

Happy
Diwali

Kerala in Mumbai

The Only English/Malayalam Monthly Magazine linking Mumbai Malayalees

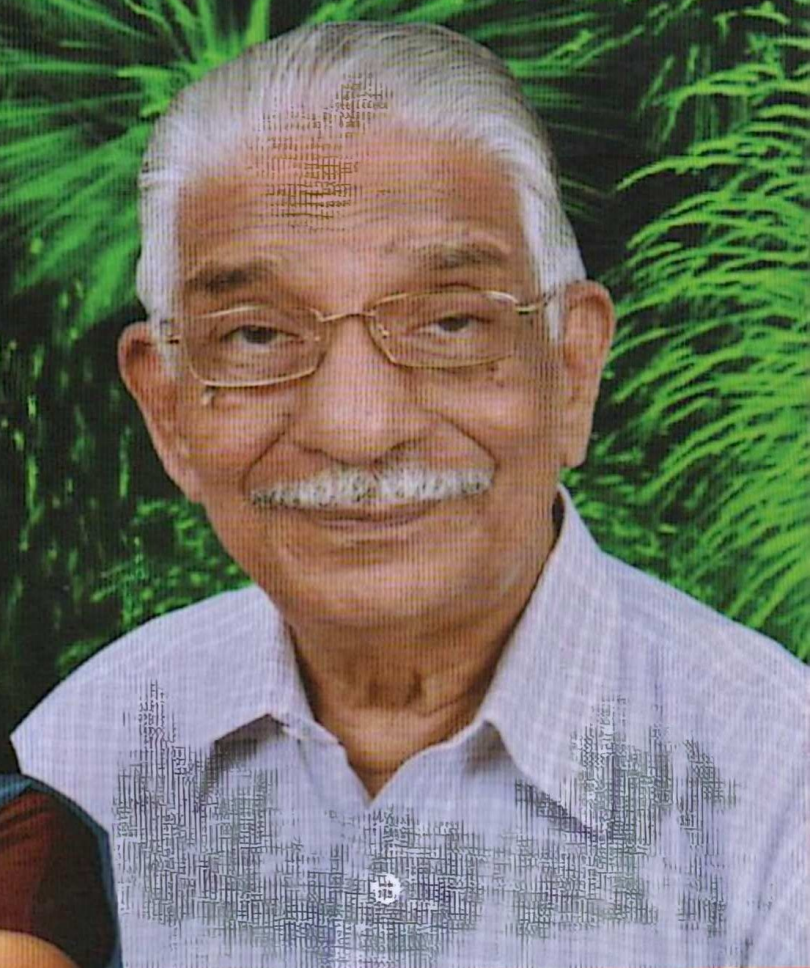
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**Meenu Gems:
Scaling New
Heights**

DOMINANT MUMBAI MALAYALI

**New Acting
Sensation**

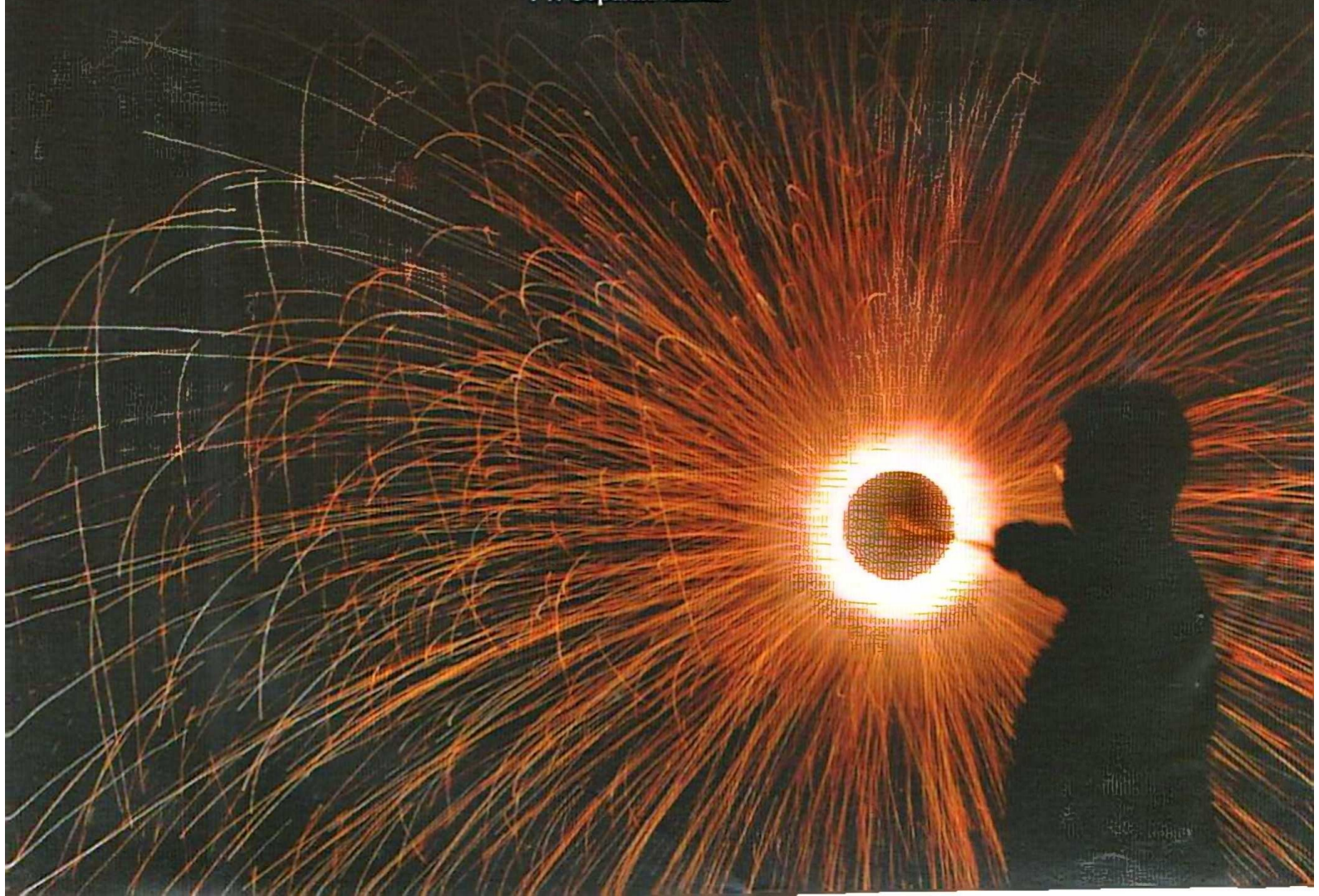


**Melodious
Singer**

**Vidyadhiraja: School
with a Difference**



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Cows and cowardice

Since the lynching of Mohammed Akhlaq in Dadri last month, no other topic was widely discussed in India. This subject was also found mention in foreign media, drawing adverse comments. Many, so far unknown, politicians got their names printed by making mindless comments, as if they are the only custodians of Hinduism, thereby exposing their own ignorance. Culture minister Mahesh Sharma ('Dr Kalam is a nationalist despite being a Muslim', is his comment. For this statement, he got Dr Kalam's former bungalow admeasuring 11,776 sq.ft in New Delhi, allocated to him), former MLA Nawab Singh Nagar, Vichitra Tomar, Srichand Sharma etc all belong to this category.

The traditions of Hinduism are derived from Puranas and they are nothing but stories depicting the actions of various characters, pointing out the traditions and practices. Probably Hinduism is the only religion (The argument that Hinduism is not a religion but a way of life is not forgotten) that does not preach Do's and Don'ts but allows people to follow what they wish to follow. Therefore Hinduism is not any modern Sanyasi's or political leader's personal property. If anyone claims that his sentiments are hurt by the actions of another, he calls for urgent psychiatric treatment.

The oldest text of the world, Ramayana, (could be of Valmiki, Tulsidas, Kambha or Ezhuthachan) clearly tells us that eating 'beef' was never forbidden in India. On the contrary, not serving beef to a distinguished guest, such as a rishi or king, was considered disrespect. When Viswamitra, before he embraced asceticism, visited Vasishtha's Ashram, the calf Nandini, born to heavenly cow Kamadhenu developed fear of getting butchered to feed Viswamitra and his entourage. There is also mention of a king in North India getting more than 20,000 cows butchered a day to feast VVIPs including Rishis. No wonder, Northern India has a big community of chamers (tanners). By this ban on cow slaughter, how the government is going to provide them alternate jobs? Though there is ban on cow slaughter without a ban on beef eating, how the people get beef to eat? If only buffalos are to be slaughtered, what greater crime they did than cows?

In Uttara Ramacharita, Bhavabhuti depicts a similar incident and he is still considered a giant in Indian literature. Had he been alive today, he would have been skinned, his drama would have been violently blocked from performance and the people who dare to go to see it would have been smeared with black paint.

When Mahesh Sharma said the lynching incident was an unfortunate accident and done by children below 15 years, he might be partly true. These children must have been chosen as they are juvenile but are their parents not responsible for not reining them? When Vichitra Tomar said that cow-killers should be arrested, what about those who lynched a human being at the mere surmise that he was keeping beef at home. 'Beef' does not mean only Cow-meat, it also covers buffalo meat. If A's sentiments are affected by B's actions or words, what about B's sentiments? Indian constitution gives every citizen equal rights and Thakur's rights are not above the tribal's or a Muslim's right. If children are involved in lynching, are they not assigned that task for escaping the long arm of the law or to save the elders? Is it not cowardice? Even a tanner with a skin of a naturally dead cow is not spared.

India was never divided on the basis of religion, being the source of some of the religions such as Buddhism, Jainism, Sikhism etc. Anyone not joined a particular religion was considered a Hindu. Yet the so called untouchables and tribal were not considered Hindus (during census they were considered non-religious) earlier and they never felt any need for a religion. The upper-castes added them to Hinduism only to show greater number of Hindu population. Most of these people by tradition and practice were beef eaters and it was their cheap source of protein. Now several states having banned cow slaughter but not beef eating, how they would get their favourite meat? Is it not the duty and responsibility of the state to ensure the availability of beef to these people? It is time to approach the Supreme Court to ensure their right.

India is having the highest number of cattle in the world. Once the utility is over, what would the people do to ensure their upkeep? Will they starve them to death? Or, push them out to the streets? Or the government would dole out another subsidy to ensure their safe preservation?

The degree of tolerance of Indians is very high. Just because a few has the collective strength, they should not test the others' patience. Remember, the downtrodden is greater in number and please do not force them to unite to react to these cowardice acts.

Excellent Editorial

It's been a very long time since I read an editorial column of any newspaper or magazine.

Perhaps it was the title or the last two sentences in the October issue of KIM that piqued my interest and compelled me to read it. And, it was indeed a treat.

I saw excellent standards of an editorial piece shine through as I read it and I thank you for the same. Keep up the good work and do continue to maintain or exceed the standards you have set.

Let us adopt drought stricken villages.

I totally agree with Mr. Sriprakash Menon about this noble cause to adopt agricultural villages in this state of Maharashtra. A state which has given a whole lot of Malayalees across Maharashtra, especially in cities like Mumbai, Pune, Nagpur, etc, a home and a fair opportunity to grow and become whatever we wanted to.

It's now time for Keralites to return something to this 'home away from home'.

KIM can take the lead in getting in touch with the Governor of Maharashtra (making sure to keep this totally out of political domain), to give us names of approximately 25 villages (to begin with) that require immediate attention and help. We can then divide these amongst the samajams, samitis, societies and unions to take care of various activities such as child welfare, women welfare and healthcare to save them from being left alone or resorting to dangerous activities.

There is not much we can do for the Indian farmers since Indian agriculture is predominantly at the mercy of Mother Nature. However, we may get an opportunity to help them with seeds, fertilizers, etc in their next agri season.

I hope KIM will take the lead from where Mr. Menon has left off, with the help of like-minded individuals across Mumbai. This will certainly enhance the

love and respect Maharashtrians have for Keralites, in addition to us getting the satisfaction of having returned something to this punyabhooni called Maharashtra.

Pratap Nair, FEI Cargo, Marol

Best of luck KIM

After seeing your September issue, I subscribed and now got the October Issue. Generally speaking, the quality of articles, print, layouts etc., is good.

However, I should comment on this issues' editorial. You have given very high grades to Mr Narendra Modi and his government: Is it not too early? Even I had great hopes when he came to power. After seeing a silent PM for 10 years, suddenly we got someone who is a good orator, bold, excellent administrator and most importantly, a disciplined person. He could also build a manageable ministerial team and kept all old people at bay.

India is basically an agricultural country and more than 80% of people depend on agriculture for their sustenance. Free market economy followed by previous governments ensured that commodity prices fluctuate according to demand and supply without any control from government's side. Poor farmers get meagre returns for their produce when middlemen and other stake holders rake in huge profits. Exacerbating their problems, farmers are forced to use cheap pesticides - banned abroad decades back - contaminating our ground water resources as well as feeding the market with cancerous food products.

50 years ago, Germany was the biggest producer of Dyes and Chemicals. Then came Pharmaceuticals. Now that country gets everything manufactured elsewhere and proclaim proudly that you can drink water directly from bathroom taps. All developed countries use developing countries -like India, for example- for doing their dirty mission. With lax rules and equally corrupt implementations, India is a favourite destination. Ship breaking industry in India is another example of

waste dumping. So also, India's imported scrap market.

Almost all Indian brands are now owned by foreign companies. Remember the time when we had our own soaps and soft drinks? Where are those brands now? Every rupee that you spend in the market today, a percentage goes out to our foreign masters.

I can give many more examples. So, I expected a new PM with fresh outlook to look into India's real problems - read farmers - and solve them. But, what really happened? In one year, he went around the globe visiting a record 18 nations. "Make In India" was coined to attract more investors. Land, water and electricity will be given almost free. Rules - land reform bill - will be changed to expedite matters. Farmers will be displaced and their cultivable land will be commercialized.

We are planning to import onion, grains, fruits, sugar and what not. Government hospitals, like schools are giving way to corporate giants in private sector. Government is slowly divesting its stakes in PSUs giving the rich a further boost.

The British colonized us for 200 years. We are being colonized now by USA and Europeans. Is there any hope for the 80 % Indians?

As if existing problems are not enough, we invent new ones every day. Now the government wants to tell us what to eat, read, see, hear and wear. In every country citizens aspire to move "forward". In India, we aspire to become "backward". Rich and affluent communities agitate for "reservation" and for the honour to be called backward. Is this progress? Are we on the right path?

There were times when journalism was considered as one of the four pillars of a society and deemed apolitical. Like what happened in other sectors, corporatism forced even good journalists to take political stands.

Best of luck, Kerala In Mumbai!

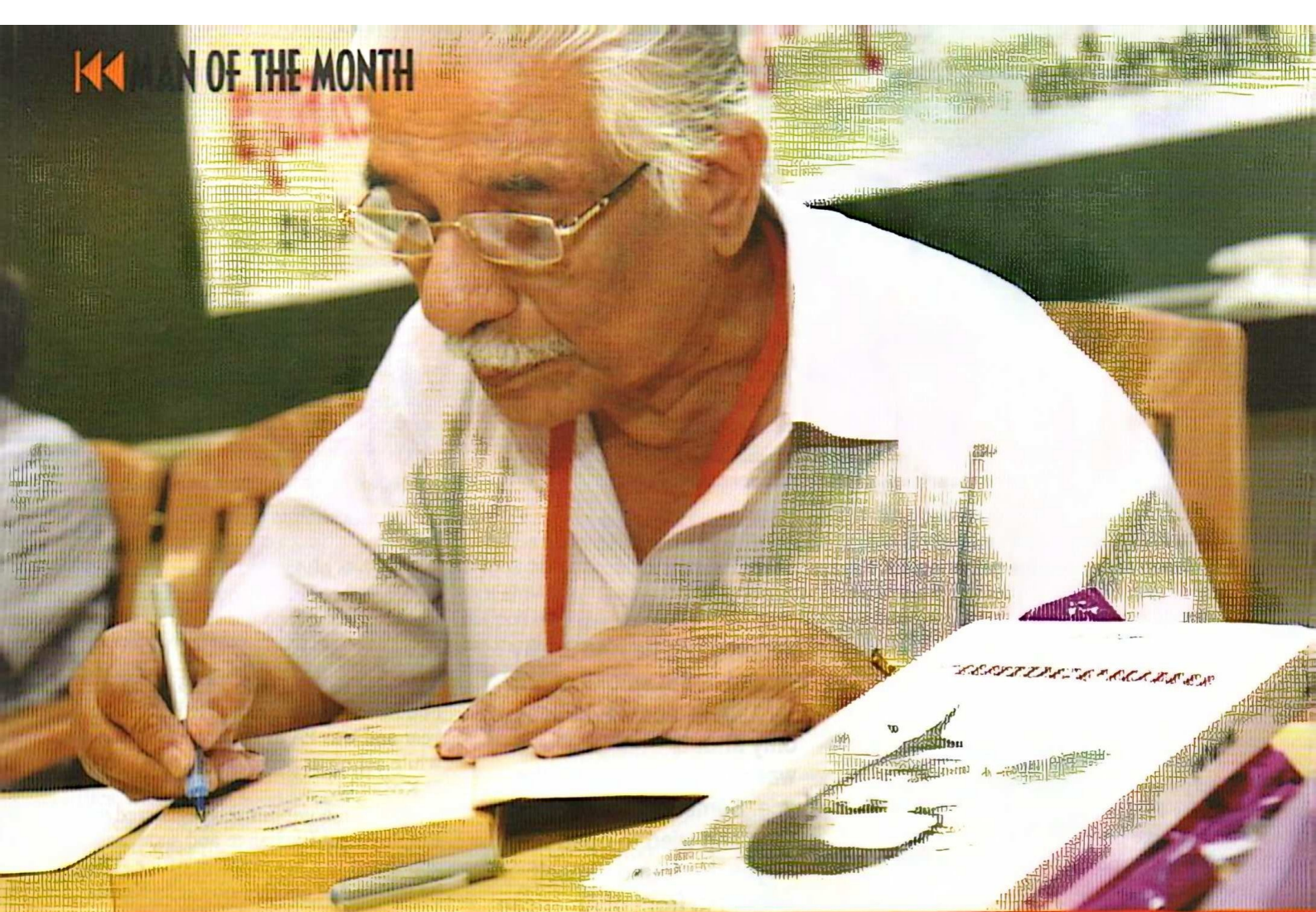
SASIDHARAN S MENON
Ashokvan, Borivili(E)

We welcome responses from readers. Please forward your responses and suggestions about various happenings concerning Malayalees residing in this part of India. You may send us your piece in either English or Malayalam. (We shall translate and publish it in English) You may send them via e-mail to keralainmumbai@gmail.com or by post to Editor, Kerala In Mumbai, 105-B, Twin Arcade, Military Road, Marol, Andheri (E) Mumbai 400 059.

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K S MENON

THE DOMINANT MUMBAI MALAYALI

Karapurathu Sreedharan Menon aka K S Menon aka Sreeman is no stranger to the people of Kerala origin in this megacity of Mumbai. He came, saw and then conquered. He is a multifaceted personality. He was a dedicated employee with self respect, successful businessman, litterateur, actor, organiser of stage shows, leader of the under privileged, hard core communist like all migrant Malayalees of Mumbai of the second half of the twentieth century and above all a good human being.

Revati

KS Menon carries a second name: Sreeman, normally used as a prefix for a gentleman. He was thus named not by his elders or admirers but his nephews and nieces. To them, he was originally 'Sreedhara Maman'. Because of the excessive use of this address form, it got nicely truncated, like most of the

popular Malayalam words and it took the present form, Sreeman. Menon also graciously accepted like a title and carries it with pride.

Transition

Menon was born on March 11, 1936 in Cherpu in Thrissur district, to Chirangatt Krishnan Nair and Kalyani Amma in a matriarchal family. He has an elder brother, older by 18 years, who

joined army before Sreedharan could recall. Krishnan Nair was very fond of Kathakali and temple art forms like Chakyarkoothu, Ottan thullal. On the sidelines, he did a little social service of helping the needy people. Kalyani Amma was an efficient home maker. What she could not give her son, she compensated with an abundant measure of maternal love. Menon contemplates and tells, 'I could never return that love



K S Menon addresses the gathering. EK Nayanar on the extreme right

in equal measure and I am obliged to her for everything that I have today." Unfortunately she left this world when he was only 24. Father too followed her after two years.

Sreedharan did his education in Cherpu and passed matriculation when he was 15. He did not know what to do and so, like his peers, learned typing and stenography. Those days, children of middle class families living in villages, could not afford to dream about going to colleges etc.

He got some assignments but got disheartened with some bitter experiences hurting his self respect.

Menon could never tolerate any assault on his personal integrity and self respect. When he was working with Kasthurlal Chunilal, the son of the owner accused him of stealing a gift and asked to prove his innocence. He had valid proof but he lost in the tram on the way to office. Menon was made to stand in the office for the day. But the owner came back by afternoon and admitted that the gift was with him. When the proprietor asked him to resume work, Menon refused. He said he could not continue working there as a grave crime was thrust upon him. Kasthurlal Chunilal

Menon says, he was totally blinded in the smoke of tear gas shells and could hear only shouts of help. There was no way to identify the place. Somehow he wiped his face and tried to open the eyes. He found himself standing in front of American Express Banking Corporation building and the fallen bodies were lying nearby. The sight was terrible. Gun shots were heard and helpless people falling like moth in fire.



K S Menon and Rugmini

reluctantly agreed to his request and paid him his dues.

He also worked with Tata Institute of Fundamental Research (TIFR) for one year and was PA to Dr Homi Bhabha while acting as personal Secretary to D D Kosambi.

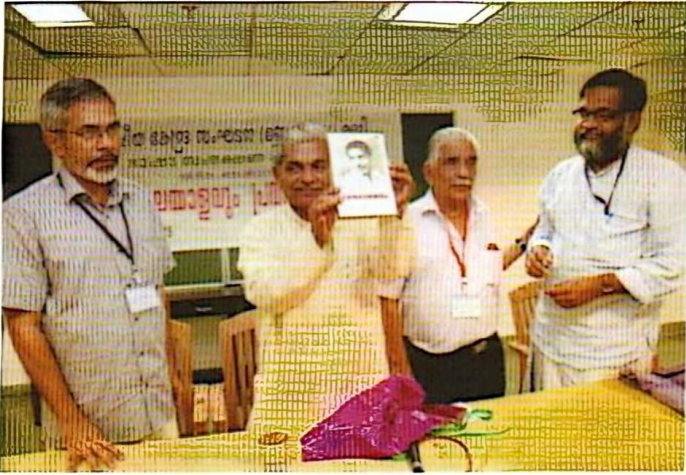
Sreedharan got himself registered with Employment Exchange and soon was appointed in a government office. Then he realised of another obstacle. Kerala was known as a people of Communists and so all appointments had to be cleared by police verification. This process was seen as an insurmountable obstacle and so Menon decided to get out of this office soon and decided to join some private organisation.

Fortunately he got another appointment as stenographer in Mackinnon Mackenzie. He resigned from the state service for ever and served MM for 26 years.

Meanwhile, Menon joined K C College and obtained a degree in English Literature.

After leaving MM, K S Menon (by the time he added his surname to first name), started his own business of Imports, Exports Logistics and opened an office in the F area.

In 1965, Rugmini joined him as his partner. EMS Namboothiripad was



Book release of autobiography 'Nagarayanam'

of the dignitaries who attended the wedding ceremony.

Prasanna is their only child and is married to Pradeep, an engineer working with Breach Candy Hospital. The younger couple gifted two grandchildren to the elder couple: Praveen and Akshay.

Birth of a poet

Like all Malayali immigrants of the fifties, Menon was soon attracted to people of similar nature. Birds of similar feather fly together. His leadership qualities made him gather other employees of MM and also students of K C College.

Mumbai was then witnessing a political turmoil on account of Samyukta Maharashtra agitation. When Indian states were reorganised, following Nehru Government's surrender to Potti Sriramalu for the formation of Andhra Pradesh, the Bombay alone remained a state of two major languages, Marathi and Gujarati. Malayalees were a dominant part of this agitation. Huge processions came from all four sides and were scheduled to meet at Flora Fountain. The then Bombay government deployed hundreds of police there. To disperse the crowd, police burst tear gas shells. Soon all offices and shops were shut and people run hither and thither. It was a total pandemonium and people attempted to run away. The police might have mistaken this turn and fired on the armless and blind crowd.

Menon says, he was totally blinded in the smoke of tear gas shells and could hear only shouts of help. There was no way to identify the place. Somehow he wiped his face and tried to open the eyes. He found himself standing in front of American Express Banking Corporation building and the fallen bodies were lying nearby. The sight was



On the occasion of Maha Keraleeyam with Prof ONV Kurup.

terrible. Gun shots were heard and helpless people falling like moth in fire. It took him several days to come out of that shivering experience. Menon put his pen on paper and attempted to write his inner feelings just to escape from that hellish feeling.

ജാലകപ്പഴുതിലുടിപ്പോഴും
 മുറിക്കുള്ളിൽ
 ചാടിയെത്തുവാൻ വെമ്പി
 നിൽക്കുന്നു തീയുണ്ടകൾ...
 ഈ നഗരത്തിൻ വിരിമാറിടം
 പിച്ഛിച്ഛിന്തി
 ചോര മോന്തിയ തോക്കിൻ
 ഗർജനതീബോംബുകൾ
 നിന്റെ ജീവനുംകൂടി
 വേണമെന്നാക്രോശിച്ചു
 എന്റേയീ കുരപ്പുര
 ചുറ്റിലും കറങ്ങുന്നു.

 നൂറുപേരുടെ ധീര
 രക്തസാക്ഷിത്വം നാളെ
 കാഹളം മുഴക്കുന്ന
 വാഗ്ദാനമാകും ബോംബെ.

The poem was sent to 'Navayugam' Weekly, under the editorship of K Damodaran, and the very next issue carried it in the first page where the editorial normally found space. Menon had published a few poems in the school magazine but 'തിളയ്ക്കുന്ന ബോംബെ' was his first poem to be published in an established, widely circulated weekly. Congratulatory notes poured from all corners and Menon became an established poet.

During our conversation, Menon confessed that he never wanted to be a witness to such a tragedy in which officially 63 people died and it was one incident he could never wipe off from his mind. Unofficially 106 people became martyrs for Samyukta Maharashtra movement.

About 100 poems were born out of his pen and they were later compiled in three volumes, *Kavavya Bharatam*, *Kaalathinte kaathilekku* and *Sarga darsanam*. Unfortunately, Menon has no copy of these books now.

Litterateur

During his high school days and even during his initial years in Bombay, Menon used to write in some weeklies such as Navayugam, Janayugam, Jayakeralam etc, all with leftist leanings. He wrote and published more than 50 articles on varied subjects such as Contemporary social issues, art and cultural subjects, political movements and so on. He also wrote about 15 short stories but never thought of compiling them into book form. He has not stopped his literary pursuits but seldom gets time to indulge in it. His deep involvement in social causes hardly leaves any spare time to write. Further his physical health also does not permit long hours of sitting.

K S Menon is a voracious reader and reads everything that comes his way.



Wedding photo -K S Menon and Rugmini

Reading was with him from his early childhood. Nothing printed ever escaped his eyes. And the Wonder! Everything he read is deeply imprinted in his mind even today. Advancing age did not catch him in this respect.

Keraleeya Kendra Sanghatana

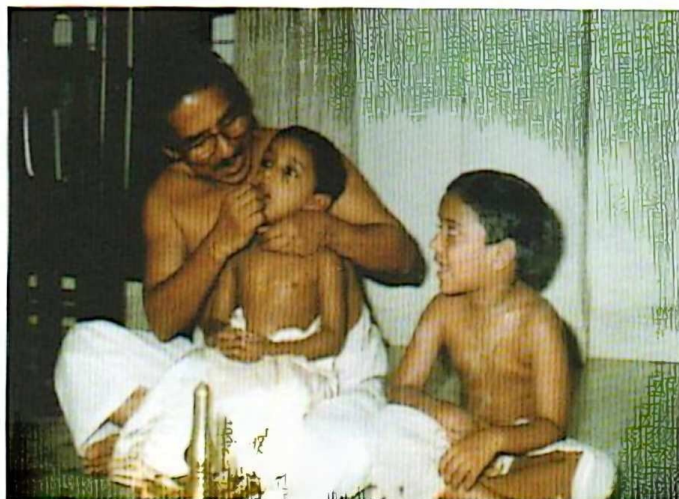
The present generation knows Menon as the face of Keraleeya Kendra Sanghatana. Last century saw a phenomenon, one of the idiosyncrasies of immigrant Malayalees world over. Wherever five or more Malayalees met, they always strove to form a kind of organisation to safeguard their interest in social issues, personal security, quest for knowledge and catch opportunities for social uplift. The low income earned did not allow them to get all periodicals and books they wanted to peruse but collectively they could. Small organisations named as Malayali Samajam or Keraleeya Samajam sprouted in every nook and corner of cities all over India and even abroad. What they missed by way of migration, they recaptured united. They joined Samajams to read periodicals, books of all colours and hues and gradually established own organisations in their neighbourhood and thus helped them to avoid travel long distances. Fortunately, the present trend of forming organisations on the basis of religion, caste, occupation and native village was totally devoid.

Keraleeya Kendra Sanghatana was formed in 1960. Many prominent personalities took initiative or encouraged its formation. Among them were V K Krishna Menon, V K Menon (Rallys India), K T Chandu (Hindustan Lever Ltd) et al. Some of them were patrons while others were office bearers. The realization that instead of individuals, organisations as members would give more teeth and power made them move in that direction. Today, Keraleeya Kendra Sanghatana is an amalgamation of Malayali organisations and their representatives become its office bearers.

K S Menon took keen

interest in KKS in 1966 and joined it as representative of Dadar-Matunga Malayali Samajam. Varghese Thomas (Morarjee Gokuldas Spinning and Weaving), A P Narayanan, A K Nair were the leading lights of KKS then. In 1972, he became Secretary of Cultural Wing and soon started climbing the ladder. General Secretary in 1976, President in 1990 and occupied these positions intermittently. This state continued till 2014, when he became a victim of accident and physical

K S Menon is a voracious reader and reads everything that comes his way. Reading was with him from his early childhood. Nothing printed ever escaped his eyes. And the Wonder! Everything he read is deeply imprinted in his mind even today. Advancing age did not catch him in this respect.



The dotting grandfather

movement became tough. In between Menon was also the Managing editor of Akshara Keralam from 1999 to 2003.

Activities of KKS were all pervasive. It included assistance at the time of natural calamities not only confined to Maharashtra but extending to other states such as Gujarat, West Bengal, Kerala etc. When Koyna dam burst in 1961, KKS extended its first mission despatching relief materials every day for a fortnight. Similar aids were extended to Gujarat, West Bengal, Kerala when they met with natural disasters like Tsunami. Building home for the dishoused and very poor homeless is still in their agenda.

KKS started to provide books to libraries set up by small samajams. These organisations were encouraged stage at least two plays a year. They were encouraged to select stage plays and present before the public. Vilappil Vision was one its offshoots.

KKS brought drama troupes from Kerala and also sent Mumbai troupes there. Most of the Samajams benefitted from this activity of KKS.

In order to encourage the young generation in nurturing their cultural talents, several cultural programmes were organised.

KKS played a significant role in getting Kerala House built in Vashi. Thus it provided a forum for all Malayalee organisations of Mumbai and suburbs to meet socially.

His vision

K S Menon is content with what he did for Mumbai and people. There is a lot to do, the time is short and health not permitting to move around as much as he wanted. Look back to the past, soon after independence, the leaders of political parties were sincere, dedicated, and committed to causes of people. Slowly that aura vanished and they became self centric and promises made during the election campaign became hollow. Instead of upholding the promises, brood of them is the order of the day. He laments.

Nevertheless he has not lost his hope completely and believes the younger generation would take up the leadership sooner than later. ■



LORD OF SABARIMALA

The Sabarimala temple in Kerala is unique in that it is open to people of all castes, creeds and religions. There is no distinction of high or low, rich or poor. It is one of the few temples of India that attracts the largest number of devotees from mid-November to December.



Lakshmi Venkatachalam

■ The presiding deity at Sabarimala is Dharma Sastha / Lord Ayyappan, one of the most venerated deities among the Hindu pantheon of gods. Every year millions of Indians, irrespective of caste, creed or religion throng the tiny complex to have darshan of Lord Ayyappan. True to the Hindu philosophy of 'thathvamasi' (thou art that), at Sabarimala, the Lord and his devotee commune directly, sans intermediaries.

History and Legend

Legend has it that the temple at Sabarimala was built by Parasurama, the warrior-sage who reclaimed the Land of Kerala from the sea. Sabarimala is one of the five 'panchashastha' temples erected by the powerful yogi to protect Kerala from destructive elements, the others being Kulathupuzha, Aryankavu, Achankovil and Erumeli. At Kulathupuzha, the Lord is worshipped as an infant boy, at Aryankavu as an adolescent on the

verge of matrimony and at Achankovil, he is depicted as a 'grihashthashrami' with his wives, Poorna and Pushkala.

Ayyappan at Sabarimala

In Sabarimala, Lord Ayyappan/Dharmashastha is a brahmachari in a state of eternal bliss or Samadhi, holding 'chinmudra'. It is said that the Lord sought this solitary abode to meditate soon after vanquishing the demon, Mahishi in a ferocious battle. The Sabarimala sannidhanam (temple) is open to devotees during Mandalapooja (November to December), Makaravilakku (during January), Vishu and the beginning of every month in the Malayalam calendar. Surrounded by lush tropical jungles and 18 hills, the shrine is over 1260m/4135ft above sea level. Sabarimala is part of Sahyadris (Western Ghats); remnants of ancient temples are visible in the adjoining hills and at Nilackal, Kalaketi and Karimala, offerings are still made to the devis/devas. East of the sannidhanam is 'Vavar Nada' which commemorates Vavar, a Muslim associate of Lord Ayyappan. This gateway speaks

volumes about the prevailing amity among religions in Kerala.

The holy pilgrimage to Sabarimala is one of the most blissful spiritual exercises deeply rooted on Kerala's heritage.

Rituals and Customs

The pilgrimage is observed in its essence during holy months by *Ayappaswamis*, the devotees who undergo the due penance and discipline in accordance with customs under the guidance of group head (*Guruswami*). On the day decided by group head, the pilgrims have to complete a series of rituals under his supervision in order to be ready for the journey both physically and spiritually.

Irumudi Kettu (2 Headed Pouch)

The preparation and filling of head pouch is the first step that has to be observed by every pilgrim. The pouch is a symbol of the steadfastness with which every pilgrim completed his due discipline period. Normally, *Irumudi Kettu* is filled under supervision of *Guruswami*, by filling a 2 pouched blue

or black cloth with rice.

The Significance of Irumudi Kettu:

The *Irumudi Kettu* /2 Headed Pouch that is carried by the pilgrim is placed on his head in such a way that the pouch in front contains the offerings for the Lord, while the pouch that contains personal objects is placed in back. This observance signifies the divine union of both spirituality and reality in each man's life and how they together help one in attaining salvation.

The Filling Ceremony

The filling ceremony of 2 headed pouch (*Irumudi Kettu*) is initiated after due offerings of prayer. At first is the placing of ghee coconut inside the pouch (*Neythenga*) which is prepared by removing the water and pouring of heated ghee into the coconut through its one hole. This symbolises the replacement of worldly thoughts with spirituality and sanctity. After ghee coconut, one pouch of the bag is filled with all offerings that are to be presented before temples of Lord *Ayyappa*, Goddess *Malikapurathamma* and other gods. The rest of pouch is filled with rice, grains and offering coconuts which are reserved for personal use.

Petta Thullal (Divine Dance) of Erumeli:

At Erumeli, the pilgrims usually visit

three major holy centres: 2 temples of Lord *Ayyappa* (*Kochambalam* and *Valiyambalam*) and *Vavar Mosque*. The pilgrims who reach Sabarimala via Erumeli usually stop here to present their offerings and participate in the devotional dance of *Petta Thullal*. The dance reflects the ambience of celebration with which Erumeli is always adorned, whether it is the colourful banners hanging everywhere or the festivity of proceedings. The pilgrims wearing black/blue dresses dance to their steps utter the divine chant: '*Ayyappa Thinthaka Thom! Swami Thinthaka Thom!*'

The dance is the commemoration of the ecstasy with which people danced when Lord *Ayyappa* killed *Mahishi*, the demon buffalo. People of every age, caste and creed participate in *Petta Thullal* by covering themselves with colours forgetting their individuality thereby indulging in a spiritual consciousness. The dance is organised by *Guruswami* and two *Randaam Kannis* (pilgrims who are on their second visit) on a group basis according to customs. The pilgrims, holding a wooden arrow, dance towards the *Vavar Mosque* first where they go round the mosque and proceed towards the great temple of Lord *Ayyappa* (*Valiyambalam*) one kilometre away. Here, the pilgrims throw the wooden arrows towards the roof of the temple, round the temple, burn camphor and pray before completing the dance. *Petta Thullal* is the ultimate

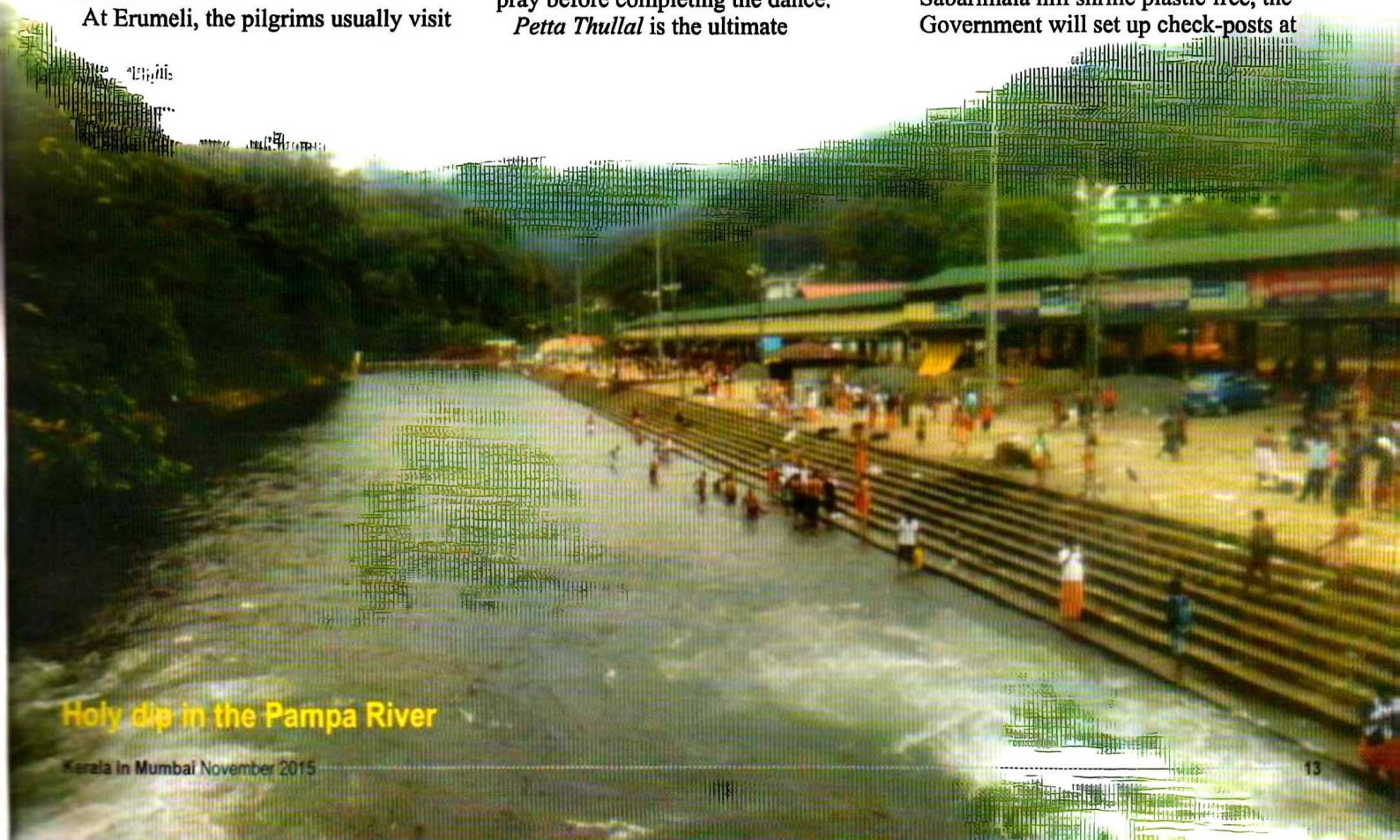
demonstration of how spirituality could overcome worldly pleasures in a person's life and how they can overcome all sorts of barriers whether it is based on culture, religion or region to attain their supreme enlightenment.

Public Convenience

This year the Government and the Devaswom Board plan to improve the infrastructure facilities, like waste management, setting up of about 200 e-toilets, beefing up security, avoiding stampedes etc at the pilgrims' centres and transit camps.

The Government will start online booking for darshan at Sabarimala for this *Mandala Makara* season from the first of the *vrischika Mandala masam* (Mid November). The Authorities claim that with online reservations for darshan the devotee can reach the *sannidhanam* within an hour or so from the temple entrance. The devotees will have to carry a photo identity plus reservation booking print out. The authorities also assure that this system will in no way interfere with the *darshan* of the devotees who wait in the queues for *darshan*. More medical facilities will be kept in reserve at various points in case of emergencies.

Dumping of plastic articles into Pampa River has been identified as a major pollution source not only for the immediate environs of Sabarimala but even for the downstream villages and towns. To keep the surroundings of Sabarimala hill shrine plastic free, the Government will set up check-posts at



Holy dip in the Pampa River

main entry points to stop pilgrims from carrying plastic articles. They would be provided cloth bags at a nominal price supplied by women self-help chain Kudumbasree, to take essential articles while going up. Also potable water would be supplied on the route to stop the use of plastic water bottles on the way.

For Advance booking for accomodation in Devaswom guest houses contact: **Devaswom Commissioner**, Travancore Devaswom Board, Nanthancode, Thiruvananthapuram. Phone: 0471-2315156, 2316963, 2317983 or

The Accommodation Officer, Maramoth Complex, Sabarimala, Kerala. Phone +91-4735-202049

Hospital Facilities

The Health Department of the Government of Kerala runs allopathy, homoeopathy and ayurvedic hospitals at Sannidhanam and Pamba during the pilgrimage season. A cardiology unit functions at the Neelimala ascent The Devaswom Board also runs a cardiology hospital at Pamba near the Pamba Maramath Complex, in cooperation with the Amritha Institute



Padi pooja in progress

of Medical Sciences, Kochi.

In addition to the above facilities, some organizations from and outside Kerala also conduct free medical camps for pilgrims during the Mandala pooja and Makaravilakku festivals. They are at Sannidhanam and Pamba, and also

along the sides of the path leading to th Sannidhanam.

Sufficient ambulance services are also available at Pamba.

Other Information

Public Telephone Booths with STD and ISD facilities are available at Sabarimala, Pampa, and on the route. Mobile phone facility is permitted during the pilgrimage season but not inside the temple.

Post Office functions at Sabarimala during Mandala pooja and Makaravilakku seasons whereas at Pampa throughout the year.

Banking facilities are also available. Doli (Pallakku - carrying one devotee in chair on shoulders) is available for the use of the aged, the unhealthy and disabled pilgrims.

Travancore Devaswom Board is operating bus services to Pampa daily from Kottayam and Thiruvananthapuram during the pilgrim season.

Sabarimala is a "No Smoking" zone and smoking is strictly prohibited. Using plastic materials, containers, carry bags etc., are totally prohibited. ■

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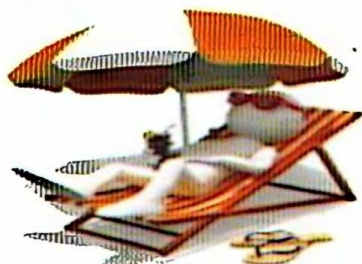
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THIS IS THE BEST WE DO..... WHAT WE COMMIT YOU CAN GET

P BHASKARAN

THE MOVIE MAKER

- Satyanath

Karunakaran took over from Achutha Menon and made him to head them. When Nayanar became CM, he removed him from those positions as the party labelled him anti-Communist and a Congress co-traveller.

P Bhaskaran was born in a family devoted to the ideals of Indian National congress. As he grew up, he gradually moved to the ideals of Marxism. He used his pen to promote the Communist philosophy and was applauded by the leaders of the party. However, his intelligence did not always approve the plans made by the party leaders. Yet the principle of the party being above the individual compelled him to move resolutions in party fora against his own convictions. It was a practice adopted by the leaders that whenever someone important was seen drifting away from the party line, they were entrusted the task of moving resolutions that they opposed internally. It was indeed a crucial test to measure their allegiance to the party. Bhaskaran himself mentioned two incidents of this nature in his autobiographic notes.



drift among many writers of repute. Kesavadev, Thakazhi Sivasankara Pillai, G Sankara Kurup, Prof Joseph Mundasseri, C J Thomas etc were criticised when they wrote in violation of this unwritten code.

This incident inadvertently helped Malayalam Cinema as he shifted to Madras to work in films as a full time lyricist. Bhaskaran did not renew his membership of Party. In his poem 'Aavi Vanti' (Steam train) Bhaskaran compared the Party to a broken train and stated that it was useless to criticise the train drivers instead of changing the engine. He preferred to get down from the train and walk to his objective instead of continuing travel in the broken down train.

ജീവിതത്തിന്റെ ശ്യാമമൈതാനം
പുവണിഞ്ഞൊരു സുപ്രഭാതത്തിൽ
കണ്ടു ഞാനെന്റെ കൺകളാൽ; ബന്ധം
വിണ്ടു വിണ്ടു തകർന്നതാം വണ്ടി...
വന്നു വീണിതെൻ കൺകളിൽ, ക്ഷേപം!
മുനിൽ നീളം തകർന്നൊരാപ്പാളം!
മുനിലേയ്ക്കു ക്ഷണിക്കുന്ന മട്ടിൽ
പിന്നിലേയ്ക്കു നയിക്കുന്ന പാളം!
വിണ്ടലത്തിൽപ്പുതിയ വെളിച്ചം
പൊന്തിനിൽക്കുമൊപ്പൊൽ പ്രഭാതത്തിൽ.
ഞാനിറങ്ങി നടക്കയാ, യേകൻ,
കാൽനടയായെൻ ദീർഘപഥത്തിൽ!

Party interference in literature

When Bhaskaran joined All India Radio, he was compelled to write in accordance to the timely needs and thus he wrote several romantic songs. They were well received by the public. He was even attributed to be the innovator of light music in the radio parlour. Naturally this annoyed the party leaders and they used words normally reserved for their opponents. It was an irony that he was dismissed from AIR as he was suspected as a loyalist of Communist Party. It was no secret that whenever party loyalists worked in some other zone, Party attempted to inject the ideals of it in such bodies. This led to the failure of such bodies eventually. The example of Progressive Literary Movement (*Purogamana Sahithya Prasthanam*) and *Sahithya Parishat* etc point towards this trend. It also caused a

'Neelakkuyil' was considered as a turning point in Malayalam. For the first time, a Malayalam movie was found as distinct and different from Tamil, Telugu and Hindi movies and stage plays which were inspirational for Malayalam. For the first time songs were found to have a distinct Malayali touch. They were felt like folk songs from the villages.

As a movie maker, the first attempt of Bhaskaran to make a movie was to film S K Pottekkat's *Pulliman* (Dotted deer) with an estate owner Vasukutty of Thiruvananthapuram. Ramu Kariat also joined them as assistant director. Bhaskaran wrote some lovely songs for this film and Raghavan composed them beautifully. P Leela, Santha P Nair and Kozhikode Abdul Khader were among the singers. T N Gopinathan Nair later wrote that the singer could not complete one of the songs because she was so much touched by the lyrics that she started sobbing. Yet, the film was folded

up before the shooting commenced for want of funds. Earlier, both Bhaskaran and Raghavan collaborated for Varkey's 'Kathirukaana kili', another aborted attempt. Both of them were then working for All India Radio, Kozhikode.

The third attempt was when he wrote lyrics for 'Thiramala' (Waves) based on T N Gopinathan Nair's play 'Katathukaran'. Both Bhaskaran and T N had small roles in it. Sathyan had a villainous role. There were 13 songs, sung by Abdul Khader, Malathi, Lakshmi Sankar and Santha P Nair. Many of them were chart busters. After writing lyrics for 'Chandrikka' and 'Navalokam', producers started approaching him for songs. Soon Bhaskaran shifted to Madras, the capital of South Indian films. This helped him to work as assistant director to K Vembu. His job involved in writing Malayalam dialogues of the bi-lingual film, 'Amma' of Associated Productions of T E Vasudevan, and teaching the dialogue delivery to the Tamil artistes. Later Vasudevan produced *Ashadeepam* in which Bhaskaran not only wrote lyrics but handled a role along with T N Gopinathan Nair and Dakshinamoorthy, the music director. Gemini Ganesh and Sathyan were the male leading actors while B S Saroja was the heroine and Padmini was the vamp.

Soon Ramu Kariat got T K Pareekutty to finance a film and entrusted the story to P C Kuttikrishnan who was then writing short stories in *Mathrubhumi Weekly* under the pseudonym 'Uroob'. Out of the three stories narrated by Kuttikrishnan, they selected the first one, which was not written by P C but a Kannada short story he read while staying in Mysore state. He adapted this story well to a Kerala set up and thus '*Neelakkuyil*' was born with screenplay and dialogue by Uroob and lyrics by Bhaskaran, music by K Raghavan and jointly directed by Ramu and Bhaskaran. Only two known faces were there in *Neelakkuyil*, of Sathyan and Miss Kumari and the rest were stage artistes or AIR artistes. While Sathyan insisted on a remuneration of Rs.5,001, his senior in films Kumari got only

Rs.3,000. Bhaskaran was the second lead actor in it. Neelakkuyil won the award for the second best film. (The best film was *Shyamchi Aai*, a Marathi film produced and directed by P K Atre.)

'Neelakkuyil' was considered as a turning point in Malayalam. For the first time, a Malayalam movie was found as distinct and different from Tamil, Telugu and Hindi movies and stage plays which were inspirational for Malayalam. For the first time songs were found to have a distinct Malayali touch. They were felt like folk songs



Kumari and Sathyan in *Neelakkuyil*



Prem Nazir in *Iruttinte Aatmavu*

from the villages. *Jinchakkam taaro...*, *Maanennum vilikilla...*, *Kuyiline theti...*, *Ellarun chollanu...*, *Engine nee marhakkum...*, *Kaayalarikath...*, *Katalassu vanchiyerhi...*, each of them became a craze for the public. Bhaskaran had inseparable memories about *Kaayalarikath* from urban and rural areas. Once he went to call on Sardar K M Panicker in New Delhi and the latter was having his shave while listening to the song from radio. Then Panicker started explaining its distinct qualities. When Bhaskaran told him that he was the author of the song, Panicker could not hide his pleasure and embraced him. On another occasion, Bhaskaran and Shobhana

Parameswaran Nair were returning from Wayanad but they could not get any public transport. So they signalled a lorry passing that way to stop. To escape from sleep, the driver was singing *Kayalarikath* and he also said it was his favourite song. When Nair introduced Bhaskaran as its author, the driver's happiness knew no bounds.

Many renowned music directors were associated with him and shared their glory. Among them were K Raghavan, V Dakshinamoorthy, M S Baburaj, G Devarajan et al. His other favourite composers were Chidambaranath, Job and Usha Khanna. During this period, one compilation of his poems saw light of the day: *Orkkuka Vallappozhum* (Remember, sometimes). An Introduction by Uroob, titled 'The poet who shed schedule' created quite a storm in the literary world. In this Uroob declared that Bhaskaran broke the schedule set by the Party. Thus for some years, there were no literary discussions without mentioning 'schedule.'

Just before the release of *Neelakkuyil*, Bhaskaran married Indira (1954). The couple had four children: Radhika, Rajiv, Vinayan, and Ajithan.

His next film was '*Rarichan Enna Pouran*', again produced by Pareekutty, a film without any known actor. K P Ummer debuted in this film as an 80-year old man. One of its songs '*Naazhooripalu kontu.*' became a rage. The story of this film was drawn from Uroob's *Ummachu*. Bhaskaran's third film was also written by Uroob, based on one of his short stories. '*Nayaru Piticha*

Pulivalu' was the first circus film in Malayalam. This was dubbed in Tamil and Telugu and was a huge success. Sathyan, Ragini, Muthaih, Prema, T N Gopinathan Nair and G K Pillai were the main actors. This film got national merit certificate.

Bhaskaran directed forty seven films, the last being *Jagatguru Aadi Sankaran*. His other well known films are *Aadyakiranangal*, *Iruttinte Aatmavu*, *Thurhakkatha Vathil*, *Sihree*, *Ambalapraavu*, *Ummachu*, *Muthassi*, *Kurukshetram*, *Anvshichu Kantethiyilla*, *Tharhavattamma*, *Manaswini*, *Vithukal*, *Kattukurangu*, *Ammaye Kaanaan*, *Kaakkathamburatti*,

Vilaykku Vaangiya Veena, Mooladhanam, Kalli Chellamma, Srimd Bhagavath Gita, Lakshaprabhu etc.

When Bhaskaran was getting busy with movies, in 1957, the first Communist ministry was formed in Kerala and Joseph Mundasseri became the minister for education and cultural affairs. When Kerala Sangeetha Nataka Akademi was started with Thrissur as its base, Mundasseri wanted Bhaskaran to be its Secretary. Bhaskaran could not refuse him, his literary icon. C I Parameswaran Pillai, the tall theatre personality was appointed as its President. Thoppil Bhasi was in the executive committee. During the first three years, Bhaskaran was its secretary and then he returned to Madras to continue his film activities. (Years later, Bhaskaran became its Chairman).

In the new incarnation, Bhaskaran wore the mantle of producer, with well known movie tycoon B Nagi Reddy as partner. Kerala Pictures produced *Laila Majnu* in 1962. Whenever *Laila Majnu* was filmed, it became box office hit. This was the reason to select this story and fate was no different. Besides Prem Nazir, Sathyan and L Vijayalakshmi, K J Yesudas also appeared in it as a singer. Next film *Bhagyajathakam* was a comedy which introduced Sheela as her vehicle to Malayalam films. Later he produced eleven films under various banners such as Chitrasagar, Aradhana, Janani, Suchitramanjari, Gitanjali etc.

It was Bhaskaran who established Prem Nazir as an able actor. Till *Irutinte Aatmavu*, Nazir was known as a chocolate hero. Initially Nazir was hesitant to accept the challenge but Bhaskaran's persuasion succeeded. *Sarada* was its heroine. This film was expected to win Golden Lotus award but had to be satisfied as the best Indian film for national integration. (It was rumoured that this award was instituted to satisfy the critics who favoured this M T Vasudevan Nair film). Yet, it failed at box office.

G Vivekanandan's *Kalli Chellamma* was the first Orwo color film in India and this highly successful film had Sheela in its title role.

When Bhaskaran was busy with film in Madras, he felt the need for a house of his own and engaged Thambi Constructions Company of Sreekumaran Thambi to build it at Egmore. When Bhaskaran realised that Thambi too write poems as well as novels, they became close friends. Soon

he made *Kakkathamburatti* whose story was based on Thambi's novel of the same title. Thambi also wrote its lyrics.

A few of his late movies, including 'Jagatguru Aadi Sankaran', failed to make money and this pushed him to debt. Towards the close of seventies, Bhaskaran sold his house, to clear his financial liabilities, and returned to Kerala. He settled down in Thiruvananthapuram in 1979. Then G Vivekanandan came with a proposal. He offered him the editorial position of Deepika Weekly. The owners of the weekly, the catholic clergy, had no problem in appointing Bhaskaran, a former Communist and movie maker. So he moved to a rented house in Kottayam and piloted the weekly for some time. Then an offer came from Chief Minister K Karunakaran that



Bhaskaran should head the government owned Chithranjali Studio. Soon another offer: he should become the chairman of KSFDC. Bhaskaran agreed to that too.

When Bhaskaran was President of Chalachitra Parishad, Malayalam Film activists had met once to transplant their industry to Kerala as they were fed up of staying in Madras for long time but the facilities available in Kerala were few and far. So he and some of his colleagues like M O Joseph, Thoppil Bhasi and K S Sethumadhavan met Chief Minister C Achutha Menon. The CM agreed to their request and asked them to prepare a blue print. Karunakaran took over from Achutha Menon and made him to head them. When Nayanar became CM, he removed him from those positions as the party labelled him anti-Communist and a Congress co-traveller.

The sudden holiday enabled him to

return to poetry. The result was 'Otta kambiyulla Thamburu', an autobiography in verse. This was his favourite work as it was his own life. About this book, Dr M Leelavathy writes: "Even after prolonged battle, the failure of not achieving what ought to have been achieved manifests in it".

Bhaskaran was never an atheist but seldom visited a temple. For him, writing itself was worship. He had no hesitation in admitting that his writing was the need of the hour and subject. While making movies, he was never hesitant to add the necessary ingredients to suit the needs of various spectators but never indulged in sex and violence to attract masses. All his movies were targeting family audience.

There was no specific time for him to write lyrics. His well known song of Murhappennu, '*Karayunno puzha chirikkunno..*' appeared in his mind when he saw the dry Bharathapuzha and immediately recited to Parameswaran Nair who was to produce the film.

Much before *Bhargavi Nilayam* happened, Bhaskaran had written "*Thamassamenthe varuvaan..*", Prof S Guptan Nair reminisced. Professor remembered that song, rendered by Bhaskaran himself, when *Bhargavi Nilayam* was not even in the pipeline.

Bhaskaran suffered from Alzheimer's disease towards the end of his life, and could not recognize anyone who worked with him. Two notable experiences were those from music director M K Arjunan, whose first film songs were written by him, and singer S Janaki, who sang most of the songs written by him (Along with K J Yesudas). The last film for which he wrote lyrics was '*Soudamini*', released in 2003. He died on 25 February 2007 at Thiruvananthapuram aged 83. He was cremated with full state honours at Thycaud Santhikavadam crematorium.

Malayalam film world owed its existence to Bhaskaran and his friends. They liberated the Malayalam film from the clutches of Tamil producers and enabled it to stand on its own feet. There was no other lyricist here as tall as Bhaskaran. Though Abhayadev was his predecessor, he could not dominate the field. Lyricists like Vayalar Rama Varma, Yousufali Kecheri and O N V Kurup could enter the field only because Bhaskaran had no time to spare. Very often he recommended other lyricists to producers to escape from their pressure. He reigned Malayalam film world like a colossus until Alzheimer's disease caught him towards his end. ■

THE MANGROVE MAN OF KERALA

At the age of eighteen, Pokkudan joined the “Radical Group” of the Indian Communist Party. As a staunch communist, he was a part of many movements in Kannur, including the farmers' agitations, and had been arrested and sent to jail several times. When the Communist Party split in 1964, he was with the Marxists. However, in 1980, he was disillusioned with the party and moved away from political life.



K. R. NARAYANAN

■ The coastal population of India has been dependent on the mangrove shrubs and trees from time immemorial for the purpose of food, fodder, medicines and firewood. The communities living

near the coastal and estuarine regions of Kerala were not an exception to this. But what was surprising was that a member of the Pulaya community of Kannur district in Kerala, led a one man army to protect, conserve and cultivate the declining mangroves, along the shores and backwaters of this region. It was none but Kallen Pokkudan, who was popular among the coastal population as *Kandal Pokkudan* (Mangrove Pokkudan). This seventy eight year old organic environmentalist, who recognized and understood the importance of mangroves, died of age-related ailments in a private hospital in Kannur on 27th September, 2015.

Born into the Pulaya community in Ezhom village near Pazhayangadi of Kannur district in 1937, Pokkudan was victimized because of the community



he belonged to. At the age of eighteen, he joined the “Radical Group” of the Indian Communist Party. As a staunch communist, he was a part of many movements in Kannur, including the farmers' agitations, and had been arrested and sent to jail several times. When the Communist Party split in 1964, he was with the Marxists. However, in 1980, he was disillusioned

with the party and moved away from political life. Subsequent to this, he began to take interest in the conservation and propagation of the declining mangroves and initiate his campaigns for conserving and cultivating mangroves (1989).

While living very close to the wetlands for many decades, Pokkudan had opportunities to observe and understand the damages caused to the mangrove forests by human interference. Therefore, he had been collecting, preserving and planting the seeds of the 'Mad Mangrove' tree - a long-fruited, stilted mangrove scientifically known as *Rhizophora mucronata*. His objective or purpose could not be digested by the common people or the developmental personnel and they thought he had gone mad. And, because of this, he would often say: “*Sometimes, I feel I'm another mad mangrove tree*”. But sooner or later, his name became synonymous with the mangrove conservation in Kerala.

In 1989, at the age of 52, Pokkudan started planting mangrove seedlings in the wetlands of his domestic surroundings, without any support from any agency. Environmentalists had not begun to pay attention to the destruction





of mangrove forests and the rainforests of the coastal eco-system, the Coastal Regulation Zone Act had not been promulgated, researchers had not begun to make a beeline to the pockets of wetlands in Kannur district where Pokkudan lived. In just four decades, the extent of mangrove forests in the state had dropped from over 700 sq. km to a paltry 17 sq. km. Yet, Kannur still possessed nearly 45 per cent of the remaining wetlands in the state.

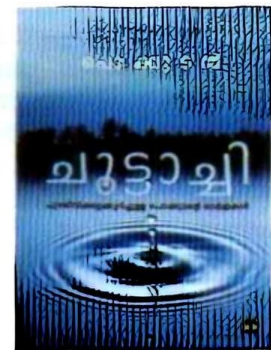
It was, however, not any statistics or environmental awareness camps that created in the rustic mind of Pokkudan a passion for planting mangrove seedlings. Instead, it was his disillusionment with the existing manner in which the environment was handled that had brought Pokkudan to this new personal approach." He planted 300 saplings initially and protected them from those who plucked/destroyed them. But, in this process, he had to face many problems, like the police cases and attacks for attempting to grow mangroves. Pokkudan describes those bad days, like this: "Everyone thought I was insane; some people threatened me thinking that I was trying to grab government lands. But though I did not have any scientific knowledge, somehow I believed it will prevent sea erosion".

For Pokkudan and the other pulayas, the mangrove had always been a perennial source of food, fuel, fodder and medicine. He often said, in the earlier days, "We hardly got a mouthful of rice, but there were many kinds of food in the wetlands like fish that could be cooked or kept apart for the days of famine or the berries and tubers that could be eaten raw or cooked. Many of these had medicinal properties. Apart from hundreds of varieties of fish, there were several types of migratory birds as well in the mangroves."

He had great faith in the ecology of the mangroves, when he says: "The fish, the birds and the human beings depended on the mangroves." Pokkudan also considers the mangroves as the "Security Guards of the earth". "The birds that roam the skies and nest in the mangrove branches, tree heads, paddy fields and river banks also have a life similar to ours," he used to argue. This philosophical correctness gave birth to the man that is Pokkudan and his commitment to the preservation of mangroves.

In his autobiography he describes in detail 20 kinds of mangroves and how they thrive in the marshes and swamps, the birds and insects that nest amidst them, and the innumerable fish varieties that inhabit these swamps.

Pokkudan was not fortunate enough to study much and his academics are limited to only the second standard in the local primary school. Yet, with the help of others, he was able to share his knowledge and experiences about the mangroves, through two autobiographical books, viz. *Ente Jeevitham* (My Life) and "*Kandalukalkkidayile Ente Jeevitham*" (My Life amongst the Mangroves). He was able to write two more books, of course with the help of others, titled "*Kandal Inangal*" (Mangrove Varieties) and *Chuttachi*. In 2003, Thahaa Madaayi wrote about him in *Samakaaleena Malayalam* under the title "*Pokkudan Ezhuthaatha Aathma*



Katha" (The Autobiography that Pokkudan did not write) and the same came out as a documentary as well. Pokkudan had bagged innumerable awards and recognition for his mangrove based services to the population. P.V.Thampi Memorial Endowment Award (2001), Vana Award of the Kerala Forests and Life department (2006), Haritha Award of the Government of Kerala (2010), P S Gopinathan Nair Environment Award (2014), and Rahman Haji Award (2010) are among them. In addition, he was fortunate to bag the Kannur University Achaarya Award and the Award of

Institute of Children's Literature. Pokkudan's wife- Meenakshi was much earlier. The couple have six children -three boys and three girls of them, by name Shreejith Paithal was instrumental in writing two books for his father.

The story of Pokkudan will speak loudly, how a common man, who was committed to nature, could carry out massive scientific, social, and environmental development, through his commitment and the resources at his disposal without expecting help and financial aid from the Government and the developmental agencies. ■




12th Raagalaya Light Music Competition

The 12th Raagalaya Light Music Competition will be held at Marol Education Academy, Bhavani Nagar, Marol, Andheri (East) Mumbai on Sunday the 24th January 2016 in association with Kerala in Mumbai from 9 am onwards. As in the past the competition will be held in Six groups i.e. Group A (5 to 10 years), Group B (11 to 15 years), Group C (16 to 25 years), Group D (26 to 40 years), Group E (41 to 60) and Group F (61 and above). Participants are allowed to sing light music /film songs from any language preferably Malayalam since the main aim of Raagalaya is to promote Malayalam Songs. We shall be providing keyboard and tabla for support.

Interested Participants are requested to register their names by contacting Raagalaya Office at **B-105, Twin Arcade, Military Road, Marol, Andheri (E) Mumbai- 400059.**

Tel: 29209959/29205641 on or before 31st December 2015.



Winners of 11th Raagalaya Light Music Competition (top and bottom)

DEEPAVALI

LET US LIGHT A LAMP IN OUR HEART ALSO

The spirit of Deepavali is one of joy and cheer all around. People come together and share sweets. The fireworks proclaim their unity with their sparkles and illuminations.



V Balachandran

■ Deepavali, which means row of Lamps, (also called Diwali), falls this year on the 10th November. While this is a one day celebration in the South (Tamil

Nadu in particular), the festival is observed for a longer period upto 10 days in other parts of the Country.

The most joyous festival in a year, Deepavali has legendary associations such as the death of Narakasura (a demon) at the hand of Sri Krishna (in the South) and the return of Sri

Rama to Ayodhya after the killing of another Asura, Ravana (in the North and the East). In the West, it is linked to the worship of Sri Lakshmi, the Goddess of Prosperity. In Kerala Onam, connected with another Asura King, Mahabali, takes the primacy of place.

The celebration of Deepavali includes bathing, wearing of new Clothes, feasting (with Special Sweets), lighting of lamps, and bursting of crackers.

Deepavali is rightly called the Festival of Light. When lamps are lit, the darkness of the night goes. Much

more than that, symbolically, the darkness of ignorance, wickedness, superstitions, false beliefs, unrighteousness etc. are sought to be dispelled from our lives.

The spirit of Deepavali is one of joy and cheer all around. People come together and share sweets. The fireworks proclaim their unity with their sparkles and illuminations.

Distinct Change

Over a period of time, a distinct change is being seen in the way we observe the festival. In the religious sense, the festival is losing its sheen. Ostentatious display of affluence and

procured from outside. Some people seem to prefer eating outside, ready-made, forgetting that cooking at home is not only hygienic but can be done in a spirit of offering to God. In the social sense, in this busy world, festivals provide an opportunity to all members of the family to be together, share happiness and feel togetherness. Revelry is reduced to consumption of liquor, which have been elevated as an integral part of all celebrations.

Commercialization

Business style is the order of the day, give and take policies and no religion or sentiments are involved or attached in present day festivities.

Nostalgic reminders of 'intricate colourful lights', 'elaborate Rangoli' with all the close-knit family members, Lakshmi Pooja are our thoughts of Diwali. The new generations must know about the past rich culture and tradition. With the joint family system giving way to nuclear families, the old cultural heritage is

almost forgotten. For the nuclear family living in a urbanized locality, collective celebration with own



extravagance seems to be increasing. The sweets, instead of being prepared with loving hands and devotion, are



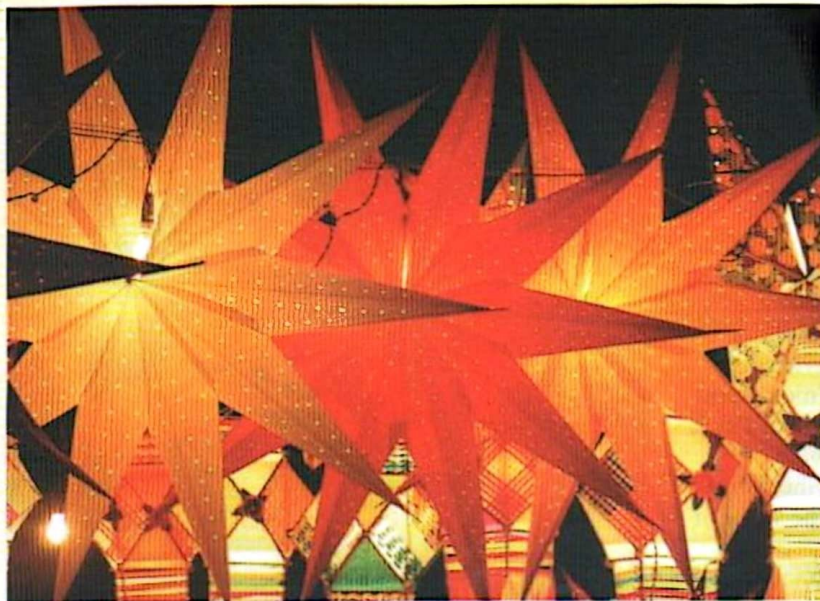
family members becomes difficult. Laxmi Pooja, Bavbeej etc in Bombay provided for family visits but now have become stereotyped: Influence of western culture and to some extent, inter-caste marriages, have sidelined our traditional festivities.

Today everything remains peripheral and nothing comes from within. There are cinematic dances for enjoyment and conducted by an event management company. The transformation is complete. Perhaps, these changes are inevitable, but one thing is certain: there are two sides to all aspects. One can still take the better option. All festival celebrations are meant to unite people and be happy by forgetting the past. Festivals have the quality to strengthen bonding among its community. The message of Diwali is clear. Unite together, feelings of oneness.

Diwali makes a grand affair. Let us remember GOD is the Great Giver. Let a lamp be lit in our heart also.

Health Hazard

It is not realized that excessive fireworks leads to several physiological disorders e.g. blood pressure, heart trouble, digestive disorders, impairment of hearing, not to speak of the noise of high decibels affecting children, the sick and the aged. One has to co-operate with the law abiding rules and guidelines drawn by the Authorities.



Happy Diwali: Enjoy!

Let us by all means enjoy ourselves during Deepavali days, which will enhance the happiness, joy, promote social harmony and ensure peace all around. Mixed with a lot of entertainment, excitement and contacts, Diwali makes a grand affair. Let us remember GOD is the Great Giver. Let a lamp be lit in our heart also. ■

PARAVUR T K NARAYANA PILLAI A SAGA OF SELFLESS SERVICE

T K Narayana Pillai popularly called "Paravur TK" was the first Chief Minister of Travancore-Cochin State at the time of its formation in 1949. He was a freedom fighter and a member of the Indian National Congress. A man of deep convictions, his whole life was a saga of selfless service. Since he helped the poor and the downtrodden classes, he was fondly called 'Man of the Masses'.



V N Gopalakrishnan

■ T K Narayana Pillai is considered to be a pioneer in undertaking and implementing the construction of highway road systems, bridges, government

buildings, irrigation canals and dams. His administrative policies helped the farmers and the workers very much. Reduced fertilizer rates for rice farmers and a higher market rate for the rubber farmers of Central Kerala were some of the measures taken up during his tenure.

Narayana Pillai was born on March 25, 1890 in Karumallur village in North Paravur. He had his early education in Paravur, Trivandrum and Chennai and collegiate education at the Union Christian College, Alwaye. He got his B.A. degree in 1911. He was associated with the Indian National Congress right from his school days. In 1924, he became the Taluk President of the North Paravur unit of the Indian National Congress, and went on to become the Secretary of the Travancore-Cochin unit of the Indian National Congress in 1932 and in 1938, he became the President. He was also one of the founding members of the Travancore State Congress. He was jailed many times for participating in agitations for the Responsible Government,

After independence, Sree Chithira Tirunal, the Maharaja of Travancore acceded to join the Indian Union, upon the request of Sardar Vallabhbhai Patel, the then Home minister of India. Travancore was first among the native states of India to recognize the value of a Legislative Council as an indispensable adjunct to a civilized and enlightened Government. The Kerala State Legislature is a continuation of the



democratic process which began in the erstwhile State of Travancore. During the Maharaja's time the Sree Moolam popular Assembly and the Legislative Council came to function as two chambers of the Legislature. Sree Moolam popular Assembly turned out to be a powerful platform to give vent to the public feelings on matters of administration, though it lacked the legal power. The bicameral legislature

continued till September 4, 1947. Soon after, a newly constituted Constituent Assembly of Travancore came in to being. It was the first of its kind in the country formed on the basis of adult franchise.

The Travancore Interim Constitution Act was promulgated on March 24, 1948 taking into consideration the desire of the Assembly to be granted the power and function of a Legislative Assembly and have a Ministry responsible to it. The Maharaja became the Constitutional Head and a three member Ministry under the Prime Ministership of Pattom A. Thanu Pillai came into being on that day. However, this Ministry was voted out of power on October 17, 1948.

Similar developments were taking place in the princely State of Cochin as well. Following the National Policy of Integration, the states of Travancore and Cochin were merged into Travancore-Cochin state on July 1, 1949. The Maharaja of Travancore became the Head (*Raja Pramukh*) of the newly formed State. The members of



Swetha, Sujatha and Mohan

Travancore Legislative Assembly and Cochin Legislative Council became the members of Travancore-Cochin Assembly.

Indian National Congress had a resounding victory in the elections conducted for the first time after independence and T. K. Narayana Pillai was unanimously elected the leader of the legislative party. He assumed charge as the Chief Minister (Premier) on July 1, 1949 thereby becoming the first Chief Minister of the Travancore-Cochin state under the Union of India.

One of the controversial issues during his tenure as the Chief Minister was the investigation into the burning of the famous Swami Ayyappa temple at Sabarimala during offseason, and his denial to make the report public citing communal violence. His ministry fell on March 1, 1951 due to a political friction between Panampilli Govinda Menon and E. John Philipose, two heavy weights in Travancore-Cochin state at that time. However, he became the food, labour and education minister during the ministry headed by C. Kesavan, but that ministry was also short-lived and he resigned on September 5, 1951 due to differences

On January 26, 1950 when India became a Republic and the new Constitution came into force Travancore-Cochin, along with other Indian states became a constituent unit of the Union of India. Under the States Reorganization Act of 1956, Travancore-Cochin State and Malabar region were united to form the State of Kerala on November 1, 1956 on linguistics basis. General Elections were held to the State Assembly on December, 1951 and on March 12, 1952 a Ministry was formed under the Chief Ministership of A.J John.

The First Kerala Legislative Assembly was constituted on April 1, 1957 after the first General Elections. The First Communist Government of Kerala came in to power with E.M.S Namboodiripad as the Chief Minister. The Ministry assumed office on April 5, 1957. R. Sankara Narayanan Thampy was the First Speaker. The history of Legislative development in North Kerala is closely linked with the development of the erstwhile Madras Residency.

with the Chief Minister.

He contested for the parliament elections in 1952 from the Chirayankizh constituency in Thiruvananthapuram district but lost it. After his defeat, he retired from active politics and spent his time in contributing articles in leading newspapers. He was bed-ridden with arthritis for few years and the end came on June 23, 1971 at the age of 81. The name of Parvavur T. K will always be remembered in respect and admiration

by the people of Kerala for generations to come. His success in Travancore-Cochin state is attributed to the co-operation he received from his staunch supporters including Karikkakom S. Narayana Pillai. Pillai was a freedom fighter as well as his personal secretary. The playback singer Sujatha Mohan and Radhika Tilak (who died recently) are his granddaughters while Swetha Mohan, another playback singer is his great-grand daughter. ■



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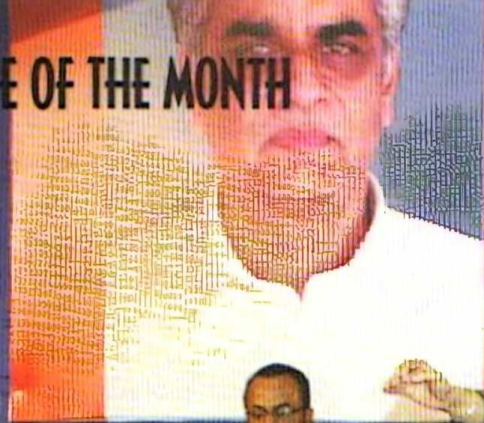



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ANU SHYAM MELLIFLUOUS SINGER

Anu Shyam is a popular singer whose voice has mesmerised music lovers in Mumbai.

Lakshmi V

Anu Shyam is a popular singer, part of several well-known South Indian music bands of Mumbai, Pune and occasionally Gujarat. She is a prominent light music and devotional singer performing during South Indian festivals and sings Malayalam, Tamil and Hindi songs. She is very active in every musical event organized by Kerala Samajam and Nair Samajam at Dombivili.

Anu Shyam was born and brought up in Kodakara Taluk in Thrissur District. Her parents are Tulasi and the Late Radhakrishnan. She completed her schooling and college at Don Bosco School in Kodakara and Sacred Heart College in Chalakudy.

She got married to Shyam Sukumar in 2007 and came to Mumbai after marriage with her husband. Currently they are living in Dombivili. Shyam Sukumar belongs to Puthenchira in Mala, Trissur. He is presently working

as Zonal Agency Manager, Mumbai and Goa at Bajaj Allianz General Insurance Co Ltd.

Anu's singing career began from 1996. Before settling in Mumbai after marriage, she was trained under the famous Carnatic music teacher Subrahmaniam Sir who is the brother of well known Music Director Mohan Sitara for a period of 2



years. During this period she also performed a couple of chorus for the Malayalam films like *Don* and *Rappakal*. She remembers those initial days of her singing career started with Jyotsna, Vidhu Pratap, Manjari, Anwar Sadhath and others who all worked together in the music group of Mohan Sitara. Anu is basically a Carnatic music artiste who has recorded her voice for major winning Thiruvathirakkali competitions.

She is currently taking advanced training in Carnatik music under Prabha Rao teacher at Dombivili.

Anu has so far sung along with more than six South Indian bands across Maharashtra and Gujarat in various events.

She is a semifinalist of *Sapta Swarangal*, a music

competition by Asianet TV in 2004. She has also sung an album called *Mazhaye* by a music group of Thrissur.

"I am thankful to my family including my in laws for their great support to help me reach where I am today. I also thank the various music Bands and Samajams for giving me opportunities to perform and the audience across Dombivili and other areas of Maharashtra who support my singing," she says.

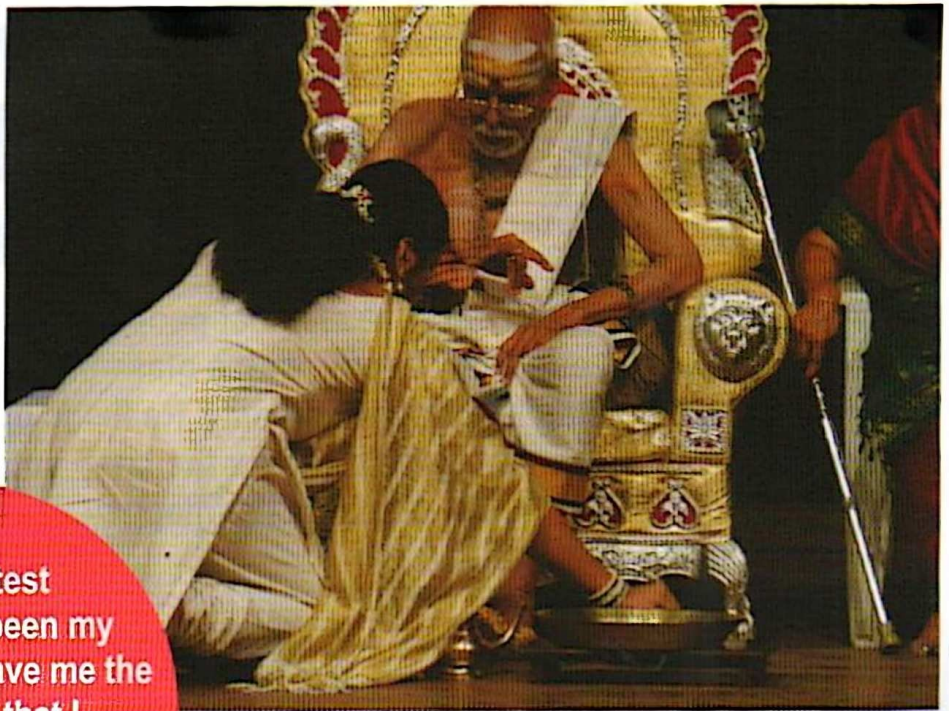
"My greatest support has been my husband who gave me the confidence that I could sing, and who encouraged me in all my efforts," she adds.

Anu has performed on several occasions which she considers to be precious to her. She feels blessed to have had the opportunity to perform Guru Puja for the late Dakshinamuthy Sir and an opportunity to sing his ever green songs. This was during his visit to Mumbai during Mumbai Pooram a few years back. She also cherishes her memory to sing in front of late Padmashree Sukumari and other senior cine artistes like Devan etc. during a private jeweller's inauguration at Pune.

Anu is a winner of Raagalaya Music competition since 2010 and winner of Janashakthi Malayalam film song competition in 2010.

Singing has always been Anu's passion. "I want to live as a singer and

"My greatest support has been my husband who gave me the confidence that I could sing, and who encouraged me in all my efforts."



Anu Shyam doing Padapuja of Dakshinamoorthy Swamy



Anu with her husband Shyam

to die as a singer," she says emotionally.

Even as a child, she was active in all art related events and has participated in dance programs as well during her school days. However singing is her main interest and she is learning music professionally.

Her family is also interested in music.

Her siblings are all interested in some art related matter. Her elder sister has participated in light music programs conducted by All India Radio.

Anu's passion for music is evident in her talk. And she shows every promise of becoming a veteran in her field in the future. ■

BE A TRUE OPTIMIST TO BE A REAL WINNER

Optimism is not facile cheerfulness. Most people would define optimism as being eternally hopeful, endlessly happy, with a glass that is perpetually half full. True optimism means being in touch with reality. Realistic optimists are optimalists not those who believe everything happens for the best, but those who make the best of things that happen.



Prof. Dr. John Mathews Vazhappilly

■ Being optimistic does not mean shutting out sad and painful emotions. Optimism has a more creative function. Instead of focusing only on righting wrongs and lifting

misery, true optimism fosters good mental health through constructive skills. Optimism helps us to strengthen our strengths rather than improve our weaknesses. It is not enough to clear away the weeds and under bush. If we want roses, we have to plant a rose.

A true optimist is aware of the problems but at the same time looks for the solutions; knows about the difficulties, but believes that they can be overcome; sees the negative, but accentuates the positive; is aware of the challenges, but is bold and daring to face them with a smile.

One of the first thinkers to articulate the philosophy of optimism was the Roman emperor and philosopher Marcus Aurelius : Think not so much of what thou hast not, as of what thou hast;

but of the things that thou hast, select the best, and then reflect how eagerly they would have been sought, if thou hadst them not. At the same time, however, take care that thou does not through being so pleased with them accustom thyself to over-value them, so as to be disturbed if ever thou shouldst not have them.

Optimism enhances patience, increases energy and steels the will. It is a perennial source of inexhaustible enthusiasm. True optimists are real winners in the battle of life. Optimism teaches us this lesson :

Don't shoot butterflies with rifles
Don't make tragedies of trifles

Optimism Versus Pessimism

Normally an optimist always sees the green light at the cross roads of life. The pessimist the red one. A truly wise optimist sees all the colours. The pessimist sees adversities in every opportunity; the optimist sees an opportunity in every adversity. This insight was given poetic expression by McLandburgh Wilson :

Betwixt the optimist and the pessimist
The difference is droll
The optimist sees the doughnut
But the pessimist sees the hole

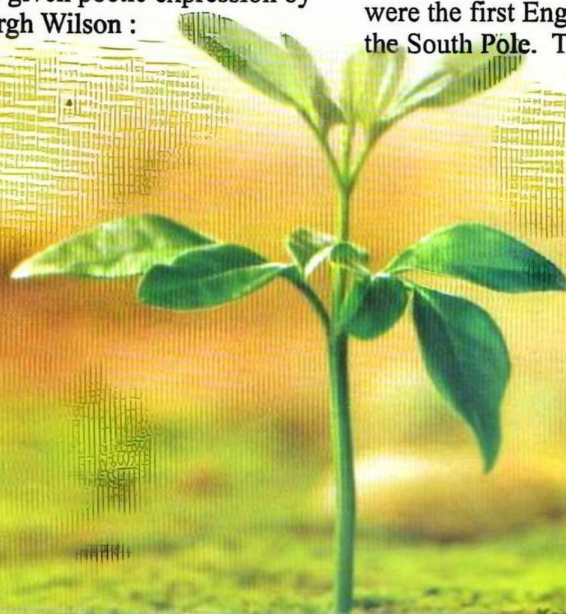
An optimist is always a winner. A pessimist is mostly a loser. An optimist, despite occasional flops and failures, is still cheerful and hopeful. A pessimist, even when he succeeds, is not elated. Even his success is tinged with sadness.

For a pessimist life become a scenario of broken dreams and shattered hopes. His heroes always seem to collapse and reveal feet of clay. An optimist is guided by a different compass. He seems to be moving along the high road. The scenery is beautiful, and the people along the way are very helpful. He seems to be surrounded by goodness and good fortune. There are a few dark days here or there, but in the end everything seems to work out well.

Some Great Optimists

Robert F Scott and his companions:

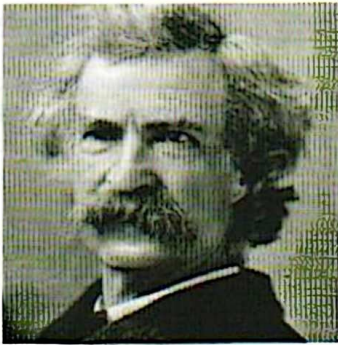
Robert F Scott and his companions were the first Englishmen ever to reach the South Pole. Their return trip was



probably the cruelest journey ever undertaken by man. Their food was gone and so was their fuel. They could no longer march because a howling blizzard roared down over the rim of the earth for eleven days and nights a wind so fierce and sharp that it cut ridges in the polar ice. Scott and his companions knew they were going to die; and they had brought a quantity of opium along for just such an emergency. A big dose of opium, and they could all lie down to pleasant dreams, never to wake again. But they ignored the drug, and died "singing, ringing songs of cheer". We know they did this because of a farewell letter found with their frozen bodies by a searching party, eight months later.



Robert Scott



Mark Twain

was left with nothing, he could still say without any trace of bitterness, "They left me the sun and the moon, a loving wife, and many friends to pity me and some to relieve me and... they have not taken away my merry countenance and my cheerful spirit..."

Sydney Smith the compulsive optimist:

Sydney Smith was a compulsive optimist. No adverse circumstances could dampen his spirit. He retained his sense of humour and maintained his cheerfulness in spite of the infirmities of old age. He wrote to one of his close friends, "I have gout, asthma and seven other maladies, but

otherwise I am very well." As his life was drawing to a close, he suffered heavy weight loss and looked pale, anemic and emaciated. In a letter to Lady Carlisle he joked about his condition: "If you hear of 16 or 17 pounds of flesh wanting an owner, they belong to me."

The Art of Nurturing Optimism

An Optimist is a Person of Hope:

Every major problem that you confront in life's pathway has a fork in the way. In traversing this path you can choose either to break down or break through. Resist the emotional blackout of negative feelings. Move out of an emotional blackout into brightness and hope. If you do this, you break through.

Two little kids were chatting as they watched a farmer sowing seeds. "I don't like to watch seeds being sown, it reminds me of digging graves and burying people." said one. "I don't think so," replied the other. "I just look ahead."

Edison The Incurrigible Optimist:

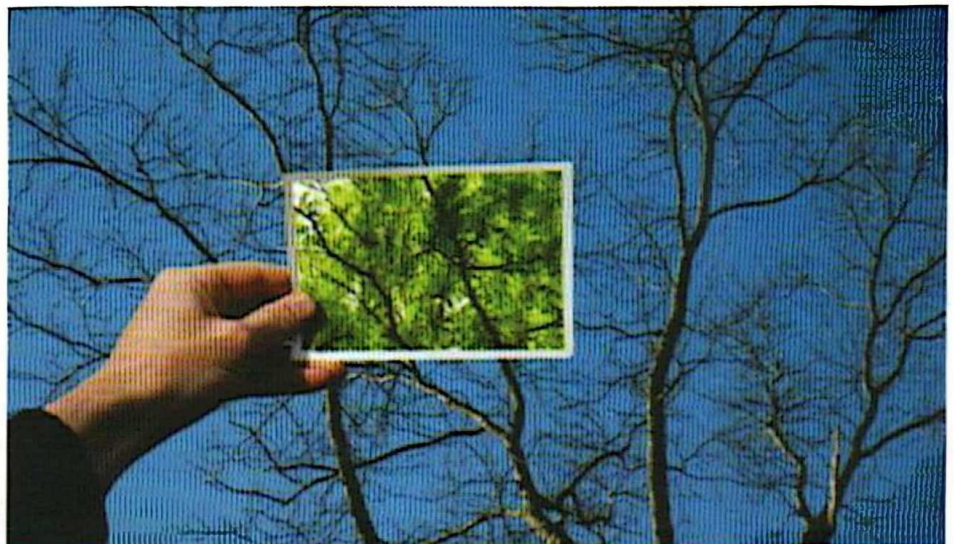
Thomas Edison suffered a big loss of 2 million dollars when fire destroyed his factory. He was sixty-seven years old. "There is a great value in disaster. All our mistakes are burned up. Thank God, we can start anew". From these words of Edison we can learn the lesson that even when things don't go our way, there is no need to be depressed. We can get up and fight. No failure is final or fatal. "Keep your face to the sunshine and you cannot see the shadow" said Helen Keller, perhaps the greatest optimist of the twentieth century.

Mark Twain The Perpetual Optimist:

One Sunday morning, when William Dean Howells and Mark Twain came out of the church, it started raining heavily. "Do you think it will stop?" asked Howells. "It always has", replied Twain. Optimism fosters two things : hope and cheerfulness. Mark Twain cherished hope as the greatest treasure of mankind. When a man destroys hope, he destroys future. Hope is the seed of all possibilities.

Jeremy Taylor The Natural Optimist:

Historians say that when Jeremy Taylor's house was ransacked and he



An optimist is always a winner. A pessimist is mostly a loser. An optimist, despite occasional flops and failures, is still cheerful and hopeful. A pessimist, even when he succeeds, is not elated. Even his success is tinged with sadness.

and see the seeds wake up into beautiful flowers."

No one can foretell to what heights you can aspire and achieve. You cannot measure the altitude that you can command until you spread the powerful wings of optimistic hope. Whatever you fervently hope for, whatever you vividly imagine, passionately desire, earnestly believe and enthusiastically pursue, must inevitably come to pass.

Replace Fear with Faith:

Don't fill the inner space of your mind with the darkness of fear. Like photography negativity develops in the dark. When your mind is full of fear, your vision is reduced considerably and your mobility is restricted to a great

extent. Remember, wherever that old carrion crow of fear hovers there is something asleep which needs to be awakened, or something dead which needs to be buried. It is one of the paradoxes of life that the absence of fear, a willingness to dare and do, has been the major cause of individual accomplishments. If you stumble and fall, you must find the inner strength to get up and go on.

Beware of Cynics:

Being a cynic may be an intellectual fad. You may get a round of applause for some time. But it has no positive content. Remember what Oscar Wilde said : a cynic is a man who knows the price of everything and the value of nothing. Cynicism is fatal. It drains us of the will to fight; it diminishes our altruistic spirit; it saps our inventiveness and creativity; it shrinks our hearts and withers our souls. Cynics take their world weariness for wisdom. Cynicism is more of a pose than an act of grace.

Cynics build no bridges; they make no discoveries. Cynics may pride themselves in being realistic in their approach, but progress and the onward march of civilization demand an inspiration and motivation that cynicism never affords. If we want progress we must take the forward look.

An Optimist is a “Good - finder.”

An Optimist is an incorrigible “Good

THE PRAYER OF AN OPTIMIST

Lord, give me the grace
 To be strong and sound within
 That nothing can disturb my inner peace
 To speak only positive things
 To every person I meet today
 To make all my friends
 Feel proud of them
 To make all my friends
 Feel proud of me
 To cleanse the doors of my perception
 To look at the bright side of everything
 To think the most sublime thoughts
 To speak true and gracious words
 To do the most lovely deeds
 To be as concerned about
 The fulfillment of others
 As I am of my own
 To unload the burdens of the past
 And travel free and light
 To be pleasant and cheerful at all time
 And give a sweet smile to everyone I meet
 To spend most of my time in creative pursuits
 That I have no time for fault - finding
 To be too grateful to worry
 To be too noble to envy
 To be too brave to fear
 To be an eternal optimist

Dr. John M. Mathews

- finder”. Look for good and you will learn to overlook evil. An optimist says “Yes” to life. “Yes” distills the good out of everything. “Yes” purifies. “No” pollutes. “Yes” is the philosopher's

stone. Any base metal can be simply transformed into gold by touching it. Say “Yes” to life and be a “good finder.”

People are something like wildflowers. Their goodness and beauty can be so easily missed or taken for granted. Sometime everyone should pick a wildflower and study it carefully. There are delicate veins in its leaves. The petals are so fragile, the blossom so beautiful. If you do this, turn the flower in the

sunlight and look for its special symmetry. It has a beauty all its own.

People, too, need a closer look. But we do have to look beyond the weak and foolish things that cover the goodness in most of us. We must go in search of the beauty that no one else has ever looked long enough or far enough to discover. However, let all good-finders be forewarned: Others will think of you as naïve. The world at large cannot easily believe in the optimism of good-finders.

A “good - finder” always looks for options. When he finds one door locked, he looks for other doors and windows which are wide open. Instead of plunging into despair, he takes the leap of faith and looks for alternatives. A well-known Urdu poet, Asar Luckmavi wrote: Jab manzil-e-maksood nahin pata hun / Koshish ko nayee rah pe le ata hun. When I do not succeed in achieving my aim, I think of attaining it through a different approach and so I try again.


Those who hunt for gold have to dig in a lot of places before they find a rich vein of gold. How much digging do you do in your life? Digging in your life means looking for the rich deposit of goodness within you and in the heart and soul of the other persons you encounter in your daily life. Inner goodness is like gold deposits. It does not lie on the surface, waiting to be picked up. It does not sparkle in the sun, drawing you to it. Thick veins of gold run through protective rocks. Inner goodness too lies deep inside the hearts and souls of men. Dig for it.

Develop a Positive Psychology

Our psychology namely, our personality and outlook on life can be just as important to our well-being as exercising and eating right.

Scientific research has shown that only about 25 per cent of a person's optimism is hardwired in his genes. This means that the greater part of an optimistic outlook can be acquired with the right instruction and training. The thing about being optimistic, though, is that it takes hard work and that is a drag.

It is a dynamic and proactive process, through which we force ourselves to see our life a certain way. Indeed, many of the leading optimism and happiness experts consider themselves born pessimists. But if they have learned over time and with lots of practice to become more hopeful and cheerful, take heart. So can we. We too can be a winner. ■



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VIDYADHIRAJA HIGH SCHOOL, BHANDUP (E)

A SCHOOL WITH A DIFFERENCE

Vidyadhiraja School looks different from other schools in all ways and is catering to the students from Play House to Std XII. In spite of its humble looks, it has gained a lot of laurels from the international bodies.

Ashwati

I was in a deep conversation with Mr Sasidharan Nair, President of Vidyadhiraja High School when some children from the primary classes moved in towards him. He lovingly asked them what the matter was. They murmured, they had come for their birthday cards. I wondered what type of greeting card. Jayashree Raveendran, the headmistress of the school, explains that every child of the school gets a card from the school on their birthdays. Nair removed a bunch of beautiful cards from the drawers of his table, asked the name and date of birth from the children, wrote them on the card and handed over the cards to Jayashree for her counter signature. Children left happily, keenly watching the colourful cards.

Sasidharan Nair explains that their school is an institution with a difference. Formality is firmly kept out of the school. All children are encouraged to interact with teachers and other staff without any fear. The camaraderie is very evident everywhere.

Sasidharan Nair contemplates for some time and tells me "No student who joined our school in Play School or junior KG, ever failed in SSC examinations. A few who failed in the past had joined us in the higher classes. When any child approaches us for admission, we do admit them and give them intensive training so that they become on par with those who joined us years earlier. Rarely did we fail."

Achievements

Vidyadhiraja School looks different from other schools in all ways and is catering to the students from Play House to Std XII. In spite of its humble looks, it has gained a lot of laurels from

the international bodies.

1. British Council conferred their International School Award on Vidyadhiraja for the period 2012-2015 and 2015-18
2. 'People Prize'(2nd Prize in the world) at School Enterprise Challenge from 'Teach a man to fish', U K from among 800 schools from forty countries.
3. 'Global Teacher' accreditation to teachers Girija T C and Mrs. Sindhu Vinokumar.
4. 'Silver Prize' for Miss Ananjana of Std VIII and Bronze medals to students Shrutika, Ransom Roche and Varsha Bhatt at Commonwealth Essay Competition out of 11000 participants.
5. Students Soham Shipurkar and Rohan Powar were selected and sponsored by AFS to study in the US.
6. Best Mini Club Award from Tata Energy Club.
7. Head Mistress Jayashree Raveendran was nominated and sponsored for a world conference in

South America by Foundation Paraguay.

8. In 2013 student Arekar Chinmay topped in English at SSC examination, from all Bhandup schools with 96.55%.

The school is managed by a Board of Trustees consisting of Lion Kumaran Nair, Shri S R Pillai, Shri M G A Menon, Shri S G Nair and Shri Navin Shetty.

Sasidharan Nair apologetically admits that his contribution to the school is negligible when compared to that of Mrs Jayashree Raveendran, the Headmistress and her team of dedicated teachers. It's they who gave a shape to the activities of the school and lifted it to international level.

Vidyadhiraja received permission to start STD VIII in 2001 itself. The students of the neighbouring Municipal school had classes upto VII Std and some of their students joined Vidyadhiraja. The first batch of SSC came out successfully in 2004 with 100% results.



K N S Nair and Mrs. Jayashree Raveendran receiving the International School Award From British Council

Vidyadhiraja Today

Now Vidyadhiraja has about 500 students from Play group to Std XII. Classrooms are small accommodating 25 to 35 children in each. Each standard has only one division each. The school levies the lowest fee in the area: Rs.650/-. Nevertheless, only 60% of students remit the fee as others cannot afford it. Sasidharan Nair and the teachers working there are always busy locating philanthropists to sponsor poor children. There are 18 teaching and 7 non-teaching members of the staff.

One may wonder with only limited resources, how this school manages to pay the staff every month and meet the maintenance expenses. There is no government grant to the school and the donations that trickle down infrequently sustain this small school. Sasidharan Nair emotionally stresses that the employees of this school are well aware of the difficulties and support the venture in all possible ways. [No wonder he stresses that the teachers are the backbone of the institution and without them, there is no Vidyadhiraja School.

The school also trains the students in some kind of vocation, e.g., making agarbatis sticks, making naperies and also sales and marketing.

Adversities

The major adversity is of course finance.

One of the first steps to be taken in the school will be the payment of salaries to the staff as per the govt recommendations.



The football team of the school which defeated some of the well know schools of Mu

Construction of a school building with all the necessary facilities is the second gravest problem to be addressed.

A great need is to tap the extremely resourceful Keralite population into this venture so that this school will benefit the Malayalees of Bhandup and neighbouring suburbs in creating a model institution of great stature.

Persona of Sasidharan Nair

Appearance is often deceiving. Sasidharan Nair looks like any other normal Malayali immigrant to Mumbai. What makes him different is his passion to move forward in fulfilling the desire

of Vidyadhiraja Chattambi Swamika spread knowledge among the poores come what may. He is tirelessly striving to achieve that objective and is extremely optimistic of attaining that vision.

After obtaining his Bsc degree in Mathematics from St Thomas College Kozhancherry, Sasidharan Nair came to Bombay looking for employment in 1970. Those days bachelor degree holders in Mathematics were destined to become school teachers only. Nair became a sales representative and so he realised that he had to indulge in unethical means to influence the



Padmashree Faiyaz Wasifuddin Daga who gave a hindustani classical concert to the students.



Winner of Global Teacher Accreditation - Mrs Sindhu Vinoj Kumar

prospective buyer so that the products of his employer would find favour from him. Disgusted, he left that lucrative job and decided to become a teacher with National School, Bhandup West. That his father Narayanan Nair started his career as a teacher who had later willingly chosen to become a full time farmer did not deter him from taking up that assignment.

Once determined to be a teacher, he moved forward and joined Sevasadan's College of Education, Ulhasnagar for B Ed. He served his institution religiously, with total devotion, for many years and became very popular with thousands of children. Nair was full of nostalgia when he said, "You know about 80% of doctors in Bhandup-Mulund area are my former students and they are still in touch with me."

When Nair took VRS from service in 2001, he was Vice-Principal of his school. He then joined Vidyaben Gardi High School as Principal in 2001 till the age of superannuation in 2008 but continued as Administrator till 2014. This period has a special significance in Nair's life.

Sasidharan Nair's father Narayanan Nair was the founder of Nair Service Society (NSS) and Haindava Seva Samiti (HSS) in his native village Cherukulanji in Ranni Taluk. He was thus associated with the social activities in and around. This was the basis of his attraction towards Chattambi Swamikal's ideals. Thus he started

Vidyadhiraja School in Bhandup East with Play Group and Junior KG. Initially 22 children from the neighbourhood were admitted. For Sasidharan Nair, it was a multi tasking affair. He started his day with Vidyadhiraja, then moving to Vidyaben only to return to Vidyadhiraja by evening.

K N Sasidharan Nair was born to Narayanan Nair-Janaki Amma couple in

1949. He is married to Santhakumari Nair, former Vice Principal of NES Junior College, Bhandup. His daughter Sindhu is an Engineering Designer with Larsen & Toubro Ltd and son Sunil is an engineer working in Singapore. Both of them are married and settled down with one child each. It is a matter of pride that both the grandchildren are students of this Educational experience- Vidyadhiraja. ■

*With best
compliment from:*

PC Joseph
Director



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2006 JULY TRAIN BLASTS CONVICTS GET DEATH AND LIFE SENTENCES



P.R. Krishnan

■ A special court which conducted trial in the 7 bomb blasts which took place in the Western Railway Suburban trains in Mumbai on July 11, 2006 has convicted 12 of the 13 accused

in the case. Those bomb explosions had killed 188 and injured 817 first class suburban commuters on the day. The judge Yatin Shinde who delivered the first part of the judgment on 11 September 2015 has found that the chargesheeted are guilty of heinous crimes under different sections of Indian Penal Code, Maharashtra Control of Organized Crime Act (MCOCA), Unlawful Activities Prevention Act and Explosive Substance Act.

The judge observed that the prosecution has successfully established the charges framed against the convicts.

In its subsequent judgment delivered on 30th September the judge awarded death sentence for five and life imprisonment for 7 conspirators.

The death sentences awarded are under section 302 read with section 120 (13) of Indian Penal Code. The five convicts who got death sentences are Ehtesham Siddiqui, Asif Khan, Faisal Saikh, Naved Khan and Kamal Ansari. In addition, the trial court has slapped a hefty sum of Rs. 1.52 crore fine on these 5 convicts. Each one of the convicts has to pay at the rate of Rs. 11 lakhs. The charges against these 5 were that they brought and planted bombs in the trains with the intention killing the commuters and creating terror amongst the people.

The 7 conspirators who got punishment of life imprisonment are Dr.

Tanveer Ansari, Mohamad Majeed Shaji, Shaikh Alam Shaikh, Mohamad Sajeed Ansari, Muzammil Shaikh, Sohail Mohamad Shaikh and Zamir Ahemad sheikh. The charges against these 7 were that they took part in the conspiracies to execute the blasts in the running trains.

One of the accused Abdul Wahid Shaikh, a teacher, who was charged for having provided his residence for harboring Pakistanis involved in the crime has been acquitted.

According to the prosecution, 10 members Lashkar - e Toiba (LeT) had brought 15 to 20 KG RDX from Pakistan and made bombs using deadly explosives. The Pakistan based L e T used the banned Indian outfit SIMI for execution of the conspiratorial plan.

Mumbaikars who were traveling in

the seven coaches in the seven different trains in which the explosions occurred were completely blown up.

The 8 railway stations where the explosions took place and its timings were (1) Matunga Road- 6.24 PM, Mahim 6.23, PM, Bandra 6.23 PM, Khar 6.25PM, Jogeshwari 6.24 PM, Borivali 6.28 PM, Mira Road 6.31 PM and Bhayandar 6.31 PM. All the bombs planted and the explosions followed, as stated above, were in the first class compartments. The culprits chose first class compartments for the heinous crimes not because they were particularly against first class commuters but because they could make their entry to and exit easy for execution of the crime. That discretion on their part made the deaths and injuries less. Had they chosen the 2nd

class compartments to carry out their devil intentions the number of deaths and injuries would have been very high.

The history chart of the case and its prosecution proceedings are that between June 20, 2006 and October 3, the Anti Terrorist Squad (ATS) arrested 13 persons involved in the crime. The trial started in June 2007 at the special MCOCA court at Kalaghoda in central Mumbai. In November

2006 the investigation agency filed charge sheets against 30 persons. Amongst them 13 were Pakistanis. But so far, they have not been arrested. In the trial proceedings the prosecution has examined 188 witnesses. But 4 of them turned hostile.

According to the ATS and prosecution sources, there are 15 people still wanted for their role in the crime. One of them is reported to be in UK and another one in UAE. This is despite of hearing an extradition treaty with UK. Apart from this, red corner notices could not be served against Pakistanis involved in the crime because, the government does



the crowded suburban trains who witnessed the serial bombs blasts 9 years ago in the evening on 11th July 2006 might not have still been relieved of the shock and pain of those ghastly explosions. The bombs kept in pressure cookers were planted below the seats in the first class compartments in different trains starting from Churchgate railway station running towards Borivali and Virar directions in the Western Suburbs in the evening peak hours. The 9 explosions inside the fast running trains which killed and injured innocent people made the compartment floating with human blood and organs of human bodies severed and spread in pieces. All

not have their correct names and addresses

There are some questions still remaining unanswered in this case. The Anti Terrorism Squad's claim is that the bombs were assembled at a 100 square feet flat in Govandi and thereafter transported to a house at Bandra. The further version of ATS is that it was the banned Students Islamik Movement of India (SIMI) which is responsible for this crime.

Whereas the claim made by the Crime Branch is that it is the Indian Mujahideen which is the organization that executed the plan. The Crime Branch's further version is that the bombs were assembled at a Sewri flat few days before the blasts.

The ATS revelation in the court was each one of 5 amongst the 7 accused who planted bombs in the 7 trains was accompanied by a Pakistani. But records disclosed for public consumption does not speak about the two others who accompanied the two Indians who planted bombs in the other 2 of the 7 trains. Hence that claim remains a mystery from public knowledge.

The ATS findings were that 11 Pakistanis had entered Mumbai, assembled bombs and planted them in the trains before fleeing. But astonishingly not a single Pakistani has been caught.

It is not surprising that in the list of the wanted criminals, there are 7 Pakistanis. They are Salim, Hajjillah, Aslam, Abubakar, Ammukhan, Abu Umed and Sabir. From amongst the Indian culprits absconding are Rizwan Dawrey, Mohmad Shaikh, Abdul Razak Sohail Shaikh and Hafiz Zubir.

As far as the punishments awarded are concerned, it may here be noted that there are serious charges against the prosecution. The main charge is that the Special Squad Agency which investigated the case has adopted uncivilized, atrocious and third degree methods to extract confessions from the defendants. But the prosecution has denied these allegations.

Immediately after the judgment, all the convicts have made it clear that they will file appeals in the High Court against the trial court judgments. It is likely that the prosecution i.e the state may also move the High Court for conversion of life imprisonment to death sentence in the case of some of the convicts. The matter may thus drag on till final decision by the Supreme

Court.

In the process, if the Supreme Court confirms death sentences, the convicts shall be at liberty to approach the President with mercy petitions.

Mumbai is being described as the capital for bomb blasts and terrorist attacks. The following instances can be quoted in these series.

In the 1993 serial bomb blasts which shattered Mumbai and shook India had killed 257 and injured 713. The Tada Court in that case had convicted 100 persons and 11 were given life sentences. It was in that case Yakub Memon was sent to gallows in Nagpur jail on 30th July 2015.

Mumbaikars will still be remembering that the blasts which took place on April 25, 2003 at Zaveri Bazar and Gateway killed 60 people. In that case 3 convicts

were given death sentences.

The bomb blasts which occurred at Opera House, Zaveri Bazar and Dadar on July 13, 2011 had killed 26 people, but the trial in the case is yet to begin.

In the 26th November 2008 South Mumbai attacks 10 Pakistani gunmen killed 166 people. In that case 3 were arrested but 2 got acquittal and Ajmal Kasab was hanged.

Just as the March 1993 serial bomb blasts which shook Mumbai, the off shoot to the train blasts in July 2006 is undoubtedly the destruction of Babri Masjid which resulted in large scale anti Muslims riots in December 1992 and January 1993 in Mumbai and, the massive killing of Muslims in 2002 Gujarat riots, following the burning of Godhra train compartment. ■

കവിത



A K A Rahiman

സൃഷ്ടി സൃഭാവം

നോക്കൂ!
 മനുഷ്യൻ പിറന്നു വിഴുനൽ
 വളരെ ദുർബ്ബലനായി
 ഒന്നിനും കഴിയാത്ത വിധത്തിൽ
 മലർന്നു കിടന്ന് കരയാനേ കഴിയൂ.
 എന്നാൽ ഇതരജീവജാലങ്ങളോ?
 കോഴിക്കുഞ്ഞ് മുട്ടയിൽനിന്ന് വിരിഞ്ഞാൽ
 സ്വന്തമായി നടക്കുന്നു,
 നടക്കാനതിനെ ആരും പഠിപ്പിക്കേണ്ട.
 ഒരു മത്സ്യക്കുഞ്ഞിനെ ഇനിച്ചയുടൻ
 ആരും നീന്തൽ പഠിപ്പിക്കുന്നില്ല.
 പക്ഷിക്കുഞ്ഞുങ്ങളെ പറക്കാൻ
 ആരും പഠിപ്പിക്കുന്നില്ല.
 മൃഗക്കുഞ്ഞിന് ഓടാൻ
 പരിശീലനവും വേണ്ട.
 എന്നാൽ മനുഷ്യക്കുഞ്ഞിനോ?
 ഇനിച്ചു നാളുകളേറെ കഴിഞ്ഞേ
 കിടന്നിടത്തുനിന്ന് സ്വയം
 എഴുന്നേൽക്കാൻ കഴിയൂ.
 ഇരിക്കാനും നിൽക്കാനും ഓടാനും
 പരിശീലനം വേണം
 സമയാസമയങ്ങളിൽ.
 എന്നിട്ടും മനുഷ്യക്കുഞ്ഞ്
 വളർന്ന് വലുതാകുന്നതോടെ
 എല്ലാറ്റിനേയും തൻകീഴിൽ കൊണ്ടുവരുന്നു.



MEENU SHOPPE

FROM FASHION JEWELLERY TO LIFESTYLE CHOICES

Meenu Gems, a well known fashion jewellery brand of Mumbai, has now diversified into Meenu Shoppe and promises to be the ultimate one stop destination for the woman of today.



■ From being a retail chain of outlets of fashion jewellery including chains, necklaces, bangles, pendants, bracelets, earrings and

other jewellery pieces, both traditional and modern, Meenu Gems Pvt Ltd has diversified into Meenu Shoppe which houses not only jewellery, but also apparels, ladies purses, brass lamps, gift materials and almost everything that would be today's woman's choice. The apparels include traditional Kerala saris and set mundu as well as designer saris and salwar kameez material and ready made pieces for festival occasions as well.

According to Mohan Nair, Director of Meenu Group, "This new concept and format has received tremendous support. We have opened new showrooms recently at Dombivali, Chengannur (Kerala) and our Meenu Fashion Jewellery at Charkop Kandivali has been converted into Meenu Shoppe recently."

In September 2015, Meenu Shoppe was opened at Dombivali. There was a good response. The feeling among the customers was that Meenu Shoppe would meet all the requirements of a woman's needs and they could complete their entire shopping starting with dresses to



matching accessories and bags from the same place.

Meenu Group wants to set up outlets where the modern woman of any age, both young and old, can complete her shopping ranging from traditional to modern, at their showrooms. The Dombivali outlet is turning out to be the preferred destination

of many residents of the area and its vicinity. It is situated near Ganesh Cold Drinks in Dombivali East. (Ph : 098-69-609069).

Meenu Fashion Jewellery is now redesigned as Meenu Shoppe at Kandivali (Charkop). The Directors of Meenu Group Mohan Nair and Ashwaty Kumar are confident. "We will get the same response at Charkop as well. This outlet is going through an aesthetic makeover. We look forward to see all the lovely ladies coming during the Diwali festival, and hope to spread the same magic in Kandivli as we did in Dombivali," says Mohan.

The Kandivali showroom of Meenu Gems was inaugurated by Gopal Shetty in April 2015 and in September it has been upgraded to Meenu Shoppe. In Kerala it has opened a Fashion Jewellery Outlet at Chengannur last month. It was inaugurated by Actress Veni (of the TV serial 'Streedhanam' fame.)

"Having garnered a good response we plan to launch many more such outlets across India," says Mohan Nair.

New projects in pipe line which are being planned are four outlets in Ernakulam, Mavelikara and Kayamkulam in Kerala, according to the Directors. They have also introduced one gram gold coated Jewellery which they are giving with guarantee cards.

Meenu Gems' products are also designed



Dombivli Showroom



Charkop Showroom



Inauguration of Chengannur showroom



Inauguration of Balaramapuram showroom

to suit the clients of all ages and class in the society. The company also intends to keep its own brand flag flying high in a market that is yet to be fully explored.

Fashion Shows and exhibitions

Meenu Group has arranged fashion shows in Mumbai and several places in Kerala.

Students of Mumbai University brought together a spectacular event of music, dance, fashion show etc. Meenu Group was the gift and Show sponsors for this event where students dressed in varied costumes and wore Meenu's Jewellery products. They were the sponsors for the first and second prizes at the Raagalaya Annual Music Competition held in February 2014. They were the sponsors for the gifts at the Thiruvathira competition which was organised last month and had a huge turn - out of participants.

In Ernakulam, there was a fashion show where well known models like Niki Galrani and others showcased Meenu's exclusive range of Fashion jewellery products. At the Kottayam fashion show beautiful ladies walked the ramp wearing traditional Kerala sarees and adorned with the jewellery from its varied collection. The Group has showcased its state-of-the-art products at various exhibitions across the country.

The placing of its boxes or a display kit with fashion accessories worth Rs one lakh at strategic places like malls, beauty

parlours etc is another successful marketing strategy. The company intends to increase this marketing method by displaying more such boxes with the intention of showcasing its products to a wider reaching audience and increasing product awareness. In Kerala such boxes are displayed at many commercial spots for increased visibility.

“As far as the fashion conscious woman is concerned, our ambition is to make Meenu products a brand name among

them and their preferred choice of both jewellery and accessories,” Mohan says.

A major achievement of Meenu Group was the approval to hold the products in Kerala Khadi Board. This is a Government Departmental store and to be present in their outlet is a major accomplishment.

The Group's first fashion jewellery outlet was opened at Cheppad near Harippad. This was followed by a showroom inauguration at Kodungallur in Thrissur on a grand scale with chendamelam and the ribbon cutting by film actress Malavika.

Whoever wishes to relocate in Kerala...investing in Meenu Brand is a very good option...either in the form of a franchisee or investing in their boxes or display units...because fashion jewellery is definitely the future and Meenu Gems is well known in Kerala.



Fashion show at Mumbai University

CSR Activities

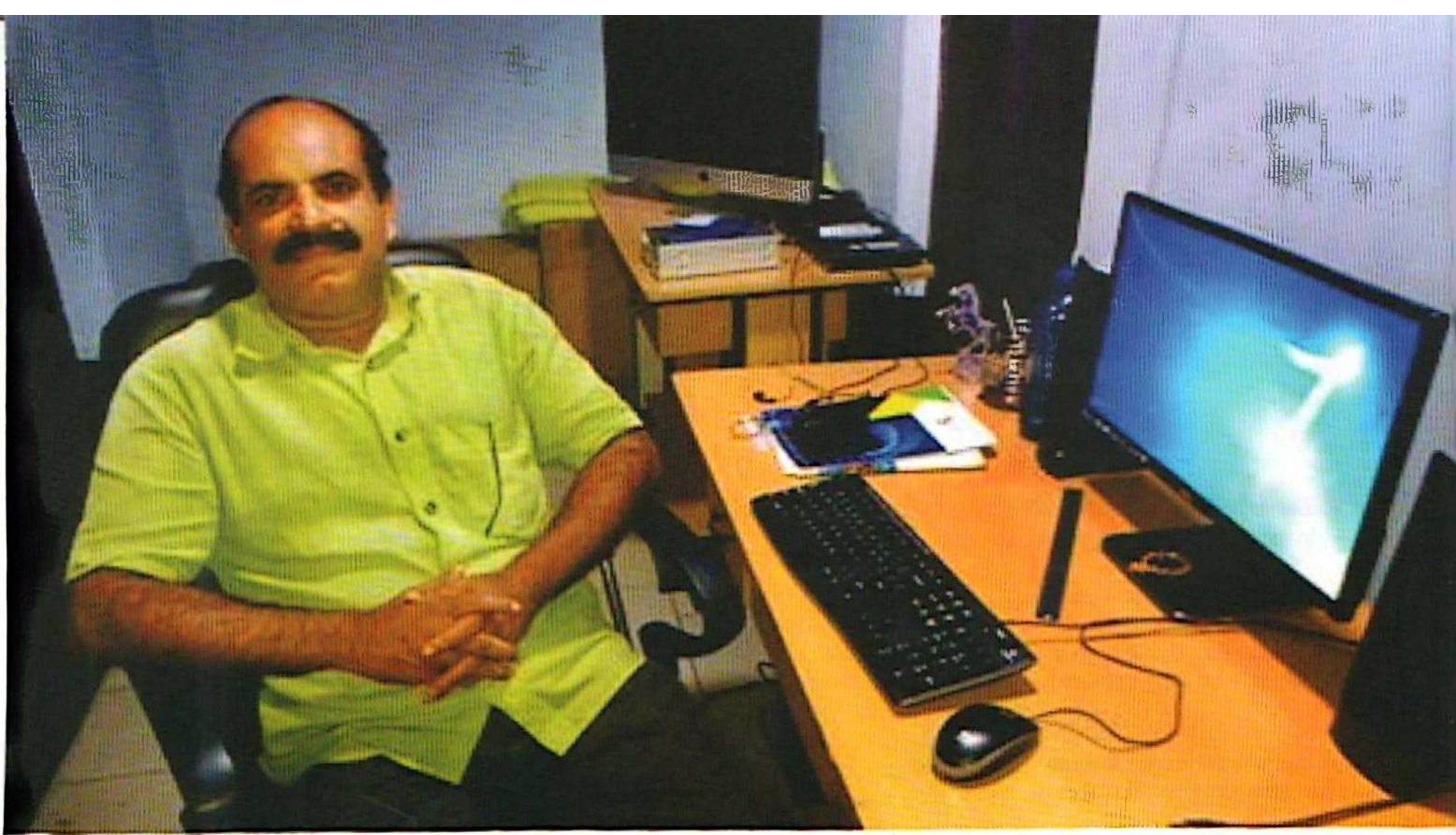
As part of the company's CSR activity, Meenu Fashion Jewellery joined hands with the Gorai Malayalee Samaj in distributing Clothes and Food items to the underprivileged children. This initiative saw children of all ages make a beeline for the items being distributed. All the volunteers of the Samajam and employees of the company too were equally satisfied and happy with the turn of events. Their plan is to involve themselves in many such activities in future.

The expansion of this fashion jewellery group to include dresses and lifestyle products is the result of the Directors' hard work, strategic planning and global vision. Meenu Group's varied products display traditional styles and they also reflect the pulse of current global trends. This is the secret of their rise in their field of expertise.

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Facebook/Meenu Gems ■



RAPHY J CHAZHOOR

A MATTER OF FAITH

Faith can create miracles. As the life of Raphy J Chazhoor of Gurukripa Televisions will confirm. Producer of Bhaghavathamritham and Mukthisudhakaram in Asianet and Jai Hind Channels, Raphy has currently embarked on a project to produce a Malayalam film 'Kurooramma,' based on the life and devotion of the devotee of Lord Krishna, Kurooramma for her Unni Kannan.

For the past few months, Raphy J Chazhoor has been captivated by the urge to do a film on Kurooramma. He feels it is Guruvayurappan Himself who is urging him.

He went to Adattu Kuroor Illam which is in Thrissur District. There he met an old couple but they were not direct descendants of Kurooramma. The idol that Kurooramma worshipped has been installed in Adattu temple which is in a dilapidated state. He was moved at this condition and approached writers Sumangala, (Leela Namboodirippad), K B Sreedevi, Usha Namboodirippad and others who not only supported him in his project but gave him more details about Kurooramma and her devotion.

Raphy came to know during his research that Kurooramma lived for some years at Vengalissery Gramam in

Thrissur district after her marriage. Very few people know this, he says. He went to this village and examined the land records where there was mention of a 35 cents plot called *Kuroor vaka parambu* (Kuroor's lands) which had not passed hands and was lying vacant. Local villagers mentioned to him the reason for the land lying vacant. The speciality of the soil here is that it is layered. A Christian family had taken some soil from this place to their house. But the owner of the house was troubled by a voice he heard every night of an old woman who would say 'please return my soil'. This plagued the family so much that they deposited back six times the quantity of soil they had taken from the Parambu grounds.

Understanding the sanctity of the place, a Government Employee Suresh has built a temple on these grounds

called Sree Krishna Kurooramma Temple, based on temple vastu sastra.

All these episodes have made Raphy determined to take up the film project Kurooramma. Film Script and songs, written by Chowallur Krishnankutty, have been prepared and 'Kurooramma' is getting ready to be produced.

Raphy has an interesting scheme. Anybody can donate Rs 100 and get an audio CD of Kurooramma's namasankeertanam. Later when the film is released he would send a DVD copy of the same. In this way, the devotion of this blessed lady will be known to more and more believers.

Recently he had come to Mumbai and met several Malayalees who have wished him success in his devotional endeavours.

A Christian by birth, Raphy believes he has been influenced by Lord

Guruvayurappan when he started producing his TV series *Bhagavathamrutham*.

His life he says has always been one shaped by the Lord Himself.

It was in 1985 that he first visited Guruvayur when

he was working for Director Pavitrana's Malayalam film 'Salt' (Uppu). During his one month stay, he used to visit every day the Krishna temple there and have darshan from outside. After returning from Guruvayur he felt an affection for the Lord and his inner mind sought His blessings.

Twenty years later Jai Hind Channel approached him to produce a programme. His natural choice was to go to Guruvayur and get an indication from the Lord there on what programme he should do. He decided to do a series on Bhagavatham and believed it was Guruvayurappan Himself who had asked him to do so. The President of Akhila Bharata



Chowallur Krishnankutty



Swami Udit Chaitanya



KB Sreedevi



Sumangala

solutions for financing the project.

Finally with some finance in hand, Raphy approached Jai Hind Channel and sought permission to telecast the Bhagavatham episode for three

days.

But what happened was least expected. The feedback on the telecast was so good that the Bhagavatham episodes went on for one and a half years on Jai Hind Channel. Later Asianet channel telecast the series.

He was requested to start production on 'ekadasha skandham' (11th skandham) and in this context he met Swami Bhoomananda Theerthaji Maharaj and thus he started production of 'Mukthi Sudhakaram' that is still being telecast on Asianet Channel at 6.30 am. ■

(Facebook:

www.facebook.com/kurooramfilm Amma
email:gurukripatelevision@gmail.com)

Bhagavatha Sathra Samithi, M K Kuttappa Menon introduced him to several Bhagavatham Discourse masters but though Raphy approached several of them he was not satisfied. Till he met Swami Udit Chaitanya. It was sheer coincidence that led him to hear Swami Udit Chaitanya's Bhagavatha Sathaham, the episode from *Prahalada Sthuthi to Narasimha avatharam*, at a house in Thrissur and he knew his search had ended. He felt that Guruvayurappan told him to approach Swami Udit Chaitanya for his project which he did.

Swami advised him to collect funds for production and suggested that he should go to Mumbai where he will find

ARANGETTAM

Sujitha Nair's Pleasing Performance

Kalakshethram (Dombivli) presented the debut Mohiniattam performance by Sujitha Nair at Model English School Hall, Pandurangwadi in Dombivli(e). The performance was noteworthy for the considerable command over expressions and technique of Mohiniattam.

Sujitha Nair is the disciple of Kalashree Kalamandalam C. Gopalakrishnan. Sujitha was initiated to Bharata Natyam at a tender age but developed a passion for Mohiniattam since 2005 when she joined Kalakshethram for her training in Mohiniattam. It was a dream come true for Sujitha to perform the Mohiniattam Arangettam for which the credit goes to her mentor for providing her with the required confidence and support from her parents and husband Nishant Nair and son Rishabh.

Sujitha commenced her performance with the invocatory



Ganapati, followed with the Padam Poothen and Kottichedam. It was noticed that Sujitha danced with a lot of involvement and devotion, trying to do the best, While the Ashtapadi and the Padam Telliviyarum pertained to expressional dancing dealing with the

relationship of the Lord, Panjari Kattala exposed the typical technical beauty of varied bodily movements set to Sopanam music composed by Kavalam Narayana Panikkar and all the items performed were choreographed by Dr Kanak Rele. Sujitha concluded the performance with Jeeva where the dancer attains eternal bliss merging with the Lord. Renowned Mohiniattam danseuse and dance educationist Dr Kanak Rele who was the chief guest praised the efforts of both Gopalakrishnan and Sujitha and said that Sujitha can look forward to bright prospects in future. Sujitha received fine orchestral support from Kalamandalam Gopalakrishnan for nattuvangam, Kalamandalam Gireeshan for melodious vocal, Venkatesh for mridangam, Nambisan for edakka, Balasubramaniam for violin and flute by Narayanan. On the whole a pleasing performance.

-by Guru Vijay Shanker



SURENDRAN

COLOURING STRUGGLE AND DREAMS IN CANVAS OF LIFE



Sriprakash Menon

■ Surendran was dreaming big while in school. Never thought, one day his walk to the school will be his turning point in life. C V Surendran was 14

when spinal muscular atrophy - debilitating condition which prevented the control and movement of his fingers and limbs making him 'almost lifeless'. A student with ambition and dreams was tucked into a wheelchair for life. Of course such a hapless existence did not deter him, to his and his family's disbelief - an artist with strong conviction was born.

As he slowly gave shape to his imaginations, his finger gathered strength and he tried sketching images by ball point pens. With colour pens and imaginations he graduated to become a



well known painter in Kannadipuram - a village in Kannur district of Kerala. Paintings overshadowed his physical limitation and took him across the limitless horizon of thoughts and forms which is so beautifully etched by his fingers leaving an ever lasting imprint in people's mind.

"I was feeling miserable, when I got this physical ailment but my family aided my buckling body and my failing spirit only to resurrect me with their strong moral support and a long drawn medical treatment that followed", he recalled. "I resolved to fight it out and wielded the pen to brush aside my chronic disabilities. My visualisation and support from the family members and friends made me stronger to give birth to an artist in me. A resurgent Surendran took charge of the situation to carry on the arduous journey of life",

he said with a hidden smile.

Surendran's persistent practice and mental courage gave his fingers strength needed for such precision drawing. He shifted from ball point painting which took him about 4 months to acrylic painting which was completed in a month. He painted over 350 paintings and had eleven exhibitions in Kerala, Delhi and in Mumbai. Working from his modest house for last two decades, he has proved that "pen or brush is mightier than his destiny". Dilemma of Surendran is that his condition can become severe anytime and it is the constant medical intervention which is keeping his morale optimistic with fresh ideas to be told in colours for the outside world.

"Last exhibition in Mumbai was also very encouraging. In Kerala I had 13 shows but people in Mumbai had been very supportive. My initial paintings were reflections of my pain and anguish. People in Kerala love art but beyond lip service they have not been able to do much to help me. May be Kerala has too many talents. Moreover, people in

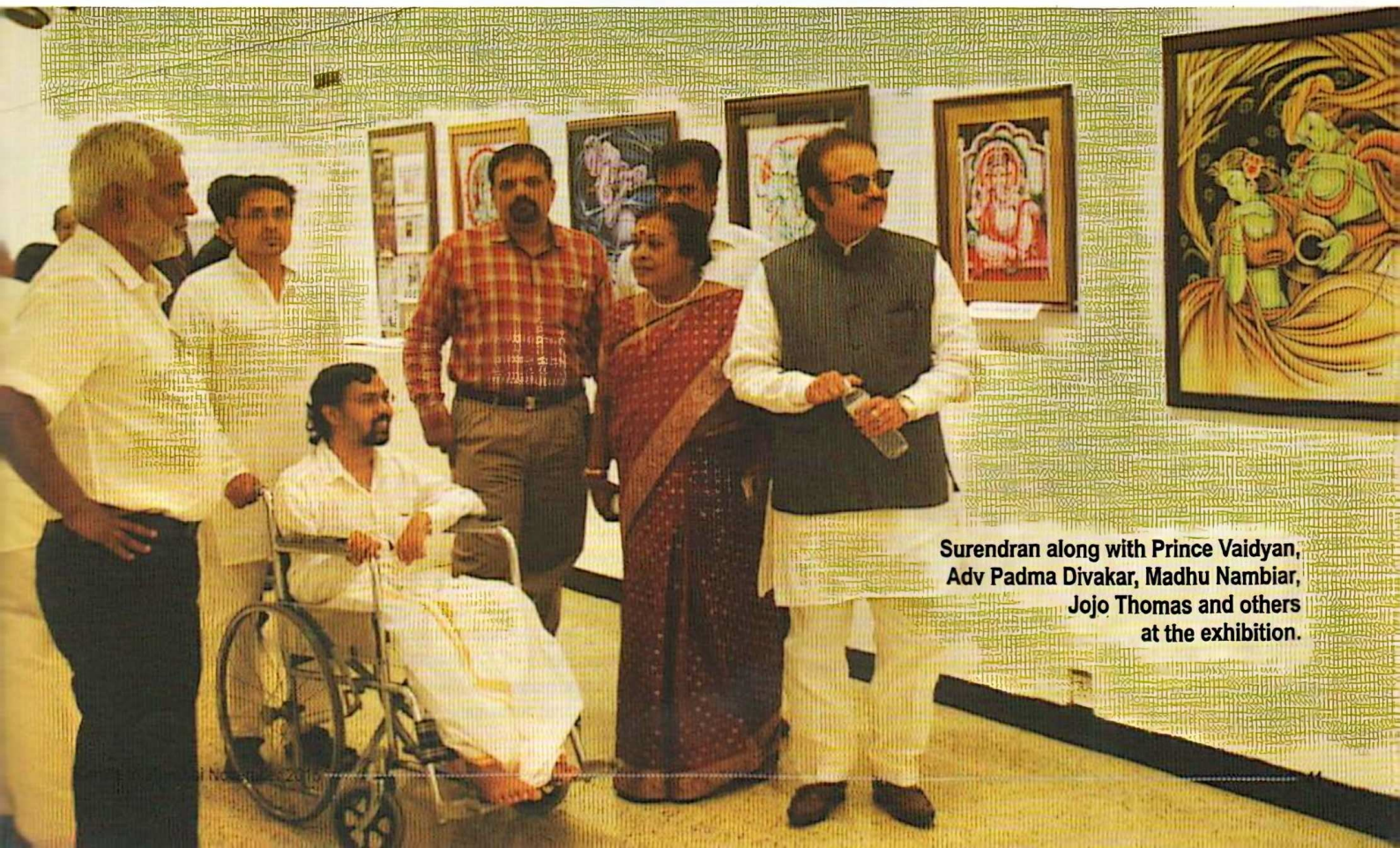


Kerala are pre occupied with two things politics and liquor between that they do try to pay attention to strugglers like us.

The Kerala Lalita Akademy once donated Rs 10,000 to me. Gold may be an important element in Keralites' life and I belong to a goldsmith family but today hardly you will find any goldsmith in the state doing well though big gold malls have come up. I have also bagged several private awards for my works. All my motivation and inspiration to paint and keep myself alive have come from such collective support from the people and of course my family members", he recounted.

Surendran's ailment required constant medical support, to some extent sale of his paintings (which range from Rs 50,000 to Rs 10,000) help him in a small way besides Tata group is supporting his medical bills to a small extent yet he finds it too difficult to cope up in present times. His paintings can adorn the railway, bus stations and the newly coming airport walls at Kannur, if the local, state and union governments decide to recognize and appreciate his

talent and it would be a great gesture to a deserving painter who is surviving on hope, dreams and art. ■



Surendran along with Prince Vaidyan, Adv Padma Divakar, Madhu Nambiar, Jojo Thomas and others at the exhibition.

THE ASCENT OF MANI



Adv. A. Viswanathan

■ A brief history of the above title. It is of Darwinian descent. Charles Darwin gave the title "The Descent of Man" to his well known work to explain his revolutionary theory of Evolution while J. Brownowski, chose the title "The Ascent of Man" for his fascinating book which traces mankind's civilizational progress through various scientific inventions and discoveries. Neall Ferguson drawing inspiration from Brownowski titled his work on banking and finance "The Ascent of Money" which in turn immensely inspired and influenced this title of my small piece (with pun intended and thereby fun added). I would like to add that it is purely a product of fecund imagination and therefore pure fiction.

Sri Ram Niwas was a landmark in our town which was the district headquarters. Two things, namely the weather beaten name board, half of it already eaten away by rust, precariously hanging from the tiled roof of the building, and Krishna Iyer, the proprietor of the restaurant, sitting on a high pedestal of a chair rotating on his forefinger, a bunch of keys, humming a song from an old tamil movie, never faded away from my memory. He greeted his patrons with his Cheshire cat grin displaying the last few relics of his dental wealth lost to constant chewing of tobacco. Quite often, the patrons who exchanged pleasantries with him received generous deposits of liquefied tobacco. That did not deter them from exchanging pleasantries with him. For, Krishna Iyer was a patriarch for one and all his patrons as well as employees, from the Chief Chef Venky down to Bala the youngest of all being aged only about twelve years. In a way, Krishna Iyer was generous to a fault, resulting in financial loss occasionally as some of his customers failed to clear their bills. No doubt his work force consisted of young children also, which one may call child labour. But for Krishna Iyer, a childless widower at that, it was an act of charity as he provided food and shelter to these indigent kids whose parents could not afford them one square meal a day. Sri Ram Niwas did not boast a swanky ambience. Rather, dimly lit, it had a dark and dingy interior with rickety chairs and tables. But Krishna Iyer's customers never minded these shortcomings as the food served scored over other eateries in the town in terms of quality and taste.

Rama Iyer was Krishna Iyer's friend. He had a large family consisting of, besides his wife, six daughters and one son, Subramanian, known by his pet name Mani the only male heir who would one day succeed to his estate - poverty. This family was facing what economists call a Malthusian situation. Rama Iyer tried hard to protect his family from starvation by becoming a factotum. But his failing health, falling revenue, ailing wife and growing demands of growing girls all conspired against Rama Iyer and finally forced him to take the hardest decision discontinue Mani's schooling and take him to Krishna Iyer. Krishna Iyer would at least provide Mani food and shelter, he

rationalized. That was the need of the hour, though he knew that his act verged on cruelty to a child deprived of his basic rights. So one fine morning, Rama Iyer led Mani to the august presence of Krishna Iyer. Rama Iyer knew full well that if ever there was one on this planet who would provide sanctuary to Mani it was Krishna Iyer. He was not wrong. For Mani it was a Cambrian moment. The "interview" lasted only a few minutes and Mani became a part of Sri Ram Niwas. At first Mani was assigned only lighter roles like serving water to the patrons. Years wore on bringing changes in Mani. Food intake transformed his physical appearance. Mani who was a bag of bones when he was brought to Krishna Iyer grew into a young man capable of undertaking heavy duty like handling grinding stone. While food gave strength to his sinews, labour lent muscularity to his physique. He became Assistant to the Chief Chef Venky and occasionally acted as Chief Chef in the absence of Venky and when he retired Mani became the Chief Chef. As Lord Tennyson observed old order changeth giving place to the new. Krishna Iyer realized that it was time to call it a day. So he handed over the reins (read a bunch of keys the symbols of ownership and the privileges that go with them) of Sri Ram Niwas to Mani. The

new stewardship of Mani witnessed many changes, starting with the old board dangerously dangling like the Damocles' sword. It was replaced by a newly painted one. The whole interior received a new coat of paint. New furniture replaced the old ones. In short Sri Ram Niwas witnessed an overall facelift following the ascension of Mani to the throne abdicated by Krishna Iyer. Mani strove hard to maintain the legacy of Krishna Iyer and he succeeded in that as evidenced by the increased foot falls, Sri Ram Niwas experienced after Mani took over. Mani's reign lasted a score and quarter. Mani's sedentary life took a heavy toll on his health making him a wreck of his old muscular self. As a result, Mani developed all sorts of ailments worthy of Job. Mani had two sons Rajesh and his twin, Ramesh. They were already well groomed by Mani to be his successors by sending them to the best catering college.

Sri Ram Niwas came under the dual control of the brothers Rajesh and Ramesh on Mani's death. They were very dynamic, innovative and not averse to risk-taking. Even before they took over the reigns of Sri Ram Niwas there were signs of the gathering storm of globalization. But their father elected to ignore them. But they could do so only at their peril. With Rajesh and Ramesh at the helm of Sri Ram Niwas was getting ready for a metamorphosis. If Mani started with the name board, so with his sons, who initiated modernization with the name itself by rechristening the restaurant. The new name had a gallic touch LaCozy. LaCozy in neon signs proclaimed the advent of a new era. The Menu also underwent complete makeover as the items shed their Indianness acquiring both Mexican and Italian moniker and flavours. Signature items of Sri Ram Niwas like idli and dosa, gave way to hot dogs, pizzas and burgers. So did filtered kappi, once served in steel tumblers, to large mugs filled with Cappuccino



and Espresso. Along with the changes in cuisine, a new ambience was created with new décor including lightings and modular furniture. Nothing more was needed to attract the gennext. Raunchily dressed gals accompanied by jean clad guys flocked to the restaurant as they found it to be the best rendezvous in the town, though their sweet nothings were drowned in the caterwauling emanating from the music system. There was a take away counter to cater to the needs of the older generation and a home delivery counter to the needs of all generations. Business became brisk, followed in its trail by burgeoning cash flow. The MANIES knew that they could not rest on their laurels. They knew full well like Alice in the Wonderland - you have to run faster to remain where you are. This realization made them look beyond the oceans. Naturally the USA was their first choice for making their global presence felt. Market surveys were conducted to collect extensive data on consumer behaviour and the data so collected were subjected to in-depth analysis. The analysis threw up interesting results the consumer preference was for a typically traditional South Indian restaurant. After all, consumer is the King. So they decided to resurrect Sri Ram Niwas from the limbo of oblivion by opening a restaurant under that name. The ambience was typically South Indian. The benign smile of Guruvayoorappan, the fragrance wafting from the joss sticks made the patrons of old generation go a tad nostalgic. Mellifluous music by well known instrumentalists flowing from the Bose system gave a spiritual touch to the ambience. They were too happy to see their favourite filtered kappi served in hermetically sealed tumblers, using the age old technique of keeping the tumbler filled with coffee upside down in a broader but shorter steel container. It requires some skill to separate the two containers. Elders who had acquired this skill from their predecessors were willing to pass on the same to their grand children, the new PIOs who watched them letting in air by slowly lifting one corner of the glass and the steaming coffee streaming out like hot lava from a volcano. Crispy dosa delight as long as two feet became their favourite item for its size and taste. Nothing succeeds like success, it is said as Sri Ram Niwas started spreading its wings to other parts of the country. Its success story, that includes the ascent of Mani, triumph of tradition "well preserved in amber" etc. started receiving academic attention, it is rumoured. The legacy of Krishna Iyer lives on as Sri Ram Niwas is now a landmark in the far corners of the Dollar Land. ■

40th Wedding Anniversary

(23.11.2015)



Harikumar and Mrs. Parvathi Harikumar
Vashi, Navi Mumbai

BELATED THOUGHTS

In a wintry night,
Even with the thickest of clothes,
Covering me all over,
It was very cold - and shivery.

The windows were closed
Lest the wind got in, and
Made me a frozen flesh.
Once under the blanket
Fast did sleep come to me.

Early in the morning next,
Sparrows were chirpy and playful.
Suns warmth,
Slowly came from the dark
To wake up all
To start the day moving.

Some in the house,
Ventured to call me to rise,
But the warmth under the cover
Pulled me down beneath it further.

Alas! When I got out of it,
The hands of the clock,
Had moved pretty far
To make me hurry for the days task.

So did late I became,
To start my day moving.
As was I in many other occasions
To be called lazy by the world
For one more time
That reverberated in me
For years together
To make me a recluse,
In the years to come.

Rajan Mundayat

Twelve year old Samyuktha Mandampully is a budding tennis player and shows every promise of blooming into an outstanding Champion with promise of bringing laurels to the country in future.

From a very young age Samyuktha Mandampully has been interested in taking part in all sports activities.

In October this year, Samyuktha and her team mate Kiara D'Souza represented their school Podar International School Santa Cruz at the MSSA (Mumbai Schools Sports Association) under 14 tournament and secured the first place and won the Gold medal for the school.

This was a golden moment for this budding star. More than 500 students from all over Mumbai schools participated in the event and these two students have emerged winners.



SAMYUKTHA

Outstanding Tennis Star

Samyuktha has been playing tennis since the age of four and has been representing her school Podar International School Santa Cruz in all major tournaments for the last five years. Samyuktha got her first major victory when she won a silver in the MSSA (Mumbai Schools Sports Association) under 10 tournament in the year 2012.

She is currently getting training at Leo Tennis Academy under coach Shrinivas Rao.

Samyuktha is good in studies as well. Managing academics with her tennis schedule is quite a task, but she has been consistently been amongst the top performers in her school. Samyuktha is also a very avid chess player and has played several tournaments. She is a good swimmer as well and she has successfully participated and completed a sea swimming competition in Sindhudurg. Born in 2003, Samyuktha is studying in Std VII at Lilavatibai Podar Senior secondary School, Santa Cruz. A native of Thrissur, her parents are Jagesh Mandampully working with Western Railways as Chief Train Controller and Smita Jagesh working as a Software Program Manager in a leading IT company. ■



Kilikkoodu Children's Camp

■ AIMA (All India Malayali Association) conducted a three day Childrens Camp *Kilikkoodu* at Thane from October 3 to 6. Giant Upendra Menon presided over the event, General Secretary Adv Prema Menon welcomed the gathering and AIMA NRC President inaugurated the event.

Dr Suresh Nair, Adv S Balan, Mohan Kandathil, Balachandra Menon, Prakash Padikkal, Hari Menon, Srikant Nair, Smt Vijaya Menon and other eminent Malayalis attended the event. There were many activities for the children on all the three days. On the first day there were fire swallowing, glass walking, puppet making and puppet show, folk songs and dance sessions. On the second day good mother good teacher picture themes, theatre games, new training tips, meditation tips were held. On the final day, team building games, handwriting skill and other sessions followed by a magic show was organised. Prakash Padikkal, PV Vijaykumar, Rajan Nair, Kunhiraman and others attended the concluding function. All the speakers emphasized the need of such camps to give back to



Suma Mukundan, Adv Prema Menon, Balachandra Menon, Mohan Kandathil, Upendra Menon and others at the inauguration ceremony.

the children a bit of their childhood that they have lost in today's world. Adv Prema Menon stressed that such camps trained children to be more socially helpful and conscious when they grow up. The highlight of the function was a video presentation of the three days camp activities. The firewalk that

followed was an example of increasing the childrens' self confidence.

Kozhikode Smart Wings trainer Anil Parappanangadi, Balasubramaniam, K M Edavvanna, Pravin Kottakkal, Krishnaraj, M Beena, Marina, Swathi Krishna, Jahana Noorie, handwriting trainer Iyer, Cartoonist James Manalodi,

Yoga trainer Murali led the various sessions. Chief co-ordinator Anil Parappanangadi stressed that such camps increased the confidence of children. AIMA handed over trophy to Shanti Nagar Malayali Samajam and Kalher Malayali Samajam that had the most number of its children participating in the camp. All participants of the Kilikkoodu Camp were given gifts by Goodwin Jewellery. Suma Mukundan propped a vote of thanks and with this, Kilikkoodu Children Camp 2015, concluded.



Prakash Padikkal addressing the children at the concluding event.



A scene from the Kilikkoodu camp.

Remembering Gandhiji

■ Seewood Malayali Samajam Youth Wing visited Vishwabalak Kendra, Nerul on 2nd October on the occasion of Gandhi Jayanthi, under the guidance of Rajeshkumar Nair, (Faculty SIES Management College) and executive member of Seewood Malayali Samajam.

The purpose of the visit was to encourage social participation of Seewood Malayali Samajam youth to Gandhian ideals.

Vishwabalak Kendra, a Government aided adoption centre, has toddlers varying from the age of one to seven years and there are about 25 kids. The Youth Wing members were in awe of the discipline and cleanliness the caretakers and volunteers of centre have inculcated among these kids, which indeed is commendable.

The young children were told about Gandhiji's life style, the notable sacrifices and deeds he made during our country's freedom movement. The children and the staff voluntarily participated in the activities, dance workshop and games including passing the parcel, chocolate picking etc. Snacks and sweets were also distributed among the children. After games and snacks, the toys that were bought for the children by the Youth Wing were distributed to them. The caretakers and



Members of the Seewood Youth Wing

volunteers expressed their gratitude towards Youth Wing.

The youth Wing members are further planning to conduct dance workshops,

distribute sweets and diyas during Diwali and Christmas celebrations for the welfare of Vishwabalak Kendra kids.



During the inauguration.

DMS Onam

■ Dahisar Malayali Samajam (DMS) celebrated Onam on Oct 11 with a Variety entertainment programme including Ganamela by Raagalaya, kaikottikali by women members, and songs and dance recitals of members' children. There was felicitation of meritorious SSC and HSC children of members. As part of its silver jubilee celebrations, the Samajam honoured its senior founder members. The celebrations concluded with a grand Onasadya.



Dance recital



Vidyarambham and community archana at Vashi Vaikuntam temple on Vijaya Dasami day.



Thara Varma with Devendra Shelar team performed Ganesha Vandanam in the seven classical dance styles on the occasion of Indo-Africa Forum Summit in Delhi on October 27. Thara varma performed in Kathakali style, Ashwini Dange Shelar in Bharatanatyam, Anusha performed in Manipuri, Deepali Vichare in Kathak, Priya Santhosh in Kuchipudi, Deepali in Odissi, and Roopa Mumbai in Mohiniattam styles. The show was directed and choreographed by Devendra Shelar.

Kerala Fest and Book Fair

■ As in the past, this year too, Mumbai is getting ready for a cultural fest and book fair. It will be held from November 27 to December 6 at Urban Hatt near Belapur Railway station. The main attractions will be Theyyam, Ottan Thullal, Thirha, folk songs, thayambaka, Panchavadyam, Kaikottikkali etc. The book fair will have several book stalls from Kerala and display a large collection of books in Malayalam and English. Literary meet, poets meet, seminars, variety entertainments etc will also be there. The timings will be from 11 a m to 10 p m and there will be more than 100 stalls. There will be a Kerala Food Fest also.

Vijaya Menon



■ Stage Performance Scrutiny Board of Government of Maharashtra has reappointed noted theatre personality, director and litterateur Smt Vijaya Menon as member of the board to scrutinise stage plays in Malayalam language.



Medical Camp was conducted in a remote village Mohandull 45 kms from Thane and free medicines distributed to 145 adivasis. Giants Group of Thane city organised the camp. Shasidharan Gen Manager MDL, Upendra Menon Central Committee member Giants International, Ram Banarase President Giants group of Thane city Biyani Asst Commissioner Foods & drugs attended the camp.



Noted singer Ganesh Iyer inaugurated state of art Dance and Music classes at Borivali Malayali Samajam's V K Krishna Menon's Academy on Vijayadasami Day. President of BMS Shriraj Nair, Manasi Nair and other members in the picture along with Ganesh Iyer.

ATMA helps Drought hit families

■ As part of its charitable activities, All Thane Malayalee Association (ATMA) handed over a small help to the drought hit ten families of Marathwada region on October 11 at a function held at MGM Campus in Aurangabad. The function was organized by DNA Zee 24 Taas. ATMA was represented by Sashikumar Nair.

Sashikumar Nair of ATMA with the drought affected families



Navaratri at SIES College



SIES College students celebrating 'Bomma golu'

■ The nine day Navaratri festival was celebrated with pomp and devotion in temples and houses in Mumbai. South Indian housewives celebrate this by arranging dolls in steps form which is in odd numbers as five, seven or nine and display dolls of Gods and Goddesses. During the nine days the ladies and children visit their friends and relatives houses and invite them for their house Golu. The traditional thamboolam, is given along with a blouse piece, a small mirror, a comb, coconut, turmeric powder, betel leaves and a kumkum container along with snacks called Sundal. For the first time the Malayalee and Tamil students of the SIES College of Arts, Science & Commerce, Sion celebrated this by keeping a five step Golu and made colourful rangoli. They also distributed Haldi Kumkum to all students and teachers of the college.

Sukanya Samriddhi Account

■ Department of Posts has introduced a new scheme 'Sukanya Samriddhi Account' for girl child as part of Beti Bachao Beti Padhao campaign launched by Prime Minister Narendra Modi under Small Saving Scheme for the welfare of girl child. Under this scheme Indian Postal Dept plans to fulfill its social commitment in securing financial future of girl child by motivating the general public to open Sukanya

Samriddhi Account (SSA) in the name of girl child upto the age of ten years. The Sukanya Samriddhi yojana will fetch an annual interest 29.2% per annum compounded on yearly basis - initial deposit of Rs 1000/ with subsequent deposits in multiples of Rs 100/ and minimum of Rs 1000/ in a financial year. Maximum contribution per financial year is Rs 1, 50, 000/. There is no limit on number of deposits either in a month or financial year. Contribution is allowed up to 14 years

from the date of opening. No deposit from the period from 15th to 21st year of account. Another advantage is partial withdrawal maximum up to 50% of the balance standing at the end of the preceding financial year which can be taken after Account holder attends age of 18 years for education or marriage. The Account will be matured on completion of 21 years from the date of opening or on the date of her wedding which ever is earlier.



Inauguration of the event.

SaPa opens its Mumbai Chapter

■ On October 26th, 2015, SaPa Mumbai, in collaboration with FEI Cargo and Pratap Nair, was inaugurated in the presence Dr. Vithal Venkatesh Kamat (Chairman, Kamat Hotels), Mrs. Udaya Tara (former editor Screen magazine), Ghanshyam Vaswani (ghazal exponent), and other eminent personalities.

SaPa, the Subramaniam Academy of Performing Arts was founded by India's leading violinist composer Dr. L. Subramaniam and Bollywood singer Kavita Krishnamurti Subramaniam. It has long been their dream to create a home for global music in India, and since its inception in Bangalore in 2007, SaPa has hosted numerous workshops to expose Indian students to global music, and has taught elements of Indian music to a host of international students.

With a primary focus on Indian classical music, SaPa also teaches western classical music. The Academy admits students from the age of three, training them to be professionals. SaPa focuses on special teaching methods for children, through the SaPa Baby program, to help them discover the enjoyment of art, and develop a deep love for artistic endeavours.

SaPa also has special programs for professional musicians of various cultural backgrounds to learn elements

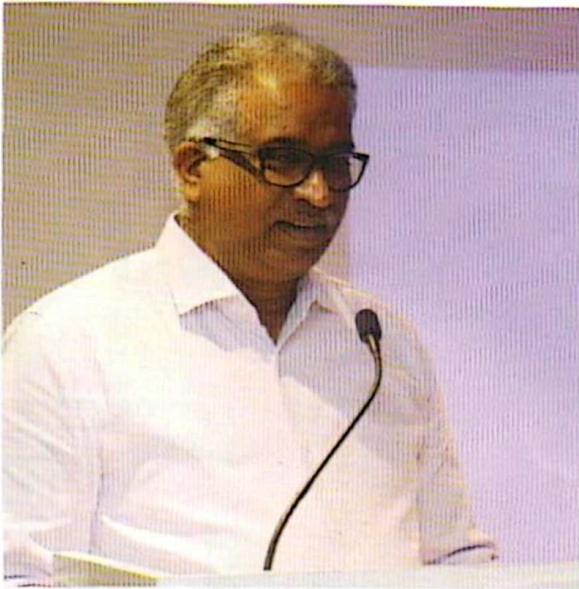
of Indian music including improvisation, composition, melodic and rhythmic structures. It organises special workshops and interactive sessions with creative personalities from all walks of life, from world famous blues musicians to instrument makers and encourages its students to understand and explore various artistic possibilities.

Through the SaPa in Schools program, the Academy works with 3,500 students in schools, teaching them music and music appreciation as part of school curriculum.

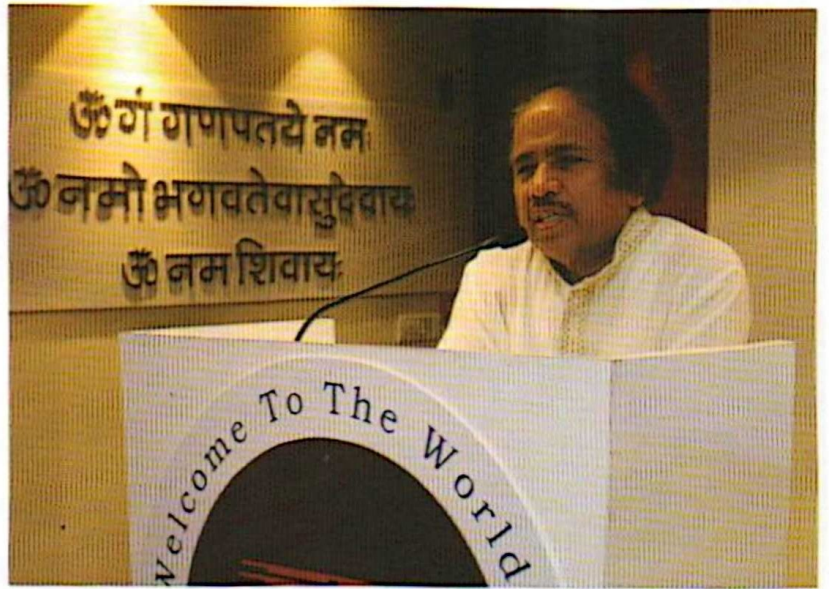
The Subramaniam Academy of Performing Arts is run by the Subramaniam Foundation, a registered charitable trust, and headed by noted singer/songwriter Bindu Subramaniam.



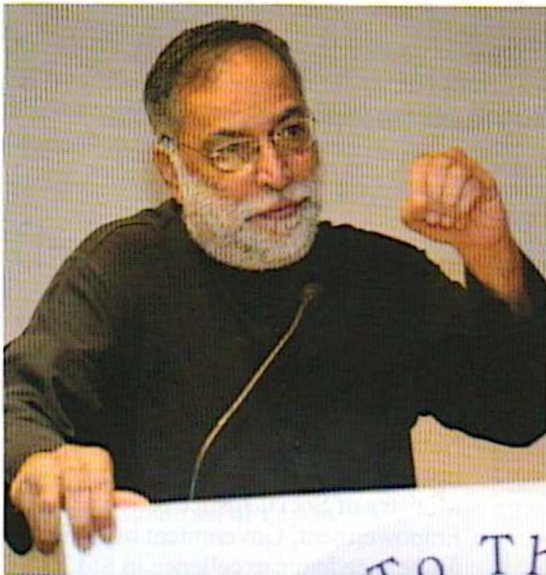
Dr. L. Subramaniam with Pratap Nair



Pratap Nair



Dr. L. Subramaniam



Dr Vithal Kamat



Dr Sonali Nair



Bindu Subramaniam





Members and children of Dahisar Malayali Samaj performed Bharatanatyam, Bhajans and devotional songs on October 15 during GSB Navaratri Utsav at GSB Garden Dahisar (E).

Padmashri Sukumari Award

■ Tru Indian Guidance and Information Society has called for nominations for the Padmashri Sukumari Memorial Award, instituted by them in memory of the departed artiste and to encourage budding dancing talents. The nominee should have born after June 1, 1989. The award will be presented during the last week of December '15 at Sarvesh Hall, Dombivli East where Sukumari performed last. The award will consist of a trophy depicting the image of Smt Sukumari, a purse and a certificate from the Society. The winner will also present his/her talent before an invited audience.

The last day to receive the nomination will be November 30, 2015. Nominations can be submitted by the nominee's parents or voluntary organisations. Those who are abroad can also apply. For details, contact on 09320986322 or on e-mail truindianinfo@gmail.com.

Sruthi Sunil Felicitated



■ Sruthi Sunil, daughter of Suja Sunil and Sunil Kumar VA was awarded a special Merit Certificate and Cash prize of Rs 20,000, under the Dr Ambedkar National Merit Awards Schemes instituted by Dr Ambedkar Foundation, Ministry of Social Justice & Empowerment, Government of India, for her academic excellence in Std XII Commerce. The Certificate and Cash Award was handed over to her by Mumbai Collector Shaila A. She was also felicitated by the former Maharashtra Minister of Education Rajendra Darda for her achievement. Cash prize and Merit Certificate was also awarded by CENCUS KAIRALI, an association of Malayalee officers of Customs & Central Excise. Merit Cash award was also given by Finance Ministry being daughter of Govt officer. Sruti was also felicitated by the Bombay Keraleeya Samaj Matunga, for topping the Merit List with the trophy, Certificate and Cash prize being handed over to her by Jt Commissioner of Police Milind Bharamhe. Sruthi has cleared her CA Intermediate (both groups) this year in her first attempt and is currently doing Articleship at M/s. KS Aiyar & Co. She is also an accomplished singer and is a regular member of Raagalaya Orchestra

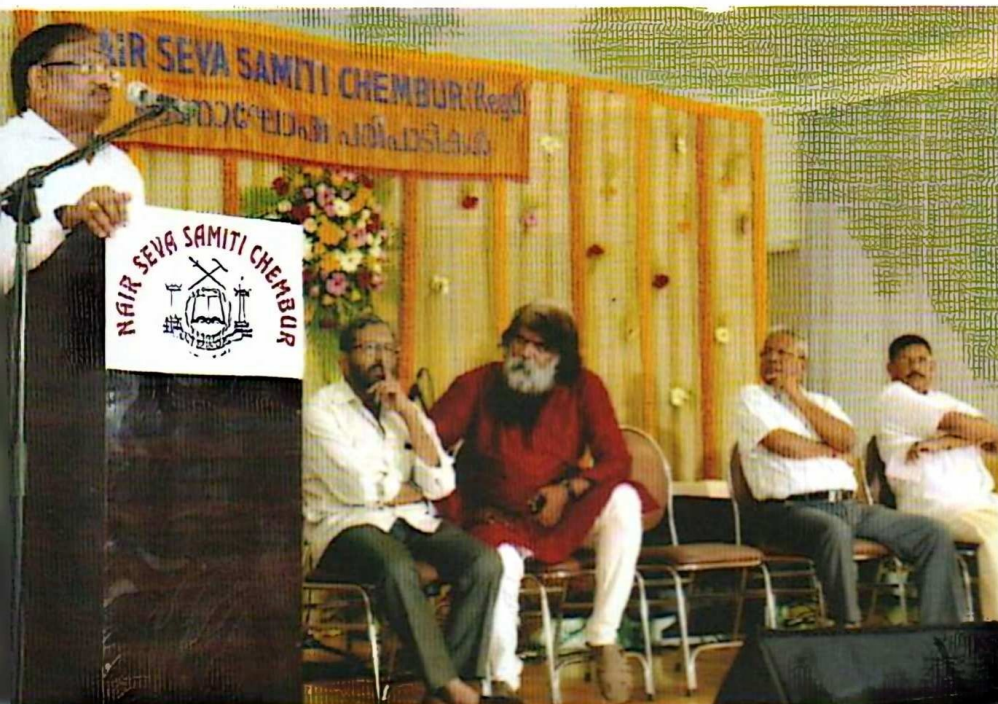


Kairali Cultural Association of Brindavan, Thane along with Spring Health conducted a free medical camp. It was held on October 25 from 10 am to 5 pm at its office. The camp consisted of diagnosis and medical tests. President Bharathan Menon, Padmanabhan, Jayakumar, Balakrishnan, Unni, Prasad, VPR Nair, Ajith, Jinachandran and E Ramachandran provided the leadership to the camp.

Chembur NSS Celebrates Onam

■ Chembur NSS Celebrated Onam with a variety entertainment programme which included Ganamela led by Madhu Nambiar & troupe under the banner of Kalanjali. President RKA Menon presided on the event while P C Nambiar Chairman of Export

Promotion Council was the Chief Guest. Secretary Balakrishnan Nair spoke on the activities of the Samithi. SSC/HSC meritorious Students were felicitated and senior members were honoured. Jt Secretary C Gopalakrishnan proposed a vote of thanks.



P C Nambiar addressing the audience.

Dadar Church To Plant 75 Teak Saplings For Platinum Jubilee

■ The Dadar Marthoma Church will plant 75 teak saplings at Marthoma Centre,



Lonavala as part of the platinum jubilee celebration. These trees will hopefully prove to be ecologically and economically beneficial in the future. The Dadar Marthoma parish came into existence on November 17, 1940. It is the first Marthoma parish in Mumbai and second outside Kerala. It regularly meets at the Holy Redeemer CNI Church at Dadar. At present there are nearly 70 Marthoma units in Goa, Maharashtra and Gujarat. Besides, there are two dozen religious and social institutions.

The parish will construct a community hall at Mokhada in Paghar district to help the poor people. It has also instituted medical, educational and marriage funds to help those who are in need. The parish will also conduct various spiritual revival and social renewal meetings.



Senior members of the Samajam

Onam celebration of Nair Welfare Society, Mulund

■ The Nair Welfare Society, Mulund conducted their 20th Kudumba Sangamam and Onaghosham on October 4th at Ajith Memorial Hall with Variety Entertainment Programmes which included kaikottikali by lady members, songs and dance by members' children and other interesting items. All members attended the event which concluded with a grand Onasadhya.



President Balachandra Menon addressing the gathering



Kanikkonna class started in Bhandup

■ The first batch of Kanikkonna class under the aegis of Malayalam Mission started in Bhandup unit of Sree Narayana Mandira Samiti. About 36 students and their parents attended the inaugural session which was inaugurated by the Zonal Co-ordinator of Malayalam Mission CKK Poduval. Mandira Samiti zonal secretaries M G Raghavan, K K Susmeran, Unit Secretary M T K Sudhakaran, council members and others were also present. Admission will remain open and interested individuals may contact 9969114285.

Mandala Puja

■ Vasant Oscar Ayyappa Seva Samithi, Mulund will be celebrating Mandala Puja on November 21 and 22nd. One of the highlights of this year's puja is Dasavathara Maha Puja and Yagnam.

Inauguration of Guru Mandapam

■ The newly built Guru Mandap in the SNMS Ulhasnagar Unit was inaugurated by the Cultural Wing Convenor P P Sadasivan. M G Raghavan, E P Vasu, Bijili Bharathan and K R Sriraman spoke on the occasion.

Statue of Dr K K Damodaran unveiled

■ The statue of the founder chairman and long time President of Sree Narayana Mandira Samiti Chembur Dr K K Damodaran was unveiled at its Chembur Complex by Sivagiri Matam Trust General Secretary Swami Rithambarananda on October 31. Swami Guru Prasad of Sivagiri Matom was present. A Memorial talk was also held on the occasion. Dr T Jayaram, Professor of Tata Institute of Social Sciences talked on the subject 'Why Indian Democracy needs the enlightenment and modernity.'

Three day Keralotsavam in Thane

■ On the occasion of the sixtieth anniversary of Kerala State, the Tourism Dept of the State Government, Kerala Sangeeta Nataka Akademi and seven departments of the government jointly organise a three day festival in Thane from November 20 to 22 in Shivaji Maidan of Thane under the auspices of Adhoc Committee of KSNA West Zone.

A typical Kerala Village, Ayurveda, Handicrafts and Handloom exhibitions, food festival, Book exhibition, and Kaviyarangu will be the salient features.

While first day will witness *Paitruka*

thanima, second and third days will have *Grama Mahima* and *Nattu Polima* respectively. Artistes from Mumbai and Kerala will participate in these programmes. Politicians and ministers from Maharashtra and Kerala, and cultural honchos will participate in these programmes. An extensive committee comprising Chairman of Kerala Sangeeta Nataka Akademi Surya Krishnamoorthy, President of Mumbai Zone Adhoc Committee Srikant Nair, co-ordinator P D Jayaprakash, and many other committees and subcommittees has been formed.



Dr K K Damodaran's statue at SNMS Chembur Complex



Presidential Address - Sreekumar Pillai

Ente Kuttanadu Foundation

■ 'Ente Kuttanadu Foundation Vasai Region Unit' an organization of Malayalees living between Bhayandar and Dahanu, was inaugurated on October 11. It was a moment of great pride and joy for people hailing from Kuttanadu, as their dream of having an association of their own where they can meet old friends and renew their relationship has been fulfilled.

The Vasai Region Unit was inaugurated by Jacob Oommen, President Central Committee. Smt. Praveena Hitendra Thakur, Mayor of Vasai-Virar City Municipal Corporation graced the occasion as the Chief Guest and lit the auspicious lamp along with other dignitaries.

Sreekumar Pillai President of Vasai Region Unit welcomed the dignitaries and the audience and briefed the



Lighting of Lamp By Mayor Smt. Pravina Thakur

objectives and future plans of the association in his Presidential address. Trustees of Ente Kuttanadu Foundation, Chacko Antony, K P Francis, Antony Philip (Gen.

Secretary Central Committee), V K Gopinathan (Vice President Vasai Unit) also addressed the audience.

Joseph Antony General Secretary (Vasai Unit) in his speech thanked all those present and worked hard for the grand success of this programme.

The major attraction was the gala variety entertainment programmes such as folk dances, classical dances, Musical presentations film songs, light music, Vanchi pattu etc., which was followed by a feast of Kuttanadan delicacies.

All the Kuttanadan friends are requested to get themselves enrolled as members at the earliest.

The Managing Committee includes Sreekumar Pillai- President, Joseph Antony Gen. Secretary, Hari Nair Treasurer, V K Gopinathan Vice-President, Ajay Kumar Jt. Secretary, Sibi Chacko Programme Co-ordinator, and Joji Thomas Convenor. P J Joseph, Dominic Pathrose, T D Joseph, Mohan Paul, Annamma Syriac, Jaya Winny, Prasanna Nair are the Committee members.



Friends Sports and Culturals Hadapsar Pune organised Onam Celebrations, Onasadya and prize distribution of winners of Sports Competition at Vighnaharta Karyalay Hadapsar Pune. President Vijayan Nair, Chief Guest, Upendra Menon, and Guest of Honour Kavitha Shivarkar Corporator Pune Municipal Corporation during the event.

Vilappil Madhu goes behind stage

Well known Malayalam playwright and theatre personality Vilappil Madhu died on account of cardiac arrest on October 23 at his residence in Sriram Apartments, Kalyan Bhiwandi Road in Kongaon. He was 53. He is survived by his wife Usha and sons Ananthakrishnan and Vishnu.

His body was cremated in his native place.

He was well versed in the theatre activities that resulted not in writing fifteen plays, around 2000 radio skits, directing plays besides acting in them, working as dubbing artiste, running successfully his own drama troupe Vilappil Vision for more than fifteen years and finally involving his entire family in stage shows.

He was a diploma holder in



engineering and started his professional life as Supervisor in Bridge Corporation of Government of Uttar Pradesh.

Hailing from Puliyaarakonam in Thiruvananthapuram, Madhu received award for his play, 'Kathapatrangalum

Panketukkunnavarum' (Characters and the actors) in 2013 from Kerala Sangeeta Nataka Akademi.

His plays he scripted are Ananthapuram, Samooam, Rajashilpi Deshasnehiyayirunnu, Paradesi, Ananthakrishna Pillayute Akalacharamam, Vazhakkula, Devayani, Devasankeerthanam, Pathom Onnu: Pravasi, Maranamillathavar, Suryakiranangal, Oru Pravasiyute Matakayatra, Bharatavamsam etc. His plays were staged in Chennai, Pune, Gujarat, Lucknow, New Delhi, Thiruvananthapuram, Kottayam, and Thrissur and so on.

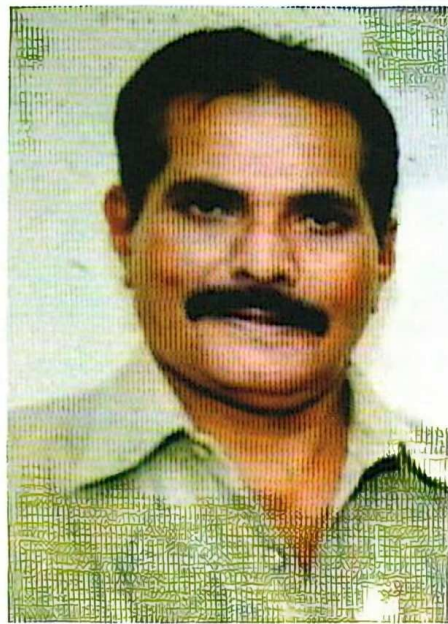
He also penned about fifty short stories and a novel. When the death stealthily came, he was in the workshop of another play, to be staged in the next drama competition for pravasies.

K. Ramachandran Nair - A life lived for others

K Ramachandran Nair, (1956-2015) an active member of Dahiasar Malayali Samajam, departed for his heavenly abode on the 18th of October 2015 after a prolonged illness.

As a founder member and part of the first Managing Committee, Ramachandran Nair was one of those, whose thoughts and efforts gave birth to DMS and paved the way for this charitable Trust's growth. There was neck deep involvement of him in each and every activity of DMS. Starting from the membership drive among Malayali families in Dahisar, publication of first souvenir, organizing sports and get together competitions (The Millennium mega sports event of 2000 being a noteworthy one), running of nursery and Jr KG Classes, stitching, drawing and music classes, launching of free Malayalam classes, active co-ordination with Umbrella Kerala organizations and last but not the least the Annual Onam festival celebrations which till date is continuing with great fervor and zest.

Two milestone achievements for DMS were in the years 1998 and 1999. The first was the receiving the agency of Kottakkal Aryavaidyasala and the second was Samajam acquiring its own office premises.



An exhibition of his limitless energy is best exemplified through this incident which occurred just before illness took over him and his treatment commenced. In the month of July 2014, DMS had organized an Ayurvedic Medical camp. Prior to 48 hours before the camp started, certain key flex and banners were to be displayed in and around Dahisar, but due to heavy rains, there was constraint of manpower to complete the work. Understanding the necessity of being hard pressed for time,

he took control of the situation. He prioritized and completed his official work in the first half and in the second half of the day went to main points in Dahisar with hired help and personally supervised the putting up of flex and banners. The medical camp of July 13th, 2014 was a huge success.

Today DMS is in the silver Jubilee year of its existence and growing stronger each year. It is people like late K. Ramachandran Nair who were one of the captains of this ship and has successfully steered it from rough waters into a smooth sailing. On October 11 DMS celebrated its Silver jubilee year Onam. A week after, the very next Sunday, October 18, Ramachandran Nair passed away.

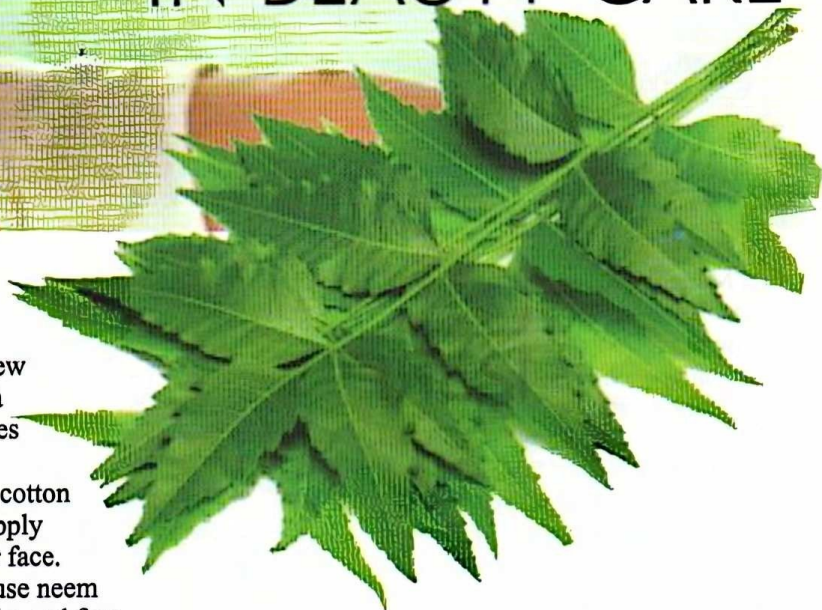
Ramachandran Nair was the son of Late Shri. Balan Nair, who himself was a social worker and activist for the Malayali Community in and around Koliwada area.

He completed his schooling from SIES, Sion and thereafter was working in the Technical Division of Press Trust of India (PTI) as a Senior Technician, for a very long time. His wife Geetha is also involved with DMS activities. She takes care of the entire administration at DMS Kottakkal Aryavaidyasala.

The office bearers and members of Dahisar Malayali Samajam offer their condolences to the bereaved family.



NEEM IN BEAUTY CARE



Dr. (Major) Nalini Janardhanan

■ Neem leaves are used in Ayurveda for medicinal purposes since very old times. In fact all parts of neem tree like bark, root, gum, fruit, leaves, seed kernels and oil prepared from seeds

are used in health and beauty care. Neem leaves are beneficial for our skin and hair especially for treating blackheads, pimples, skin infections, dandruff and hairfall.

To prevent blackheads

Neem oil is useful if you have sensitive skin and blackheads. A few drops of neem oil diluted in water can be put on blackheads at night. Regular use of neem oil helps to remove and prevent blackheads.

Acne (Pimples)

Neem helps to control oil secretion on our face and also helps to clear pimples

and prevent breakouts of new pimples. Boil a few neem leaves in water and strain it. Dip a cotton ball in it and apply evenly on your face. You may also use neem based face packs and face wash.

Lightens skin pigmentation

Neem helps in lightening acne scars and pigmentation due to skin lesions. Neem also helps in reducing dark spots and blemishes. Boil neem leaves in water and strain it. Apply this on face every night and wash off in the morning. If your skin is oily, add a few drops of rose water. You may mix neem powder, Tulsi powder, Sandalwood powder and rose water to make a paste. Apply it on face. Let it dry before washing off with cold water.

Delays signs of ageing

Neem is a natural skin toner. Applying neem oil on your face or adding neem powder to your face pack helps in reducing the effects of ageing and in preventing wrinkles.

For dark circles under eyes

Neem is useful in reducing the pigmentation and dark circle under eyes. Make a paste of neem powder and water, apply it around eyes. Wash it off after 15 minutes.

For nail problems

Neem oil helps to make your nails

strong and healthy. Neem is useful if you have brittle nails or nail infections. Massage your nails and cuticles with a few drops of neem oil. Wash your hands well before eating food.

For a glowing skin

Mix neem powder with rose petal powder, yoghurt and milk to make a smooth paste. Apply it on face. Keep it for 15 mts and wash off with water. You may add Multani mitti (Fuller's Earth) or Besan (Gram flour) to this face pack.

Care of different types of Skin

Neem helps to reduce dryness of skin and formation of blackheads and whiteheads. For dry skin, you may try a face pack with neem leaves, orange peel, honey and yoghurt. Honey and neem are good moisturisers. Add about 10 neem leaves and small segments of orange peel to water and boil it. Pound them to a pulp. Add honey, yoghurt and soya milk to this to form a smooth paste. Apply it on face. Let it dry. Then wash with cold water.

For clear skin, apply a paste of neem and turmeric. If you have oily skin, apply a paste of neem powder with yoghurt and a few drops of lemon juice. This face pack helps to control excess oil and prevent acne.

To prevent and treat infections of skin:

Boil about 20 neem leaves in ½ litre of water till the leaves are soft and water



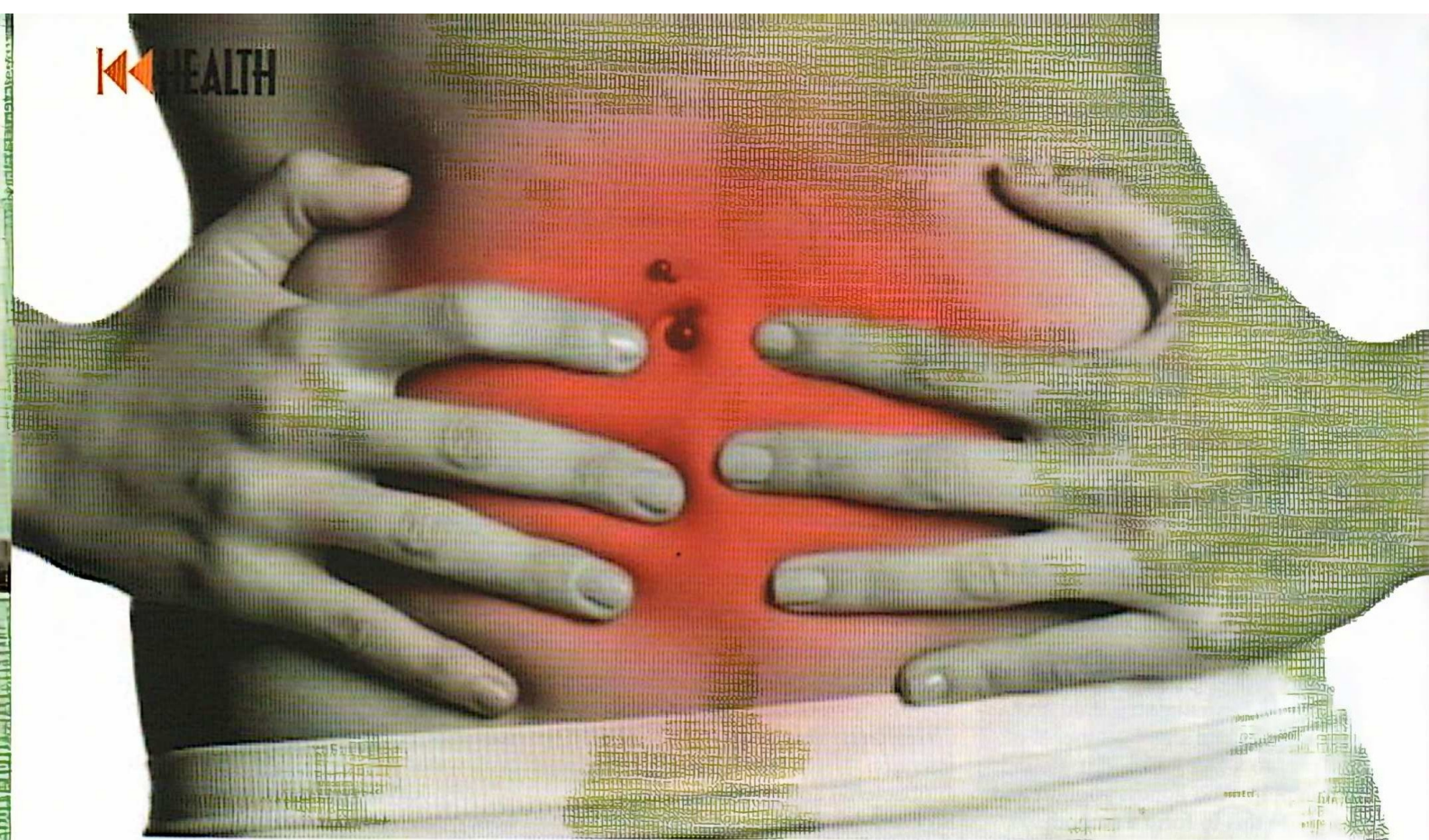
turns green in colour. Strain it and store in a bottle. Add about 100 ml of this solution to your bath water before taking bath. This helps to prevent skin infection. Neem leaves have antibacterial and antifungal properties. So neem leaves are useful in soothing itching and irritation and reducing inflammation on the skin in various diseases like psoriasis, eczema, scabies etc. Neem helps to keep skin moisturised and to reduce dryness and scaling (as in psoriasis). Neem leaves were used in olden times to treat small pox and chicken pox. Neem is also useful in skin allergy.

Hair care:

Neem is beneficial in curing scalp problems. Neem oil helps in hair growth

and fights dandruff. Massage neem oil on hair roots to treat thinning of hair. To control dandruff and itchy scalp, neem leaves or neem powder can be mixed with water and applied on hair. A paste of neem leaves (boiled in water) and honey can be applied to hair as a hair conditioner followed by regular hair wash. A hair mask to deep condition your hair can be made by mixing neem powder with amla powder, shikakai powder and reetha powder with water and lemon juice. Apply this to your hair, keep it for ½ hr and wash off with your regular shampoo.

The magical herb, Neem, is a boon for skin and hair care soaps, bath powders, shampoos, lotions, creams, toothpastes and capsules containing neem extracts are available in the market. ■



CONSTIPATION

Dr (Major) Nalini Janardhanan

Constipation is a common problem faced by most of us. Fewer than 3 stools per week is defined as constipation. Severe constipation is less than 1 stool per week.

Symptoms of constipation are caused by slow movement of stool through colon. Usual symptoms are straining to have bowel movements, hard or small stools, infrequent bowel movements, discomfort in lower abdomen and rectal bleeding, piles or anal fissures caused by hard stools.

Causes:

Diet: A diet poor in fibre content may lead to constipation.

Inadequate fluid intake: This can make stools hard causing difficulty in bowel movements.

Medicines: Certain medicines given for treatment

of high BP (Hypertension), epilepsy, depression, pain in abdomen etc can lead to constipation. Painkillers, Antacids containing Aluminium, Iron tablets, Calcium tablets, diuretics and cough medicines containing codeine can slow bowel movements and passage of stools causing constipation.

Lack of physical activity and exercise can also cause constipation.

Diseases: Certain diseases affecting intestines and colon and Autoimmune disorders can lead to constipation. Eg: IBS (Irritable Bowel Syndrome),

colorectal cancer, Lupus, Scleroderma, multiple Sclerosis, Parkinsons disease stroke.

Overuse of Laxatives makes one dependant on them and may later lead to defective functioning of digestive system leading to constipation.

Travel: People may experience constipation during travel, due to changes in daily routine, lifestyle, diet and drinking water.

Hormonal disturbances like underactive thyroid gland (Hypothyroidism) may cause constipation.

Pregnancy: Constipation may occur in pregnant ladies due to hormonal changes of pregnancy and the pressure of growing uterus on colon.

Depression may lead to constipation or make it worse.

Home remedies for constipation:

Changes in diet and home remedies may help to treat constipation.



Fibre: Fibre helps in clearing waste products from intestine, soaking up water and adding bulk to stools. 20-35 gms of fibre is required daily in diet, to prevent constipation. Food items rich in fibre are oats, bran cereals, beans, lentils, almonds, barley, vegetables, dried fruits and fresh fruits. We must drink more water if we are taking fibre rich food.

Adequate fluids: Drink at least 8-10 glasses of water daily. Liquids like water, juices, soups, buttermilk, lime juice, coconut water etc can add bulk to the stools making them softer and easier to pass through bowels. Limit intake of caffeinated drinks (eg: Coffee, cola) and alcohol.

Mint or Ginger tea: Mint and ginger are home remedies for digestive problems. Dandelion tea is also a gentle laxative.

Healthy Fats: Healthy fats contained in Olive oil, nuts and avocados help to lubricate intestines and prevent constipation. Salads with fibre rich green leafy vegetables and olive oil dressing with a handful of

nuts or tablespoon natural nut butter on fruit or toast are good in preventing constipation.

Sesame Seeds: The oily nature of sesame seeds helps to moisturise intestines. They can be added to cereals or salads or alternatively the seeds can be powdered and sprinkled on food.

Lemon Water: Adding lemon juice to a warm glass of water in the morning or adding lemon to tea helps as a natural remedy for constipation.

Castor Oil: Castor oil is used as a laxative since many years. Our grandparents used to advise us to take 1 or 2 teaspoonful castor oil on empty stomach to treat constipation. But castor oil should be used only under a doctor's guidance. Long term use of castor oil is not recommended.

Dry fruits and Fresh fruits: Raisins are

high in fibre and also contain tartaric acid which has laxative effect. Cherries and apricots are also rich in fibre. These can be added to a bowl of yoghurt for the added benefit of gut soothing probiotics (in yoghurt). Prunes or dried plums are fibre rich fruits which can prevent constipation. Another dried fruit of choice is figs.

Move your body: Lack of physical activity may lead to constipation. Exercise is good for both mind and



body. It helps to reduce stress and prevent constipation. 10-15 mts of walk daily, stretching exercises or yoga are advised to prevent constipation. After a heavy meal, it is better to move around or take a brief walk, instead of lying down.

When to consult a doctor?

Home remedies like including fibre in diet or taking plenty of water etc may help in getting easy bowel movements. But constipation of sudden onset, severe nature or associated with symptoms like loss of weight or bleeding along with stools or stomachache as well as constipation not responding to treatments, should be investigated as it may be due to serious diseases. So it is better to consult a doctor.

You must provide a proper medical

history to the doctor to help him in diagnosis. Medical history should include duration of constipation, frequency of bowel movements, consistency of stools, (eg: hard or soft) stools less in quantity or not, presence of blood or mucus in stools, associated problems like piles, bleeding or anal fissure, lack of physical activity, eating habits and history of taking medicines or diseases if you have any.

The doctor may examine you and advise various tests like blood tests, urine tests, stool tests, x-ray of abdomen. Barium meal studies, colonic motility studies, sigmoidoscopy etc to diagnose the cause of constipation.

Treatment:

Constipation is usually treated with dietary fibre, non stimulant laxatives, enemas, suppositories, counseling (if there are emotional problems or depression) etc. Goal of the treatment is to have at least one bowel movement every 2-3 days without straining. If the doctor detects any serious diseases like colorectal cancer, treatment should be started

accordingly.

Prevention of Constipation:

- ▶ Eat a well balanced diet including unprocessed bran, whole grains, fresh fruits, nuts, dry fruits and vegetables.
- ▶ Drink plenty of fluids.
- ▶ Set a routine for going to toilet daily.
- ▶ Exercise regularly.
- ▶ Answer 'nature's call'. Don't ignore the urge to defecate or postpone going to toilet as it may cause constipation.
- ▶ Don't take laxatives too often.
- ▶ Reduce stress by meditation, yoga or relaxation techniques.
- ▶ Consult a doctor as soon as possible, if there is unexplained weight loss, change in bowel habits, pain in abdomen, pain during defecation or blood in stools. ■

SUBSTANCE ABUSE AND TUBERCULOSIS



Dr Sujatha Nair

Tuberculosis has been part of humanity since centuries ravaging several lives.

Cause

Mycobacterium Tuberculosis

Spread

Primarily by airborne particles from someone with active, infectious and contagious TB. These remain suspended in air for several hours.

High Risk

Those in close contact with someone with infectious TB.

- Alcoholics and those using drugs.
- HIV infected individuals.
- Immuno compromised individuals.
- Homeless.

Poor and unhygienic conditions of living.

People exposed to TB infection on the job.

Infection

Those who get the infection do not necessarily have active disease as the body's natural immunity fights against the bacteria.

Only 10% develop active disease.

Disease

Screening Tests

X ray Chest

Mantoux Screening test- involves injecting a small amount of Purified Protein Derivative (PPD) just beneath the surface of the skin on the forearm. It is marked. Results checked by health care worker after 48hrs and 72hrs. If infection with TB is present in the body there will be an induration ie the area will be raised, swollen and hard. In a person who has been detected to have TB on x ray will show a 5mm to 10mm induration

Sputum tested by smear test and culture for three consecutive days each for the bacteria is the conclusive test.

Treatment

The drugs used are below the protocol

is as required. H: Isoniazid (300 mg), R: Rifampicin (450 mg), Z: Pyrazinamide (1500 mg), E: Ethambutol (1200 mg), S: Streptomycin (750 mg)

Treatment is for 6-12 months.

The Directly Observed Therapy in which the medication is directly provided by health care officials

Tuberculosis the disease is completely curable provided the treatment and medication protocol is adhered to strictly. Non compliance results in relapse of the disease, danger to the health of those in contact with the infected individual and rise of MDRTB the dreaded Multi Drug Resistant Tuberculosis caused by the mutation of the bacteria resulting from stopping medication prematurely. The treatment of this is very difficult.

Relation between Alcoholism and Tuberculosis

Approximately 1/3rd of the world's population is infected with the Tuberculosis bacterium, 90% of the infected individuals will never get the clinical disease as they have an immune system adequate enough to fight the disease. Wherein the immune system is unable to fend off the illness comprises of 10% of the infected populace.

Research across the world shows to date, that alcohol consuming people are immune-compromised being susceptible to lung infections like Tuberculosis and pneumonia much more than those who do not consume alcohol.

The protective cells in the lungs fight against the bacteria of Tuberculosis and destroy it preventing progress of infection. In acute and chronic consumption of alcohol the response of these cells to the bacteria is reduced and suppressed, thus affecting anti-inflammatory and healing properties. It thus not only compromises the immune system but also increases susceptibility to Tuberculosis.

Primarily, the continuing consumption of alcohol masks the disease process and delays diagnosis till the disease is advanced.

How does continuing Alcohol

consumption affect the clinical course of TB

Alcohol results in increased relapse rates of Tuberculosis, the incidences of the more destructive forms of Tuberculosis increase.

Alcohol causes changes in the action of medications given for tuberculosis by significantly reducing their absorption by the body and accelerating their metabolism by the body thereby, the body does not get the required dose for the required duration of time.

Pre-existing liver damage as the result of alcohol consumption like hepatitis or Hepatomegaly are further deteriorated by medication administered for Tuberculosis as they are also hepatotoxic. The nutritional impairment caused by alcohol also accelerates the disease process.

The isolation required for treatment enhances the emotional unmanageability. If the addiction is left untreated ... there can be non adherence to treatment, deterioration in psychological states and resultant continuing of drinking with or without taking medications. This results in deterioration of the disease of tuberculosis in the body which can then be fatal.

Solution

The imperative matter here is that the tuberculosis should be treated primarily, but also of equal importance is the simultaneous treatment of addiction through counselling, therapy beginning from the stage of starting treatment for Tuberculosis in the isolation stage- through telephonic conversations, skype calls, assignments given to be mailed, meditations etc. Once the infectious phase is over, the person can be shifted to a rehabilitation facility simultaneously continuing his medication and care for Tuberculosis treatment. ■

For any clarifications contact
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Anatta Humanversity Pvt.Ltd.
Contact Person:
Ms. Vandana Hiranandani
+91 9967334000
Website- www.anatta.in



അഴകേ നിൻമിഴിനിർ....

Film: (Amaram 1991)



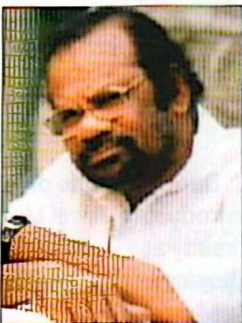
lyrics: Kaithapram Damodaran Namboothiri Music: Raveendran
Singer: K J Yesudas, K S Chithra Ragam: Darbari Kanada

Karthika



Kaithapram

അഴകേ നിൻമിഴിനിർ മണിയി കൂളിരിൽ തുവരുതേ
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അഴകേ....



Raveendran

തൂറയുണരുമ്പോൾ മീൻവലകളുലയുമ്പോൾ
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അഴകേ....



K J Yesudas

അഴകേ നിൻമിഴിനിർ മണിയി കൂടിലിൽ തുവരുതേ
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കാണാക്കടലൊലിയിൽ മേലെ പുമുടിയിൽ
ഒരു വെൺമുകിലിനു മഴയിതളേകിയ
പുന്തിരയഴകിനുമിണയഴകാമെൻ
അഴകേ....



K S Chithra

Babu Thiruvalla under the banner of Symphony Creations produced Amaram with A K Lohithadas writing the story, screenplay and dialogue. Bharathan directed it. Main actors were Mammooty, Murali, Asokan, Kuthiravattam Pappu, Sainuddin, Mathu, Chithra, KPAC Lalitha, Neetu Rita and Jose. There were four songs in the film. Azhake, Hrudayaragathantri, Pulare pookotiyil, Vikaranoukayumai but the first two are repeated. The singers are Yesudas, Chithra and Lathika. This film had a successful run of 150 days in many towns in Kerala.

THE BEGINNING A DREAM COME TRUE

An interview with Jewel Mary

Malayalam film world has undergone a sea change. Earlier, the heroines were a mere appendage to the hero. There is hardly any dialogue for her. When the hero demands, she sings and dances with him. Now the situation is different. She has an equal footing with the hero. Good movies and good characters will come to one when there is an element of luck. When 'Pathemari' is running in packed houses, when its non-nomination to Oscar is fervently discussed in social media, when the migrant Malayalees are thronging to the theatres, Jewel Mary, the heroine of the film is thanking God for the exceptionable start.

Q: During the title display, we see 'Introducing Jewel Mary' but we have already seen you during Onam season in 'Utopiyile Raajavu'. How did it happen?

A: My first film is 'Pathemari' but the first release was the other film. After shooting was completed, Pathemari took a little more time to finish the post production work. When you see the film, you would realise it. It is a perfect film. The reception it received indicates that.

Q: You had two Mammooty films one after the other...

A: The invitation I got for 'Pathemari' came from its director Salim Ahmed. After seeing my performance, Mammookka was recommending me for Utopiyile Raajavu. It was beyond me to expect two Mammooty films in quick succession. When I was compering D4 Dance, Salim Ahmed was searching for his heroine and my name was also considered. It is sheer luck. I was called for audition after he saw D4 Dance. I never expected that I would be selected. When I realised the depth of the character I had to depict, I was really excited.

Q: You had a challenging character in the very first film...

A: Certainly! My character has three-four time spans. Once I realised the entire range, my only thought was how to make perfect.

Q: How was your experience with Mammootty?

A: I was very comfortable with him. He gave me all possible help. He can be considered as an university of acting. There was a lot to learn from him.

Q: Do you have any apprehension that you won't be called to new generation movies?

A: Never. As far as I am concerned, there is no separation between new generation and old generation movies. There are only good and bad movies. Whenever a good film or good character comes my way, I will accept it. I believe that whatever has to come to me would definitely come my way.

Q: How did you start your career?

A: Basically I was a stage anchor. When I was doing small stage shows, Excel Anchor Company groomed me to be a better anchor. In fact those days there were very few anchor companies in existence. They gave the assignment of D4 Dance.

As far as I am concerned, there is no separation between new generation and old generation movies. There are only good and bad movies. Whenever a good film or good character comes my way, I will accept it.

Q: Have you ever had any premonition of entering film world?

A: Never. It just happened. Even now, I am part of Excel Anchor Company.

Q: What are your new projects?

A: I haven't done any new commitment. Heard some stories. Discussions are going on. That's all. I wish to have characters like the one Shobhana Madam did in the past. Basically, I did nursing. Then became anchor person. Now in movies. All unexpected. ■



മധു: മലയാള ചലച്ചിത്ര തരവാട്ടിലെ കാരണവർ

നടൻ ആവുകയെന്നത് ഒരു സ്വപ്നമായിരുന്നു, അത് യാഥാർത്ഥ്യമാക്കിയ അപൂർവ്വവ്യക്തിത്വത്തിന്റെ ഉടമയാണ് ഞാൻ സ്നേഹപൂർവ്വവും ബഹുമാനപൂർവ്വവും വിളിക്കുന്ന മധുസാർ, അഥവാ മലയാളികളുടെ പത്മശ്രീ മധു.



Bijukumar

■ മലയാള ചലച്ചിത്ര തരവാട്ടിലെ കാരണവർ സ്ഥാനം അലങ്കരിക്കുന്നത് ഈ മഹാ പ്രതിഭക്ക് ഈ കഴിഞ്ഞ മാസം 23-ാത്തിയതി 82 വയസ്സ് പൂർത്തിയായി. മലയാള സിനിമയുടെ സൗഭാഗ്യമായ മധുസാർ കഴിഞ്ഞ 54 വർഷങ്ങളായി സിനിമയിലും പൊതു രംഗത്തും പ്രവർത്തിക്കുന്നു. മലയാള ചലച്ചിത്ര

നഭോമണ്ഡലത്തിലെ നക്ഷത്രങ്ങളായ പ്രേമനസീർ, സത്യൻ, മധു എന്നിവരെ മാറ്റിനിർത്തിക്കൊണ്ട് മലയാള സിനിമയുടെ ചരിത്രത്തെക്കുറിച്ച് ചിന്തിക്കാനാവില്ല. ആ മൂന്നു താരങ്ങളിൽ രണ്ടുപേരും മൂന്നാമനായ മധുവിനെ ചരിത്രനിയോഗഭാരം ഏല്പിച്ച് കാലയവനികക്കുള്ളിൽ മറഞ്ഞു.

ബിരുദാനന്തര ബിരുദം നേടിയിട്ടുള്ള അദ്ദേഹത്തിന് വേണമെങ്കിൽ ഒരു കോളേജ് ലക്ഷ്യമായി തന്റെ ജീവിതം തുടർന്നുകൊണ്ടേയിരിക്കാമായിരുന്നു. തിരുവനന്തപുരം മേയറായിരുന്ന പിതാവിന്റെയും ഈടുറ്റ ബന്ധുക്കളുടെയും, സൗഹൃദങ്ങളുടെയും തണലിൽ സ്ഥാനമാനങ്ങൾ നേടി സുഖലോലുപനായി കഴിയാമായിരുന്നു. മധുവെന്ന മാധവൻ നായർ, ലോകത്തിലെ ഏറ്റവും വലിയ സർവ്വകലാശാലകളിൽ ഒന്നായ ബനാറസ് ഹിന്ദു



Madhu receiving Padmasree Award from the President of India.

സർവ്വകലാശാലയിൽ നിന്നും ബിരുദാനന്തരബിരുദം നേടിയതിനുശേഷം ഡൽഹിയിലെ സ്കൂൾ ഓഫ് ഡ്രാമയിൽ ചേർന്ന് അടിസ്ഥാനപരമായി അഭിനയകല അഭ്യസിക്കാൻ തയ്യാറായി. അതു പൂർത്തിയാക്കി അവിടെനിന്നും പുറത്തുകടക്കുമ്പോൾ ചലച്ചിത്രലോകത്തെ അതികായകന്മാരുടെ സ്നേഹവാത്സല്യങ്ങൾക്ക് പാത്രി ഭൂതനായ അദ്ദേഹം ഹിന്ദിയിലെ പ്രശസ്ത സംവിധായകനായ കെ. ഏ. അബ്ബാസിന്റെ “സാത് ഹിന്ദുസ്ഥാനി” എന്ന സിനിമയിൽ അഭിനയിക്കുമ്പോൾ ബോളിവുഡിലെ മുൻകാല ‘സൂപ്പർ



A scene from the Malayalam movie *Chemmeen*



A scene from the Hindi movie *Saath Hindustani*

സ്റ്റാറും മേഗാസ്റ്റാറുമൊക്കെയായ അമിതാ ബച്ചന്റെ തുടക്കം ഈ സിനിമയിൽകൂടി മധുവിനോടൊപ്പമായിരുന്നു.

ഈ അടുത്ത കാലത്ത് മധുസാരോടൊപ്പം ഞാൻ ഈ സർവ്വകലാശാല സന്ദർശിക്കാൻ ഇടയായി. താമസിച്ചിരുന്ന ഹോസ്റ്റൽ റൂമും, ഹോസ്റ്റലിന്റെ അങ്കണത്തിൽ നിൽക്കുമ്പോൾ കോളേജുകാലത്തെ ഓർമ്മകൾ ഓരോന്നും വിവരിക്കുന്നത് ഞാൻ വളരെ ആശ്ചര്യത്തോടെയാണ് വീക്ഷിച്ചിരുന്നത്. ഒരുനിമിഷം ഞാൻ ആലോചിച്ചുപോയി ഇതാണോ മധുവെന്ന ആ വലിയ മനുഷ്യൻ? കുട്ടികളുടെ സ്വഭാവമായിരുന്നു ഞാൻ അദ്ദേഹത്തിൽ കണ്ടത്. ഇത് ഒരു കഥമാത്രം. ഇങ്ങനെ എത്രയോ കഥകൾ പറയാനുണ്ട്.

നിറമണിഞ്ഞ കാൽപ്പാടുകൾ എന്ന സിനിമയിലൂടെ മലയാളത്തിൽ അരങ്ങേറ്റം കുറിച്ച ഇപ്പോൾ ഏറ്റവും ഒടുവിൽ റിലീസായ ഉത്തരചെമ്മീനിൽ എത്തിനിൽക്കുന്നു ആ ജൈത്രയാത്ര. മലയാളി സൗഹൃദത്തിന്റെ മനസ്സിലും കാഴ്ചയിലെന്നപോലെ കരുത്തുറ്റ തേജസ്സോടെ മലയാളിക്കും മലയാള സിനിമക്കും എന്നും അഭിമാനമായി, ആവേശമായി, അഭിലാഷ സാക്ഷാത്കാരമായി നിലകൊള്ളുന്നു.

നിറമണിഞ്ഞ കാൽപ്പാടുകൾ, മുടുപടം, ചെമ്മീൻ, തുലാഭാരം, തുടങ്ങിയ സിനിമകളിലൂടെയാണ് മലയാളത്തിൽ അറിയപ്പെട്ടിരുന്നത്. തുടർന്ന് കാട്ടുപൂക്കൾ, ഭാർഗ്ഗവിനിലയം, അശ്വമേധം, കുട്ടിക്കുപ്പായം, കള്ളിച്ചെല്ലമ്മ, ആഭിജ്ഞാനം, സിന്ദൂരച്ചപ്പ്, ഏണിപ്പടികൾ, ഉദ്യോഗസ്ഥ, നഖങ്ങൾ, കാക്കത്തമ്പുരാട്ടി, കാമം ക്രോധം മോഹം, മുറപ്പെണ്ണ്, ഉമ്മാച്ചു എന്നിങ്ങനെ തുടരുന്നു വിജയഗാഥകൾ. 1980നു ശേഷം പ്രായത്തിനൊത്തതും പകരയാർന്നതുമായ വേഷങ്ങളിലേക്ക് ചേക്കേറി. കായലും കയറും, യാഗം, കോളിളക്കം, പടയോട്ടം, വെള്ളം, പച്ചവെളിച്ചം, 1921, നാടുവാഴികൾ, ചമ്പക്കുളം തച്ചൻ തുടങ്ങിയ ചിത്രങ്ങളിലൂടെ വേറിട്ട അഭിനയസാന്നിദ്ധ്യമായി.

പത്തോളം ഹിറ്റ് സിനിമകൾ സംവിധാനം ചെയ്ത് മലയാള സിനിമാസംവിധായകരുടെ ഇടയിലും സ്ഥാനം നേടി. തന്റെ മികവ് തെളിയിച്ച ആദ്യസിനിമയായ "പ്രിയ" നിരൂപകരിൽനിന്നും പ്രേക്ഷകരിൽ നിന്നും മുക്തകണ്ഡം പ്രശംസ നേടിയെടുത്തിരുന്നു. കോമേഴ്സ്യൽ, ആർട്ടിസ്റ്റ് എന്ന വേർതിരിവില്ലാതെ സിനിമയെ ഒരു ആവേശമായി എന്നും കണ്ടിട്ടുള്ള ഈ അതുല്യ പ്രതിഭ മലയാള സിനിമക്കും കലാസമൂഹത്തിനും എക്കാലത്തെയും അഭിമാനമാണ്.

ഏതു നായകസങ്കല്പത്തിന് അധിഷ്ഠിതമായ മലയാള

സിനിമക്ക് വേറിട്ട മാനദണ്ഡങ്ങളും ചലച്ചിത്രസംസ്കാരവുമാണ് മധു നൽകിയത്. സിനിമാനായകസങ്കല്പങ്ങൾക്ക് പൂർണ്ണതയേകിയ ത്രിമൂർത്തികളിൽ ശോകപ്രധാനവും, വിരഹാർത്തവുമായ വേഷങ്ങളിലൂടെയാണ് മധുവെന്ന നടൻ ജനമനസ്സുകളിൽ വ്യത്യസ്തനായത്.

തരളവികാരങ്ങളും തീവ്രവിചാരങ്ങളും അഭിനയിച്ച് ഫലിപ്പിക്കുന്നതിൽ അപാരകഴിവാണ് മധുവെന്ന അതുല്യനടനെ പ്രശംസിയുടെ ഉന്നതങ്ങളിൽ എത്തിച്ചത്. ബഹുമതികളുടെ പിന്നാലെ പോയിരുന്നില്ല. ഇടയോ മോടിയോ കാട്ടിയിരുന്നില്ല. എന്നും ഒരു കലാകാരനായി മാത്രം നമ്മുടെ കൂടെ നടക്കുന്നു.

അഭിനേതാവായി, സംവിധായകനായി, നിർമ്മാതാവായി, സ്റ്റുഡിയോ ഉടമയായി (തന്റെ ഉടമസ്ഥതയിൽ ഉണ്ടായിരുന്ന ഉമാ സ്റ്റുഡിയോയാണ് പിൻക്കാലത്ത് ഏഷ്യാനെറ്റ് സ്റ്റുഡിയോയായി മാറിയത്). ഹിന്ദി ലക്ച്വററായി എസ്. ടി. കോളേജ്, നാഗർകോവിലിൽ തന്റെ ഔദ്യോഗിക ജീവിതം തുടങ്ങിയ അദ്ദേഹം മൂന്നു തവണ ബെസ്റ്റ് ആക്ടറിനുള്ള മലയാളം ഫിലിംഫെയർ അവാർഡും ബെസ്റ്റ് ലൈഫ് ടൈം അച്ചീവ്മെന്റ് അവാർഡ്, സത്യൻ അവാർഡ്, ബഹുദൂർ അവാർഡ്, ഏഷ്യാനെറ്റിന്റെ ബെസ്റ്റ് ലൈഫ് ടൈം അച്ചീവ്മെന്റ് അവാർഡ്, കേരള ഗവർണ്ണമെന്റിന്റെ ബെസ്റ്റ് ചിൽഡ്രൻസ് ഫിലിം അവാർഡ് (മിനി), സ്പെഷ്യൽ ജൂറി അവാർഡ്, രണ്ടാമത്തെ നല്ല സിനിമക്കുള്ള അവാർഡ് (സിന്ദൂരച്ചപ്പ്) എന്നിവയും നേടി. ഇന്ത്യാ ഗവർണ്ണമെന്റ് 2013-ൽ പത്മശ്രീ നൽകിയും ആദരിക്കുകയുണ്ടായി.

പുതിയ തലമുറയുടെ ചലച്ചിത്രകാർക്കിടയിൽ മലയാളത്തിന്റെ അഭിനയചാതുരിയുടെ ശക്തിസ്തംഭമായി നിലകൊള്ളുകയാണ്, ഭാവാഭിനയത്തിന്റെ പൂർണ്ണകായരുപമായി മലയാളി ഹൃദയത്തിൽ സ്ഥിരപ്രതിഷ്ഠ നേടിയ മധു. ഇനിയും ഒരുപാട് വേഷപ്പകർച്ചയിലൂടെ വെള്ളിത്തിരയെ ഭാവസാന്ദ്രമാക്കട്ടെ. ഇപ്പോൾ അഭിനയിച്ചുകൊണ്ടിരിക്കുന്ന സിനിമകൾ - സെലിബ്രേഷൻസ്, നെക്സ്റ്റ് ടോക്കൻനമ്പർ എന്നിവയാണ്. ഈ അഭിനയപ്രതിഭക്ക് ഇനിയുമേറെക്കാലം മലയാളികളുടെ ആസ്വാദനപ്രതീക്ഷയായി നമുക്ക് കനിഞ്ഞേകാൻ ജഗദീശ്വരനോട് പ്രാർത്ഥിക്കാം. അനേകായിരം ആസ്വാദകരുടെ പ്രതിനിധിയായി എന്റെയും മുൻബൈ നിവാസികളുടെയും സ്നേഹാദരവുകൾ. ■

POORNIMA JAYARAM RETURNS TO SCREEN

■ The sensational debutant of *Manjil Virinja Pookkal*, Poornima Jayaram is returning to silver screen after a hiatus of 31 years. The film is *On the Rocks*. It is produced by P K Ratheesh for Building Block Pictures and is directed by V K Prakash. Siddharth Menon and Eva Pavithran are in the leading roles.

Music composer M Jayachandran and actor cum singer Krishna Chandran are also playing some characters. While Rajashri Balram writes the screenplay, Vivek Ranjith writes the dialogues. Sabarish Varma, Manju Vani and A K Nambiar write the lyrics for which Prashant Pillai arranges the music.



PRITHVIRAJ WITH TWO FILMS

■ After *Double Barrel* Prithviraj, Shaji Natesan and Santhosh Sivan started working on two new productions under the banner August Cinema. The movies are titled *Darwinte Parinamam* (Evolution of Darwin) and *Anuraga Karikkin Vellham*.

The first film is being directed by Jijo Antony and it depicts the story of the experiences of a young villageman in a city. Saiju Kurup, Balu Varghese, Mamu Koya and Sudhikosha are the main artistes. The story and screenplay are written by Jijo Antony and Manoj Narayanan.

The second film is directed by Rahman Khalid and it has Biju Menon and Asif Ali as major artistes. Asha Sarath is one of the heroines. Navin Bhaskar prepares the screen play.



DILEEP IN COMEDY 3D

■ Well known cinematographer Ramachandrababu turns director with *Comedy 3D*. The film will be shot in three dimensional format along with advanced acoustics and graphics. The screenplay is being prepared by director Rafi McCartin.

As the title indicates, the film is full of comedy. Hero is a magician. Dileep is the hero and he has earnestly started training under magician Gopinath Muthukad.

Sanal Thottam produces this film for New TV with co-producers Lal Rajan, Siby Balakrishnan, Ashraf Abubacker.



TWO COUNTRIES

■ M Ranjit produces Two Countries for Rajaputra Visual Media, and Shafi directs it. Screenplay is written by Rafi. With Dileep as hero, Mamta Mohandas and Isha Talwar are the heroines. Mukesh, Aju Varghese, Jagadish, Vijayaraghavan, Makarand Deshpande, Kalasala Babu, Balachandran Chulikkad, Salimkumar, Suraj Venjaramoodu, Asokan, Rafi, Lena, Shobha Mohan, Sabita Beti are also in the caste.



ANARKKALI

■ Screenplay writer Sacchi directs Anarkkali, an adventurous romantic thriller with Prithviraj and Biju Menon in the lead. The film is being shot in Lakshadweep.

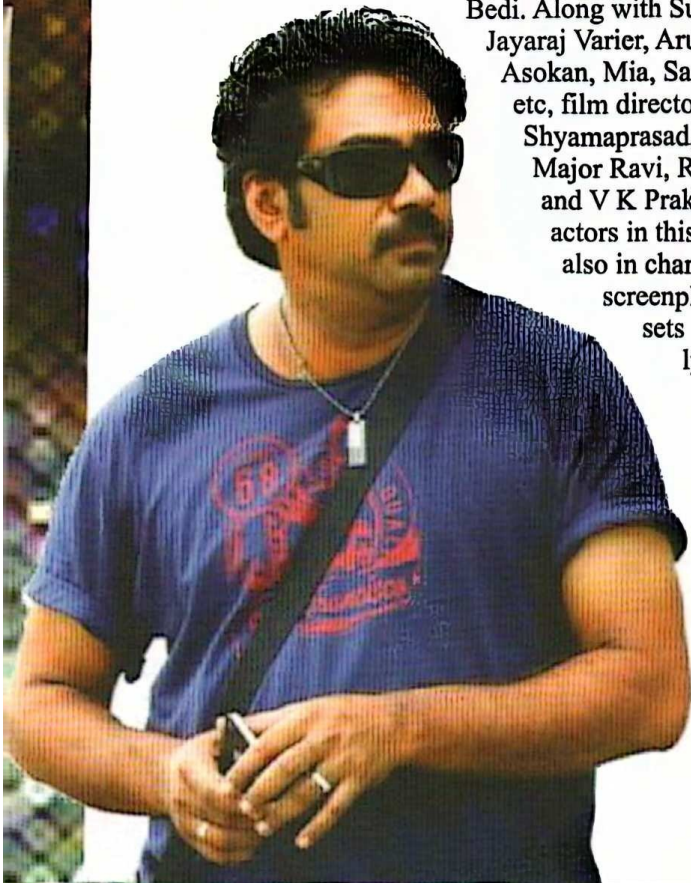
Prithviraj is scuba diver and trainer in the film. Biju Menon is a light house operator. There are two imports from the north,

heroine Priyal Gorang and Kabir Bedi. Along with Suresh Krishna, Jayaraj Varier, Arun, Chembil Asokan, Mia, Sanskruti Shenoy etc, film directors

Shyamaprasad, Madhupal, Major Ravi, Ranji Panicker and V K Prakash are also actors in this film. Sacchi is also in charge of

screenplay. Vidyasagar sets the tune to the lyrics written by

Rajiv Nair and Manoj Mumtashir (Hindi).



PAVATA

■ Maniyan Pilla Raju produces Pavata, directed by G Marthantan. Prithviraj and Anoop Menon are in the leading male roles while Asha Sarath and Mia are their counterparts. Saikumar, Siddhiq, Suresh Krishna, Murali Gopi, Ranji Panicker, Maniyan Pilla Raju, Kalabhavan Shajohn, Sharaffuddin, Kunchan, Sudhir Karamana, Ambika Mohan, Pali Pala, Seema G Nair et al are also there in the cast. Bipin Chandra writes the screenplay.





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