriier became as competent as his distinguished mentor in microsurgery- with the use of high powered microscopes to magnify tiny tissues while operating on them. This also involved re-implantation of amputated parts like fingers on hands using thread thinner than human hair.

Almost all top sportsmen are his clients and patients. Among them are Sachin Tendulkar, Harbhajan Singh, and the boxer Nanao Singh. Hand injuries that are not treated on time could lead to stiffness, paralysis and other problems, Dr Warriier states.

Dr Warriier has undergone specialized training in microsurgery in Singapore, Japan and Hong Kong. He has conducted workshops and training camps in Korea, Sri Lanka, Pakistan and Bangladesh at their invitation.

He conducts a free medical camp for bone treatment and surgery for the Sri Bidada Sarvodaya Trust in Gujarat near Mandvi port. He has been doing these three times a year for the last ten years. He also does free check up for poor patients at Dr Laud's Clinic. In fact, about 20 per cent of his work is set apart for charity.

He derives satisfaction in his work from the fact that for a person his hands are very

important in whatever he does- from writing to squeezing toothpaste to brush his teeth to creating the most wonderful work of art.

Dr Warriier is also a veterinary surgeon, who operates on cats, dogs, vultures and other animals, on request. As a part of a team called to treat a white tiger at Sanjay Gandhi National Park in Mumbai he removed a tumour from above the eye of the animal.

His team has patented the Universal Mini External Fixator, a device for treating

crush injuries on hand and foot. The UMEX is now available in the market and sold abroad extensively.

Son of K Sankara Warriier and Jayalakshmi Warriier, Sudhir spent most of his childhood in Juhu. His father hailed from Shoranur and his mother from Achankulangara. Married to Sujata, Sudhir has a son and a daughter. His hobbies include trekking, flying and wildlife tourism.

He has gone to every part of the country for each one of these interests.



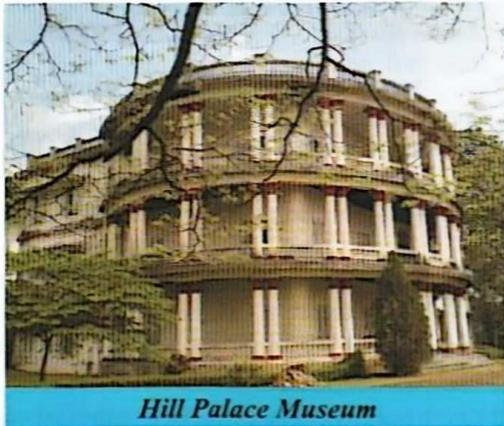
by traders from the Court of Kublai Khan, these nets are set up on teak wood and bamboo poles and they are used during high tide. The best place to watch the net being lowered into the sea and the catch being brought in is Vasco da Gama Square, a narrow promenade that runs along the Beach. The square is an ideal place to savour fresh delicious sea food and tender coconuts.

Chitram Art Gallery

Opposite Air India, M G Road, Chitram Art Gallery holds regular exhibitions of paintings.

Hill Palace Museum

Hill Palace Museum at Tripunithura is situated 12 km away



Hill Palace Museum

from Ernakulam on the Ernakulam - Chottanikkara route. Different types of sculptures, collections of rare coins, old weapons, manuscripts in ancient scripts and collections from the Kochi Royal Family are exhibited here. There is a Deer Park in the vicinity. Horse riding facility is also available. The Parikshith Thampuran Museum situated at the Durbar Hall Ground together with its collection was transferred to Hill Palace Museum in 1997.

Jewish Synagogue

The Synagogue was built in 1568 AD at Mattancherry. Great

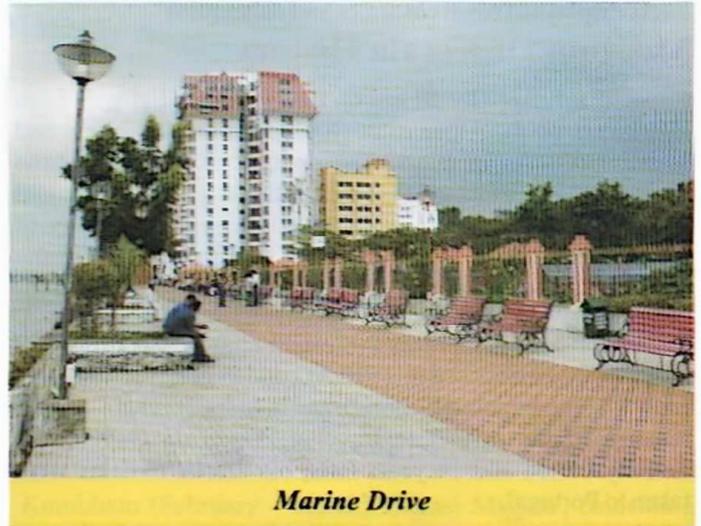


Jewish Synagogue

Scrolls of the Old Testament, the copper plates in which the grants of privileges made by the Kochi rulers were recorded and the exquisite Chinese hand-painted tiles may interest the discerning.

MNF Gallery

The Centre for Visual Arts and Gallery Paintings and Sculptures is situated at Edappally about 10 km from Ernakulam and located next to Museum of Kerala History. It houses about 200 original paintings of recognized Indian



Marine Drive

masters, both contemporary and of the past. There is also a large collection of modern sculptures in marble, bronze, granite etc.

Mangalavanam

The ecologically sensitive Mangalavanam is behind the Ernakulam High Court. This evergreen forest land in the heart of Kochi is a green oasis for migratory birds as a nesting ground. These birds are sensitive to the presence of human beings. The visitors have to be careful not to go near them as the birds would fly away leaving behind the eggs and newborns at the mercy of crows and kites.

Mangalavanam is the only existing green patch in Kochi city, offering a nesting ground for a vast variety of migratory birds and supporting several varieties of mangroves. As a source of oxygen, the rare eco-system in the heart of Kochi city, Mangalavanam has kept pollution under check.

Marine Drive

Marine Drive is considered to be one of the most beautiful parts of the city. It is also called Shanmugham Road. The marine walk is the main hangout for the local populace as the view of the backwaters and the harbour is excellent. At night the lights from the ships anchored at the harbor is breathtaking. There are various buildings along the Marine Drive which are good examples of modern architecture.

The Marine Drive is gradually catching up as another busy retail centre. The lively GCDA Commercial Complex along the waterfront features a kaleidoscope of several business establishments and other institutions, fast foods and cafes, and a variety of shops selling anything from perfumes to high-capacity refrigerators.

Broadway - narrow despite its name - running parallel to the east of Shanmugham Road is among the city's oldest and busiest shopping streets, where the best buys include clothes and spices. The main Ernakulam market is also located alongside Broadway.

Mattancherry Palace

Mattancherry Palace, also known as Dutch Palace, was built by the Portuguese in 1555 A D and they gifted it to the Raja of Kochi, Veera Kerala Varma. It acquired the second name when the Dutch carried out extensive repairs in 1663. Its interiors are decorated with murals from the Ramayana. There are some

European glass paned windows and Balcony cum Verandas characteristic of the times.

The Bishop's House

Built in 1506 as the residence of the Portuguese Governor, the Bishop's House stands on a little hillock near Parade Ground. The façade of the house is characterized by large Gothic Arches and has a circular garden path winding up to the main entrance. The building was acquired by Dome Jos Gomes Ferreira, the 27th Bishop of the Diocese of Cochin whose jurisdiction extended over Burma, Malaya and Ceylon in addition to India.

Fort Immanuel

This bastion of the Portuguese in Kochi was a symbol of the strategic alliance between the Maharajah of Cochin and the Monarch of Portugal, after whom it was named. Built in 1503, the fort was reinforced in 1538. By 1806 the Dutch, and later the British, had destroyed most of the fort walls and its bastions. Today, the remains of this once imposing structure can be seen along the beach.

The Dutch Cemetery

The tomb stones here are the most authentic record of the hundreds of Europeans who left their homeland on a mission to expand their colonial empires and changed the course of history of this land. The cemetery was consecrated in 1724 and is today managed by the Church of South India.

The Cochin Club

The club, with its impressive library and a collection of sporting trophies, is housed in a beautifully landscaped park. Early last century when the club had just become operational admission was restricted to the British. Today, though the club retains its traditional English ambience, its rules are more liberal and the membership of 250 includes women as well. Strangely enough, alcohol is not served on the premises.

Bastion Bungalow

Built in the Indo-European style way back in 1667, the Bungalow gets its name from its location on the site of the Stromsburg Bastion of the old Dutch fort. The building blends beautifully into the circular structure of the bastion and has a tiled roof and a typical first floor verandah in wood along its front portion. Today, the Bungalow is the official residence of the Sub Collector.

Bhoothathankettu

50 km north east of Ernakulam town, a scenic dam site with boating facilities is situated in a vast virgin forest. It is a popular picnic spot with Salim Ali Bird Sanctuary near by.

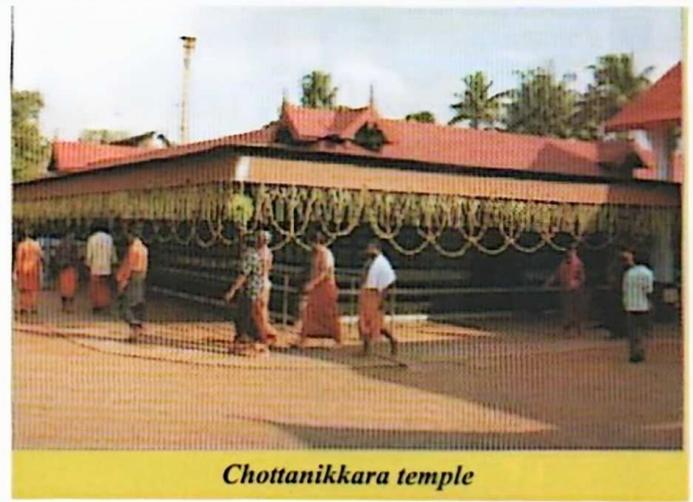
Cherai Beach

25 kms from Kochi, Cherai Beach offers a unique combination of sea and backwaters rimmed by lush green coconut palms.

Chottanikkara Temple

Chottanikkara temple, located near Ernakulam enshrines Bhagawati - the mother Goddess worshipped in three different forms - as Saraswati in the morning - draped in white, as Bhadrakali at noon draped in crimson, and as Durga in the evening decked in blue, one of the most popular deities in Kerala. People who have mental ailments seek refuge in the divine mother, who graciously cures them, her devotees believe.

The annual festival here is celebrated in the month of



Chottanikkara temple

Kumbham (February - March). 'Maasi Magam', coinciding with the full moon, during this festival attracts vast crowds.

Kalady

Kalady, 45 km from Ernakulam, is the birth place of Adi Shankaracharya the great Indian Philosopher who lived in the 8th century. Two shrines in memory of Sankaracharya - one for Dakshinamoorthy and the other for the Goddess Sharada are the highlights. It is now administered by Shringeri Mutt.

Kallil Temple

22 kms from Kalady, A ninth century Jain temple shaped out of a huge rock on a small hill in a picturesque surrounding, is seen. The visitor has to climb 120 steps to reach this rare historic temple.

Kanjiramattom Mosque

Kanjiramattom Mosque, 30 km from Kochi, is believed to be erected over the mortal remains of a Muslim saint, Sheikh Parid. Another great Muslim saint, Baver is supposed to have prayed here and attained salvation.

Kanjiramattom Festival

The festival of 'Kodikuthu' is celebrated on the 14th of January each year, in Kanjiramattom Mosque, 25 kms from Ernakulam. The mosque is believed to have been built as a memorial to Sheikh Fariduddin. During the "Chandanakkudam" ritual at night, pilgrims carrying pots covered with sandalwood paste proceed in a procession to the mosque. Six caparisoned elephants and folk performances accompany the procession. Traditional Muslim art forms like Oppana and Mappilappattu are also staged during the festival.

Kottayil Kovilakam

42 kms from Ernakulam, Kottayil Kovilakam at Chennamangalam, which was the seat of Kshatriya chieftains of Villarvattom, is situated near the ancient Kunnathali Temple. Chennamangalam is an important center of handloom weaving and coir manufacturing.

Malayatoor Perunnal

The feast or the 'Perunnal' at the famous Catholic Church at Malayatoor is celebrated on the Sunday after Easter, in the months of March/April. Atop the 2000 feet high Malayatoor Hill, about 52 kms from Kochi, the church is dedicated to St. Thomas.

It is believed that the Apostle, who came to India in the first century A.D, visited Malayattoor twice. Pilgrims of all faiths

Ayyappa songs in Marathi

The release of an audio CD of Swami Ayyappa songs in Marathi marks a new dimension in the efforts to reinforce bonds of camaraderie among devotees of the Lord of Sabarimala in Kerala, spread out through states cutting across borders. When religion and language are being misused for narrow political objectives to divide people, it is heartening to note that the same religion is being used to cement bonds between devotees in various parts of the country. The CD was released on 20th November by the Union Minister of State for Communications, Gurudas Kamat at Napoo Gardens. The CD has been produced by an ardent devotee V Gopalakrishnan Nair, with lyrics by Anuradha Narvekar. The nine songs, all in praise of Ayyappa, are sung by Suresh Wadkar, Ravindra Sathe, Dr Neha Rajpal, Sangeeta Chitale and Abhijeet Rane. Gurudas Kamat and the President of the Republican Party of India, Ramdas Athavale, lauded the efforts of V G Nair to bring together all devotees of Ayyappa cutting across regional barriers through the CD. Nair himself undertakes the annual pilgrimage to Sabarimala and conducts elaborate rituals at the Napoo Gardens as his offering to Ayyappa.



Devotees from various parts of Maharashtra have been undertaking the annual pilgrimage in hordes over the last several years. Central Railways had been running Sabarimala special trains for the convenience of devotees every year. Except for one song in Marathi sung by Yesudas in praise of Ayyappa there has been no other attempt to render these devotional songs in Marathi earlier. Music Director Bhagwant Nerurkar pointed out that V G Nair had from the beginning insisted on getting the best singers and the best possible lyricist to produce the album.

MALAYALEE TOUCH IN C M's OFFICE



After a long time, the Maharashtra Chief Minister's office will have a distinct Malayalee presence. Aashish Kumar Singh who has been appointed Personal Secretary to the new Chief Minister, Prithviraj Chavan, had been Deputy Municipal Commissioner.

He had earlier been Managing Director of the Kerala Tourism Development Corporation from 1994 to 1997. From 1992 to 1994, he had been Additional Director of Kerala Tourism Development Corporation.

Aashish Kumar Singh had been deputed to the Central Government from 2004 to 2009, when Prithviraj Singh was Minister of State in the Prime Minister's Office.

Singh is married to Valsa Nair Singh, who is Secretary for Environment in the Maharashtra Government. They have two children, Aditya and Amartya.



Poornathreyesa Temple festival

which falls in September/ October and Hanukka, the 'festival of lights', are other popular festivals.

Kodungalloor Temple

Kodungalloor, 50 kms north of Kochi, was the ancient port town of Muziris or Crangannore. The most famous Bhagavathy temple of Kerala is here. It was said that Kannaki of *Chilappadikaram*, after destroying Madurai City became the Bhagavathy of Kodungalloor.

The Bharani Festival, which falls in the Malayalam month of Meenam (March/ April) attracts the largest congregation of 'Velichappadu' (Oracles), including women from different parts of the State.

Tripunithura Poornathreyesa Temple

This temple is at Tripunithura near Ernakulam. This has a legend that connects with Arjuna. Thripunithura is also known as the Land of temples. The famous Sree Poornathrayesa temple is one of them. It is in the form of 'Santhana Gopala Moorthy'. Poornathreyesa temple inaugurates the celebrations of all temples by starting its celebrations in *Vrichikom*

Menons of Air Works, India 's first aviation entrepreneurs

Two friends with passion for aviation left Kerala and worked in Kolkata and Delhi before landing in Mumbai. In Mumbai they were jobless and with over Rs 200 they started India's first aircraft maintenance and repair workshop known as Air Works at Kalina, Mumbai. The two enterprising men were late Bemblasserri Gopinath Menon and Parakkal Shivadas Menon. Air Works now has twelve stations in India and is currently maintaining about 90 aircrafts.

After a long innings with the aviation sector, Shivadas Menon retired and is settled in Kozhikode. B G Menon died a few years ago. Air Works is now being steered by the younger family members Sahadev, Raghudev and Ravi Menon. Today, Air Works is not only a company with international repute it has set a mark for aircraft overhauling, maintenance and repairs.

Air Works was established in 1951. It will complete 60 years of service to the Indian aviation industry in 2011. The company diluted its family holdings and raised private equity from Punj Lloyd and Global Technology Investment Group to be more globally competitive by enhancing the capital and achieve substantial business growth in the Asian market. They have also set up a basic foundation for aviation training in India.

Ravi Menon, director and group head (business development) of Air Works recalled "our journey with my uncle B G Menon and my father PS Menon was very tough and challenging as there was no private airlines except the Tatas who had one aircraft. My uncle and father who were very good friends had worked with the Birla's Bharat Airways in their earlier days and in 1953 they got G D Birla's Dakota DC 3 work. Birlas were our first client".

"Our relations with the Birlas has been on for six decades, then we got work from DGCA, Iran Air, Ariana (Afghanistan), Royal Nepal Airlines. In a short span we were recognized by the aviation industry. Our business grew considerably to sustain Air Works. Later we had corporate clients like Dalmia, J, K, Raymond, The Hindu Newspaper group, ISRO, National Remote Sensing Agency. We were not only maintaining the aircrafts, we



Parakkal Shivadas Menon

modified aircraft in those days. Dakotas were 'queen of the sky. We used to support one of Air India's Dakota in the fifties", he explained.

Air Works rebuilt the old Dakota and owned four of them, Menon said. "We acquired two aircrafts and for 15 years had activities like crop spraying, carried perishable good as far as UK. We also made a foray in to helicopters and maintained choppers for Mahindra & Mahindra. In the 70's we set up engineering management division for Jet Airways. One of our recent achievements have been to set up a full fledged aviation MRO at Hosur near Bengaluru for ATRs 42 and 72 aircraft, Boeings, 737 series and Airbus 320 family. We have also

acquired 85 per cent stakes in an European aviation paint and refinishing company Air Livery in UK. We will have an unit at Hosur as well", he stated

It's interesting to note, Ravi observed "my father got married to my uncle's sister Sarala from Palakkad and my uncle got married to father's first cousin Nalini again from Palakkad and the two friends who started their aviation career turned relations as well. In our family my other two cousins Rajdev and Jaidev are also in the aviation sector and another two young members have taken to flying. My wife Shobha and Sahu's wife Anita are Bharata Natyam dancers and are associated with a dance troupe.

"Our Kerala roots are very strong. Both my father and uncle have studied in Palakkad. Every year we have a family reunion in Kozhikode in December. This tradition is on since the seventies. We also celebrate Onam and Vishu together though many of us are born and brought up in Mumbai. We also have reunion at our tharavad in Vadavanur", Menon described.

My uncle was very close to Swami Chinmayananda and he was also related to him, Menon said adding "for all of us family values, family bonding and hard work are the key mantras to come up in life".

(the writer is a documentary film maker and media consultant)



Family and friends with Mrs and Mr P S Menon on the occasion of P S Menon's 90th birthday

Old is Gold

-Satyanath

Pallavi (പല്ലവി) (1977)

Lyrics: Parathully Ravindran

Composer: Kannur Rajan

Raagam:

Singer: K J Yesudas

ദേവീക്ഷേത്രനടയിൽ ദീപാരാധന വേളയിൽ
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 ആലിലത്തട്ടിലൊരായിരം പൂവുമായ്
 ആരാധനയ്ക്കായ് വന്നവളേ
 അതിലൊരു തുളസിക്കന്തിർ നിന്റെ മുടിയിൽ
 അറിയാതെ ഞാനൊന്നണിയിക്കട്ടെ?
 ആവണിത്തെന്നൽ പോലെൻ മനോവാടിയിൽ
 ആത്മസഖി നീയൊഴുകി വരു
 തളിരില കയ്യാൽ തഴുകും നേരം
 അനുഭൂതിയിൽ ഞാൻ അലിഞ്ഞു ചേരും.

Transliteration: Ā, ā = ആ, ാ ; Ē, ē = ഏ, ഐ ; c = ി ; Ō, ō = ഓ,
 ഔ ; Ū, ū = ഊ, ു , ൂ = ൃ ;

C, c = ച, ch = ചെ, D, d = ട, Dh, dh = ട, Ḍ, ḍ = ഡ, Ḍh, dh
 = ഡ, jh = ജ, Ī, ī = ള; Ñ, ñ = ണ, ṅ = ണ, ṇ = ണ; ṛ = റ,
 ṛṛ = റ; ṣ = റ; Ś, ś = ശ; T, t = ട, Th, th = ട, Ṭ, ṭ = ത; ṭh = മ,

Dēvīkshēṭranatayil dīpārādhana vēlayil
 Dīpaṣṭambham tēliyiccu nilkkum dēvikē nīyōru kavīṭa
 Ṭṛusandhyayezhuṭiya kavīṭa
 Ālilaṭṭattilorāyiram pūvumay
 Ārādhanaikkay vannavalē
 Aṭiloru ṭulasikkaṭir ninte mutiyil
 Arhiyate ṅanonṇaṇiyikkatte?
 Āvaṇiṭṭennal pōlen manōvāṭiyil
 Aṭmasakhī nīyozhuki varū
 Ṭalirila kayyāl ṭazhukum nēram
 Anubhūṭiyil ṅanaliṅṅucerum.

Parathully Ravindran also wrote the story, screen play and dialogue of the movie. He wrote two more songs for this movie. They are *Kinavinte Katavil* (Yesudas), *Kilikkotha kavilulla* (Madhuri) and the fourth song is *Kannale Paaru* (P Bhaskaran, Jayachandran). His second movie '*Chunakuttikal*' was never released.

Directed by B K (Balakrishna) Pottekkad. It was produced by T P Haridas. Vincent, Jayabharathi, Soman etc. were the main actors.



Parathully Ravindran



Kannur Rajan



K J Yesudas



Jayabharathi

Quiz:

- (1) Point out a discrepancy in the lyrics.
- (2) State the Raagam of the composition.

Answers to last quiz:

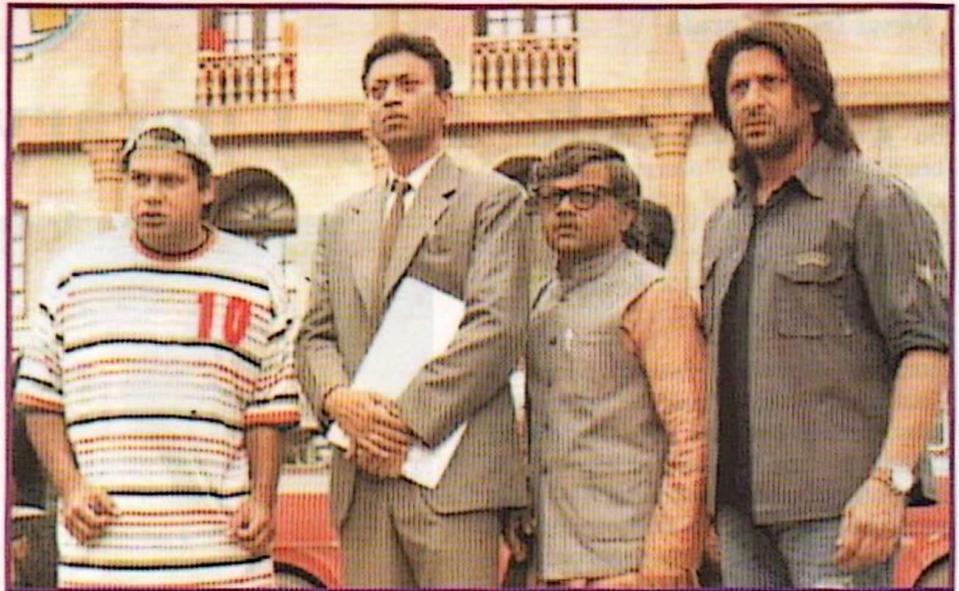
- (1) Pātāṭṭa painkili (2) Mariya Kutty, Veluṭṭa Kaṭrina (3) Snapaka Yohannan

was one of the judges of *Hello Kaun? Pehchan Kaun?* on Star One, another mimic show where the contestants mimic a star celebrity.

Current Projects

Suresh's current project is doing gags along with other comedians Raju Srivatsav, Sunil Pal, and Shailesh Lodha for Adhikari brother's Mastiii Channel, a music and film songs channel launched in July. This channel is devoted to 75% film songs and 25 % comedy comprising of one-minute fillers, gags, and jokes by well-known comedians of the present day. Currently Suresh is acting in a Hindi film *No Problem* which will be released in December. Another Hindi film for which shooting is on, is *Bheja Fry Masala*, sequel to *Bheja Fry*.

Suresh does stand-up comedy shows for corporate houses and organizations where he scripts the dialogue and performs it. Suresh is open to acting all types of roles in films though he feels comedy is his forte. "Comedy should be used as a tool to



A scene from *Krazy 4*

remove the evils in our society. It should open people's minds." Suresh says. His all time favorite comic heroes are Charlie Chaplin, Laurel and Hardy, Mehmood, I S Johar, Jagathy and Innocent.

Suresh Menon's wife Shurobi is a Gujarati and a director of films for Television channels. They have two sons, Shiv Menon and Eshan Menon.

Recipe for VEGETABLE BIRIYANI

Biriyani is becoming more and more popular in Kerala especially when a large number of guests are coming in, for parties. Once all the materials are gathered, Biriyani is faster to prepare, easy to serve and longer to digest make it a favourite of masses.



Ingredients:

Basmati Rice	1 cup
Water	2 cups
Carrot (cut into small pieces)	¼ cup
Peas	¼ cup
Beans (finely sliced)	¼ cup
Cabbage (shredded)	¼ cup
Ghee	¼ cup
Mustard	½ tsp.
Green chillies	2
Garlic paste	2 tsp.
Ginger paste	2 tsp.
Sliced onions	¼ cup
Curry leaves as required	
Salt to taste	
Coriander leaves	
Oil for frying	
Raisins	

Preparation:

1. Soak the cleaned and washed rice for 5 minutes and drain.
2. Keep the vegetables in a cup of boiling water in which a little salt is added. Strain it before it loses its colour.
3. Heat ghee in a skillet and sauté the vegetables. Lift it into a strainer when seasoned.
4. Place the rice in the remaining ghee and sauté for five minutes. Add two cups of water into the rice. Cover the pan with the lid. When the rice starts to boil, cook it on slow fire. The rice will be cooked and all the water absorbed. Keep it aside.
5. Fry sliced onion in hot oil till it turns golden brown. Lift and keep it aside.
6. Fry cashew nuts and raisins in the remaining oil and keep it aside. Saute mustard, chillies, garlic, ginger paste and curry leaves in the same oil.

Mix the sauted green masala, all vegetables and the cooked rice together. Add salt to taste and keep the pan closed. Keep it over very low flame. Before serving, garnish it with fried onions, cashew nuts and raisins. Sprinkle chopped Coriander leaves over the rice and serve with a smile.

Great Poets of Malayalam-2

Thunchathu Ezhuthachchan

-Satyanath

Thunchathu Ramanujan Ezhuthachchan is reckoned as the Father of Malayalam Language. His contribution to the literary elevation of the common man in Kerala is unique. The great teacher taught the people to respect and worship the language and its alphabet. He refined the Malayalam language and wrote his works for ordinary people, incorporating whatever he thought good with a strong sense of righteousness and devotion. No one before or after him has done as much as he has done. His contribution to the language through his works *Adhyatma Ramayanam*, *Sri Mahabharatham* and *Srimad Bhagavatham* is unparalleled.

Ezhuthachchan is believed to have lived during 16-17 centuries. As there are no reliable records available of his life, the time span is based on circumstantial evidence. He inspired Melpattur Narayanan Bhattathiripad to compose his magnum opus 'Narayaneyyam' and in this work, the latter has mentioned the year in which it was written albeit in coded words.

Nowhere has Ezhuthachchan mentioned his name and caste nor named his parents. All speculation in this context is mere surmises, assumptions or conjunctures.

His parents

There are a number of controversies about Ezhuthachchan's parents, his name, caste and family.

To be a genius, one needs a father who is a genius, divine or of high caste,



conservative leaders traditionally argued. Their subordinates also support this view. Accordingly, some believe his father was a Namboothiri and his mother was single, thus making Ezhuthachchan an illegitimate child. There is a legend to this effect.

It was a custom at that time for Nair women to have Brahmins as the father of their children. A very famous Brahmin astrologer once went to his native place and had to return via Thrikkandiyur. He knew that the night he stayed at Thrikkandiyur was special in that a child conceived then would be destined to

become a very special person. While thinking disconsolately about not reaching his house in time, a *dasi* (maid) of the house that he was staying asked him what the matter was, and he told her his predicament. The maid requested him to grant her that special child. Thus Ezhuthachchan was conceived.

However, Historian F W Ellis indicates that being jealous of Ezhuthachchan's genius, some unknown Brahmins concocted this story. Ellis had no doubt that his father was an Ezhuthachchan (Father of letters) and thus he was not an illegitimate child.

His personal name

Many believe that his real name was Raman while some believe it to be Ramanujan. The poet and researcher Ulloor S Parameswara Iyer concluded that his name was Raman. He had an elder brother who was known as Jyestanezhuthachchan, which means that the younger one was more popular. There were arguments that he had an elder brother named Raman and our man was known as Ramanujan Ezhuthachchan. Some believed that his name was indeed Raman and the suffix anujan might have been added to his name Raman, to indicate that he was the younger brother.

His caste

Being an ezhuthachchan, he was believed to belong to either Chakkala Nair or Vattekatu Nair. Noted scholars and historians Ulloor Parameswara Iyer, K. Balakrishna Kurup, Prof. T. B. Vijayakumar and many others also support this view.

Considering the social set up of that era, the caste names were given by local rulers



Thunchan Parambu

Ulloor S
Parameswara Iyer

C Radhakrishnan

Kilippaattu, there is mention about Godavari, Kaveri and Sreerangam, which are not referred to in the original *Mahabharatham*. Also when describing *Panchali swayamvaram*, there is mention about *Pandya* and *Chola* kings along with the Keralan king, which are also not in the original. In *Chintaratnam*, the Acharyan had enumerated many holy places like Kashi, Rameswaram, Sreerangam, Kumbhakonam, Kamakshi, Gaya, Purushothamam, Gokarnam, Kamalalayam, Chidambaram, Vyalen-drapuram etc. In *Kaivallya Navaneetham* there is mention about Lord Thirupathi Sree Venketeswara Swamy. These indicate that he must have visited these places. Ezhuthachchan settled in Chittoor as a Sanyasi. He set up a *gramam* there and brought twelve Brahmin families from Tamil Nadu, and granted them the place. He must have felt obliged to them since they had taught him Vedantha. The Acharyan had always shown utmost respect to his teachers.

Kaivalyanavaneetham

This work was written by Thunjath Ezhuthachchan as soon as he returned from Tamil Nadu. It is in *kilippaattu* style and is a translation of *Kaivalyanavaneetham* from Tamil. A Brahmin poet, *Thandavaraya Swamikal* of Thanjavur, is the author. *Adwaitavedantha* is its subject. A desire to let the people know the greatness of Tamil language and literature is evident in the translation.

Ezhuthachchan brought both *Kilippaattu* and *Keka vritham* from Tamil Nadu. Both of them were unheard of in Kerala.

It is not known whether Ezhuthachchan had previous family ties with the Ezhuthachchans of Edapal house at Amakkavu. There is a special Devi temple there which is run by Sudras. The Thrikkandiyur temple was managed by Brahmins, so Ezhuthachchan would not have had much freedom there. At least some of the Namboothiris there must have been envious of Ezhuthachchan's calibre. It is certain that others like Azhvancheri Thambakkal had encouraged Ezhuthachchan. The Acharyan had mentioned that he composed *Brahmandapuram* under the direction of Azhvancheri Thambakkal.

"*Netra Narayanan thannajnayal virachitham*".

- From Brahmandapuram.

Ezhuthachchan stayed at Edapal house

and married there. It is believed that *Devimahatmyam* was written while he was staying there. Ezhuthachchan had a daughter whom he named Sreedevi. His wife might have died soon afterwards. Ezhuthachchan assumed *Sanyasa* after returning to Tamil Nadu as Sudras were not permitted *Sanyasa* in Kerala. He returned assuming the name Ramanandan, and set up his Ashramam in Chittur.

Propagation of Malayalam Alphabet

Once the alphabet was evolved, Ezhuthachchan faced the onerous task of creating the need of making use of them. Since almost the entire population was illiterate or had no time to indulge in reading and writing as there was no need for it in their lives, Ezhuthachchan himself had to create the books as well as ensure that people would read them.

The only way to create such an environment was to create some poem that would be spiritual in content and compelling to read aloud besides avoiding hostility from the upper castes.

Ezhuthachchan utilized the knowledge acquired during his stay in Tamilnadu and Andhra Pradesh to write his first work of poetry. The '*Harinama Keerthanam*' (The song of the Holy Name "Hari") was written in a meter different from Sanskrit so that the common man of Kerala would find it attractive.

The Harinama Keerthanam

It consists of about 70 stanzas, each containing the supreme philosophy of Hindu scriptures, rendered in a beautiful lucid manner. It uses all the fifty one characters of the language with certain characters rhyming continuously making the reading and listening a pleasant experience. One example:

Onnaya ninneyiha rantennu kantalavil Untayorintal batha mintavathalla mama, Pante kanakku varuvan nin krupavalikal, Untakayengaliha narayanaya nama

It has one stanza each for every character in the order they appear, both vowels and consonants included. Generally it is a prayer and praise to Hari the God.

While talking on philosophy, he conceals certain aspects in those lines. For example, in the above stanza, he talks about duality and non-duality. He tells us that though the sound looks as one, the characters, when written, look different.



(Both characters in Sanskrit and Malayalam look different when written, while pronouncing, they sound the same. This creates some confusion (*Intal*).

ആദ്യക്ഷരത്തിലുളവായൊന്നിതൊക്കെയു
 ഗുരി-
 താദ്യക്ഷരത്തിലടങ്ങുന്നതും കരുതി
 ആദ്യക്ഷരാലിവയിലോരോന്നെടുത്തു
 പരി-
 കീർത്തിച്ചതിന്നരുൾക നാരായണായ
 നമഃ

The first character is "അ". All other characters are derived from it. Without this character (sound), no character should be pronounced. Besides, all consonants should be pronounced with this sound. (In other languages like Sanskrit, Tamil etc the consonants are not pronounced with the vowel sound "അ"). He implies that all consonants be pronounced with mouth wide open. He tells us that "അ" represents the *Brahmam*. As the entire universe originated from *Brahmam*, "അ" is inclusive of all characters.

ബ്രഹ്മം
 കണക്കെയുടനഞ്ചക്ഷരങ്ങളുടെ
 ഉത്ഭവം വരുത്തിയൊരു
 നക്ഷത്രങ്ങൾക്കുബന്ധം!
 കൂനോരു ഭാസിയെ
 മനോജ്ഞാംഗിയാക്കിയതു-
 മൊന്നല്ലയാളു!

ഹരിനാരായണായ നമഃ
 Like the rakshasi (Shurpanakha) was made nascent (by cutting her nose), the five characters similar to "ബ്ര" (ബ, ഞ, ണ, ന, മ) should be nascent.

Harinama Keerthanam was welcomed very heartily by the people of Kerala. Being a work of *Bhakti*, the orthodox Brahmins and members of royalty could not object to the propagation of this work. Common men recited this poem morning and evening and soon

യാത്രീദൈവദ്രുശ്ശൂനാകിയ തപോനിധി
 നേത്രനാരായണൻ അന്തഃശയോ വിരചിതം



M T Vasudevan Nair



Prof Dr M Leelavathy



the entire Kerala started reciting his poem.

Father of Malayalam

According to Dr K N Ezhuthachchan, only *Ramayanam* and *Mahabharatham* belong to him. Others, usually attributed to him, were not really his. See his two volume selected works of Dr K N Ezhuthachchan, published by Kerala Sahithya Akademi Thrissur. According to K N Ezhuthachchan even "*Uttara Ramayanam*" is not his. Its composition lacks Ezhuthachchan's stamp and genius. There may have been many popular *keerthanas*, *namam* or *japam* by other poets, but it was veritably impossible to find a single house in Kerala without Ezhuthachchan's "*Adhyatma Ramaya-nam*" during those dark times of war, disease and famine.

Ezhuthachchan taught the people to respect and worship the language and the alphabet, a level of culture which is difficult to find even in the modern era. He refined the Malayalam language and wrote his works for ordinary people, incorporating whatever is good with a strong sense of righteousness and worship. His contribution to Malayalam language through the *Adhyatma Ramayanam* (a translation of the *Adhyatma Ramayana* in Sanskrit and "*Sree Mahabharatham*" (a Malayalam adaptation of the Mahabharata in Sanskrit) is unparalleled.

His Works

Great souls of those periods had not cared to inscribe their names to their works. We have therefore no clear evidence of many classic works of that period. However, it is undoubtedly established that Thunchathu Ezhuthachchan is the author of *Adhyatma Ramayanam*, *Sree Mahabharatham* and *Harinama Keerthanam*. There are many other works attributed to Ezhuthachchan.

Though *Adhyatma Ramayanam* is clearly his work, there are doubts regarding *Uttara Ramayanam*. Some critics while defending his authorship, say that both may not be written in a close span of time, it might have been written after a long gap and hence the difference in style. Though *Adhyatma Ramayanam* is considered an adaptation of its Sanskrit version, there is evidence to show that he borrowed some ideas from *Valmiki Ramayanam* as well as *Kannassa Ramayanam*.

Another important work attributed to him is *Bhagavatham Kilippattu*. Though a majority of Malayalees accept him as the author, some disagree on grounds of inconsistency. Some who defended him, say that it might have been written either early in his life when he had not fully blossomed as a poet or later in his life when he lost some of his faculties. Mahakavi and historian Ulloor S Parameshwara Iyer states in his *Kerala Sahithya Charithram Vol. 2* that major part was written by

Ezhuthachchan and the rest by his disciples.

His other works are said to be *Chintaratnam*, *Ramayanam Irupathinalu Vruththam*, *Devimahatmyam* and *Kaivallya Navaneetham* (translation from Tamil).

He died on Dhanu 24, 732 (Malayalam era).

Tail piece:

Thunchan Smaraka Samiti, operating from Chittoor, used to conduct essay competitions every year for school students. There is an extensive Thunchan Memorial at Thunchan Parambu, his birth place, founded by late K P Kesava Menon and others. Its present Chairman is noted writer M T Vasudevan Nair. Every year, the Trust conducts various functions for the promotion of Malayalam language. December 31 is celebrated as Thunchan Day.

The Government of Kerala has instituted a literary award named after Thunchathu Ezhuthachchan, the highest for literature in Kerala, that carries a purse of Rs One lakh and citation and this is given to a highly reputed writer in Malayalam for his or her contributions to the Language. This year's awardee is Prof Dr M Leelavathy.

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THE CHERA STORY - II

THE CHERA EMPIRES

THAT BECAME KERALA



K. R. NARAYANAN

The Monarchs

Pathiruppaththu mentions about many monarchs of the Chera dynasty. Each King is praised in ten songs sung by the Court Poets. Those kings were Nedum Cheralathan, Palyane Chel, Kezhu Kuttuvan, Kalankai Kanni Narmudi Cheral, Chenkuttuvan Cheral (Kadal Pirakottiya Vel Kezhu Kuttuvan), Attu Kottu Pattu Cheralathan, Chelva Kadunko Azhi Athan, Thakadur Erintha Perum Cheral Irumporai, Kudako Ilam Cheral Irumporai, etc. '*Purananuru*', it is said, refers to a certain Udiyan Cheralan, who fed the rival armies during the Kurukshetra war of Mahabharata.

Imayavaramban Neduncheralathan, another Sangam Age King, is claimed to have conquered *Bharatarvarsha* up to the Himalayas and to have inscribed his emblem on the face of the mountains.

Cheran Chenguttuvan was the most popular king of the Sangam Cheras. The Sangam works give a lot of information about him. The Tamil Epic *Silappathigaram* also tells about his military achievements. It is said that Chenguttuvan led an expedition up to the Himalayas. He crossed the river Ganges and defeated the rulers there. He is also said to have reached the Himalayas and hoisted the Chera flag there. He is also said to have brought stones from there and built a temple in memory of the legendary Kannagi. His contemporary Gajabahu-I of Sri Lanka, according to Mahavamsa, visited the Chera country during this period. Cheran Chenkutta-van's brother Elango Adigal Saint Elango - composed *Silappathigaram*.

Second Chera Kingdom

This second Chera dynasty ruled from the outskirts of Muziris (later Mahodayapuram - present day Kodungalloor) on the banks of the River Periyar from 8th century AD. It was only during the second Chera Empire - under the reign of the Kulasekhara kings - which the present geographical region of Kerala progressed in civilization and gained political power.

In all, three political powers were ruling the area which now constitutes the present Kerala. They were the *Ays* in the south, the *Cheras* in Central Kerala and *Ezhimalas* in the north. The *Ays* established a kingdom which (in its halcyon days) extended from



Kannagi in the Court of Cheran Chenguttavan

Tiruvalla in the north to Nagercoil in the south. (Antiran, Titiyam and Atiyan were the most prominent of the *Ay* rulers). The *Ezhimalas* too ruled over an extensive area that covers the present Kannur and Wynad districts of North Kerala. However, the Cheras were the most conspicuous of the dynasties and founded a powerful kingdom in central Kerala, with great control over the other two.

There are many theories in regard to the formation of the second Chera Kingdom. One of them says that the governors might have been appointed by the Cheras of Karur in Kongu (or by their overlords like the Cholas, Chalukyas, Pallavas and Pandyas).

However, the exact point of time when the governors were discontinued following the establishment of a new Chera kingdom at Makotai cannot be ascertained. It is likely that a political revolution supported by the new powerful Aryan (Brahmin) oligarchy too would have enabled some Governor of the first Chera dynasty to become the founder of a new kingdom with its capital at *Makotai* (Mahodayapuram) near the site of the ancient *Muziris* of the Sangham age. The Aryans had

already settled down in this territory by the 3rd or 4th century and had become prosperous and influential. They could very well have influenced the foundation of this new kingdom, as well, somewhere at the beginning of the 9th century. The traditional chronicle of the Aryans - *Keralotpatti* - also points out to such a possibility.

The first King or the founder of the second Chera Kingdom is said to be Kulasekhara Alvar (800-820 AD). He was one of the 12 Alvars (Vaishnavite Saints), who were Tamil saints who composed and sang hymns in praise of Vishnu. (It is said that the Kings of the first Chera Kingdom were Saivites). In view of this, King Kulaseskhara and his descendents were also called the Perumals of Chera Empire or Cheraman Perumals.

The Alvars were the exponents of the *Bhakti* (devotional) cult in South India. The Alvars gave great impetus to the *Bhakti* cult in South India between the 7th and the 10th centuries. It is said that after the establishment of the Cheri Empire, King Kulaseskhara (the first Cheraman Perumal) entrusted his kingdom to his son, Rajaseskhara Varman and led a saintly life propagating religious faith. Kulasekhara

Alvar was a scholar and a great patron of the arts as well. He is said to have composed five dramas the *Perumal Tirumozhi* (Tamil), and *Mukundamala*, *Tapatisamvarna*, *Subha-drathamala* and *Vichchinnabhisheka* (all in Sanskrit). In addition, he wrote many poems as well.

Rajasekhara Varman (AD 820 - 844) was the successor of Kulasekhara Perumal. During his time, the new Calendar in Malayalam or *Kolla Varsham* was commenced and was made operative on the 25th of July, 825 A.D He is also noted for the issuing of the *Vazhappali Inscription*, which forms the first epigraphical record of the second Chera Kingdom.

Rajasekhara Varman was succeeded by Sthanu Ravi Varman (844-855 AD), who was one of the most important kings of the second Chera dynasty and had very friendly relations with his contemporary Chola King Aditya-I. Bhaskara Ravi-I, Bhaskara Ravi-II and Sthanu Ravi Varma (the successors of Rajasekhara Varman) were the other prominent rulers of this dynasty. Some Perumals also promoted Buddhism and Jainism, while one among them accepted Islam and went to Mecca. Altogether, we come to know about thirteen significant *Kulasekhara* monarchs of the second Chera Empire from the historical inscriptions which were discovered in the recent past.

The Golden Age

The Second Chera period of the Kulasekharas is considered the "Golden Age" of Kerala, in view of the glory gained by it, through the social, economic and cultural development during that time. Many reasons are attributed to this. The foremost among them was that the united empire consisted of small independent kingdoms and principalities, which gave strong support to the King and the king too had good control over them. The trading activities of the kingdom grew to great heights, especially with the Chinese and the Arabs. The Chinese connections influenced this territory to develop a new language of its own called Malayalam and promote its own culture. The Chinese trade practices too seeped into this region. The Chinese Dip Nets (*Cheena Vala*) which dot the backwaters of Kerala and the Chinese Canoes (*China Otam*) owe their origin to China. It is said that even the name Kochi is a variation of the Chinese term for a harbor. The Malayalam language was separated from Tamil and was sanskritized. The new language borrowed words from Arabic, Syrian, Persian, Chinese, Portuguese and Hebrew languages, on account of the trade connections with those countries.

This period also witnessed the establishment of Hinduism and the end of Buddhism and Jainism. Overseas religious faiths, like Judaism, Christianity and Islam, started flourishing here. The Bhakti movement spread throughout South India through religious songs and verses. A plethora of Vaishnavite and Saivite temples sprung up all over and new temple art forms like *Kutiyattam*, *Kuthu* and the like also originated. Schools called Salas were joined with the temples for imparting vedic/religious education to the people.

There were frequent clashes between the Cheras and the Cholas and gradually the kingdom started breaking. The second Chera Dynasty reigned till 1102 and finally perished after their capital Mahodayapuram was burnt by the Chola King - Kulothunga Cholan. The Cheras were completely defeated by the great Chola king Rajarajan. He captured the land of Kerala in 994 AD and devastated the Chera king Bhaskara Ravi Varman Thiruvadi's Navy in the conflict of Kandalur Salai.

After this shattering defeat, the Chera Empire started waning and gradually lost its past glory. Rama Varma Kulasekhara (AD.1090-1102) was the last of the Chera

Kings. He shifted his capital to Quilon when the Cholas sacked Mahodayapuram during his reign. He defeated the Cholas but could not regain his kingdom due to his enmity with the local Brahmins. His kingdom was restricted to South Kerala called Venad. Rama Varma's death signaled the destruction of the Chera Empire. The smaller principalities of Calicut, Travancore, and Kochi, Gangas, Hoysalas and Vijaynagara kingdom followed subsequently. Venad, an independent power grew later to become the powerful Travancore State. Similarly, Calicut too rose to prominence from the ashes of the mighty Kulasekhara Empire in the north. The central region subsequently ruled by the *Perumpa-dappu Swaroopam* transformed into principality of Cochin.

Acknowledgements

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8. Wikipaedia: *The History of Kerala*
9. Wikipaedia: *The Cheras, Cholas and Pandyas of South India* [A marine engineer by profession K R Narayanan has been writing articles on the Indian seas, their marine biology, the marine animals, and the like since 1968, initially for the *Mathrubhumi* in Malayalam and later for many other journals and magazines in English. After retirement, he has been engaged in writing for different scientific and popular journals and magazines on various subjects.

He has done extensive studies on the history of Kerala.

- Editor

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kitchen for a small family.

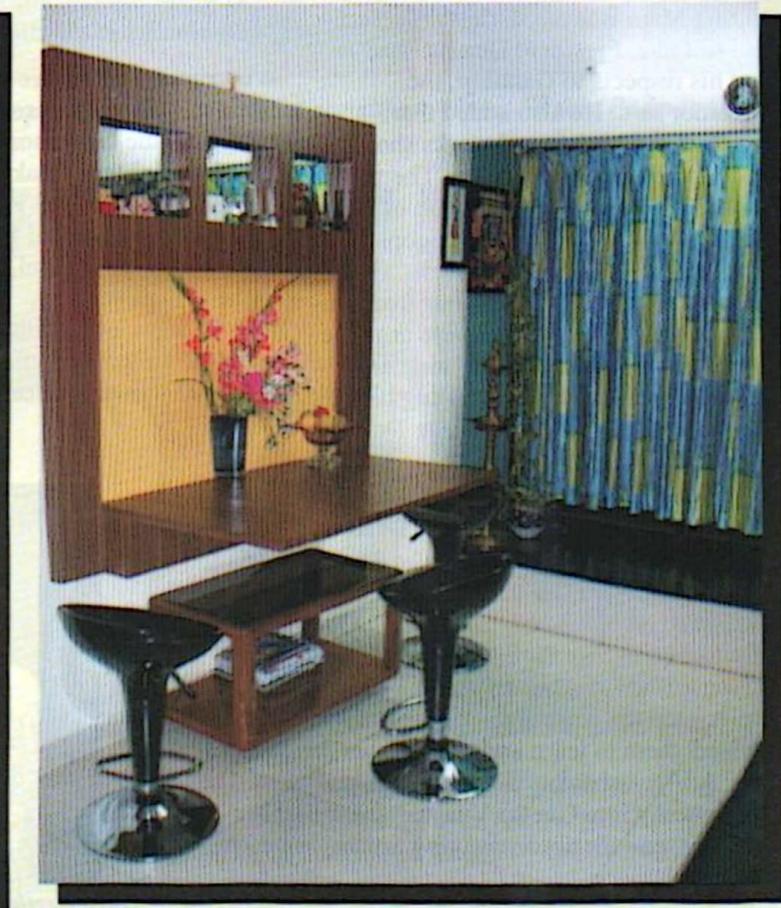
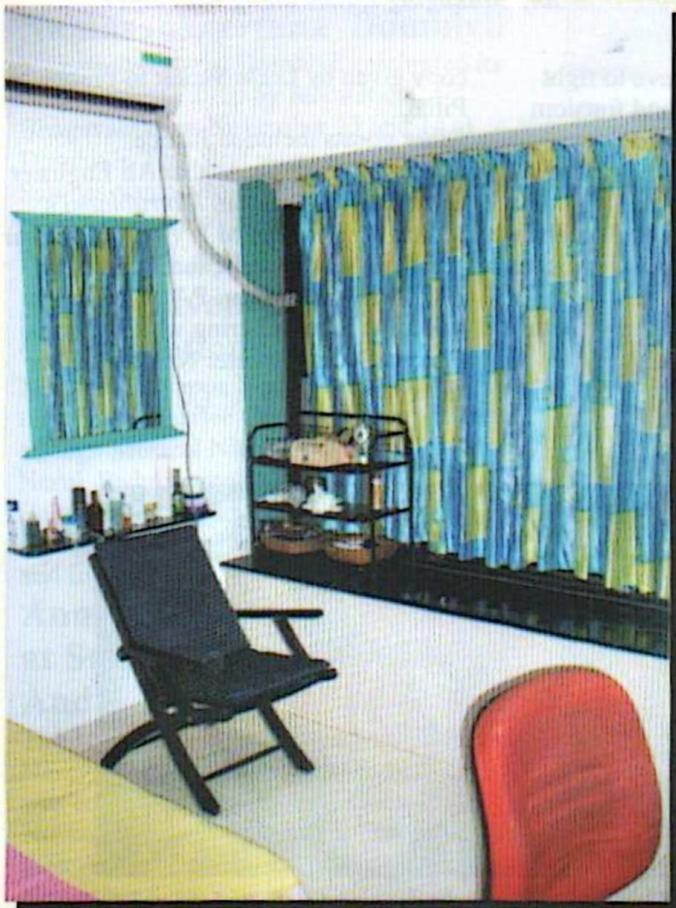
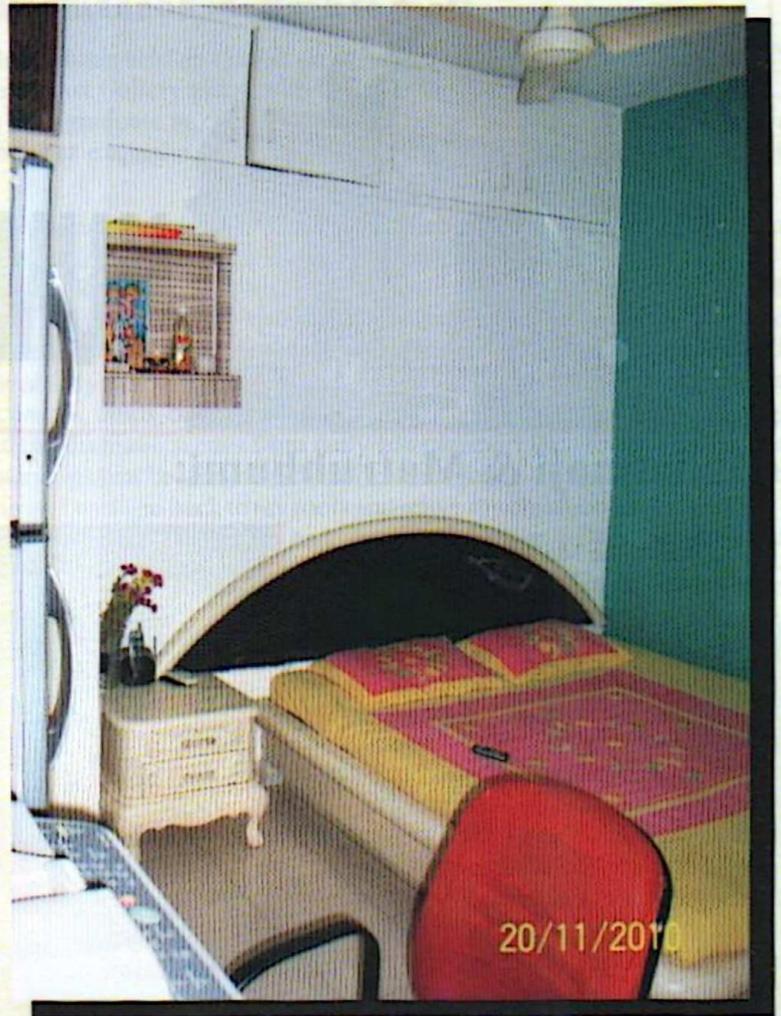
The existing kitchen was converted to a small bed room for the kid in the house with a single bed and the entire wardrobe for the house was accommodated there. There was one shutter space dedicated for storage. A small storage space for crockery was also created. The window there had a curtain and the space for window air conditioner was separately created.

The cabinet for the kids' study was just above the bed. The actual studying was to be done at the dining table since there was no other option. Since the bath room was small the washing machine was stationed in the kid's room.

The master bedroom was big comparatively. It was almost 13'x11'in size. Since we had already accommodated the wardrobes in the kid's room, we had ample space to accommodate a walker, a study table with a computer, and a refrigerator there. The dressing table was located on the north east wall with an Udaipur green marble shelf to accommodate the cosmetics. The room was painted in pastel ivory colour. The windows being huge a lot of natural light was available. The low sitting below the window gives not only a cozy look but is also very handy to accommodate a few guests.

The living room was very small in size but it was arranged in such a way that it did not look cluttered. By creating a small Indian low seating and a three seater sofa, the living room looked complete. The dining table was a challenge to be accommodated; we made effective use of the wall between the master bed and the living room to accommodate the dining table which is a folding one, to be used as and when required.

In the entrance along with the shoe rack, a library cabinet, accommodated the collection of books. On the other side artefacts were displayed.





MUMBAI NEWS DIGEST

KIM News Bureau

Mahatmaji & Matrubhumi:

Matrubhumi, the Malayalam Daily, inaugurated an exhibition of Mahatma Gandhi's visit to its office in Calicut on November 13,- the 75th anniversary at the Bharatiya Vidya Bhavan's auditorium in Mumbai. Gandhiji had visited the Calicut office on January 19, 1934 to unveil the photo of K P Madhavan Nair, founder and Managing Director of *Matrubhumi* in Calicut. The Governor of Maharashtra K Sankaranarayanan inaugurated the function. The Governor in his speech referred to the fact that Gandhiji's ideals of truth and non-violence inspired world leaders like Martin Luther King, Nelson Mandela, and the current president of the United States of America, Barack Obama. By visiting Mani Bhavan during his recent visit to India, President Obama had paid his respects to Gandhiji, the Governor said. He also added that Gandhiji and his life and works should reach the younger generation. The world wants India to do well. The path of globalisation must benefit all people especially the backward classes. According to the Governor, our freedom struggle will remain incomplete until we give all the people, food, clothing and shelter. Another major stumbling block



Governor of Maharashtra K Sankaranarayanan with freedom fighters, and Mathrubhumi Managing Director, Managing Editor along with other dignitaries at the function

is corruption which we have to fight against. "This is our second freedom struggle," the Governor said. Freedom fighters, Thakur Das Bang, Suman Bang, Dr G G Parekh, Draupadiben Jesubhai Patel, Arunaben Purohit, Shanti C Patel, were honoured at the event. A Collection of Gandhi- Tolstoy letters translated into Malayalam by Muralidharan was released and the first

copy given by Leela Sarkar to Prabha N Pillai.

Other guests included Justice Dharmadhikari, Dr Asghar Ali Engineer and Ushaben Thakkar. *Matrubhumi's* Managing Director M P Virendra Kumar presided over the function. Managing Editor of *Matrubhumi* P V Chandran welcomed the gathering while Mumbai Bureau Senior reporter N Shrijith gave the vote of thanks.

Mohiniattam Arangettam

Mohiniattam arangettam of Anjali Rishika and Indu, disciples of Guru Geetha Vijayashankar was performed on November 7 at Navin Bhai Thakkar Auditorium in Vile Parle, Mumbai. Guru Udyogamandal Vikraman was the chief guest. He appreciated the performance of the dancers and advised them to learn and nurture this dance form. Prof. A Vijayashankar welcomed the audience. The chief guest, Guru Geetha Vijayashankar and her disciples, and the accompanying artistes were all felicitated.



Guru Geetha Vijayashankar and the dancers Anjali, Rishika and Indu.

MCA RANK HOLDER**Soorya Pillai**

Soorya Pillai, daughter of G G Pillai and Mrs Rajalakshmi Pillai, secured third rank in MCA Final 2010 examination conducted by University of Mumbai. GG Pillai is a well-known businessman and stays in Mulund East. Soorya is a good dancer as well.

Gospel convention and Perunnal Services

Mar Gregorios Orthodox Syrian Church celebrated its *Ormaperunnal* on November 2nd followed by *perunnal* festivities on November 6 and 7 with Gospel Conventions and Holy Mass. Benediction and *Nercha Vilambu* (offerings) and felicitation of senior members, merit awards to SSC, HSC toppers in Maths, English and Biology were the other activities conducted by the church during the celebrations.

Namasankeertana Dombivli

Namasankeertana Dombivli celebrated its Bhajotsavam 2010 by felicitation of Bhagavathas on November 13 and 14 at Dombivli. The chief guest was Dr Sambasivan neurosurgeon and Chairman of Indian Institute of Scientific Heritage.

Nerul Sri Ayyappa Seva Samiti Silver Jubilee Celebrations

Nerul Sri Ayyappa Seva Samiti, as part of their Silver Jubilee Celebrations presented a Mega Musical Nite on October 30 2010 at Nerul. Padmashree Dr S P Balasubrahmanyam and Party regaled the audience with many evergreen devotional and film songs.

Annual Day Celebrations at Sree Krishna Mandir, Andheri (W)

The 16th Annual *Bhagavatha Sapthaham* of Narayaneeya Paraayana Sat Sangam, (Sree), was conducted at the temple Complex from November 1 to 7. This was followed by their Annual Day Puja and Celebrations on November 8.

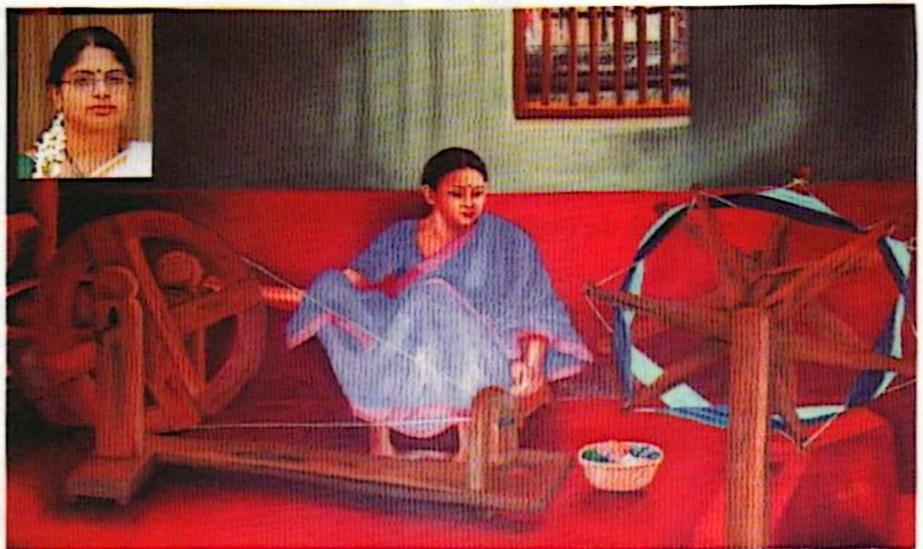
Sheela Padmanabhan: Back to roots

Sheela Padmanabhan held an exhibition of her paintings from November 3rd to 9th at the Jehangir Art Gallery along with her contemporary artist Sumita Acharya. Sheela is a post-graduate in Zoology, but is a painter by profession. She lives in Mumbai, but her exquisite paintings find their roots in the serene villages of Kerala.

Her deft strokes make her dreams come alive. Sheela's journey as a painter began with Kalabhavan in Cochin, where she trained formally in art.

Inspired by Raja Ravi Varma, whose paintings, she says are the best examples of the fusion of Indian traditions with the techniques of European art, her pure realistic rendering of the female forms have become the hallmarks of Sheela's oil paintings over the years. The vivid images of women folk in traditional outfits, the ornaments, canals, fields, birds, the traditional dances, temple festivals, the beauty of rains and the dramatic scenes from daily life transport the viewer to a bygone era. "My paintings can be viewed as historical images of a bygone life. Through these paintings, I try to go back to my roots and relive my childhood," she says.

Sheela has earlier conducted solo and group exhibitions of her paintings, in Mumbai and Cochin.

*One of the paintings of Sheela Padmanabhan. (Inset-Sheela Padmanabhan)*

Souvenir of Namasankeerthana Bhajanotsavam was released by during The Bhajanotsavam Function held At Dombivli (E) on 14.11.2010 .Dr.M.Sambasivan is flanked by Jayanth Lapasia (right) and Mr.N S Mony (left), co-chairman, Namasankeerthana

Mumbai Keraleeya Samaj

Mumbai Keraleeya Samaj celebrated Childrens' Camp, *Baala Samskara Shibiram* on November 13 and 14 at Matunga. The Camp started at 10 am in the morning and continued till 10 pm on both days. According to Sunil, one of the co-ordinators of the function, there were various activities and workshops for the children on both days. On November 13, they included a mythological session conducted by Gauri Rao, Development of Savings among children, Arts workshop, Magic show and workshop by Magician Sagar, Quiz competition and Antakshari (Hindi and Malayalam). On November 14, there was Memory test, Group logo and Greeting Style, and group activities like Dancing, Singing and performing skits. There were Fabric Painting and flower making workshops and games for children and parents. The programme concluded with distribution of certificates and gifts to all participants. The children were served breakfast, lunch and dinner on both the days.

Raagalaya Devotional Orchestra at Mandala Pooja Celebrations of Sree Ayyappa Seva Samiti Vasai

Sree Ayyappa Seva Samithi Vasai is conducting their 34th Mandala Pooja Mahotsavam from November 17 to 27th December with a variety of devotional, cultural and traditional programmes. The programmes are being held at the Sabarigiri Temple Complex, Vasai and the Prarthana Mandapam. On December 25th, devotional Orchestra is being presented by Raagalaya, Mumbai, led by P V Vijaykumar & Party from 7.15 pm onwards. Other programmes include Baratha Natyam Dance Ballet choreographed by Latha Surendra, and her disciples, Bharatanatyam and Mohini Attam Ballet choreographed by Guru Udyog Mandal Vikraman Pillai and presented by Amateur Artistes' Association, Vasai and Kala Nilayam Dombivili respectively, and classical dances and devotional songs by Sree Narayana Mandira Samiti, Vasai Guru Centre.

Sree Krishna Seva Charitable Trust is conducting Gita Discourses by Swami Udit Chaitanya from November 30th to December 5 daily from 6 pm to 7 pm at Kalidas Natya Mandir, Mulund.



Childrens participating in drawing competition

Union Bank Bags ABCI Award



M V Nair, CMD, Union Bank of India receiving the ABCI award from S Ramadorai, Vice Chairman, TCS Ltd. and Thomas Mathew, MD, LIC of India. M V Nair, CMD was honoured with 'Excellence in Communication Professional Award' 'Financial Marketing Communication Award' at the Fiftieth Association of Business Communicators of India (ABCI) Annual Awards 2010 function held at Taj President, Mumbai

Mandala Puja celebrations

Sree Ayyappa Seva Sangham Charkop celebrates its 9th Ayyappa pooja Celebrations on December 11 and 12 at the Indian Education School, Charkop.

Sahar Shiva Parvati temple is celebrating Ayyappa Pooja on December 15, 16 and 17.

Shree Ayyappa Bakta Sangham Marol is conducting their 36th Annual Mandala Puja celebrations on December 17, 18 and 19 at Blossom Society Grounds. There will be variety entertainment programmes including Devotional Orchestra by Raagalaya and dance Ballet by students of Prasanna Nambiar's Nrityaprabha School of Classical Dances, and students of Guru Radha Chandran and Geetha Vijayashankar.

Shree Ayyappa Bhakta Seva Samiti, Kashmirira is celebrating Mandala Pooja Mahotsavam from 17-11-20 to 27-12-2010 at the proposed Temple premises

Ayyappa Mission Antop Hill, will be celebrating their 39th MANDALA POOJA programmes from 9th to 12th December, 2010, at C G S Colony Ground, Near Police Station, Sector VI, Kane Nagar, Antop Hill. There will be devotional songs and dance ballet during the celebrations.

Beauty Care



WINTER CARE BEAUTY TIPS



Rashma Anand

Winter is on its way. Soon the days will get shorter and the cool evenings will slowly turn into cold nights. Tired of the hot and humid weather, we are ready to welcome winter with visions of hot *chai* and cosy blankets. Also winter brings in its wings, the dual festivity of Christmas and New Year.

However the cold weather, with its harsh, biting winds can play havoc with your skin and hair. You need to take special care of your skin to ensure that it remains smooth and supple. In winter, the skin tends to be dull and lifeless. Your winter care regimen should focus on the following areas which tend to be most affected: Skin, including face, Hair, Lips, Hands and nails, Legs and feet

Skin

The most common problem that we encounter in winter is dryness of skin. In severe, cases, there may be itching and redness. You should know that our skin constantly produces a layer of oil. In fact, because of this during summer we often complain that our skin is oily. In winter, due to the cooler climate, the oil is not produced. In the absence of this protective oil the skin loses precious water from the lower layers, thereby causing dryness. When there is extreme loss of moisture, there is redness and itching.

Care for the skin

The key in winter skin care is moisturization. We need to replenish water lost from the skin. A good diet with lots of water is the first step towards achieving this. Do not forget to drink at least 8-10 glasses of water in a day to rehydrate your skin. A good diet rich in fruits and vegetables will provide you with vitamins and minerals that will rejuvenate your skin from within.

Apply some coconut oil on your skin prior to bath. Avoid having bath with very hot water as it will dry out the skin. Use

lukewarm water instead. Adding a few drops of oil in the bath water will also help. Use green gram powder instead of soap to keep the skin soft and supple. If you want to use soap, try a creamy one with moisturizing properties. After bath, dry yourself with a soft towel. It is important to apply your moisturizer immediately after bath so that it seals and locks in the moisture.

Applying moisturizer and body cream / body butter on the face and body is very essential. These products act as a barrier against the elements, keeping the dryness at bay, thus protecting your skin. Please note that it is better to use creams over lotions. Lotions are water based and are absorbed far too quickly by the skin.

Creams being oil based remain coated over the skin for a longer time and are therefore more effective barriers against the elements than lotions.

During the winter months, exfoliation should form an essential part of your daily routine. Exfoliation removes the dead cells from the surface of the skin, allowing the new cells to absorb water from the environment. And do not forget your regular sunscreen protection. Use your sun screen creams / lotions as usual.

Hair

Hair care too should not be neglected in winter. Hair tends to become brittle and dry due to lack of moisture. Another common problem in winter is the



appearance of split ends, which of course calls for an immediate trim.

Hair needs a lot of moisture and nourishment during the winter months to keep it sparkling. Moisture can be something as simple as having a hot oil massage at home or an even more sophisticated massage at a spa. Wash your hair at least thrice a week with a shampoo that suits your hair type. And use deep conditioning to keep the hair soft. Do not use very hot water for washing the hair. Avoid using new hair products in this season as you do not know how your hair will react to them. Also do not expose your hair very often to different treatments like colouring, streaking, ironing etc. All these processes expose the hair to high temperatures, making them further brittle. In fact hair experts caution against the use of blowers and dryers too. As far as possible, let the hair dry naturally. If you use winter head gear like woolen scarves or woolen caps, it is best to first tie a silk scarf around your hair.

Of course a good diet rich in green leafy vegetables and fruits and drinking lots of water is always conducive for healthy glowing hair.

Lips

Chapped and dry lips are a problem. This condition is not only embarrassing, but



can also be very painful. Apply lip balm on sore lips for relief. It is a good idea to carry lip balm along. A good lip balm should have the following properties:

- Good moisturizing
- Good barrier against elements
- Contain vitamin E for elasticity

In some cases due to extreme dryness, the lips peel. Here the lip balm alone will not suffice. The lip balm has no rejuvenating properties and cannot replace the lost moisture. The best is to go for products containing alpha hydroxy acids (AHA). Lip butter is available for 24 hour protection.

Hands and Fingers

Dry hands and cracking fingers are

common complaints when hands come in contact with water very often. Dryness in the environment causes water to evaporate very quickly. As water evaporates, it removes moisture from the hands, making them dry. So exposure to water actually dries out your hand. You can reduce this by wearing protective gloves while working in water. Alternatively after finishing your work, dry your hand and apply moisturizing hand cream immediately to seal in the moisture.

Legs and Feet

Feet are often the most neglected part of our body. This is not fair as the poor feet carry our entire burden. Painful cracks in the feet are an all too common occurrence in winter. Various specific foot creams are available in the market. Avoid standing / working in water for too long and try and wear socks with some footwear to protect your feet. Apply glycerine on the cracks at night and cover it up with socks while you sleep. A few nights of this treatment and there will be a definite softening of the skin

Have a wonderful winter. As you pull that cosy blanket closer, be assured that your body is thanking you for having taken such good care of it this winter.

Ronak Bhanushali
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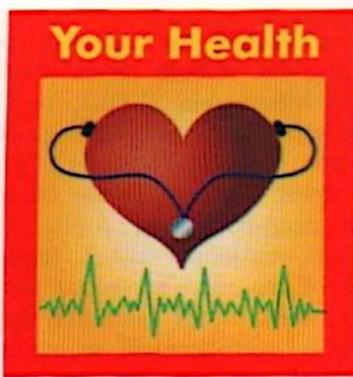
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Dr Bijoy Kutty

A Five Point Plan to Protect your Heart

WHO in a recent study predicts that India is sitting on an epidemic of Heart Disease and that it will be the leading cause of death in both men and women. The interesting thing though is that much of this is preventable and you don't have to accept it as your fate. Although you lack the power to change some risk factors such as family history or age there are some key heart disease prevention steps you can take.

In the first part of this two article series I want to focus on a medication free strategy to avoid heart disease. The second part will focus on medicines that alter the progress of heart disease.

Here are five heart disease prevention tips to get you started.

1. Don't smoke or use

Tobacco products

Smoking or using other tobacco products is one of the most significant risk factors for developing heart disease. When it comes to heart disease prevention, no amount of smoking is safe. Smokeless tobacco and low-tar and low-nicotine cigarettes also are risky, as is exposure to secondhand smoke.



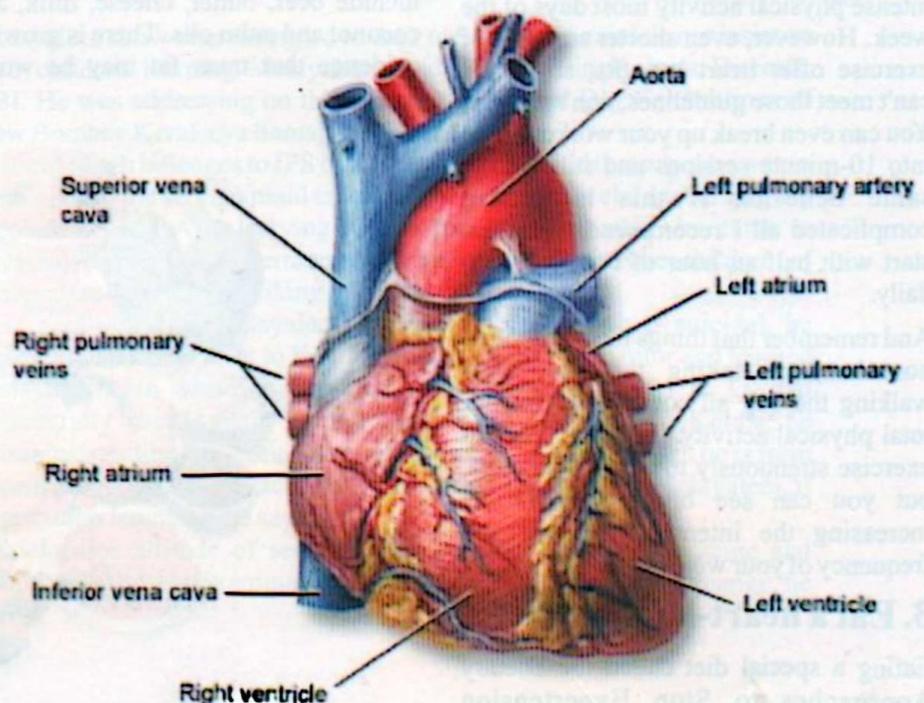
Tobacco smoke contains more than 4,800 chemicals. Many of these can damage your heart and blood vessels, making them more vulnerable to narrowing of the arteries (atherosclerosis). Atherosclerosis can ultimately lead to a heart attack. REMEMBER-every puff you inhale some chemicals are deposited irreversibly in your lung and blood vessels.

In addition, the nicotine in cigarette smoke makes your heart work harder by narrowing your blood vessels and increasing your heart rate and blood pressure. Carbon monoxide in cigarette smoke replaces some of the oxygen in your blood. This increases your blood pressure by forcing your heart to work

harder to supply enough oxygen. Even so-called "social smoking" only smoking while at a bar or restaurant with friends is dangerous and increases the risk of heart disease.

Women who smoke and take birth control pills are at greater risk of having a heart attack or stroke than are those who don't do either. Worse, this risk increases with age, especially over 35.

The good news, though, is that when you quit smoking, your risk of heart disease drops dramatically within just one year. And no matter how long or how much you smoked, you'll start reaping rewards as soon as you quit.





2. Get active

Regularly participating in moderately vigorous physical activity can reduce your risk of fatal heart disease. And when you combine physical activity with other lifestyle measures, such as maintaining a healthy weight, the payoff is even greater.

Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart, such as high blood pressure, high cholesterol and diabetes. It also reduces stress, which may also be a factor in heart disease.

Guidelines recommend that you get at least 30 to 60 minutes of moderately intense physical activity most days of the week. However, even shorter amounts of exercise offer heart benefits, so if you can't meet those guidelines, don't give up. You can even break up your workout time into 10-minute sessions and still get the same benefits. If this is getting complicated all I recommend is at least start with half an hour of brisk walking daily.

And remember that things like gardening, housekeeping, taking the stairs and walking the dog all count towards your total physical activity. You don't have to exercise strenuously to achieve benefits, but you can see bigger benefits by increasing the intensity, duration and frequency of your workouts.

3. Eat a heart-healthy diet

Eating a special diet called the Dietary Approaches to Stop Hypertension

(DASH) eating plan also can help protect your heart. Following the DASH diet means eating foods that are low in fat, cholesterol and salt. The diet is rich in fruits, vegetables, whole grains and low-fat dairy products that can help protect your heart. Legumes, low-fat sources of protein and certain types of fish also can reduce your risk of heart disease.

Limiting certain fats you eat also is important. Of the types of fat saturated, polyunsaturated, monounsaturated and trans fat saturated fat and trans fat increase the risk of coronary artery disease by raising blood cholesterol levels. Major sources of saturated fat include beef, butter, cheese, milk, and coconut and palm oils. There is growing evidence that trans fat may be worse

than saturated fat because unlike saturated fat, it both raises your low-density lipoprotein (LDL), or "bad," cholesterol, and lowers your high-density lipoprotein (HDL), or "good," cholesterol. Sources of trans fat include some deep-fried fast foods, bakery products, packaged snack foods and much of the food served at fast food joints. Look at the label for the term "partially hydrogenated" to avoid trans fat.

Heart-healthy eating isn't all about cutting back, though. Most people, for instance, need to add more fruits and vegetables to their diet with a goal of five to 10 servings a day. Eating fruits and vegetables can not only help prevent heart disease but also may help prevent cancer.

Omega-3 fatty acids, a type of polyunsaturated fat, decreases your risk of heart attack, protects against irregular heartbeats and lowers the blood pressure.

The role of cooking medium has troubled Malayalees a lot. Fish is good but if you fry it in oil, the purpose is lost. Coconut oil is definitely a no-no but fresh coconut in small quantities like chutney or in sambhar is fine.

Following a heart-healthy diet also means stopping alcohol intake. Drinking alcohol only in moderation no more than two drinks a day for men, one a day for women is fine but we all know no one stops at that. Moreover with alcohol intake one tends to eat a lot of snacks and fried food which adds to the danger.

4. Maintain a Healthy weight

As you put on weight in adulthood, your weight gain is mostly fat rather than





5. Get regular health screenings

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you probably won't know whether you have these conditions.

- **Health Checkup.** Regular Health checkups are a must and as a rule of thumb every male above 35 and female above 40 must have an annual health check up. If you have diabetes or obesity it must be done more frequently.

- **Cholesterol levels.** Adults above the age of 35 should have their cholesterol and lipids measured at least once every year. You may need more frequent testing if your numbers aren't optimal or if you have other risk factors for heart disease. Some young adults less than 35 may need their blood cholesterol tested if they have a strong family history of heart disease.

Prevention pays

Heart disease is often avoidable. Following a heart-healthy lifestyle does not have to be complicated. Find ways to include heart-healthy habits into your lifestyle and you may well enjoy a healthier life for many years. Prevention is better and cheaper than cure.

muscle. This excess weight can lead to conditions that increase your chances of heart disease high blood pressure, high cholesterol and diabetes.

One way to see if your weight is healthy is to calculate your body mass index (BMI), which considers your height and weight in determining whether you have a healthy or unhealthy percentage of body fat.

BMI numbers 25 and higher are associated with higher blood fats, higher blood pressure, and an increased risk of heart disease and stroke.

The waist circumference is also a useful

tool to measure how much abdominal fat you have. In general, men are considered overweight if their waist measurement is greater than 40 inches (101.6 centimeters, or cm). And women, in general, are overweight if their waist measurement is greater than 36 inches (88.9 cm). In medical college we are taught waist line is inversely proportional to lifeline.

Even small reductions in weight can be beneficial. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

Malayalees indifferent to their mother-tongue

- Rishiraj Singh



Malayalees show utter disregard to their mother tongue and do not insist on their children learning Malayalam, said Rishiraj Singh, Joint Director, CBI. He was addressing on the occasion of Annual Day Celebrations of New Bombay Keraleeya Samajam, Nerul.

Rishiraj Singh belongs to IPS of Kerala cadre. He said that when he was in Kerala, even his servant maid talked about sending her child to an English medium school. After serving Kerala for 20 years, when he came to Mumbai on central government deputation, he found the children of Malayalees here were speaking in Hindi.

This negligence of Malayalees towards mother tongue is suicidal, he remarked. When he went to Kerala, he kept a Malayalam tutor and learned Malayalam. He wrote examinations in Malayalam from I to IX and successfully passed them in first class. Even after leaving Kerala, he continued reading two Malayalam news papers, he said. Though he is from

a different state, he treats Malayalam as his own mother tongue. This is a very easy task for Malayalees, if they have a little love and affection to their language, he says.

Rishiraj Singh mocked at the Malayalee attitude of sending their children only for medicine and engineering. They do not prefer all India Service Examinations like IAS or IPS. This should change, he remarked.



Siby Malayil is back with *Violin*

The veteran director Siby Malayil who made some memorable films in the past, is trying his luck repeating his *Apoorvaragam* pair Asif Ali and Nithya Menon in his new movie titled *Violin*. *Violin* is produced by AOPL private limited. Viju Ramachandran who wrote the script for *Kayam* is penning the script.



Priyanandan's "Bhaktanmarute Shraddhaykku"

Priyanandan is busy with his next movie "Bhaktanmarute Shraddhaykku" in which Kavya Madhavan is enacting the role of Divya Joshi, the controversial sanyasin who committed suicide. Sumangala is the screen name of the sanyasin.

Divya Joshi with her lavish life style and miracle performances drew the attention of the people of the state some time ago. Going by the reports, in the humourous movie, the director is showing her life as her incarnation as *Vishnu maya*. Divya Joshi used to rise very early and used to give darshan to devotees, clad in a single cloth and this drew attention of the entire population including movie stars from the South Indian films, police officials, politicians etc. They used to worship her as a living incarnation of god. Her palatial bungalow, motor car worth ₹42 lakhs and several body guards were causing a lot of attention. With the rise of Santosh Madhavan, the decline of Divya Joshi started. When the police started investigation about her, fearing imminent arrest, she is said to have committed suicide. The screenplay of the movie is written by Ranjith and Irshad, Jagadish, Geetha Vijayan etc are the leading actors. It is expected to be released in December



Release of 'Kavalan' stayed

The release of Tamil version of Malayalam movie 'Body Guard', titled 'Kavalan' has been granted a stay for a period of 45 days. This film was to be released in December. Vijay and Asin are the leading pair of this movie, directed by Malayalam film director Siddique.

The stay was granted by the Madras High Court in a petition filed by the proprietor of the Singapore based company Tantra Inc, Saravanan, against the producer Romesh Kumar. Saravanan alleged that Romesh Kumar had sold the overseas rights of the movie to him for a consideration of ₹5 crores and after receiving an advance of ₹1.5 crores, he sold the rights to Cinema Paradise. When his action was questioned, Romesh Kumar threatened him, he alleged.



Mankada Ravi Varma passes away

National Award winning cinematographer Mankada Ravi Varma passed away at his sister's house in Chennai on November 21 due to Alzheimer's. He was 84 years old.

Mankada Ravi Varma served as cinematographer for noted Directors like Adoor Gopalakrishnan, Aravindan and PN Menon. He won two National Awards for cinematography, first for Adoor Gopalakrishnan's *Swayamvaram* in 1972 and again in 2000, for his documentary, *Kalamandalam Gopi*. He worked in all but two of Adoor's films, including his debut *Swayamvaram*. His other notable films include *Olavum Theeravum* (directed by P N Menon) and *Uttarayanam* (directed by G Aravindan). The state film awards sought him out no less than six times. His career coincided with the emergence of a number of eminent directors in Malayalam cinema who handled serious topics. Mankada Ravi Varma chose to associate himself with offbeat films.

Ravi Varma also has won a special jury award for his own film, *Nokkukuthi*, based on a poem by noted Malayalam poet, M Govindan in 1984.

Varma's association with Malayalam films started over three decades ago but he has always been associated with serious cinema.

People from different walks of life joined members of the film fraternity in paying tribute to this well-known cinematographer. Varma, who remained a bachelor all his life, had been keeping indifferent health in recent times.

Filmography

Ravi Varma shot into the limelight through his work in the movie *Olavum Theeravum*, in which he introduced novel cine-matography techniques to Malayalam cinema. His association with people like director P N Menon and literary giant M T Vasudevan Nair took the technical quality of Malayalam movies to a new high.

His career also coincided with the time that Malayalam movie production was making its way out of studio sets to open locations, and he contributed in good measure to introducing movie-makers to the potential for experimenting with varying exposure levels.

Ravi Varma will also be remembered for associating with Adoor in the latter's films like *Swayamvaram* and *Elipathayam*. He took an interest in motion picture photography at an early age and studied cinematography and sound engineering in Chennai.

Ravi Varma also tried his hand at direction with films like *Nokkukuthi* and *Kunjikoonan*, both of which won the national jury's special mention.

The Malayalam Cine Technicians Association had also saluted his skill by conferring on him an honorary membership of the Association.



Actress Santhadevi is no more

Well known character actress of Stage and Screen, Santhadevi passed away on November 19 at a private hospital at Kozhikode. She was 85. Her real name was Damayanthi.

Her physical remains were cremated on Sunday afternoon. Many public figures and members of the stage and screen fraternity paid homage to her.

Santhadevi who acted in about 480 films, entered into the acting arena on account of poverty in the fifties. She acted in her first play, 'Smarakam' of Vasu Pradeep and continued to act in many plays of Desaposhini Theatres of Kozhikode. She also acted in many plays by K T Mohammed, Thikkodiyan, P J Antony. Her well known plays are KT's 'Ithu Bhoomiyanu', 'Kafir', Mohammed Yousuf's 'Kandam Bechha Koat', Thikkodiyan's 'Parakayapravesham' etc.

Her first movie was Ramu Kariat's 'Minnaminungu'. She had memorable roles in *Aswamedham*, *Kuttikkupayam*, *Irutintu Atmavu*, *Nirmalyam*, *Kamaladalam*, *Narayam* and so on. Her last movie was *Kerala Cafe*.

Santhadevi was the seventh child of her parents. Her father, Kanna Kurup was Head Clerk in State Police and the family had a very comfortable life. When girls were not encouraged to go to school, she passed eighth standard. She married her cousin Balakrishnan, a Guard in Railways and shifted to Madras. The couple had two children, a girl and a boy named Suresh. The daughter died quite early. Soon Balakrishnan discarded the family and moved to Bombay.

Returning to Kozhikode, Santhadevi found life very tough as her parents lost all their properties and were living in penury. She was staying in a rented house that was close to the house of Baburaj and Kozhikode Abdul Khader, the then noted playback singer of Malayalam movies. Abdul Khader encouraged her to sing on stages for a living and

soon she became the second wife of Abdul Khader. They had a son, Satyajit who was a child actor in a few Malayalam movies. However his career did not prosper well and he left for defence forces. However, he returned soon to try his luck in movies once again but failed. Unable to meet the medical expenses of his wife, Satyajit committed suicide. Following the death of husband Abdul Khader and son Satyajit, Santhadevi found her life miserable. An occasional role in films and plays was her only refuge. Though she received some financial help from the state government, the continued illness forced her to join an orphanage for some time. She spent her last days with her sister and son Suresh. Santhadevi had received a few awards for acting in plays and films.



At Your Service



Jacob Koshy

Redevelopment of Buildings & Taxation

Skyline of Mumbai has been fast changing due to the efforts of the real estate developers and construction industry over the last decade. The alarming proportion in which this change takes place needs monitoring and certainly to be curbed at some point of time. The redevelopment of old buildings owned and/or managed by Co-operative Housing Societies has now become a reality. Though the Government has brought out various policy changes, incentives for redevelopment, guidelines on redevelopments, announcements of housing policies, there remains still many gaps and disinformation amongst the flat owners who plan to go for such make over.

An effort is made to clear some doubts in the minds of the stake holders with regard to taxation issues:

Whenever building goes under redevelopment, the redeveloper offers the following four compensations to the existing society and the flat owners who are residing in the Society for the hardships to be faced by them.

1. Extra Area to flat owners:

Extra area received by flat owners after redevelopment is not taxable, since there is no transfer of capital asset. It is just an additional area that flat members are getting in addition to their existing area.

Even if the same is considered as taxable by the Tax Department, the Individual Flat owners can claim an exemption u/s. 54 of the Income Tax Act, 1961 by showing investment in the same property against sale of the said old flat.

2. Rent to flat owners for temporary accommodations:

In redevelopment, building gets demolished and takes few years to get reconstructed. Thus the redeveloper offers rent for the flat owners for the temporary accommodation.

If the actual rent paid by the flat owners is less than the rent received by them from the redeveloper then the excess of such rent received will be taxable under the head Income from Other Sources. If the rent received is less than the actual rent borne by the flat owner, the rent received by such flat owners from the redeveloper is not taxable.

3. Lump sum amount to flat owners:

Along with extra area and rent the redevelopers also offer lump sum amount to the flat owners.

The transfer of TDR to Builder for development of property does not attract Capital Gain Tax.

Hon. Income Tax Appellate Tribunal (*Jethalal D. Mehta V. Dy CIT (2005) 2 SOT 422(MUM)*) mainly relied upon Supreme Court decision in the case of *CIT V. B.C.Srinivas Shetty 128 ITR 294* in which it was decided that if there is no cost no capital gain can be worked out and hence amount received has to be treated as exempt receipt.

In the cases of (1) *New Shailaja CHS v. I T O (I T A N O . 512/M/2007(2008)(MUM.)* and (2) *ITO v. LOTLA COURT CO-OP. HSG. SOC. LTD. (2008) 12 DTR (MUM)(TRB) 396* it was held that where the assessee, a Co-op. Hsg. Soc. Ltd. become entitled, by the virtue of Development Control Regulations, to Transferable Development Rights (TDR) and the same was sold by it for a price to a builder, the question arose whether the transaction of sale receipt could be taxed. It was held that though the TDR was a Capital Asset, there being no 'cost of acquisition' for the same, the consideration could not be taxed.

The rights are acquired by virtue of being owner of the plot in the specified area, but this does not mean that the cost incurred on the plot is the cost of acquiring development right.

4. Lump sum amount to Society Corpus fund:

A lump sum amount is given by the redevelopers towards the Society Corpus. This amount received by the Society towards the Corpus is not taxable in the hands of the Society.

In this case (*MAHESHWAR PRAKASH-2 CO-OP. HSG. SOC. LTD. V. ITO[2009] 118 ITD 223 (MUM.)*) the assessee-society acquired the right to construct the additional floors by virtue of DCR, 1991 which could not be available to the Society. Prior to DCR, 1991, no society had any right to construct the additional floors, so it was not a tradable commodity. Suddenly by

virtue of DCR, 1991, the right was conferred by the Government on the Society. Such right exclusively belonged to the building owned by the Society. It could not be transferred to any other building.

Similar right belonging to other Societies could not be purchased by the assessee Society for the purpose of constructing additional floors in its own building. Therefore, such right had no inherent quality of being available on expending of money and, therefore, cost of such asset could not be envisaged. Hence, the said view was fully justified in terms of the decision of the Supreme Court in the case of B.C. Shrinivasa Shetty.(Supra)

Therefore, the right acquired by the Society did not fall within the ambit of Capital gains under section 45 of the Income Tax Act itself.

Additional FSI will be taken at nil cost and hence not taxable. However, unused FSI could be treated differently and will be taxable.

The Income Tax Department has preferred an appeal before Hon. High Court against the Co-operative Society. Assuming that Hon High Court decide the case against the Society then the Society will be liable to pay tax with interest but no penalty can be charged in view of recent decision of Supreme Court decided in the case of (*Reliance Petro products Pvt. Ltd. Vs. CIT (2010) 322 ITR 158 (SC)*) on the principle that if Assessee give all particulars of income in return and claim certain wrong deduction due to ignorance of highly technical law then that will not attract penalty u/s 271(1)(c) of the Income Tax Act, 1961.

Based on the above, till now the Corpus received by the Society and the individual members is tax free but in case the High Court decides the case against the Society then to be on the safer side and to avoid litigation with the Income Tax Department, the recipient can invest the same in Specified Bonds to claim exemption u/s. 54EC of the Income Tax Act.

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Kerala in Mumbai

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