

# Kerala in Mumbai

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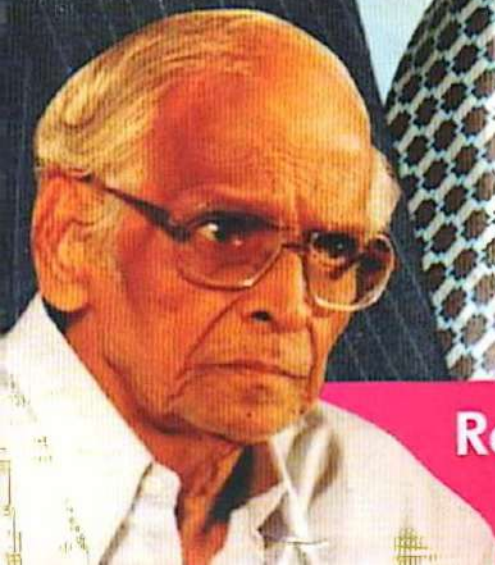
**Deepti of  
Parasparam**

- The Magic and the Logic of Positive Thinking

**Lion Kumaran Nair**  
Recipient of KM Mathew Endowment Award

**Singing Star**

**Revolutionary  
Turned Poet**



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# NaMo shows the way

Since independence India has seen fifteen Prime Ministers. Most of them came to power by promising heaven on earth and by the time their tenure ended, they showed us earth on heaven. When India became free, Jawaharlal Nehru could manage to be the leader of the then recent free countries, selling them the ideals of Panch Sheel or Five Principles of Co-existence. His knowledge of world history and acquaintance with the leaders of the world helped him to become a leader of the countries that kept distance from both the Russian and American camps. Many of such countries became weak or split into smaller nations while some others became anachronistic. Thanks to Nehru's sound principles of democracy, India remained strong and progressive. After him, other Prime Ministers could not grow in stature like him, Indira included.

Vajpayee had the aura but could not penetrate. Rajiv Gandhi started with a bang and brought the computer era but Bofors brought him down to earth. Others who followed him did not possess the necessary stature or clear ideology and they mostly survived on gimmicks.

Fourteen months ago Narendra Modi relinquished his Chief Ministerial position in Gujarat and moved to New Delhi. Unlike his predecessor Manmohan Singh, he was down to earth and a good talker who speaks the language of the man of the street. He spoke very little in the Parliament, often deputing his ministers to do the honours. During the last session of Parliament he did not address the MPs at all, despite several serious issues before him. The session created a history of sort wherein the PM was never a speaker for his government. Yet he compensated all his short comings when he went abroad and was in full flow, organising rallies and conferences. No other Prime Minister of India could engage the President of United States three times in fourteen months. He met all world leaders who mattered and exchanged views. Now he is even credited to have got Barak Obama to support India's bid for a permanent seat in Security Council. Unlike Nehru, he is not bound by any ideology of non-violence, political morality, or the veil of intellectualism. When Nehru introduced Zhou Enlai, the then Prime Minister of China to the world leaders, he did not earn his gratitude but animosity that reflected soon in an aggression across the border. NaMo calls the US President by his first name and embraces him in full public view. How easily he stole the show!

Unlike Nehru, he spoke to the American citizens of Indian origin in Hindi and robbed their heart and made them incessantly chant MODI. He did not exhort them by pointing out the brain drain but coined a new phrase 'brain deposit'. He did not talk of the intellectual stuff but brought the intellectuals to the street level.

Modi had many things to go in his favour from the beginning. He could take credit for many things initiated by the previous government that they could not make see light. Exploration of Mars, Right to Information, Right to Education, Aadhar Card, etc are positive factors and the smoke of corruption went against Manmohan Singh government but favoured Modi.

Modi's would in all probability be a success story as he has no credible alternative. The opposition is bereft of qualitative leaders and there is absolutely no competition from his own party. By bringing old age into the system, NaMo removed all his senior challengers and setting himself to be PM till he turns seventy five, he kept his younger challengers at arm's length.

NaMo is a role model for all future prime ministers. When all European states clamour for a prime minister with a happy family, India, the land of ascetics, find merit in someone without a family. They believe that a person without a family and near kith and kin is symbol of virtues bereft of all evil influences. Indian masses love those who speak their language and wear what they could. And Modi is their ideal man.

He talked about *Swachh Bharat*, *Beti Bachavo Beti Padhavo*, *Showchalay* in every house programme, Clean Ganga, link all government subsidies and pensions to *Aadhar* and Bank accounts etc and told them they are their path to prosperity and welfare. A scheme that BJP scoffed earlier has now become their vehicle to take the masses to prosperity: Aadhar Card.

Learn how to become Modi. You would end up the PM!

## Malayali Corporates Make A Bee-line To Vasai

After Catholic Syrian Bank, State Bank of Travancore, Federal Bank, Dhanalaxmi Bank, South Indian Bank, Muthoot Finance, Muthoot Fincorp, Manappuram Gold Loan and Goodwin Jewellers, it is the turn of Akbar Travels of India to open its branch office in Vasai.

For the past 65 years, Vasai has been a home away from home for Malayalis. With its swaying palm trees, huge paddy fields, undulating sea shores and winding rivers, Vasai was always considered as an extension of Kerala and part of the kingdoms of Lord Parshuraman, Mahabali and Portugal.

In the 1960s, practically all Vasai based Malayalis were only job-seeking migrants who lived in rented houses and worked in the metropolitan city of Mumbai. They were dubbed as 'bhadotris' (meaning, rented residents) by the local population. In those days, Vasai was merely a 'sleeping suburb', where people worked in Mumbai and came here in the evenings only to 'sleep'. Then as the population grew, the village of Manickpur was nicknamed as Manickpuram because that is where most of the Malayalis lived.

Slowly, Malayalis started their own small businesses and even opened shops. Some succeeded but others failed. But entrepreneurship was slowly gaining ground. Then came a set of professionals who belonged to the academic and medical fields. After that came another set who were builders, traders, chit fund owners, tyre repairers, die makers, factory owners and industrialists. Now it is the turn of Malayali corporates to make their

presence felt in the area.

## Akbar Travels arrives in Vasai

Akbar Travels of India, the largest travel company in India in terms of number of branches, staff strength and business turnover, has opened its latest branch in Vasai. This company is known for providing smart travel plans, holiday packages, cheap tickets, foreign exchange and bookings have been made simpler. They have direct access to many low cost carriers. They also have a fleet of cars and provide bus convoys. Their branches are one-stop-shop for all travel needs for travel agents, corporate and retail clients. The growth from humble beginnings in Kerala in 1978 as

a small travel agency specializing in West Asia traffic from India to a diversified and multinational company is indeed spectacular. Presently there are 127 branches all over the country, and also in many cities of the globe. Chairman and Managing Director A. Nazar's enthusiasm for football is well known in Kerala. He has personally spotted and nurtured sports talents. Along with involvement in sports, Akbar Travels also participates in various social welfare activities with measures like empowerment of women, child welfare, educational and cultural activities and charities for the upliftment of weaker sections of the society.

Biju Ch



On September 29, Keraleeya Samajam Andheri ( West), distributed buttermilk, tang and water to many Ganesha devotees passing through Seven Bungalows Bus depot on their way towards Juhu for Ganesha visarjan. The Samajam set up a shamiana for this purpose.

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](mailto: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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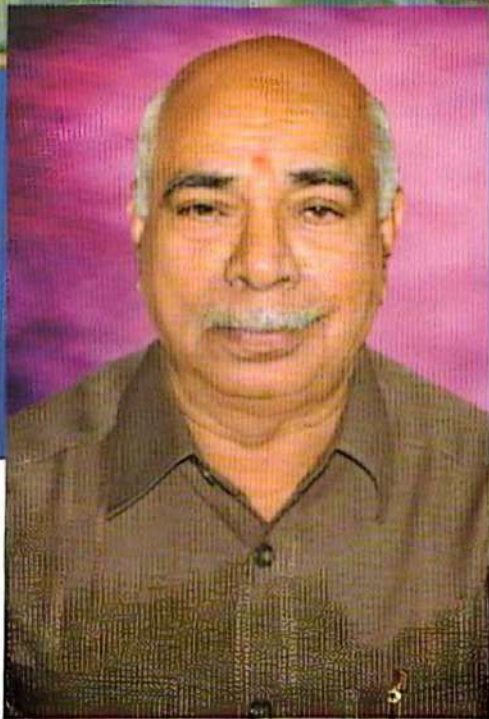
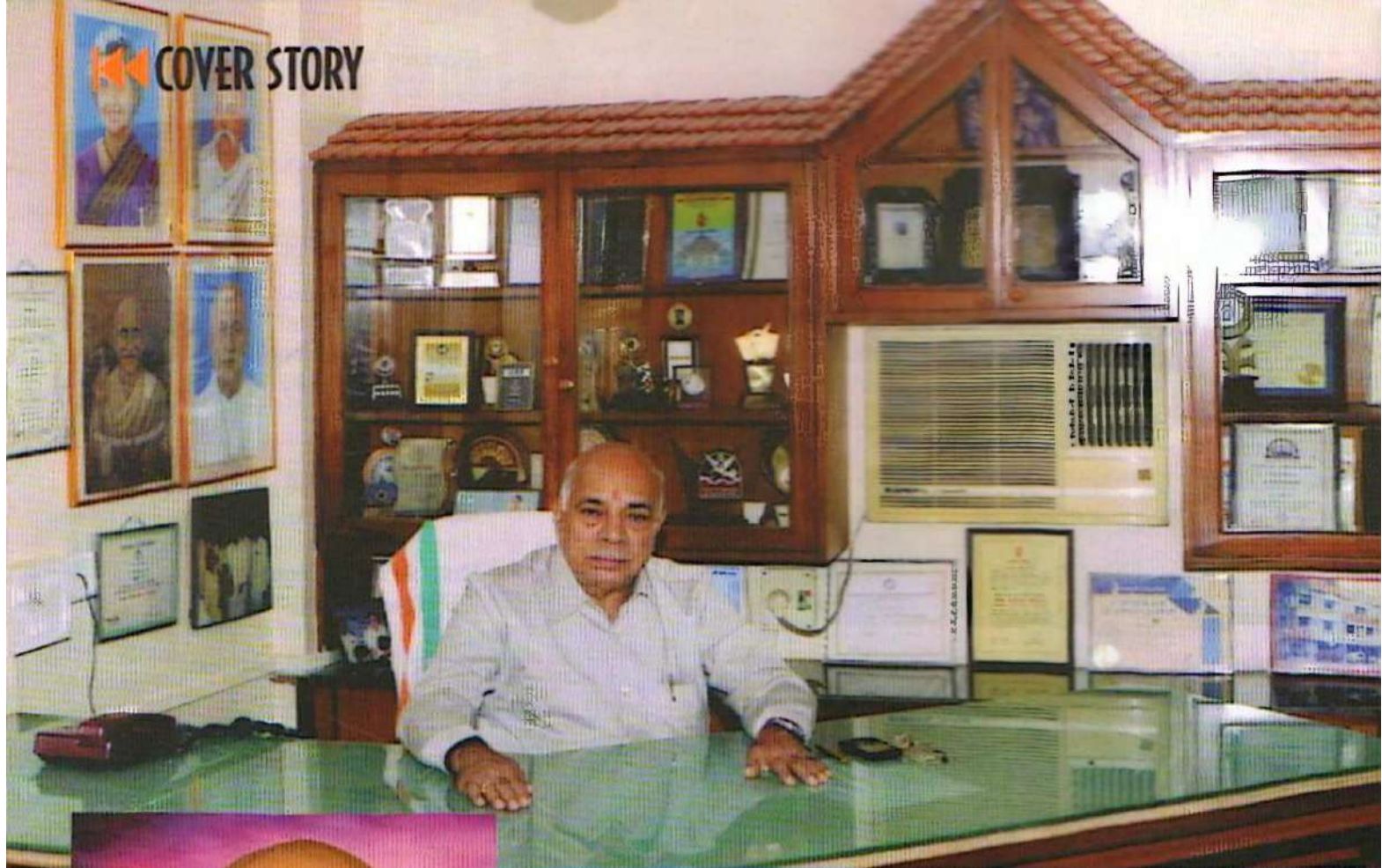
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## Mulund Kerala Samajam Felicitates **LION KUMARAN NAIR**

M Kumaran Nair has contributed to the social, cultural and educational development of Mumbai citizens, especially Malayalees consistently through his welfare activities. He is a sincere, honest and dedicated person working for the social uplift of his fellow Malayalees and all Mumbaikars.

**M**ulund Kerala Samajam is one of the oldest and respected Malayalee associations of Mumbai. The K M Mathew Memorial Endowment Award instituted by the Samjam in memory of its founder President K M Mathew is given every year to a Malayalee personality who has contributed through his activities and works for the welfare of Malayalees in Mumbai. This year the K M Mathew Memorial Endowment Award has been bestowed on the popular and well known senior personality of Mumbai, Lion M Kumaran Nair. It was handed over to him by the Samajam President in the presence of eminent personalities of Mumbai on



Lakshmi Venkatachalam

September 6 during the Onam Celebrations of Mulund Kerala Samajam. The Award comprises a cash award of Rs 25,000/, Citation and a memento.

Kumaran Nair has contributed to the social, cultural and educational development of Mumbai citizens, especially Malayalees consistently through his welfare activities. He is a sincere, honest and dedicated person working for the social uplift of his fellow Malayalees and all Mumbaikars.

Kumaran Nair is an unassuming personality living in Mumbai for more than 55 years now. He is a business magnate associated with the tyre industry, real estate business, cold storage units, and hospitality services having a star classification.



Kumaran Nair being presented shawl and memento by MKS President K Gopalan Nair at the Award ceremony. Mrs Somalatha Nair by his side

hotel in Thiruvananthapuram. He is an educationist who founded and is the President of Cosmos School in Bhandup. He is also a MJF Lions International member and stays with his family in Bhandup. He has been involved with all the samajams and has worked relentlessly and still continues to put in efforts willingly for the welfare of one and all irrespective of caste, creed or race of this city. A well beloved and genuine person, he is approachable to all persons, young and old and he always has the time to listen to their problems, if they have any, and offers them solutions.

"We must move forward but we should never forget from where we have come," Kumaran Nair said at the Award Ceremony.

Born in 1940 as the tenth among eleven children to the late Velayudhan Pillai and late Kamalakshy Amma, it was hard work and dedication that brought him up to the position he has achieved today. He hails from Chempazhanthy, the birth place of Sree Narayana Guru, his ancestors tracing back to the famed Ettuveetil Pillamar of



**Born in 1940 as the tenth among eleven children to the late Velayudhan Pillai and late Kamalakshy Amma, it was hard work and dedication that brought him up to the position he has achieved today.**

Maharaja of Travancore, H.H. Marthanda Varma's time.

Even as a youth he wanted to help his father manage the big family financially. So after completing his studies, he came to Mumbai in search of a job in 1960, and got employed in a tyre shop run by Gopinathan Nair. Later he joined Bombay Tyres, a tyre retreading firm in Mumbai. In course of time he set up his own tyre business. He became member of Maharashtra Tyre Association, - served as its President and is

currently its Chief Patron. Today Kumaran Nair is the Chairman and Managing Director of K N Group of Companies that includes Kwality Tyres Pvt Ltd, Minaxi Fisheries Pvt Ltd, 3 Square Builders and Developers and Hotel Silversun ( Hotel Silver Sand) Pvt Ltd. in Thiruvananthapuram. But he is not just a commercial minded business icon. He is active in several social and philanthropic activities. According to him all men and women are equal and he treats everyone with courtesy and politeness. Because of his involvement with social welfare activities, he has been Special Executive

Officer Government of Maharashtra continuously since 1980 and Special Invitee to Executive Committee of Mumbai Congress.

He has won awards and felicitations from many organizations for his exemplary social work and humanitarian deeds. For 35 years he is member of Lions International Club and works for humanitarian causes through this Club. He has taken many assignments in Lions District 323 A2. Now he is a Life member of Lions Club International.

An educationist as well, Kumaran Nair has contributed towards educational causes. Seeing the injustices meted out to children during admission in some schools, he took the initiative of establishing a good school in Mulund - Bhandup area, with the purpose of imparting quality and affordable education to boys and girls from lower middle class families.

The Bhandup Keraleeya Sajaman under the leadership of its then President Kumaran Nair established the Cosmos



Ln Kumaran Nair (second from right) at a Mannam Jayanti function

English School in Bhandup. He continues to be the President of Cosmos School.

“We wanted to provide quality education in English medium to economically weaker sections at affordable fees. This was the genesis of Cosmos English school,” he says.

The beginnings were humble with 10 to 20 children, two teachers and a couple of rooms for Junior and Senior KG

**The Bhandup Keraleeya Sajaman under the leadership of its then President Kumaran Nair established the Cosmos English School in Bhandup.**

classes. With dedicated efforts and hard work of the Management, teaching and non teaching staff, the school has grown steadily over the years. Because of its consistent progress in the standard of education, The Government granted permission to start Junior College in Commerce from 2012. Very soon Junior college in the Science stream will also commence.

With a strength of about 2500 students, the school has achieved cent percent result in SSC examination and is one of the main Examination centres for SSC in Bhandup. Kumaran Nair is also Chairman of Shree Vidhyadhiraja High School and Founder



Kumaran Nair receiving the Citation from MKS Secretary CKK Poduval

Trustee of V K Krishna Menon College of Commerce and Science. In addition he has held important posts in several other schools and is patron in Malayalee organizations. He was earlier President of Mulund Kerala Samajam also.

Kumaran Nair's wife Somalatha (also called Kumari) belongs to Chacka in Thiruvananthapuram. Her parents are the late Kochappan Pillai who worked with the Indian Army and the

late Sarojini Amma. Kumaran Nair emphasizes that he owes his success in all his endeavours to the support and encouragement of his wife. A soft spoken and pleasant lady, Somalatha has been side by side with him in all his social and charitable activities. Somalatha's passion is gardening and she nurtures a lovely flowers and vegetable garden in the compound and terrace of their residence, that is aptly and auspiciously called 'Kum kum'.

Kumaran Nair and Somalatha have three children, Their daughter Dr Aruna G Varma, a cardiac anaesthetist is married to Dr Gireesh Chandra Varma a well known Cardiac surgeon and they are living in Dubai. Their son Aditya is studying at the Amrita Institute of Medical



Kumaran Nair being felicitated by Chairman SR Pillai during Hiranandani Keralite Association Onam 2015. President Dr Aprain also in the picture

Sciences at Kochi.

Kumaran Nair and Somalatha's elder son Ajay K Nair, with a Masters in Management Studies (MMS) in Finance from Mumbai University has joined his father's business. His wife Dr Sunita Ajay Nair is a radiologist. Their children Abhishek and Aishwaryia are studying in school. Kumaran Nair and Somalatha lost their youngest son Ajit K Nair when he was 16 years old, a sad loss for them.

Kumaran Nair's philanthropic activities are not restricted to just Mumbai and its suburbs. He is actively involved in charitable activities in Kerala as well. He has built and started a school and health centre named after his departed son Ajit Nair at Srikaryam panchayat now under Trivandrum Municipal Corporation. For his charitable activities in his native village, he has been awarded Bhagat Singh Memorial Award by Bhagat Singh Library in Chempazhanthry.

In Mumbai he has constructed and donated Ajit Kumar Nair Hall at Mulund Bhakta Samajam Temple complex for conducting social and religious events. ■

**"We must move forward but we should never forget from where we have come,"**



**With Best Compliments to  
Kerala In Mumbai  
and its readers**

**Prin. Dr. Suresh Nair  
and Family**

*Mallada.com*

# P BHASKARAN

## POET WHO TURNED ADVERSITY TO OPPORTUNITY

- Satyanath

Bhaskaran was an ardent admirer of Changampuzha Krishna Pillai. During his last days, Bhaskaran called on him and spent long hours over night discussing literature. When they were parting, Changampuzha murmured in his ears, "Some unknown powers have indeed blessed Bhaskaran's lyrics."

**T**he first film song that Bhaskaran wrote was not for a Malayalam film but for a multilingual 'Apoorva Sahodararka' made in Tamil but had Telugu, Kannada and also Hindi versions. As the title indicates, it was about two twin brothers (hence the first Indian film with a double role for an actor) and the then super star M K Radha handled the roles of hero as well as of villain.

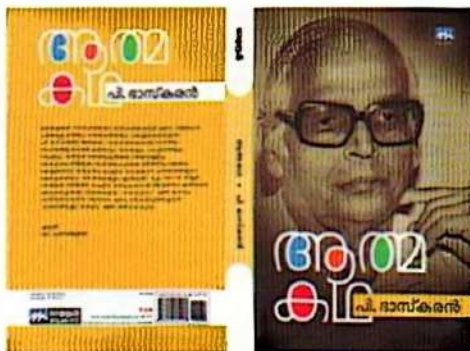
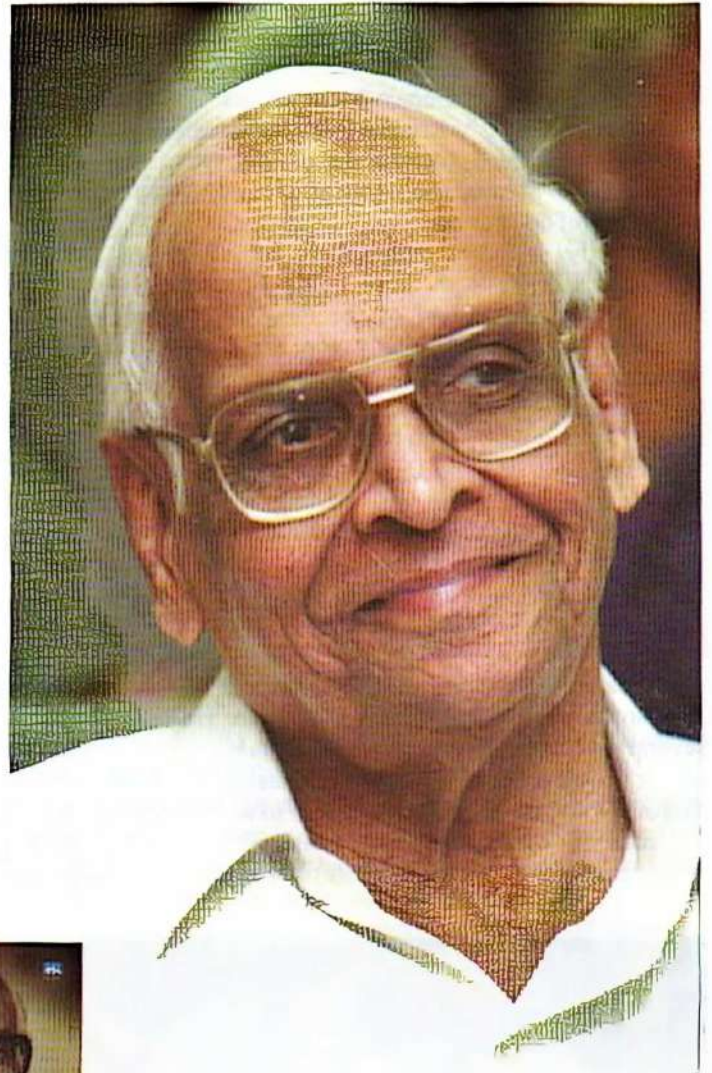
Bhaskaran was then the editor of 'Jayakeralam' a weekly published from Madras (now Chennai) and was writing songs for Malayalam plays staged by various Malayalee organisations then flourishing in that city. Producer S S Vasan was looking for a lyricist who could write a few lines in Malayalam and he ultimately zeroed on Bhaskaran and he was persuaded to write. In that film, the heroine sings a song in Tamil, Telugu, Kannada, Hindi and Malayalam. Vasan called Bhaskaran and explained the situation to him. Then he commanded: 'Bhaskaran will write' and Bhaskaran wrote. Under the baton of Dakshinamoorthy, multilingual actress P Bhanumathi rendered it in all languages. Poet Kannadasan liked the lines and he used the same theme in Tamil also. It happened in 1949. The spectators of that period came out of the theatre, humming this song. After five years, he wrote for 'Chandrika', followed by 'Navalokam'. The rest is history.

Lyrics of Bhaskaran not only carried *Malayanma* (identity of Malayalam) in the substance but also presented the flavour of Malayalam folk songs, unlike that of his predecessors.

There cannot be a lyricist except Bhaskaran, in this universe, who could write nearly 5000 songs for films, not quantitatively but qualitatively too.

### Roots

Bhaskaran was born on April 21, 1924 as the sixth of the nine children of Nandiyelathu Padmanabha Menon and Ammalu Amma in Pulloot, a hamlet in Kodungalloor Taluk in the then Kochi state. Bhaskaran credited his father for his affinity for poetry, music and politics. His mother studied upto eighth standard, the highest education of that period, unlike her contemporary girls. After marriage, Menon joined for F A (Fellow of Arts), the precursor of Intermediate, an equivalent of today's higher secondary. Then he left for Madras to do B A and later B L. This change of place facilitated the close contact with



Gopalakrishna Gokhale, Bal Gangadhar Tilak, Annie Besant, V K Krishna Menon et al. He was thus drawn to freedom movement.

Menon started his legal practice in Kozhikode. To help fund raising to aid the dependants of the victims of Jalianwala Bagh massacre, a drama written by Menon was staged. He also wrote several patriotic songs to help the congress volunteers and some of them were also made into music records. He translated the poems of Tennyson and Keats. When his legal practice was shifted to Kodungalloor, Menon got entangled with political activities. He became the President of Town Congress Committee and member of KPCC.



Receiving National Award from President Zakir Hussain

When he organised in 1930 a grand Congress rally in the temple maidan to celebrate Gandhi Jayanti, it assumed the name of Gandhi Maidan. K P Kesava Menon, K Kelappan, K A Damodara Menon, U Gopala Menon, poets Vallathol, Ulloor, Asan, Nalapat and E V Krishna Pillai were regular guests in his home. Political and literary discussions were also regular features there. Menon also wrote articles and poems in various periodicals of that period.

In all, the domestic atmosphere by all means nurtured Bhaskaran's interests in those fields. Spinning and weaving Khadi were integral part of the then Congress culture. All members of the family willingly wore Khadi and Bhaskaran was no exemption. Menon also became an MLA and deputy leader of the Progressive party.

Since Menon was a member of the text book committee, all publishers used to send their books to him and this enabled Bhaskaran to indulge in vast reading. The music records of Pankaj Mallick and K L Saigal helped creating a music sense in him. However, Menon did not live longer. In 1933, he died of tuberculosis, leaving a huge financial liability for the family.

### Birth of a poet

Bhaskaran started writing poems since he was in eighth standard and his poem won a first prize. He then published several poems and short stories in *Balapangthi* (Children's corner) of *Mathrubhumi Weekly*. He was also a regular visitor to Sri Kaliswari Talkies of Kodungalloor to watch silent movies.

Bhaskaran joined Maharaja's College of Ernakulam for his Intermediate class. It was a great turn of his life. Jayaprakash



With S Janaki, R K Sekhar and Pukazhenthil

Narayan's 'Why Socialism', 'Das Capital' of Karl Marx and 'Communist Manifesto' made a lasting impression in him and he became a supporter of Communism. K A Rajan enrolled him as a member of Students Federation and Communist Party. A meeting with Mohan Kumaramangalam plunged him into deeper politics and he was made Secretary of All Cochin Students Federation and Joint Secretary of All Kerala Students Federation.

G Sankara Kurup, P V Krishnan Nambiar and Prof Sankaran Nambiar made a deep impact on him. It was during this time he wrote his Aikyakerala Song that started with the following lines:

പദം പദമുറച്ചു നാം പാടിപ്പാടി പോവുക  
പാരിലൈകൃകേരളത്തിൻ കാഹളം മുഴക്കുവാൻ

It became a rage during those days and continues to hold sway till the state of Kerala was formed. During agitations against prohibition of temple entry at Guruvayur and against barring low caste Hindus from using temple road at Vaikom, the processionists wanted him to write exclusive marching songs and Bhaskaran obliged. He also participated in those agitations. This brought him under the lens of police authorities.

In 1941 Bhaskaran left for Kozhikode where the Student Federation held their conference using the money his mother gave him to pay college fee. This put an end to his college studies and he was expelled from college. When he reached home, his relatives ignored him and mother wept as her dreams of making him a graduate and a government servant collapsed. Bhaskaran plunged into fulltime politics. When Second World War started Students Federation coined a slogan: Not a pie to warfront for British imperialism to keep the war machine going on in Europe



With Satyajit Ray, Ragini etc at National Award ceremony



With Sathyan, P J Antony, Sarada and Adoor Bhasi



With Ravindra Jain and K J Yesudas

When Soviet Russia joined the allied forces when it was attacked by Germany, Communist Party changed its policy and wanted to support the allied forces. Though Bhaskaran, like many other active members, was against that move, he was forced to move a resolution that the war was a people's war and needed to support it, as Party's dictum was supreme above all personal matters. Soon the Students Federation was split on this matter and a new Students National Organisation came into existence.

Though Bhaskaran continued to believe in Communist ideologies, he participated in the freedom movement and became its spokesman. He addressed a few public meetings against the government and thus was arrested and imprisoned for nine months. When reached Vyyoor Jail, he found several leaders like Chovvara Parameswaran, Ikkanta Warriar, G S Dhara Singh, Mathai Manjuran, Panambilli Govinda Menon, K Karunakaran, George Chadayammuri, R M Manakkalath, S Bhagyanath et al there. Bhaskaran filed an appeal prepared by Panambilli before Ernakulam Sessions Court. Judge Puthezhathu Raman Menon was shocked to see his friend Nandyelath Padmanabha Menon's son before him but stuck to the prison term granted by the lower court.

After release from the prison, Bhaskaran continued to be active in the labour front along with his tryst with drama, writing revolutionary songs and public speaking. Often he went with an empty stomach like other workers.

Mill workers and toddy tapping workers were the most exploited lot during those days and Bhaskaran organised unions



With Baburaj, K J Yesudas and S Janaki during song recording

for them. George Chadayammuri was his inspiration for these activities and later he lamented that the party forgot Chadayammuri, Chenkaliyappan and people of their ilk. During this period he paid a visit to Wardha to meet Mahatma Gandhi but could not talk to him as Gandhi was observing silence those days. Even during working for Communist Party, Bhaskaran continued to wear Khadi. Further, the Party deputed Bhaskaran to Lahore to get trained in secret warfare as it thought Japanese army might attack the British Army after capturing Burma (Now Myanmar). He learned many tricks of killing enemy without using weapons, he never used it as he was distancing himself from the Party line. Bhaskaran felt that Party Secretary P C Joshi's wrong moves put an end to the growth of communist movement in India.

During this period, Bhaskaran's songs were drawing attention of the masses as well as of the government though for different reasons. The Government banned the books containing his songs and also confiscated the periodicals printing those songs. Some samples of those songs are:

ലാത്തുവാനിട മേതുവാനെങ്ങമേ  
 ലാത്തികൾ തല തല്ലിക്കൊള്ളിക്കവെ  
 വിശ്രമിക്കുവതെങ്ങു നാമമ്മത-  
 നശ്രു വീണിമണൽ കുതിർന്നിടവെ ഹ്  
 ഒരു ഞൊടി മതി നമ്മളൊരുങ്ങിയാൽ  
 ഒരു കുതി മതി നമ്മളിണങ്ങിയാൽ.

His marching song '*Antyasamarathinu*' and '*Purhathu Po*' provoked Sir C P Ramaswami Iyer to no end and the book containing them as well as the daily '*Malayali*' that published it was confiscated. Let's have a sample from those songs:

അണിനിരപ്പി, നണിനിരപ്പി, നന്ത്യസമരമുഴിയിൽ  
 അണി നിരപ്പി, നണ മുറിഞ്ഞ സലിലയാരപോലവെ,  
 കലഹമറ്റു, കൈകൾ കോർത്ത്, കരുതിയാഞ്ഞടുക്കുവിൻ  
 അലയടിച്ചടുത്തിടുന്ന വലിയ ജലധി പോലവെ  
 (*Antyasamarathinu*)  
 'പുറത്തുപോകെ' നലറുകയാണിജ്ജനങ്ങളെല്ലാതും,  
 മറ്റത്തു ചൊന്നാൽ മരണംവരെയും കടുത്ത പൊരാട്ടം.  
 (*Purhathu Po*)

Remember, no other great poets of that era dared to write such powerful lines! The ban had no serious effect as people continued to sing those songs.

Bhaskaran utilised folk music as well as Carnatic music for these songs and all of them endeared him to the masses.

Bhaskaran was also a medium to collect funds for the freedom fighters who were starving those days for want of money. Once he was stealthily moving to hand over money received from D C Kizhakkemuri and he was caught by plain clothed policemen and was taken to prison. He was badly beaten up and was left in a narrow cell with no urinals or toilets and was made to starve without even drinking water. When he was finally presented before the magistrate, he was granted bail initially and then extradited from Travancore. The police did not return his clothes and money. Finally he walked to DC's home, miles away, to get some clothes to wear and bus fare to travel home.

### Vayalar roars

When Bhaskaran reached home, the condition of his mother was pathetic. She was aware of his arrest and the subsequent violence inflicted upon him. Subsequently there was no news about him leading to the rumour that he was killed and the body was thrown out in some unknown location. After a few days of consoling her, he listened to the call of his heart and left for Vayalar to spend days there. Hearing the heart rendering tales of the sufferings of the victims and their relatives, he started penning his thoughts in poetic form and '*Vayalar Garjikkunnu*'

was written within a week.

‘ഉയരും ഞാൻ നാടാകെ പടരും ഞാനൊരു പുത്ത-  
നായിർ നാട്ടിന്മേലൊന്നുയരും വീണ്ടും.’

He read his lines to friends like P K Gopalakrishnan and K A Rajan (later MLA) and they were energized by its sheer strength and wanted to publish it in book format. They insisted that it should spread over the entire Travancore. The book was soon published under the pen name Ravi, to overcome the animosity of C P, the diwan. C Unniraja wrote the Introduction and Bhaskaran wrote the Preface, in which he declared,

“To shoot and kill the innocent and armless youth, the old, the women and small children cannot be a brave act but to face the bullets and death with clenched fist is. It is a relentless act of courage and bravery. That is Vayalar and it will live forever.”

The copies were sold out in no time and it was banned in Travancore. Soon the periodicals and magazines were scared to publish any of his poems. The ban was extended to their revolutionary music group too. Bhaskaran along with C J Thomas and Jose Philip then came with a new experimental art form 'Shadow Play' to popularise the Communist ideology. Yet several Communist leaders were reluctant to recognise CJ as Communist though he dedicated his 'Socialism' to his mother who canvassed for votes for the Party.

Soon *Deshabhimani* commenced publication as a weekly and Bhaskaran was invited to be an assistant editor. The workers started a commune and did everything from cooking for the employees to writing, composing and printing. They were paid a meagre amount of Rs.15-20 and the expenses of food and accommodation were deducted from the wages. All people associated with the weekly wore Khaki shorts and shirts. EMS, Krishna Pillai, Subrahmanian Thirumumb, T C Narayanan Nambiar and K K Varier used to visit them. Bhaskaran slept on a bench in the weekly office. During this period, Bhaskaran's poems appeared in *Mangalodayam*, *Mathrubhumi* and *Chithrodayam*. After about two years, the Communist supporters like K Padmanabhan Nair, M R Menon and P Raman Menon (Ramsky) started 'Jayakeralam' from Madras and Bhaskaran was invited to join them. Madras Keraleeya Samajam actively supported the venture. It was not a political but literary weekly with a leftist view. Bhaskaran wrote under the pen name Vihari and M R Menon under 'Nadan'. Padmanabhan Nair was in charge of Malayalam programmes in Madras Radio Station and Bhaskaran was invited to contribute lyrics to this branch. Soon M V Devan joined them and thus *Jayakeralam* became the first illustrated weekly in Malayalam. Vaikkom Mohammed Basheer also joined them and wrote 'Nerum Nunayum', a very popular humorous column.

During these days, the Communists in Malabar were hunted by the police and tortured. Many activists moved to Madras to escape police. Learning the horror unleashed by the police, *Jayakeralam* published an article severely criticising the government. Kozhipurathu Madhava Menon was then the Police Minister in Madras state and he suspected *Jayakeralam* as a Communist publication. He ordered arrests of all associated with the publication and about forty people including Basheer



Changampuzha

and Bhaskaran, were taken away in two Police Lorries to the police station. Even though all of them denied the link with the party and argued that they had freedom of speech in free India, the duo were detained for several days while others were freed after questioning.

By this time, Bhaskaran had abandoned his Khadi and left his Communist leaning poems to turn to be a romantic poet. This departure caused heart burns in the Communist circles and he was accused of abandoning party ideology and converting to bourgeois.

Bhaskaran was an ardent admirer of Changampuzha Krishna Pillai. During his last days, Bhaskaran called on him and spent long hours over night discussing literature. When they were parting, Changampuzha murmured in his ears, "Some unknown powers have indeed blessed Bhaskaran's lyrics." Soon it was known that the poet was in his last lap and a lot of money was needed for his treatment. *Jayakeralam* appealed to its readers to pool in and in a few days more than Rs.30,000, a huge amount those days, was collected. However that money could not prevent his imminent demise.

When Kozhikode Station of All India Radio started on May 14, 1950, its special officer G P S Nair asked Bhaskaran to contribute towards its first programme, 'Veera Keralam', a musical programme. Soon Bhaskaran was appointed there on contractual basis, to prepare scripts for the forthcoming programmes. This paved the way for a long friendship among Bhaskaran, P C Kuttikrishnan (Uroob), Kunhanandan Nair (Thikkodiyam), Akkitham, K Raghavan, B A Chidambaramath (music director), Kozhikode Abdul Khader and Baburaj.

During those days, pre-recording of programmes was unheard of. All programmes were instant. Often Bhaskaran was forced to write half a dozen songs and Raghavan set them to instant tunes. The broadcasting was live. When Bhaskaran returned to the station after receiving the award for his 'Navalokam' song, his dismissal order was waiting for him. Reason: K A Rajan imprisoned for being a Communist wrote a letter to Bhaskaran and this resulted Bhaskaran also being labelled a Communist. Bhaskaran never received this letter as it was confiscated by the police.

Nevertheless, this turned out to be a blessing in disguise. He turned to be a full time movie man. He wrote lyrics, produced and directed films, introduced many talented artistes to the movie world. Among them were Udayabhanu, Yesudas, Sheela et al. ■



Books by and own Bhaskaran



## P. KRISHNA PILLAI

# 'Kerala's First Communist'



V N Gopalakrishnan

■ P. Krishna Pillai was a Communist revolutionary and founder leader of the Communist movement in Kerala. Popularly known as 'Sakhavu' (Comrade), his life, leadership, style of

social and public work and Communist ethics will be cherished by generations to come. As a selfless crusader, his role in building the Communist party in Kerala along with E.M.Sankaran Namboothiripad and A.K. Gopalan is praiseworthy. He was a poet as well.

If EMS became the theoretician and guide and AKG the man of the masses, Krishna Pillai was the organiser of the party. His steadfast dedication to the working class and his passionate devotion to the cause are some of the qualities of his leadership. He was a model Communist organizer.

Krishna Pillai was born on October 14, 1906 as the son of Mannampallil Narayanan Nair and Parvathy Amma in a lower middle class Nair family of Vaikom. He lost his parents at the age of 14 and had to drop out of school at the fifth standard. After trying his hand at a few odd jobs, he left home in 1920 and travelled extensively throughout India. He spent two years in Allahabad, at a time when leaders of militant trade unions and revolutionary communists, inspired by the October Revolution in Russia were searching for alternatives to fight against the British. Meanwhile, he decided to learn Hindi and obtained a degree in it. He returned home two years later and became a Hindi *pracharak* drawing a paltry sum of Rs.30 a month in a school in Thripunithura. He became an activist of Dakshin Bharat Hindi Prachar Sabha. He also took part in a number of popular movements. By the time he returned home he became a good orator and

prolific writer in Hindi. He also had acquired a working knowledge of English.

After resigning his job as Hindi *Pracharak*, he became an active volunteer of Vaikom Satyagraha in 1924. Krishna Pillai, then in his early 20s, held afloat the tricolour in true Gandhian style in defiance of the British police. He was a volunteer in the Congress agitation demanding entry for four-fifths of the Hindu community into the temple who were denied admission. By September 1931, when the Congress



decided to picket the Guruvayur temple, Krishna Pillai had already become a known leader. His first revolutionary act of defiance shot him into the limelight. Ignoring the Nair guards of the Zamorin, he became the first non-Namboodiri Brahmin to ring the bell of the Guruvayur temple in 1931. Eyewitness accounts state that as blows rained on him, Krishna Pillai continued to ring the bell and shouted: "Let the bold Nair ring the bell and let the timid Nair living on

crumbs beat on his back." However, Gandhiji withdrew from the Satyagraha when it was at its peak.

Later, he enrolled himself as a volunteer in the Salt Satyagraha March taken out from Vadakara to Payyannur in January 1930 as part of the first Civil Disobedience Movement. However, the Movement did not bring forth much enthusiasm among the peasants and labourers of Malabar and received little support from the lower strata of society.

Like the other founders of the Left movement, Krishna Pillai began his political career in the Indian National Congress, first as a Gandhian and then as a Congress Socialist. When the Congress workers formed the Congress Socialist Party in 1934 in Bombay, Krishna Pillai was appointed its Secretary in Kerala. When he began his political activity in the early 1930s, Krishna Pillai was exposed to the radical politics challenging the British in various parts of north India.

By 1936, Krishna Pillai extended his political activities from Malabar to Cochin and Travancore. He travelled extensively across Kerala moving from village to village, recruiting cadres into the party and setting up underground shelters for the party workers. Caste, class and agrarian divisions were rampant in Malabar at that time. Illiteracy and poverty aggravated as a result of the Great Depression. Krishna Pillai participated in discussions regularly with other inmates

while he was in Kannur jail. The discussions were centred on the methods that would attract the common people into the freedom movement.

Between 1934 and 1939, nearly 80 local trade unions were organised industry-wise in almost all the urban centres of Kerala. In addition, two central trade unions, one each in Kozhikode and Kannur, and an all-Kerala trade union committee also came into being. Krishna Pillai also took the initiative to organise

factory committees in every company and to include even the most backward among the labourers to bargain collectively for their rights. In 1938, he organized the famous Coir workers' strike in Alappuzha and was also one of the pioneers in organizing the Cotton mill workers in Kozhikode, Beedi and Weaving workers in Kannur and the peasants in Malabar.

The successful transformation of the Malabar unit of the Congress Socialist Party into the Kerala unit of the Communist Party of India on January 26, 1940 was mainly due to the persistent efforts of Krishna Pillai. He participated in the secret conference in Pinarayi-Parappuram which witnessed the birth of the Indian Communist Party unit in Kerala. Later, he was among the first to be recruited to the Communist Party of India (CPI) along with E.M.Sankaran Namboothiripad by P. Sundarayya, Communist leader and

growth of Congress membership from a mere 800 in 1930 to 70,000 by 1937-38.

Krishna Pillai and other comrades believed that mass demonstrations of peasants would convert the whole question of landlessness, indebtedness and caste oppression into popular action. They believed that the spontaneous display of brotherhood and comradeship in the mass demonstrations would help in breaking the barriers of caste and class. Most of the trade union leaders who later joined the CPI had their initial training in these struggles. It was Krishna Pillai who nurtured their leadership skills and groomed them to be good Communists. However, he never claimed himself to have high level knowledge of Marxism.

When the All-India Conference of Congress Socialist workers decided to form the Congress Socialist Party (CSP) in Bombay in 1934, EMS was appointed one of its general secretaries and

Krishna Pillai and the workers of the Communist League from Thiruvananthapuram were in touch with their activities way back in 1934. In 1935, Krishna Pillai was distributing Communist literature at the Lucknow session of the Congress clandestinely. In 1937, soon after Communist literature was seized from the residence of EMS, Krishna Pillai hoisted the Communist flag at the All India Labour Conference held in Thrissur. In 1937 when the first unit of the CPI was formed, Krishna Pillai was one of the four members along with E. M. S. K. Damodaran and N. C. Shekar. But, facing a ban, the party decided that Krishna Pillai and EMS should continue to be members of the CSP as well as the Congress, and then recruit cadres for the CPI secretly.

When the World War II, broke out the CPI took a stand against it. The CSP confined its protest to sending postcards to the government opposing the war. In 1939 the semi-legal conference of 90 prominent CSP activists at Pinarayi, near Thalassery decided to transform the Kerala unit of the CSP into the CPI on October 13, 1939. The party announced its existence on January 26, 1940.

Krishna Pillai's role in the transformation of the CSP into the CPI in Kerala was decisive. He wrote: "When the war broke out in 1939 and the CSP leadership went over to the side of Mahatma Gandhi, the Kerala unit of the Party joined the Communists". Soon Krishna Pillai went underground, to secretly organise the Party. One day, in December 1940, when he strayed into his native Vaikom, the police were waiting for him. He was arrested and hurriedly transferred to the Edalakuadi sub-jail in Kanyakumari district. During the first all-Kerala conference of the CPI held in Kozhikode, Krishna Pillai was elected the State secretary. He was to lead the Party during a period marked by ideological debates in the CPI at the national level. Krishna Pillai, as party Secretary, unilaterally dissolved the State committee and the decision was overruled by the CPI Central Committee.

While in jail, Krishna Pillai befriended a guard and sought his help to get some Hindi books for reading from a schoolgirl named Thankamma who used to pass by the prison every day. When the books were returned, there would be pieces of paper concealed within its covers. Krishna Pillai began sending her a string of notes, not on love, but on politics. The relationship blossomed further when Thankamma began translating Krishna Pillai's secret messages from Hindi into



**EMS**  
veteran of the Telengana  
armed struggle.



**AKG**



**Sundarayya**  
Krishna Pillai the Secretary

of the Kerala unit. In the following years, the CSP became a leading force within the Congress, having won six out of nine places on the Kerala Pradesh Congress Committee (KPCC) and five out of eight Kerala seats in the All India Congress Committee (AICC). At the KPCC meeting in October 1934 CSP led by Krishna Pillai pushed through a series of resolutions, including the open rejection of Gandhian methods.

Leaders like Krishna Pillai wielded considerable influence in shaping mass struggles in Travancore, Cochin and Malabar. From 1934 to 1939 KPCC was dominated by the Leftists. The period witnessed the mushrooming of organisations of peasants and workers and those representing teachers, students, youth and women. The unity of the working class assumed a new meaning. EMS has stated in his autobiography that it was P Sundarayya who encouraged him and Krishna Pillai to move from Congress Socialism to Communism.

Malayalam and delivering it clandestinely to CPI members.

Soon she would even find a job as a tutor to schoolchildren to find the money to pay the jail guard. She finally met the mystery man when he was being taken outside the jail premises for a bath. It was only then that Krishna Pillai proposed to her with a warning: "Life with me will be difficult, different. My wife should stand by me, the party and its cause. Then alone will she be happy." They got married soon after the ban on the party was lifted and he was released from the jail in July 1942.

State Congress came into being in Travancore within four years of the establishment of the CSP. A decade before the armed struggle by workers and peasants in 1946 that heralded responsible government in Travancore, Krishna Pillai was sowing the seeds for such struggles in northern Malabar. Krishna Pillai and the CSP played an active role in the struggle for responsible government as well. As part of this struggle, the famous general strike in Alappuzha was organised. Krishna Pillai was the main organiser of the four-week-long strike during which Sir C P Ramaswamy Iyer, the Dewan of Travancore unleashed a reign of terror on the defiant workers. In the end, the working class of Travancore won the right to organise and bargain. Krishna Pillai emerged as a true leader of the masses. The agitation proved to be the inspiration and the strength behind the Punnappa-Vayalar armed struggle in 1946, which marked the end of princely rule in Travancore.

On August 19, 1948, while Krishna Pillai was staying incognito in a coir worker's hut at Kannarkat in Alappuzha district, he was bitten by a snake. It was when Krishna Pillai was lying on the floor and preparing a speech to be read out at the CPI State Committee that the snake bit him. He had started writing on a piece of paper, as if addressing the party: "There is criticism, but no self-criticism...". Then, just before he died, he scribbled on the same sheet of paper: "My eyes are getting dark. I feel weak and tired. I know what will happen. Comrades, Forward! Salutations." Krishna Pillai died within half an hour of the incident. With the police in constant vigil for his arrest, the best of medical treatment was hard to come by. Stunned followers later travelled with his body for hours, on foot and in a hired 'lorry', first to Alappuzha town, then to Kollam, several hours away.

The birth centenary of P Krishna Pillai was celebrated on August 19, 2006. It

was an important landmark for the Communist movement in Kerala and the country. The 100th anniversary is invested with a special poignancy. Here was a proletarian leader with enormous talents who was cut off in the prime of his life. His death from snakebite, while being underground, at the age of 42, made his loss all the more unbearable and deeply affected the nascent movement.

What made Krishna Pillai distinctive were his outstanding abilities as an organiser. EMS in his assessment of Krishna Pillai had stated that he had the capacity to unerringly size up a comrade and give him, the work suitable to his talents. EMS has written later that if he acted as the "intellectual centre" of the undivided Communist Party of India, Krishna Pillai was the "itinerant centre" entrusted with the job of going to every

and Nehru were different versions of the bourgeois leadership". Even within the State Congress, unlike him, Krishna Pillai was in constant tussle with the rightist Congress leaders and was always on the side of the ordinary workers.

From 1939 when the first Communist conference was held, Krishna Pillai became the moving figure in building the Party. It was his grasp of organizational work and drawing the best militants from the trade union and Kisan movements which laid the foundations for the Communist party emerging as a party of the masses. In the first conference of the CPI in Kerala held in Calicut in 1943, Krishna Pillai was elected the secretary of the state unit. In the Second Congress of the CPI in 1948, Krishna Pillai was elected to the central committee, just a few months before his tragic death.



Prakash Karat addressing the gathering on the occasion of Krishna Pillai's centenary

nook and cranny of the state "to meet comrades individually" and to make the party "a united entity, acting as one". According to EMS, while his own relationship with Communism was more of an intellectual nature, Krishna Pillai had the advantage of having an emotional bond "with the spirit of the Communist movement".

"Krishna Pillai was instrumental in dismantling the elitism ingrained in Kerala politics until then, and paved the way for its replacement by a collective leadership, especially of the working class and the peasants", wrote EMS. Krishna Pillai could understand the hopes and aspirations of the working class much better. The exposure that Krishna Pillai had with revolutionaries in north India made it easy for him "to understand, early enough, that Gandhi

Though Krishna Pillai died prematurely, the seeds he planted flowered into a powerful Communist movement in Kerala. Nine years after Krishna Pillai's death, the Communist Party won the elections to the legislative assembly and formed the first communist ministry under EMS Nambudiripad in 1957. The Party in Kerala and the country will always derive inspiration and guidance from this "first Communist". *Vasanthathinte Kanal Vazhikal'*, a movie set against the backdrop of India's independence struggle, narrated through the life of late Communist leader P Krishna Pillai was released on November 14, 2014. The movie, though released earlier, was withdrawn from the cinemas, due to certain political controversies during the Lok Sabha elections held in April 2014. ■

ARTISTE OF THE MONTH



# K J SEBASTIAN

## MULTI FACETED SINGER

- Lakshmi V

**Mumbai Malayali music lovers would remember K J Kuruvilla who was one of the foremost singers and music composers of Mumbai from 1970 to 1990. Singer Sebastian of Mumbai is the younger brother of K J Kuruvilla.**

**E**ven as a child Sebastian was very fond of music and since then he has been a great admirer of the evergreen singer Padma Bhushan Dr K J Yesudas. He followed his passion and trained himself to become a singer. As a young boy he was a member of Choir in St. George Church, Alappuzha and later became a lead singer in the choir. In his early days when he was in Kerala he was an active singer of devotional songs for St George Church, singer for All India Radio programmes and for stage performances.

“My brother was my Guru right from my childhood. What I am today, is only because of him, K J Kuruvilla,”

Sebastian says humbly. “My brother was a very lovable person and the care which I got from him cannot be explained nor put in words.” Kuruvilla's wife Shanta Kuruvilla and daughter Shruti Kuruvilla are now settled at Ernakulam in Kerala, he says.

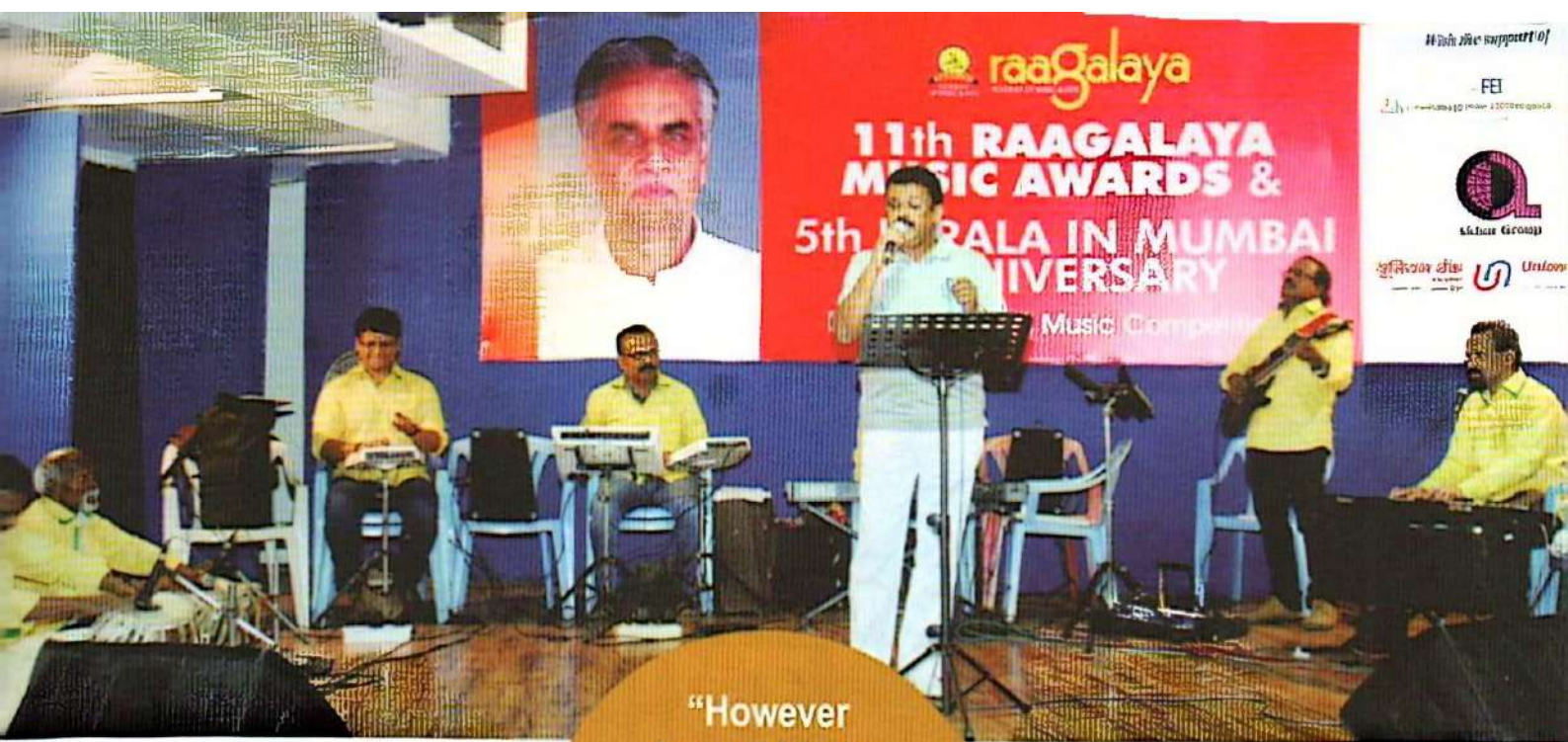
Currently settled in Mumbai, Sebastian performs for various organizations and institutions through Raagalaya, Universal Melodies, Saptaswara orchestras etc. He is a member of Kerala Catholic Association and a member of their Symphony Orchestra. He also sings devotional songs for church, Ayyappa Samajams and performs in Malayalam light music programmes, including film songs in

Malayalam and Tamil.

Sebastian, son of late John Kurishingal and late Mrs. Annakutty John, was born and brought up in Alapuzha District. He did his schooling from Leo XIII High School in Alappuzha.

After completing his studies he served in the Indian Navy Music Band as a Percussionist for 15 years and later with Sharjah Police Band for about 7 years as a musician. Currently he is settled in Vikhroli and works for Mumbai Doordarshan.

He is a life member of Vikhroli Malayali Samajam and has always actively supported their activities. He is a popular singer in the musical shows of Mumbai Malayalees.



Sebastian performing on stage

Sebastian's family itself is one of music and dance, His wife Preetham is a trained Bharatanatyam dancer being a disciple of Smt Jayashree Nair of Upaasana Akademy of Fine Arts, Chembur. She is also a dance teacher and conducts Angel Dance Class (Bharatanatyam) in Vikhroli (East). She is employed with JSW Steel Limited.

Preetham and Sebastian have a son Ruben, pursuing BLS, LLB First year. He is very fond of music and is undergoing training in Guitar, Keyboard and has passed third grade from Trinity college of music based in London. He is learning and Carnatic Vocal under Smt. Sujatha Nair of

“However I consider the appreciation I receive from my audience when I perform as my greatest reward,”

Upaasana akademy. He is also very interested in Football. Ruben has won a lot of certificates and prizes in his musical field as well as sports activities. He loves to write, compose and sing songs. At this young age he has written, composed several songs and sang them in his school and college programmes

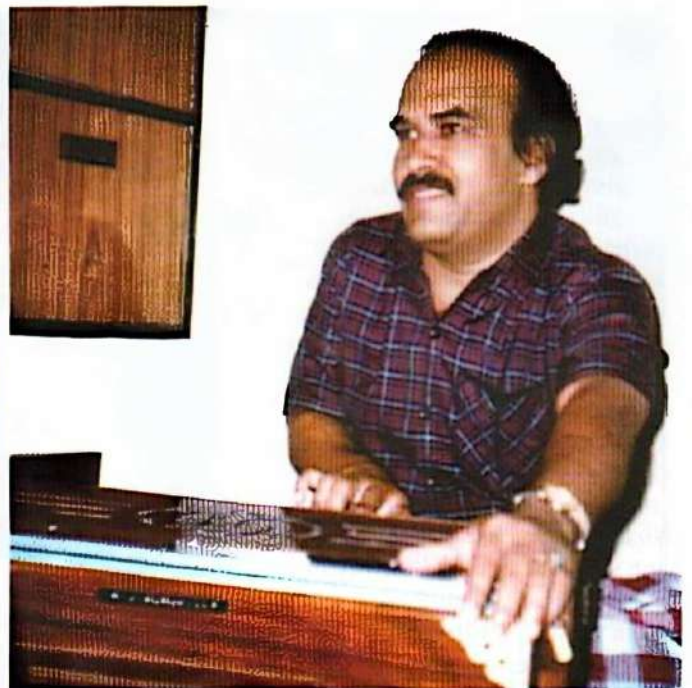
and on TV channels.

Some of them are 'Mera Bharat Mahan', 'Kilthe Hasthe Milthe inn phoolo se', 'One last day' etc.

Sebastian has received a lot of prizes and awards ever since he was a child for his singing. “However I consider the appreciation I receive from my audience when I perform as my greatest reward,” he says. “Mumbai audience have always welcomed me whether it be a Onam programme, Wedding Choir, Church programme, Ayyaapa Samajam programme, Nair Sabha etc., I thank each one of them for their sincere support and love,” he adds. ■



Sebastian with his family



Sebastian's brother K J Kuruvilla



# THE MAGIC AND THE LOGIC OF POSITIVE THINKING

An integrated person with an established mind, a mind that is harmonious, serene, joyful and peaceful, becomes a centre of creativity and positivity. When we tune our mind to a high pitch of positivity, everything gets organized.



Prof. Dr. John  
Mathews Vazhappilly

■ The sunshine of positive thoughts and creative attitudes has a magic of its own. In winter the merry little brooks and streams become frozen, its musical murmur stilled by ice

and snow, its bubbling life and sparkle gone. And then comes quietly and gently the spring and its sunshine and what a transformation! The little brooks and streams begin to sing again. In the magic of the sunshine they shimmer and glitter. Soon their banks burst with the brilliance of varied flowers.

What a great lesson in life this is! Our lives, like brooks and streams, can become frozen over from tension, worry and stress. They can lose their music and sparkle. And then comes the magical sunshine of positive thoughts and constructive attitudes. Perhaps it is a kindly word, a friendly hug, a warm smile, an appreciative compliment. Whatever it is, it acts like the spring time sunshine and melts away the ice of negativities. Suddenly life becomes worth living. Negativity gives way to positivity. Despair gives way to hope and courage. Life appears to be good

again and the winter of our discontent is gone. Positive thoughts and attitudes help us to reach into the dark crevices of life and melt the chilling ice of discouragement and anxiety; enable us to bring the brightness of hope and courage, cheerfulness and optimism into our lives and the lives of others.

## A Brief History of Positive Thinking:

The accumulated wisdom of varied human traditions has always acknowledged the transforming power of positive thinking. We find it in its most vivid form in the Bible: "As he thinketh in his heart, so is he" (Proverbs 23:7). We can trace it back to the Upanishads: "Man becomes that of which he thinks!" We find it eloquently expressed in the writings of Buddha: "The mind is everything ... what you think you become". You have it in the Meditations of Marcus Aurelius: "Your life is what your thoughts make it." The writings of Confucius, Aristotle, Plato, and others, substantiate the truth of positive thinking. In recent times Dr. Norman Vincent Peale popularized the concept of positive thinking in his famous book, *The Power of Positive Thinking* Dr.

Peale says; "Change your thought and you change the world." One of the most exquisite articulations of positive thinking, I have ever found, is in the writings of Prof. Elbert Hubbard. He writes :

Whenever you go out of doors, draw the chin in, carry the crown of the head high, and fill the lungs to the utmost; drink in the sunshine; greet your friends with a smile, and put soul into every handclasp. Do not fear being misunderstood and do not waste a minute thinking about your enemies. Try to fix firmly in your mind what you would like to do; and then, without veering of direction, you will move straight to the goal. Keep your mind on the great and splendid things you would like to do, and then, as the days go gliding by, you will find yourself unconsciously seizing upon the opportunities that are required for the fulfillment of your desire, just as the coral insect takes from the running tide the element it needs. Picture in your mind the able, earnest, useful person you desire to be, and the thought you hold is hourly transforming you into that particular individual. ...Thought is supreme. Preserve a right mental attitude - the attitude of courage,

frankness, and good cheer. To think rightly is to create. All things come through desire and every sincere prayer is answered. We become like that on which our hearts are fixed. Carry your chin in and the crown of your head high. We are gods in the chrysalis.

### **The Art of Positive Thinking:**

#### ■ Nurture Great Thoughts

We magnetize into our lives whatever we cherish and treasure in our consciousness. Every human action sprouts from the hidden seeds of thought, buried deep in the soil of our consciousness. A man's mind may be compared to a garden, which may be fruitfully cultivated or allowed to run wild. Just as the gardener cultivates his small patch of land, ploughing it deeply, weeding it properly, and growing the beautiful flowers and the luscious fruits, so too man may tend the garden of his mind, heart and soul, weeding out all the negative thoughts and cultivating the flowers and fruits of pure and sublime thoughts. By pursuing this process relentlessly a man sooner or later realizes that he is the master gardener of his mind, heart and soul and the director of his life.

Pearl Padamsee, the celebrated theatre artiste, used to train young girls for the theatre. Pearl used to get all the girls into a huddle just before they got on to the stage and made them recite this beautiful prayer infused with positive vibrations. From strength to strength go on Wrestle and fight and pray. Tread all the powers of darkness down and win your well-fought Day.

#### ■ The Power of Good Reading Habits

To a large extent our lives are moulded and shaped by thoughts and ideas absorbed and assimilated from the books that we read. Over the years the stuff we read and hear, conditions our sensitivity and sensibility. If we put into our hearts and minds sublime thoughts which inspire and elevate, it stands to reason that we shall become inspired and elevated. If, on the contrary, we saturate the mind with insipid and trivial materials, it will have an adverse effect on our lives. We have to be prudent and discriminative in the choice of our reading materials.

This does not mean that we should read only highly philosophical and idealistic things. A citizen of the world must be aware of what is happening around him. It is a sign of intellectual maturity to be aware of the varying types of thought and action which



**If we constantly visualize success, prosperity and happiness, we will attract positive and creative people who can help us realize our positive aspirations. The more positive energy and power we put into imagining what we want, the more it begins to manifest in our lives.**

might be contrasted as evil with good. He must be cognizant of these superficial and negative elements circulating in the media with the speed of light. They have a tremendous appeal to the young impressionable minds. Indeed, their very existence and overwhelming power is all the more reason that we should saturate our minds and hearts with the best thoughts of the greatest minds. Such mental and spiritual nourishment will facilitate the individual to savour the beautiful things of life and also to become a beneficial and salutary influence in the gradual betterment and upliftment of mankind's existence.

#### ■ The Power of Positive Visualization

Visualize yourself as on the threshold of unparalleled success and achievement. Envision a clear, glorious life lying before you. We become what we think about most passionately. Imagine most vividly and intensely what you want to become. A powerful imagination releases the positive energies lying dormant in the subconscious. If we constantly visualize success, prosperity and happiness, we will attract positive and creative people who can help us realize our positive aspirations. The more positive energy and power we put into imagining what we want, the more it begins to manifest in our lives.

There is a power within you that allows you to form a thought or picture. This is the energy of attraction that is in all creative processes. In using this power you are not in any way attempting to interfere with the laws of



**Hitesh**  
3rd Birthday  
18th October 2015  
*Happy Birthday*  
With Love and Best Wishes from  
Acchan, Amma & Harsha  
(Sudhakaran & Family)

nature. You are fulfilling the laws. This undifferentiated power is the basis for the mysterious attraction that draws your desires to you.

■ Faith in Oneself

Positivity is contagious. One cannot remain sluggish and sleepy in the presence of a self-confident man. Great achievers have been supremely confident about themselves. Nothing magnificent has ever been accomplished except by those heroic souls who firmly believed that there was something inside them superior to circumstances. Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. Believe it is possible to solve your problem. Tremendous things happen to the believer. So believe the answer will come. It will.

■ Nothing Impossible

The emphatic word "Impossible" when uttered aloud, detonates a chain reaction of negative vibrations. It has a disastrous effect on our creative energies. It adversely affects the subconscious. We stop to think. Our heart beats faster. Our mind is in a stupor. Planning halts. Projects are left in the middle. All progress comes to a screeching halt. Dreams are shattered. The brightest creative ideas fade and vanish into thin air. All our soaring aspirations plunge down into some dark but safe subterranean crevice

Nothing is impossible; there are ways that lead to everything, and if we have sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible.

of the mind. Nothing is impossible; there are ways that lead to everything, and if we have sufficient will we should always have sufficient means. It is often merely for an excuse that we say things are impossible.

■ Be not Regretful

A heart filled with remorse and regret grows old very soon. When regrets overtake our dreams, we are bound to develop wrinkles on our faces. Our lives would never be a procession of hours filled with tension and worry, remorse and self-pity, if we spent a few minutes during each day focusing on

the good things we have in our life. A heart infused with positivity would ever remain fresh, youthful, grateful and zestful.

■ Tapping the Immense Power of Thought

We are discovering the amazing power of human thoughts. The ancient Indian yogis and seers knew about the extraordinary powers of the

human mind. Patanjali's Yoga treatise deals with these exceptional powers of the mind. Yogananda Paramahansa's masterpiece "Autobiography of a Yogi" gives scores of examples illustrating the magical powers of the mind. In recent times, scientists are rediscovering some of these secrets of the mind.

An Austrian health care company has invented a thought-powered prosthetic arm, which works based on the impulses from the wearer's brain.

Scientists at University of Zaragoza, Spain, have unveiled a wheelchair that can be steered by the power of thought -- the user only needs to concentrate on the part of the display corresponding to where he or she wants to go, and electrodes in a skullcap detect the user's brain activity to work out the destination.


One of the world's largest toy manufacturers has already launched an inventive game where players wearing a brain-scanning headset can guide a ball through an obstacle course using the power of thoughts.

Researchers from the University of Southampton have used brain-computer interfacing to capture brain signals and translate them into commands that allow humans to control devices and virtual reality environments just by thinking about various actions.

■ Infuse your Thoughts, Emotions and Energies with Positivity.

An integrated person with an established mind, a mind that is harmonious, serene, joyful and peaceful, becomes a centre of creativity and positivity. When we tune our mind to a high pitch of positivity, everything gets organized. Our body, our thoughts, our emotions, our energies start flowing in the right direction. When this orchestration of different forces, happens, we can create anything we want. We become what the Indian sages call a "Kalpavriksha" a wishing tree. What is required is focus or

concentration. Maintain a steady stream of thought without changing direction. Focus all your thoughts, emotions and energies on the object of your aspiration for sufficiently long duration of time and you will see miracles taking place. Once your thought and emotion are organized, your creative energies will flow in that direction. Then your very body will gravitate in that direction. Once all these four dimensions of your being body, mind, heart and soul are harmoniously organized, your being will be infused with superabundant positivity. Then you will be a phenomenal magician with immense creative powers. ■



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# ONION PRICES AND EQUILIBRIUM - A BANKER'S PERSONAL VIEW



Jose Chemmassery

■ The other day I was going through the daily 'Mint'. The following news item that appeared in it fascinated me and arrested my attention: "Government may import onions. The

government is considering importing onions to boost domestic availability of the commodity and prevent spike in prices. Retail prices of onion have already risen up to 40% in metro cities in the last one year. The maximum increase in prices is seen in Delhi where onion is costing Rs.34/-Kg at present as against Rs.24/-Kg in the year-ago period, according to consumer affairs ministry's data."

Prices, I have studied is a function of market forces of demand and supply. Efficient price discovery is a contribution of perfect competition when an equilibrium is maintained. Presently markets are fragmented and manipulated impeding real price discovery; dominated by oligopolists consumers are compelled to pay steep prices while the farmers are denied fair prices for their products. Hoarding,

speculation and manipulation aggravate the price situation when the consumers are in the grip of strangulating prices.

When I was reading economics in the college, my Professor was Shri C Shekhar who was a reputed academician and author of an erudite

**Onions have played quite an interesting role in my life. They were button onions or Madras onions in the beginning when I had to peel and skin off kilos of onions to prepare dal vadas, a fried delicacy appearing as an evening snack in south Indian families and cafes.**

book on Banking Principles and Practices. Professor was a strict disciplinarian, a terror to say during his lecture hours , but was well respected

for his authentic teachings and academic brilliance he possessed. On one occasion when the lecture was on demand and supply , I was blinking and lost my concentration. Gradually I felt sleepy ; at which moment the professor threw/ pelted the chalk piece on me and yelled at "You Dirty Chap", to awaken the entire class to rigorous attention. I felt like crying then ; but tears failed to roll out and I suppressed my sad and insulting emotion. Onions sometimes helped the eyes to get smarter before the tears could flow and help displaying the emotional aspect of the situation.

Onion has specific properties to keep one in good health; especially it reduced *kapha* in the body system. One of the three *doshas* in the ayurveda, *kapha* when present more in undesirable quantity will lead to phlegmatic cough. I respect the teachings of Vedas , the ancient Indian philosophy and also in the ayurveda containing teachings essential for the healthy life in harmony with the nature. I have observed an old man in my neighborhood chewing small onions with molasses to contain the phlegmatic attack and frequent eruptions from the

system I was sure he had adapted to this natural remedy as a traditional habit he had inherited from his ancestors.

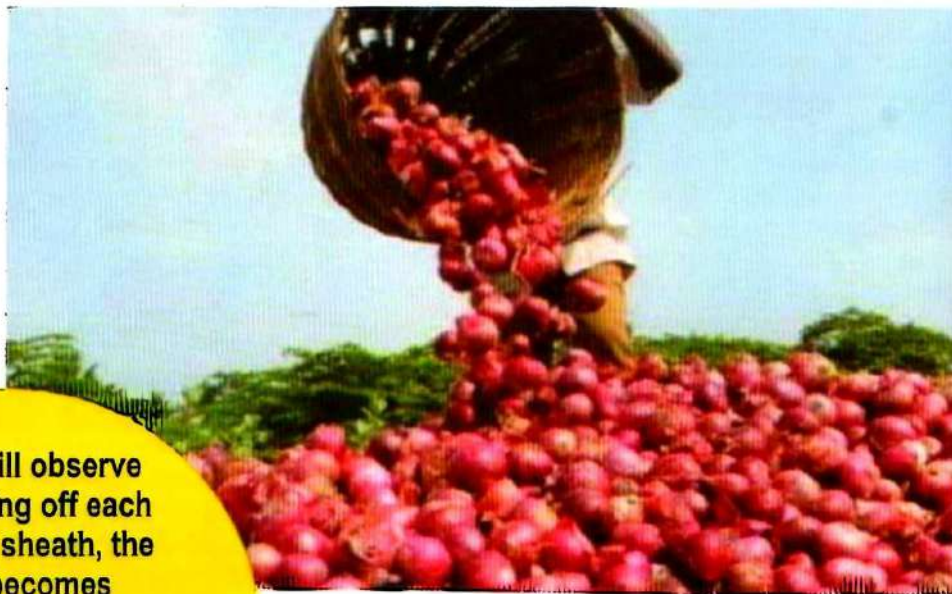
A few years later after completing college, I was undergoing on the - job training in a bank branch at a sultry centre in Maharashtra. It was a dry and hot summer in Akola in the month of April. The blazing summer sun penetrated its rays into my delicate system. Being a stranger to such extreme weather radiation from the inexhaustible energy provider to the universe, I felt drained and sagging as a result of the mild sun stroke. This incapacitated me for a few days. Then one of my local colleagues advised me to adopt onion therapy. It was very simple. Take a full blown onion; wrap it in a handkerchief and retain it close to the body preferably in the arm pit when you are out in the sun and exposed to radiation. The excess heat generated in the system due to radiation from the sun will be absorbed by the onion sheaths as a magnet holding iron scrapings. That was an admirable naturopathy of traditional wisdom; but it failed to work in my case. I had to seek the help of modern medicine to make me fit to continue with my assignment.

Then I approached the local doctor who advised me rest after giving me two doses of durabolin and deccabolin injections. Whether it is generic or specific medicine name, I do not recollect it entirely. Being not well informed about the modern injections and venal treatments in those days, I felt comfortable at the hands of an experimenting doctor pushing the medicine in the market at the advice of a persuasive medical representative and wandering salesman. It was only later, I could realize the injections the doctor administrated was to develop stamina and muscles and meant for athletes of weak constitution. Those were steroids meant to enhance physical strength and capacity in an artificial way for immediate effect and win the race from a normal athlete. Where onion therapy failed, steroids worked to rejuvenate the system.

According to reports onions are good for lowering cholesterol, detoxing the

body, preventing cancer and keeping blood pressure healthy. Vegetables in the onion group contain sulphur compounds, which increases the activity of enzymes that remove toxic substances from the body. Sulphur compounds may also help to lower cholesterol and keep the arteries flexible, lowering risk of heart disease.

Another report indicates that "if a person consumes one raw onion every day by thorough mastication, he will be protected from tooth disorders. Chewing raw onion for three minutes is sufficient to kill all the germs in the mouth. Tooth ache is often allayed by placing small piece of onion on the bad tooth or gum."



**As you will observe after peeling off each and every sheath, the onion becomes a nullity. Ancient sages have compared life to an onion, after shedding each sheath it disappears and vanishes into eternity.**

Those were the times when the country was facing acute foreign exchange shortage. The avowed policy of the government was import substitution and export promotion. "Export or perish", was the Nehruvian slogan to overcome the Balance of Payment crisis encountering the country. Even onions, highly perishable agricultural commodity was ready to rescue the country from the BOP crisis by export earnings. Exporting onions to the Middle East countries flourishing on oil boom where our NRI brothers struggled to earn foreign exchange to improve the local conditions was a worthy cause. They had the privilege of eating domestic onions and remitted their earnings in foreign exchange, petrodollars to their dependents in

India. The country encouraged the bargain by conferring on them special status, privileges etc in the banking service. In other domestic areas where scarcity persisted, the NRI got a priori allocation to Maruti car and entitlement to cement for construction of their dream bungalows in place of dilapidated dwellings in their agrarian villages. The NRI demanded quick, fast and respectfully dignified service as available in foreign countries whenever they visited the bank premises. Computerization was a distant cry and calculator was the ruling electronic gadget used as a working tool in the bank. Special cabins, perfumed and scented with room fresheners were

reserved for this elite group and were welcomed by specially trained female staff who were compelled to smile although they were not willing to show and expose their teeth to strangers but dentists. There were special cells, divisions and rules for their smooth banking transactions in India. NRIs were helping the fight against the country's forex crisis and earning hard currencies to sustain India's balance of payment position at a comfortable level in the seventies. There were many banks, authorized dealers to woo for their company and deposits. Whenever a banker smelled a foreign perfume, he sent his assistant to ascertain the arrival of the NRI in the neighborhood. Those were flourishing days for the NRIs who got regular supply of local food items exported with government encouragement called subsidies and incentives

A few years later as a banker I had to fight for onion documents in the

international trade. Their export cargo of onions are ferried in catamarans or small boats which may take sail of a week or more to reach the port of destination in the Middle East from Mumbai. Stacking the onions in the boats should be windproof but airy enough to maintain the freshness and quality. Heavy storms in the Arabian seas have completely destroyed the stacking arrangement. Several tons of onions were tumbled and piled up in the boats lacking proper ventilation for their healthy preservation. Onions started decaying with a faecal stench. Damaged, decayed and unfit to human consumption, the inedible large consignment had to be jettisoned and dumped in the high seas to escape the vigilance of customs and health authorities at the port of importation. This is exactly what happened to the consignment technically called goods in the international trading parlance and title documents-bill of lading- making eligible to clear the goods leading to the transfer of ownership.

Since bankers deal only in documents, we were not concerned with the decaying state of the commodity with stench of perishing onions in the high seas. When the Middle East bank, opening the letter of credit raised technical irregularities, named discrepancies in the documents, they were countered vehemently

according to the prevailing customs and practice of documentary credits. Thus when the onion cargo went sinking in the deep seas, the value realized from the export in foreign exchange was secured beyond irregularities having negotiated the documents in conformity with the credit terms. I was elated about the final outcome of the onion export negotiation, upholding the principle that banks deal only in documents.

Onions are a friend in the kitchen. As an invariable ingredient to many preparations they contribute as value addition to taste and flavor to the curries. Cutting onions can sometimes cause tears falling from the eyes without any cause for grief. Onions and prices in general are giving head-aches to housewives managing kitchen to maintain the family budget of recurring monthly expenses. Reducing the quantity of consumption and tightening the belt is the mantra for the economic balance in the days of spiraling prices and artificial scarcity emanating from hoarding and speculation of daily kitchen items. An ordinary citizen and a single income family is helpless to contain the onslaught of rising prices but continues to survive by avoiding or reducing the quantity of the item soaring with high prices.

Onions have played quite an interesting role in my life. They were button onions or Madras onions in the

beginning when I had to peel and skin off kilos of onions to prepare dal vadas, a fried delicacy appearing as an evening snack in south Indian families and cafes. It was a regular duty in my formative years. In a sultry summer at Akola the onion appeared as a heat absorbing natural remedy, but failed in my case. In my banking career onion raised lot of stench in the high seas but the documents were clean and untarnished fetching the value of negotiation in full. A kitchen without onion is like a house without children and a politician without an opinion. As you will observe after peeling off each and every sheath, the onion becomes a nullity. Ancient sages have compared life to an onion, after shedding each sheath it disappears and vanishes into eternity. Shedding the sheath of accumulations and entanglements in life is a sure way to attain a peaceful exit and sublime eternity. We may agree or dissent the ancient's wisdom and forget the equilibrium we are trying to pursue. Whether perfect, imperfect, competent or compromising market, we cannot rely on the prices manipulating the consumers' surplus denying the debt ridden farmer a fair deal. Prices are bound to soar high in a manipulated market where crooked traders and lecherous politicians engage in deception under the pretext of bringing down the prices to serve the poor consumer. ■



# AZAD NAGAR MALAYALI SAMAJAM

**G**hodbunder Road in Thane witnessed a number of residential complexes getting constructed in the beginning of 2000. Brahmand was one such area and Azad Nagar in Brahmand had several Malayalees opting to live there. This was the genesis of Azad Nagar Malayalee Samajam. The Azad Nagar Malayalee Samajam (ANMS), formed in 2006 and registered in May 2007, is a common platform for Malayalees in and around the Brahmand Complex in Thane to experience and practise the rich cultural heritage of Kerala.

From a modest beginning of 44 members in 2006, today ANMS have 146 life members and innumerable well-wishers.

As it enters the tenth year of its formation, ANMS is considered to be one of the best managed Samajams in and around Thane.

## Activities

Azad Nagar Malayali Samajam conducts Inter Society Quiz contest for the housing societies in Brahmand complex every year. ANMS is the only



**President and Secretary felicitating Parameswaran Iyer, who is in charge of the Onasadhya for the last ten years for ANMS**

organisation that conducts Inter Society Quiz contest in Thane. It regularly has career counselling sessions for students.

Onam is celebrated on a grand scale every year. There is Pookkalam competition for members and the judges visit the houses where the

pookkalam are decorated to judge them. It is a one day event. During one Onam, there were 25 pookkalam designs. It participates in Pookkalam competitions organised in and around Thane and has secured prizes in them also.





**ANMS Dance class Annual Day function**

The Samajam conducts Carnatic music classes and Bharatanatyam and western dance classes. There are several non Malayalee children also learning in these classes. It organises cultural programmes during Onam and also annual dance and music programmes for the members' children.

In association with Malayalam Mission ANMS conducts Malayalam classes. It plans to start Marathi classes as well.

An in-house magazine 'ANMS SADHYA' encourages its members to demonstrate their creative talents. Every year it felicitates and gives cash awards to children of SSC/ HSC whose parents are its members. It also felicitates and gives cash awards to toppers in SSC/ HSC from Brahmand Complex.

Apart from these social and cultural activities ANMS does voluntary charitable activities by giving medical aid to Malayalees in and around Thane and organises medical check - ups. It

has co-ordinated with local corporators to remove hawkers' problem in Janpath area and succeeded in it. It used its good offices and met MSEB authorities to reduce frequent power cuts in Brahmand Complex. Currently ANMS is co-ordinating with Municipal Corporation to give permission for parking area and walking area for senior citizens and ladies in Brahmand.

**Affiliations**

ANMS is affiliated to All Thane Malayalee Association (ATMA), All India Malayalee Association (AIMA) and Railway Action Committee (RAC). Along with ATMA it has helped not only poor and needy Malayalees but several poor people irrespective of state. In association with RAC, it has achieved to get Thane Station as a scheduled halt for Garib Rath train, re-introduced Summer Special Trains which were cancelled in 2011, and is regularly involved in discussion with

Railway authorities for improved railway services along with the other Samajams under the banner of RAC.

**Managing Committee members**

Padmanabhan Menon is the Founder President of the Samajam. The Current office bearers are Jayadevan Nambiar who is the President and K B Nair who is the Vice President. A B Mohandas is the Secretary and Gopakumar Warriar is the Jt Secretary. Vinod Raman is the Treasurer and E V Sivadasan is the General Convenor. Other Committee members include N K Surendran Nambiar, K K Raveendran, Satheesh Kumar Nair, K P Rajan, P K Ramesan, and Smt. Jayamanjush Ashok Kumar.

ANMS has a rented space at Shop No 37, Swastik Palms in Azad Nagar but its objective is to procure a place of its own so that its realm of activities can be expanded further. ■



Padmanabhan Menon  
Founder President



Jayadevan Nambiar  
President



K B Nair  
Vice President



A B Mohandas  
Secretary



Gopakumar Warriar  
Jt Secretary



Vinod Raman  
Treasurer

# SHEEN KIRAN

## Budding Dancer

Sheen Kiran is a promising young dancer who has performed on several stages in Mumbai.



**S**heen Kiran is a twelve year old girl studying in Std VIII at St Mary's Malankara School in Sakinaka. She is a talented dancer having started to learn Bharatanatyam at the age of 5. For the last three years she is learning Mohiniattam as well.

Sheen began her first Bharatanatyam dance class under Usha teacher. Currently she is learning both Bharatanatyam and Mohiniattam under Unnikrishnan Master who runs the Madhavi Nrithya Vidyalaya in Mira Road. She did her Bharatanatyam arangettam at Guruvayur four years ago.

Sheen performs on stage under the guidance of her teacher and has given both solo and group dances on several stages in Mumbai. She is also learning western Dance at Terence Lewis Dance Academy in





Sheen (left) with her dance teacher Unnikrishnan Master and another dance student Vyshnavi.

**Andheri West.**

Sheen has participated in dance competitions conducted by Mumbai associations and during Malayalotsavam and won prizes under various categories like folk and classical dance, solo and group dance etc. She also performed at Sree Narayana Mandira Samiti's Golden Jubilee celebrations in solo and group categories.

Sheen's parents are Kiran Machingal and Ambili, both of them hailing from Thrissur. Kiran is working in Saudi Arabia. She has an elder brother Oshin studying in Std XI.

This young girl is very interested in fine arts and has learnt Carnatic music for some time. She has participated in light music competitions and Malayalam poetry recitals and won prizes in them.

Sheen wants to become a famous dancer and act in films when she grows up. "But I also want to study well and join the army when I grow up and serve my country." Sheen says ■



# HAZEL

**A NEW EXCLUSIVE DESIGNER SHOWROOM FOR WOMEN AND KIDS WEAR AT KALYAN**



**H**azel- a unique showroom showcasing exclusive ladies and kids wear at Kalyan (W) was inaugurated on September 12 by Femina Miss India 2015 Winner Aditi Arya jointly with 1<sup>st</sup> and 2<sup>nd</sup> runner up Afreen Vaz and Vartika Singh. Daly John wife of Roy John Mathew of Charms Group of Companies is the Director of this elite showroom situated at Charms Star building, near Sanai Marriage Hall, Bail Bazar Chowk, Kalyan (West). It has the latest exclusive collections of traditional and modern ladies and Kids wear. Many dignitaries like Thane MP Rajan Vichare, MLA, Pratap Sarnaik, MLA Subhash Bhoir, MP of Kalyan Dr. Shrikant Shinde, BJP MLA Narendra Pawar etc graced the occasion.



Rajan Vichare MP, Thane lighting the lamp.



Dr Shrikant Shinde MP of Kalyan lighting the lamp.



The newly opened showroom. Director Daly John (inset)



MLAs Pratap Sarnaik and Subhash Bhoir being felicitated by Roy John Mathew and Daly John.



Narendra Pawar BJP MLA (right) being felicitated.

# Stories from the Wall

-Ashwat

**G**ovindanunni, author of this collection of short stories written by him over a few decades, in the Preface claims his inspiration is from Ramayanam and some stories of M T Vasudevan Nair, especially from his 'Oppol.' When M T started writing his short stories, the writers dominating the Malayalam short story field were P C Kuttikrishnan and S K Pottekkat from the Malabar region and Kesavadev, Basheer and Thakazhi Sivasankara Pillai from the southern Kerala. All of them had their individual styles and they unfailingly clutched to them. M T had his own style and resource distinctly different from his senior writers. What made him an accomplished narrator was his unique mode of picking his threads from his own familiar background and stating them sincerely, without resorting to ambiguities. He used minimum words to create a powerful story. In many of his writings meant for his younger generation, he always exhorted to tell the story straight from the heart without

any pretensions about its literary values. It is always the readers who rate them as literature or trash.

Govindanunni selected ten of his earlier stories to be included in this book. He states that the story that gives the book its title is thirty years old. Another story 'Oru Puzhuvinte Maranam' (Death of a worm) was also equally old when submitted for a short story contest as test case for its capacity to be counted as contemporary, won first prize in a state based competition, beating known writers from Nashik and Surat. Probably they are known but not famous.

Some of the stories are truly felt dated but some others really look modern and crafted beautifully. If the story is humane, they never become dated. Most of the short stories of Guy De



Maupassant and Anton Chekhov are quite readable even today. Why, even Leo Tolstoy and Charles Dickens are good to today's readers. Look at the stories of our own writers Kuttikrishnan, Basheer and S K. They drew their plots from their surroundings and wove beautiful stories. We can really declare that they would never become dated and hence termed

classic.

Govindanunni is a very promising writer and he should also draw his story and characters from the surroundings. *Yathrayelavil* (During the journey), *Kunhikrishnante Thirodhanam* (Disappearance), and *Speed* are indicative of his calibre where some other stories depicting the agonies of job seekers of Bombay reflect hundreds of similar stories written during the sixties and seventies. Present generation would not buy such distress stories and hence would not survive the time.


Short stories should be crisp, short and persuasive and hence avoidable words and sentences should necessarily be avoided. Further, the dialogue could reflect colloquial and slang expressions but the narration should be meaningful and powerful without resorting to slang expressions. P G Wodehouse and Arthur Conan Doyle are good examples.

Many writers and poets depict themes that made them cry but failed to convey their feelings to their readers. If we go through the writings of some known but failed to own their seats in the literary field, we would realise what exactly led to their ultimate failure. What we may call classic would never be seen in this category.

Let us look forward to more meaningful stories from the pen of Govindanunni, in the near future.

[*Chumar Parhanja Sathyangal* (The truths revealed by the Wall), collection of short stories by Govindanunni and published by Pambungal Publications, Mumbai (Mob.: 80863 86761). Pages 81 and priced Rs.80/-]

## Wedding



**Rohit** (S/o. Mrs.Sushama Gopinath and Mr.N.K.Gopinath, Nerul, Navi Mumbai) Married **Divya** (D/o. Mrs. Prema Janardhanan and Mr.V.Janardhanan, Nerul, Navi Mumbai) On September 5, 2015 at Banquet Hall, Vashi Exhibition Centre, Sector 30A, Vashi, Navi Mumbai-400703.

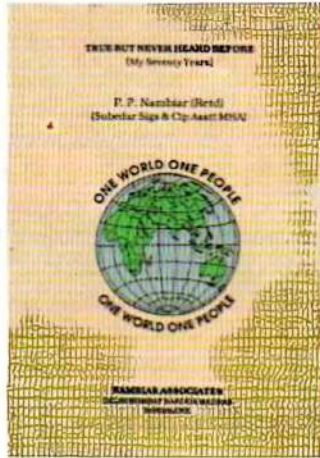
# Story of a soldier

-Ashwati

■ P P Nambiar served the Indian Army with distinction for several years. Considering his merits and dedication, the then President of India Shri V V Giri bestowed on him the honorary rank of Subedar, a rare honour on June 19, 1968. This honour talks vividly about the service he rendered to the country.

In his autobiography of seventy years, 'True But Never Heard Before' Subedar Nambiar goes through his inimitable memoirs about the events during his long tenure in service of nation, the places he visited and the people he met.

Tellicherry born Nambiar was brought up in Coorg where his father P K Kurup migrated from Badagara and later became a municipal councillor there. He has narrated in great detail his experiences as a soldier of the British army as well as of free India's army. He visited almost all military centres in India and many parts of the world such as Vietnam, Laos, Cambodia etc. About three and a half years ago, he was in the news for a few pinches of mud from the



place where the Father of the Nation Mahatma Gandhi was shot down. The mud was smeared with the blood of Gandhiji. This priceless memorabilia was auctioned for 10,000 British pounds by Mullock's, the auctioneers and to be placed for exhibition in a Mumbai museum.

Though he was a British soldier, he was a nationalist to the core and that was what prompted him to collect Bapu's blood.

While narrating his earlier life, he goes into great detail of the traditions and practices prevalent in our land and feels angry at the neglect of national treasures. He strongly felt the need of knowing the reasons of various traditions and practices and vehemently opposes the blind faiths. In one paragraph, he points out, "Our writers have the moral and social right to bring to limelight many such malpractices like nepotism, embezzlement of govt funds, leakage of national security, smuggling, drugs trafficking, idol lifting and idol breaking, covering walls with obscene wall posters including cinema and business posters."

He felt sad when the government disbanded more than half of the Indian army after the World War and between

1949 and 1953 without any warnings, without any compensation, PF, gratuity and alternate livelihood. Some of these soldiers were recalled during the Chinese war of 1961 and Pakistani war of 1965 only to be sent back once the war ended. This is contrary to practices followed in European nations, including Germany. He expresses his gross displeasure towards Freedom Fighters' pension as well as pensions of political leaders such as MPs and MLAs.

Nambiar operated in Agra, Lahore, Lyallpur, Iraq, Delhi, Jabalpur, Shimla, Kohima, Pune, Luckow, J & K, and was complimented by his superiors. After retiring from Army in 1968, he was called in 1970 from three services, CRPF, BSF and MHA. He chose the last. In 1981, he took VRS so that other youngsters would get that position.

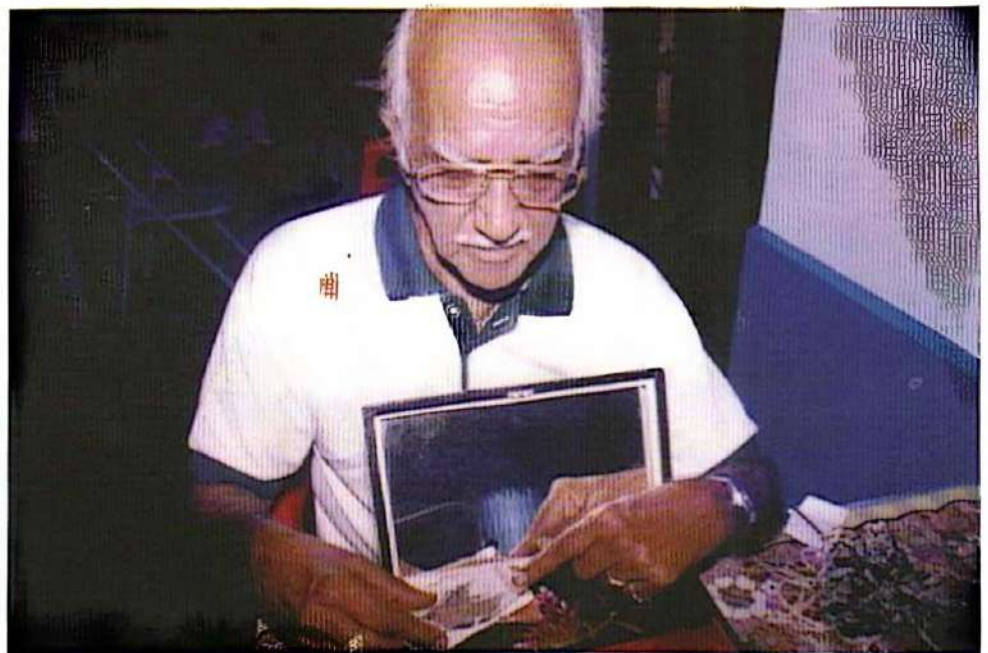
TBNHB is an interesting book, seldom found anywhere. It would be a guide to those who wants to know the nitty-gritty's of Indian armed forces prior to India's independence. The fervour with which he tells the story is interesting and educative.

The narrative is accompanied by appropriate photographs to illuminate his points. Copies can be had from the author: P P Nambiar, 'Nalini Nivas', Mahe (Chembra) 670 671.

['True But Never Heard Before', Published by Nambiar Associates, Delhi, Mumbai, Baroda, Chennai, Bengaluru. Pages 129, priced Rs.85/-]



Nambiar with his grandson Pradeep Kumar



Nambiar with his Gandhi memorabilia

# LET'S ADOPT MAHA VILLAGES AND SAVE FARMERS



Sriprakash Menon

■ As we know Maharashtra is reeling under severe drought conditions especially in the Marathwada and Vidarbha regions. Farmers have been undergoing crisis

after crisis for last few years due to poor rainfall and lack of irrigation facilities. Water being an essential commodity, farmers have been deprived of even drinking water in a large part of the affected areas.

Luckily, Kerala's agricultural story is nothing much to write about yet it never had to face natural conditions like Maharashtra and other states have been facing for several years now. Kerala is also an agricultural based state and still a large number of farmers depend for irrigated water besides other sources.

Mother nature has been kind to Kerala that it has been receiving good rains despite shortfall in rainfall this year in many districts. It is not just the governmental policies of irrigation and water harvesting but agriculture to a great extent is dependent on nature. Nature has failed parts of Maharashtra and to overcome the present misery of farmers, people from other states like Kerala should help the farmers even if it is with their minimum resources. Such gestures would not only go a long way in bonding the farmers of Maharashtra

with that of Kerala, mutually both will be able to understand and sympathize with the agrarian problems and challenges.

Malayalees from Mumbai and Maharashtra can also take up the cause for the farmers in Maharashtra. About 1000 Malayalee organisations within the state should pool in their resources and should contribute their might for supporting the poverty stricken farmers. There are many cultural and religious bodies including temple committees who can easily support several families financially. It is said 'manav seva is Madhav seva'. Already many publications have urged the people to adopt one family in the affected areas.

Noted cine actor Nana Patekar has

**Malayalees from Mumbai and Maharashtra can also take up the cause for the farmers in Maharashtra. The about 1000 Malayalee organisations within the state should pool in their resources and should contribute their might for supporting the poverty stricken farmers.**

taken personal interest in collecting funds for the poor affected farmers. His Naam Foundation for drought hit families in Maharashtra has collected Rs 6 crore in a month. There are over 200 needy families looking out for both governmental and private agencies help. As citizens of this country it is our duty to help people who are in distress. In normal circumstances they would have been busy growing food for us to feed the enormous population in the country.

For many Malayalees, Maharashtra is their 'karmabhoomi' hence we need to be pro active in helping the needy during such grim situation. Together, all the Malayalee Samajams, Ayyappa Seva Sanghams, Church bodies and others would surely be able to collect a substantial amount as donation to be given to these farmers through credible agencies working in the region or through Chief Ministers' fund. One can be sure with Mumbai Malayalee organisations taking such a lead, many others will follow within the country besides the NRIs across the globe.

Some of the rich Samajams can adopt villages. It is not the amount of donation but the gesture that will build up moral support for the helpless farmers. Let's make the farmers realise in their fight against all odds, there are people from all over the country behind them but let it start from Kerala or let Malayalees take a lead to show 'this light at the end of the tunnel.'





Musical fusion show - Folk Rock

# Bombay Keraleeya Samaj Onam Celebrations

■ Bombay Keraleeya Samaj Matunga celebrated Onam 2015 on September 6 at Pracharaya BN Vaidya Sabhagruha (King George High School Auditorium) Hindu Colony in Dadar. Well known Malayalam playback singer Vaikom Vijayalakshmi, who is also an acclaimed Gayatri Veena exponent, was the Chief Guest for the function. Members of the Samajam Arts and Culture wing Anandi Nair, Jyothi Panicker, Suja Sunil, Rema Devi along with Smt: Geetha Haridas (GB Member - In - Charge: Women's Wing), Smt Rekha Vidyanandan and Staff members Renjini Shaj and Rema, under the guidance of Kattayil Shaj and Vidyanandan, created a magnificent



Memento given to Chief Guest Vaikom Vijayalakshmi in the presence of secretary Devadas G Nair, Vice President Jayaraman, Joint Secretary K Vijaykumar Nair and Treasurer K Velunni.



Theatre artistes V V Achuthan, Vasantha Achuthan and Kalasree CCK Poduval being felicitated at the BKS Onam function



Drama artistes Mary Paul, Viswanathan Palloor being felicitated.



Actor P Anthappan's son receiving the award on his father's behalf.

Pookkalam at the ground floor entrance of the auditorium, which was an excellent visual treat.

After the traditional lighting of Lamp, the celebrations commenced at 10.30 am with Rangapooja by Aniket Gawade of Samajam dance class. The day's programmes included Bharatanatyam performances by Shruti Ashokan, Gauri Krishnakumar Nair, Anchana Pisharody and Mishika, Odissi by Deepika S. Nair and Mahishasura Mardini - dance drama by BKS dance class students Atchaya, Shreya, Shruti, Ashwini and Aniket. A live musical fusion show - Folk Rock - presented by Shlok Sunil and Group enthralled the gathering.



Kaikottikali

Senior Malayalam theatre artistes of Mumbai, V V Achuthan, Vasantha Achuthan, Mary Paul, P Anthappan, Kalasree C K K Poduwal and Vishwanathan Palloor who were associated with the Bombay Keraleeya Samaj in the past in various capacities were honoured during this occasion.

The crowning glory of the cultural entertainment programmes, was of course the Kaikottikkali presented by Samajam members which was conceptualized, choreographed and directed by Smt. Uma Ajit Pisharody. Chief guest Vaikom Vijayalakshmi was felicitated by Samajam Vice- President M Jayaraman. General Secretary Devadas Nair welcomed the audience and introduced the Chief guest.

The Onam Edition of Samajam publication '*Vishala Keralam*' was released by the Chief Guest. Samajam



V A Sunilkumar speaking on the occasion

Joint Secretary M G Vijaykumar proposed the vote of thanks.

Children of samajam members who got highest marks during SSC and HSC

Exams 2014 - 15 were also felicitated and given Cash Awards and mementoes at the function.

Orchestra by M/S Universal Melodies - Mumbai having lead singers Baburaj Menon, K J Sebastian and Shruti Sunil along with Rajalakshmi, Vidya Panicker, Reema and Jignesh enthralled the audience. Vaikom Vijayalakshmi also pitched in with some of her most popular songs like '*Katte Katte ee pookka marathil*' and '*Ottakku padunna poonkuyile ninte.*'

The programme concluded with a grand Onasadya specially prepared by M/S Nambiar's Catering & Event Management. The programme was compered by M G Vijaykumar and V A Sunil Kumar.



Dignitaries on the stage

## Mulund Kerala Samajam

■ Mulund Kerala Samajam celebrated Onam on September 6 at Mulund Bhakta Sangham Temple Hall. The function was inaugurated by Samajam President K Gopalan Nair. This year's KM Mathew Memorial Endowment Award was bestowed on Social Activist and senior Malayali personality Lion M Kumaran Nair. The Award Carries a Cash Award of Rs 25,000/, Citation and Memento. President Gopalan Nair handed over shawl and Memento to Lion Kumaran Nair while Samajam Treasurer Suresh Babu handed over Cash Award to him and Secretary Kalasree C K K Poduval honoured him with Citation Certificate. Eminent personalities of Mumbai namely P R Krishnan, S R Pillai, N S Salim Kumar, C P Krishnakumar, P V Vijaykumar, Harikumar Menon and Premlal graced and spoke on the occasion. Mrs

Somalatha Kumaran Nair was also honoured during the function. The Samajam Souvenir was released with Kumaran Nair handing over a copy to P R Krishnan. The winners of the Pookkalamalsaram namely Shyam, Meena Nair team, Rameshan, Nidhi Team, Sonali, Navya, Vijosh team were given prizes. Malayalam class teacher Mallika C Lakshmi and Samajam dance teacher Sowmya Lakshmynarayanan were honoured with mementoes. Gen Secretary Lakshmynarayanan welcomed the gathering and Secretary E Ramachandran proposed a vote of thanks. There was variety entertainment programme of songs and dances including ganamela, cinematic and classical dances and kaikottikali. Secretaries C K K Poduval and E Ramachandran co-ordinated the celebrations.



MKS Secretary and President felicitating Dr Kirit Somaiya MP.



Kaikottikali

# ANMS ONAM

■ Azad Nagar Malayalee Association Thane celebrated Onam on September 6, 12 and 13 on a grand scale. The highlight of the celebrations was the residential pookkalamalsaram on September 6 in which the participants drew their floral decorations in their homes and the judges visited their houses to judge the designs. The first Prize winning Pookkalam was decorated by Mrs. Reshmi Nair. Mrs. Rajitha Ravindran's Pookkalam secured



Lakshmi Venkatachalam inaugurating the ANMS Onam event



the second prize and Mrs. Usha Rajan got the third prize for her pookkalam decoration. A special prize was given to Team ANMS which won a prize at the Matrubhumi Pookkalamalsaram. On September 12 there was a Variety Entertainment programme of music and dance as well as Chakyar koothu by Painkulam Ravichandran Chakyar, senior Chakyar koothu artiste from

Kerala and nephew of the famed Painkulam Raman Chakyar. The chief guest was Lakshmi Venkatachalam of Kerala in Mumbai. She spoke of the importance of Malayali Associations uniting for all purposes which would ultimately add to their benefit. The celebrations concluded with tug of war, uriyadi and other sports and a grand Onasadya on September 13.



The 1st prize winning Pookkalam and the winner Mrs Reshmi Nair



Kaikottikall team with their dance teacher Mrs Johnny and President - Jayadevan Nair



Section of the audience



Painkulam Ravi Chandran Chakyar interacting with audience during his performance

# New Bombay Keraleeya Samaj Nerul

■ New Bombay Keraleeya Samaj, Nerul, celebrated Onam on September 13 at SBOA Hall, Nerul. President K T Nair lighted the lamp with Maveli Varavelpu and Chendamalam. Floral Decoration competition, variety entertainment programmes of Dance by Samaj Dance class students, Malayalam class students, Mohiniattam, Kaikottikkali etc were held. MLA Smt. Mandatai Mhatre, NMMT Chairman Sabu Daniel, Corporator Meera Patil, Santosh Shetty, Nerul Sr. Inspector of Police Smt. Sangeeta Alphonse, Inspector of Police Gaikwad were present for the function which was presided over by Samajam President K T Nair. While welcoming the dignitaries, Samajam General Secretary Prakash Kattakkada described Onam celebration as a historic moment for the samaj.

NBKS felicitated MLA Smt. Mandatai Mhatre and Sabu Daniel, NMMT Chairman on the occasion.

The Samajam initiated a felicitation programme for Sanjay Kumar Yadav on this occasion. Smt Sangeeta Alphonse,



Smt. Mandatai Mhatre, MLA, speaking. Police Inspector Gaikwad, Corporator Smt. Meera Patil, Sr. Inspector of Police Smt. Sangeeta Alphonse, NMMT Chairman Sabu Daniel, Ex. Corporator Santosh Shetty and Samajam President K.T. Nair also seen.

Sr. Inspector of Police felicitated with a Cash Prize of Rs 25,000/- to one Auto Driver Sanjaykumar Yadav for his courage and good work when Ms. Rinu Prakash, a student met with a BEST bus accident recently. On seeing the accident

Yadav took her in his Auto immediately and admitted her to hospital and saved a life.

The programme concluded with a grand Onasadya, Tug of war competition and Uriyadi competition.

## Thane Nair Welfare Association

■ Thane Nair Welfare Association celebrated Onam festival with various programmes like athapookalam competition, drawing competition, prayer song competition, thiruvathira, drama, vadamvali competition etc. The programme was conducted at Municipal School Auditorium Kissan Nagar on September 20. The Youth Wing of the

Association and Ladies Wing arranged the programmes. Association president K R Harikumar inaugurated the function by lighting the traditional lamp jointly with V Sreekanth Nair, V Sasidharan Nair, Vivek Pillai, K Venugopal and Radha G Kurup. Thane Municipal Corporator Manoj Shinde was the Chief Guest at the function.



Sreekant Nair lighting lamp at the inauguration

## Kalasree Nambisan Performs in Trivandrum

■ Mumbai Kalasree Lalitha Kalalayam Nambisan performed his musical jugalbandi of Vadya Vrinda Pravaham at Kanakakunnu Palace Akathalam Auditorium during Onam Festival 2015 organised by Kerala Sangeet Nataka Akademi. In this jugalbandi Nambisan singlehandedly played on seven percussions namely edakka, mridangam, ghatam, ganjira, thavil, chenda and maddalam and was accompanied by Ustad Anirudh Shirke on tabla and Udupi Balasubramanian on violin.

## Carnatic Music Competition

■ Powai Fine Arts held a Carnatic Vocal competition for children and young adults 'Swar Aвали' on September 27. This is an endeavor of Powai Fine Arts to encourage children and young adults to showcase their talent in the field of traditional music. The venue was Xoriant Solutions, Nomura Building in Hiranandani Gardens Powai.



Office bearers and Committee Members with Mahabali at the event

# Goregaon Malayalee Samaj

■ Goregaon Malayalee Samaj celebrated Onam on a grand scale at Bangur Nagar Ayyappa temple Auditorium on September 12. There was the traditional lighting of the lamp by Samaj office bearers after welcoming Mahabali with chenda melam and thalapoli. President of the Samaj, K Aravindakshan welcomed the audience. The programme included kaikottikalli by women members, dance and song programmes by members and their children and concluded with Onasadya. While Dr Suresh Nair, Principal Vivek Vidyalaya School and Junior College emphasised that the School Management gives special preference to students who want to learn Malayalam, Lakshmi Venkatachalam of Kerala In Mumbai spoke on the importance of Malayalee children learning to read and write their mother tongue. President of the Samaj presided over the event. Snehal Bhal who is a national gold medallist swimming champion and state level Water Polo player was felicitated during the occasion. She recently represented India in FINA World Masters Championship held in Russia and was ranked 14th in the world. Snehal is the daughter- in -law of Samaj member Meera Kutty.



Dance performance



Section of audience

# Hiranandani Keralite Association

■ Hiranandani Keralite Association, Powai celebrated Onam on a grand scale on Sunday the 13th September at Mini Punjab Auditorium, Powai. The event began with a lighting of lamp by the managing committee members followed by a Chendamelam by Achutha Marar and troupe. Several other cultural programmes like Kaikottikkali by ladies wing, dance performances and comedy skit by youth wing, songs and a medley dance performance to the tune of old romantic, Malayalam songs by the couples of HKA etc were the other attractions of the evening. Eminent guests namely popular oncologist Dr.Advani, Nandakumar MD of Chemtrols, former Chief Secretary of Maharashtra Johnny Joseph, Lion Kumaran Nair, Prakash Padikkal, Rajan V Nair, John Mathew, P V Vijay Kumar of Kerala in Mumbai, Premlal etc were felicitated by the committee members on the occasion. Public meeting was presided over by the chairman S R Pillai, President Dr P J Aprain, Secretary A N Shaji and Treasurer Malbin Victor addressed the gathering. The evening came to an end with a sumptuous traditional Onasadya.



S R Pillai lighting the lamp along with HKA office bearers



The audience enjoying the programme



Members dancing with their wives to Malayalam film songs



Dance by youth members



Section of the audience



A couple dance

## Kairali Cultural Association

■ Kairali Cultural Association in Brindavan Thane celebrated Onam on a grand scale with variety entertainment programmes on September 13 at Ritu Park Nakshatra Hall. Kairali Cultural Association President Bharathan Menon inaugurated the Celebrations by lighting the lamp. A pookkalam was created by Suresh KM and team. Malayalam class students performed a musical programme and there was a kaikottikali performance as well. Meritorious SSC students were felicitated and the highest scoring SSC Student from among the Association members was given a cash award. The celebrations concluded with Onasadya. E Ramachandran anchored the event.



Kairali members with their Pookkalam

# Centenarian Kunhiraman Nair Felicitated

■ Chemmanacheri Sri Kunhiraman Nair senior Kathakali Dancer of Kerala, who completed 100 years of age in July 2015, was felicitated with the Shanmukhananda Dr M S Subbulakshmi Pracharya Award 2015 during the four day Centenary Celebrations organised by Sri Shanmukhananda Sabha Mumbai. Sri Kunhiraman Nair is a veteran kathakali dancer and teacher who teaches Kathakali as well as other traditional Kerala dance forms free of charge in his native village. During the felicitation programme, the centenarian regaled the audience with his performance of 'navarasas and a few kathakali steps which was well appreciated with a thundering applause and standing ovation by the audience. Bombay Keraleeya Samaj, Asthika Samaj and many other Institutions of Mumbai also honoured him during the event.



Chemmanacheri Kunhiraman Nair receiving Dr M S Subbulakshmi Pracharya Award.

# Benyamin felicitated



Benyamin addressing the gathering

■ Noted writer Benyamin was felicitated in Mumbai recently. The function was organised by Chembur Malayali Samajam at Adarsha Vidyalaya. K S Menon presided over the event.

Addressing the audience, Benyamin remarked that Malayalees residing outside Kerala have not developed an interest for Outside Kerala Literature so far but wrote only on the basis of nostalgia. The story of the refugees to this city is yet to be written and it should carry the pains and sufferings of those people who lost their land and mind. New generation can hardly contribute to this genre and only the

present generation who suffered could do so.

There was a complaint that the age of reading was dead but it was never true. Reading is now making a comeback. The teachers and libraries have a great role to play in this regard, he said. However the youngsters are conspicuously missing in libraries and cultural organisations.

Real suffering is alien to Mumbai Malayalees as they were never exposed to it. Only political refugees had gone through it, he said. Madhu Nambiar, Ashish Abraham and K V Prabhakaran also spoke on the occasion.

# Benyamin at New Bombay Keraleeya Samajam

■ Winner of Kerala Sahitya Akademi Award Benyamin was felicitated by New Bombay Keraleeya Samajam. Following the felicitation ceremony, Benyamin spoke on the topic of 'New Writing and Pravasi Literature'.

New writers have to strive hard to bring back the readers to literature as they are lured by the electronic media. New methods are to be adopted to achieve this end. Though O V Vijayan, Mukundan and Sakkaria brought modernism to Malayalam writing, it was people like Sachidanandan and K P Appan who brought post modernism to Malayalam, he said. Now it is the time of fictional realism in which Aarachar, Aadujeevitham and Andhakaranazhi are examples. Many readers all over the world think they are real stories, he said. According to Benyamin, it is the man who migrated to other land after losing his land who is a pravasi and not the one who moves to other places in search of opportunities and jobs. Novelist Balakrishnan inaugurated the seminar. President K T Nair presided. General Secretary Prakash Kattakkata welcomed the audience and Reji Thomas proposed a vote of thanks.



Onam was celebrated in Sree Krishna Temple, Veera Desai Road, Andheri (W) with Kalabhabhishekam, Pookkalam, Kaikottikkali and other Classical Dance Items. The Programme was presented by Smt. Prasanna Nambiar and her students.



An Eye camp for the poor was conducted by the Mumbai Keraleeya Samiti, Malad West. Around 200 people attended the camp. Free spectacles were distributed and eye operations were done free of cost.

## New Managing Committee

■ The Annual General Meeting of Mumbai Keraleeya Samiti, (Malad West) has elected the new Committee Members for the coming year. Adv. Padma Divakar is the President, Prabhakaran Nambiar and V Mukundan are the Vice Presidents. P Balakrishnan is the Secretary and T Madhavan and Beena Jose are Jt Secretaries. R

Ratneswaran is Treasurer and Mohanan Nair is Jt. Treasurer. Committee Members include E Chandran, Valsala Prabhakaran, K G Pillai, George Edward, M.G. Varghese, K P Gopalakrishnan, Rajendran Padiyoor, M G K Nair and Hari Sudhakaran.



Adv. Padma Divakar  
President



P Balakrishnan  
Secretary



R Ratneswaran  
Treasurer

## Malayalam Play to be staged

■ All Thane Malayalee Association (ATMA) jointly with The Azad Nagar Malayalee Samajam- Thane and Kairali Samaj, Kalwa is celebrating Kerala Piravi with Kerala Sangeeta Nadaka Academy Award winning Malayalam drama "Ottamaratanal" on Kerala Piravi Day, Sunday 1st November 2015, at Dr Kashinath Gaanekar Auditorium from 11.30 am onwards.

On this occasion ATMA will be felicitating Members' children of the Member Associations who have secured 85 % and above in the SSC (10th) and equivalent Examination (CBSE, ICSE) held in March 2015 with memento, cash award and certificate.

## Bassein Kerala Samajam

■ Bassein Kerala Samajam will be celebrating Onam on October 24 and 25 at the BKS School Grounds with cultural programmes. Those wishing to participate in the pookkalamalsaram and kaikottikkali competition can contact 9371729980 for further details, according to Samajam Committee members.



Students of Kala Sadan Performing at the event.

## Kalasadnan's Cultural Event

■ KALASADAN a premier cultural institution in Mumbai, now in its sixty second year of service in the field of performing arts, had organized the 10<sup>th</sup> Guru Abhivaadan Divas Programme on September 5<sup>th</sup>, 2015 at the GNCPA Auditorium, GTB Nagar, Mumbai. The event was to commemorate Teachers Day and 93<sup>rd</sup> birth anniversary of veteran Bharatanatyam dance Guru- late Nartanacharya Shri Mani.

Kathak dance Guru Acharya Hiralal Hasal, Carnatic vocal musician and Director and Principal of Shanmukhananda School of Music, Smt. Radha Namboodiri and Sanskrit Professor- Dr Manjusha Gokhale were felicitated on the occasion, for their lifelong contributions in their respective fields. Smt. Rita Hemrajani Director, Films Division of India and Smt. Chhaya Arya of Chetana Foundation, were the distinguished guests who did the honors to the Gurus. The felicitation function was followed by a an enthralling Bharatanatyam performance, based on Shree Krishna Leela, by eleven talented students of the institute - Anju, Anushka, Dhvani, Gauri, Harshita, Komal, Lakshmi, Nandini, Rashmi, Sujata and Swati. Enchanting live music and colourful lighting by Kalasadnan team, contributed to the success of the event.



Radha Namboodiri, Principal of Shanmukhananda Music School and Sharada Ganesan and Narainswamy of Kalasadnan



Upendra menon Vice Chairman Giants Day Celebrations welcoming Chief Guest Hnble Defence Minister Sri Manohar Parikkar at Trident on 16th September. Shaina NC World Chairperson Giants International and AM Naik Chairman L&T look on.

## SIES ONAM

The Malayalam Association of the SIES College of Arts, Science & Commerce had celebrated their annual festival and Onam on September 19 at the college premises. The Malayalee professors of the college presented a scintillating chorus song followed by Mohiniattam, Kaikottikali, Bharatanatyam, Mappila wedding dance and other variety programmes.



SIES College Malayalee Professors' group song performance

## Carnatic Classes to reopen

■ Kalasree P Nambisan's Lalitha Kalalayam Academy Dombivili has reopened its Carnatic music classes. Guru Aparna Teacher who has completed Bachelor of Arts from Madras Bharathidasan's University and Master of Music in vocals from Annamalai University will be taking classes. The first batch will start on October 2 at 10 am and the second batch of classes will start on October 23, Vijayadasami day at 11 am. The students will be awarded Diploma in Sangeetha Bhushan from Chandigarh University. For further details contact Kalalayam office on phone 9821227219/2480686.



Nikhita Sunil daughter of Sunil Thankappan and Rakhee Sunil received the best Rotaractor Award for the second consecutive year. She has been selected as the president of the Rotaract Club of Dahisar Coast for the year 2016-17. Currently she is the secretary of the club.

## 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 15<sup>th</sup> to 21<sup>st</sup> 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.

# Bandra Malayalee Samajam

■ Bandra Malayalee Samajam celebrated Onam in Bandra East on Sunday the 6th September with various cultural programmes including an orchestra 'Swarnavam' of Prasanna Varier. Popular Hindustani Musician and Music Director Roop Kumar Rathod and his wife and singer Sonali Rathod were the guests for the evening. Sree Krishna Temple

## Forthcoming Events

■ **Kairali Samajam** Kalwa is organising Onam and silver Jubilee celebrations on October 11 at Sayba Hall Manisha Nagar, Kalwa (West).

■ **St Gregorius Orthodox Syrian Church** Airoli is celebrating its 10th Anniversary with an entertainment Programme 'Rimi Show' by Rimi Tomy and Group on November 1st Kerala Piravi day at Sunil Chowgule Sports Club Ground at Airoli Navi Mumbai.

### ■ **Nruthya Samhita**

Powai Fine Arts will be presenting 'Nruthya Samhita' a two day dance festival showcasing some of the best artistes of Indian dance. On October 10 at 6 pm dancers from Jawaharlal Nehru Manipuri Dance Academy Imphal will be performing Manipuri dance - Thangta and Pung Cholam. The group of male dancers will present vibrant drum dances and a sophisticated repertoire of martial arts dances where the dancers display amazing technique and body control. At 7.15 pm on the same day Sanjukta Wagh and artistes of Beej dance company will be giving a kathak performance.

On October 11 at 6.30 pm a Bharatanatyam performance 'Trayyanta' will be staged presented by Vaibhav Arekar and dancers from Sankhya Dance Company. Trayyanta as an endeavor is a 'quest' to perceive and project the Upanishadic truths through the idiom of classical dance. Upanishads. Venue : Pawar Public School Auditorium, Chandivli, Powai. Further details on [powaifinearts@gmail.com](mailto:powaifinearts@gmail.com).

■ All India Malayali Association (AIMA) jointly with Smart Wings Calicut and Maharashtra unit is organising a three day Childrens' Camp from October 3 to 6 at Saket Complex Club House, Majiwada, Thane.



During the inauguration of Bandra Malayalee Samajam Onam celebrations.



Kalashree Lalitha Kalalayam Nambisan performed a Thayambaka at Belapur in connection with the Ganapathi Festival of Shanti Nikethan Society in Belapur.



Percussion Artiste Kalashree Lalitha Kalalayam Nambisan receiving the first "Kala Vipanchika" Award in memory of Kerala Maddalam legend Thichur Vasu Variar. The award was handed over to him by the Circle Inspector of Police, Erumapetty, Trissur District, followed by Nambisan's Kshetra Kala Vadya Manjari performance.

## Jogeshwari Malayalee Welfare Association

■ Jogeshwari Malayalee Welfare Association celebrated its Onam programme on September 13 at Sree Ram Mandir Vaishnav Ashram Trust Hall, Jogeshwari East. Various cultural programmes and a Children's Drama 'Nyayamani' written and directed by Dr P Harikumar were staged. Pookkalam Competition was also held and it was judged by Smt Rakhee Sunil and Rajendran Padiyur. Dr A R K Pillai (President, Indian Development Foundation) was the Chief Guest, Mathew Thomas (General Secretary KKS) and Dr P Harikumar were the Guests of honour. Convenor K Sridharan, President K R James and Secretary T Madhusudan also spoke on the occasion.



Inauguration of Onam celebrations

## Matrimonial session of SNMS

■ Hundreds of young men and women along with their parents participated in the thirty third matrimonial session conducted by Sree Narayana Mandira Samiti in Chembur. It was inaugurated by Deputy Income Tax Commissioner Jyotish Mohan and his wife Meghna Jyotish.

The meetings of the intended couples at their residences are impractical in a city like Mumbai and hence such sessions are a need and a blessing, Jyotish Mohan remarked. The Samiti is doing a yeomen service by organising such sessions besides providing them counselling to the young proposers on how to lead a happy matrimonial life, he stated.

A large number of people came from Delhi, Surat, Rajasthan, Vapi, Pune, Bhopal, Hyderabad, Nashik etc to attend the session. It was a new experience for all of them. The matrimonial sessions conducted by the Samiti have earned importance and trust over a long period of time and it is reflected in the ever increasing participations of the people. According to General Secretary of the Samiti N S Salimkumar, soon a matrimonial site would be launched. The Samiti is seriously viewing the increasing number of second marriage seekers and this has led to the counselling sessions.



The eighth marriage counselling will be held on October 18 from 9 a m onwards at Chembur.

Prithviraj, Sasankan, K K Sreedharan, Chandrasekharan, V V Bhaskaran, V K

Pavithran, Vijayamma, Rajitha Rajesh, Sunila Sukumaran, Santhosh, Ashwin, Maya Sahajan, Mohandas, Leela Pushpan and P N Pushpan provided the leadership.

## Aid to Draught Hit Families

■ As a part of its charitable activity All Thane Malayalee Association (ATMA) donated Rs.30,000/- ( ten DD of Rs. 3000 each ) to the Editor in chief of DNA towards its 'Adopt a family campaign,' to be handed over to the drought hit ten families of Marathawada region.



## Pratheeksha Onam

■ Pratheeksha Trust, Vasai, celebrated Onam on Sept 12 along with BJP Vasai Committee. The event started at 6 pm at Sabarigiri Ayyappa Temple, Vasai. The members presented Kaikottikkali, dances and ballets, music programme of Viswanathan and party and cultural meet.

Malayalees all over the world rose to their high positions because of their hard work and dedication, remarked Francis D'Souza, Dy Chief Minister of Goa. He was addressing the audience during the cultural meet. Malayalees have played a major role in developing good engineers and technocrats after the liberation of the state from the foreign rule, he said. Despite a Muslim, she joined BJP only because of the attraction of the dedication of Narendra Modi and the need of the hour is to strengthen his hands, Dr Hina Bhatt, leader of Kashmir Morcha Women's wing, said.

Richard Hey, nominated M P from Kerala was felicitated. Palghar M P Chintaman Vange, BJP leader C K Padmanabhan, film actor Santhosh, Anil Nair spoke on the occasion. A Malayalam daily to be published from Mumbai from November 1 was also released on the occasion.

Noted personalities P V Vijaykumar and A K G Nair were felicitated on the occasion. BJP President from Vasai Utham Kumar presided and George Ookken proposed a vote of thanks. A community feast followed the function.



P V Vijaykumar of Kerala in Mumbai being felicitated by Francis D'souza



AKG Nair being felicitated by Francis D'souza

# Ketkipada Malayalee Welfare Association



During the KMWA Onam celebration inaugural function.

■ Ketkipada Malayalee Welfare Association held their Onam programme on Sunday 13<sup>th</sup> September at Dahisar Sports Federation Hall, Dahisar East. There were various cultural programmes by the members' children. Like every year this year too they sponsored school fees of needy students. Prizes were given to toppers of SSC and HSC. All participants were also felicitated. Guests for the programme were K S Nair (Nair Welfare Association, General Secretary, Vasai), Ajoy S (Chief Manager and Branch Head, Federal Bank, Borivali), Smt Rakhee Sunil, Rajan Nair and Rajendran Padiyur. V A Nair, President, Unnikrishnan R Nair, Secretary and Rajendran Achary, Treasurer along with all Committee Members had arranged a wonderful Onam programme which concluded with Onasadya.

# Mayuresh Park Malayalee Association

■ Mayuresh Park Malayalee Association in Bhandup West celebrated Onam at Jainam Hall on September 12 with cultural programmes of music and dance, vanchi pattu and thiruvadira kali etc concluding with Onasadya. Meritorious students of SSC and HSC examinations were distribute Gangadhara Warriar Memorial Awards.





President John Mathew addresses the audience. Secretary Raajkumar, Dr Sanjit, V V Achuthan, Mrs Vasantha Achuthan, Chairmar Satyanath and Treasurer Venunath also seen.

## Odakkuzhal Marol

■ Odakkuzhal, the Malayali organisation of Marol celebrated Onam with pomp and show on September 27 in Marol Education Academy premises. Noted stage personality V V Achuthan and his wife Vasantha Achuthan were the chief guests. Dr Sanjith Saseedharan who recently received the Medical Innovation Award was felicitated during the event.

After a sumptuous Onam feast, attended by more than 600 people, the members presented a colourful cultural programme comprising Mohiniattam, folk dances, songs and recitation of Malayalam poems, Vanchi pattu etc. Students who secured the highest marks in recently held SSC and HSC examinations were given cash awards.

President John Mathew presided over the event and welcomed the members. Chairman K V Satyanath introduced the chief guests to the audiences. Secretary R Raajkumar proposed a vote of thanks.



Sections of the audience



A scene from Mohiniattam

# Lokhandwala Town ship Malayalee Association

■ Lokhandwala Town ship Malayalee Association Kandivili (E) celebrated ONAM in a grand scale throughout the day on September 27 with Onasadya, followed by dance & kaikottikkali by members and a Malayalam orchestra by Raagalaya. Committee members, George & Dr.Suresh Nair & others co-ordinated the event



Dr Suresh Nair felicitating a student.



George rendering a song



A section of the audience



Raagalaya Orchestra in progress.

## Sree Narayana Guru Mahasamadhi

■ Various units of Sree Narayana Guru Samiti observed the Mahasamadhi of Gurudevan. The highlights of the event were fasting, special pooja, distribution of Rice gruel, community prayers, Samadhi pooja, Prasad distribution and discourses.

Gurumandiram of Chembur complex Central Mumbai Unit Dadar,, Gurudevagiri, Guru Centre Vashi, Guru Centre Airoli, Guru Centre CBD, Guru Centre Kharghar, Guru Centre Kalamboli, Guru Centre Ambernath, Guru Centre Dombivli, Guru Sree Maheswara Temple Sakinaka, Bhandup, Guru Centre Powai, Tarapur unit, Guru Centre Mira Road, kalian, Thane, Godbunder, Ulhas Nagar, Vasai, Virar, Malad East, Malad West and Goregaon were in the forefront in observing this holy day.



# Lokhandwala Township Malayalee Association

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Dr Suresh Nair felicitating a student.



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A section of the audience



Raagalaya Orchestra in progress.

## Sree Narayana Guru Mahasamadhi

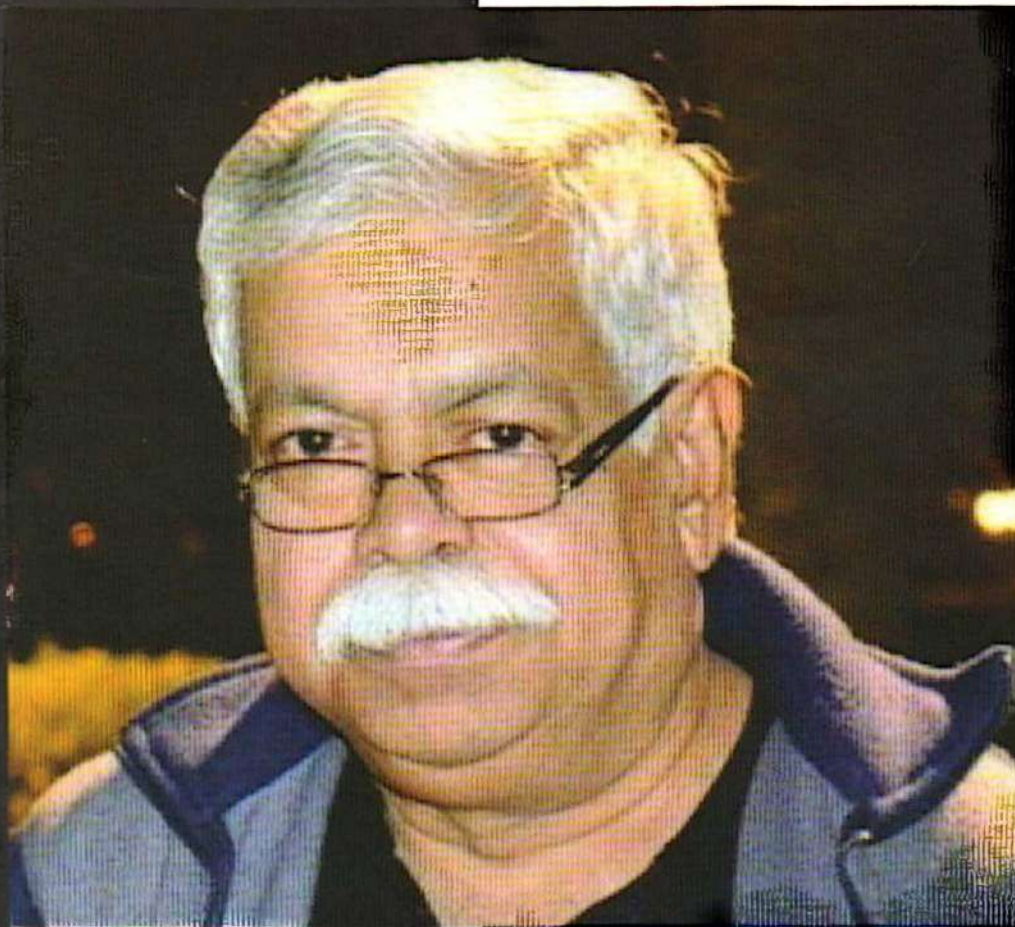
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## T K Soman Nair Passes Away

■ Well known business man and social worker of Dombivili T.K.Soman Nair (Popularly known as Somettan) passed away on September 8 after a prolonged illness. The body was kept for sometime at his residence in Dombivili for paying last homage for friends and relatives before taking to his hometown of Chertala,



Kerala for the last rites.

Soman Nair was very actively involved in various cultural and social activities of Mumbai Malayalees. He was the former Vice President of Dombivili Keraleeya Samajam and Ex- President of another Dombivili based association 'Raagasudha'. He was a resident of Pradhamesh society at Thukkaram Nagar, Dombivili (E). Geeta Nair is his wife and Soumya Nair and Saurabh Nair daughter and son respectively. Kerala in Mumbai joins his family in their hour of grief.

# SOMAN My Dearest Friend

■ Somettan to some, TKS to some and Nair saab to others.

Our fathers were friends and we hail from the same village. However, I met him for the first time in Mumbai.

He is also a close relative of mine, so even though we could have bonded as relatives, we chose to be friends. And what a friendship it was!!! If I should call someone my mentor, it would truly be him. My

company, in his family circle, in the socio-economic circle, as an actor in Malayalam theatre...you name it, he was the leader.

He always dressed majestically and lived life to the fullest. During our earlier days, we shared the Wills Navy Cut (status symbol then), Capstan (when money supply was low) and even bidis (by then smoking was a habit). He loved good food and chilled beer.

He was fortunate to get a loving lady as his wife, and she gave him two lovely children. His daughter was his weakness or should I say his strength. He made her learn classical dance and I still remember the Arangettam at a packed auditorium and a lovely performance.

Though we worked in the same industry, our areas of specialisation differed and he was always travelling. We did not meet periodically but always kept each other updated.

I did reach the hospital the next day but was not allowed to meet him. I spoke to the doctor who was treating him, who happened to be a mutual friend of Soman and me. The doctor told me that he had passed through a critical phase and was on his way to recovery and a normal life very soon. He was a fighter,

and I am wondering why he decided to give up? Taking a cue from his condition, I agreed to go for a 10-day Ayurvedic detox treatment. Perhaps that was the last lesson my friend wanted to give me.

**I WILL MISS HIM FOREVER.**



Pratap Nair  
Director FEI Cargo

first apprenticeship was under him. He was not a very senior person in the company, yet he wielded lot of influence, from the junior-most employees to the senior-most partners of the organisation. He taught me to work hard and be smart .

He was a true 'Nair'. To me Nair is Nayakar, the one who leads - the leader.

Till the end of his life, he remained a true example of a real Nair. Whatever he did, whether as a junior employee, a manager, a partner, as the owner of the



## Musical Programme

■ Stage India Academy conducted a musical programme M.S.Viswanathan nite 'Hridayaragam' at Dr.Kashinath Ghanekar Hall, Thane. Popular Playback Singers Biju Narayanan, Vaikom Vijaya Laxmi etc enthralled the audience with some of the best songs of MSV and others. There was also a comedy skit by Popular actor Ajaykumar (also known as Undapakru) and team. Many dignitaries like Roy John Mathew, Sabu Daniel, Actor Sudev Nair, Lion Kumaran Nair etc were felicitated on the occasion.



Roy John Mathew being felicitated by Lion Kumaran Nair



**K.Madhavan** Managing Director of Asianet Communications Ltd and President of Kerala Television Federation has been re-elected as the Director Board member of Indian Broadcasting Federation (IBF).



Dombivili based Namasankeerthanam N S Money and others during the Release of Namasankeerthanam brochure.



Ashta Dhravya Maha Ganapati Homam with 1008 coconuts in Aalpanakkavu Temple

## Gramam Malayalee Welfare Association

■ Gramam Godbunder Road Malayalee Welfare Association celebrated Onam at Royal Plaza, Anand Nagar, Bhakti Park, Godbunder Road, Thane (W) with variety of cultural programmes followed by grand Onam feast. MLA Shri Pratap Sarnaik, Corporator Shri Naresh Manera, Music & Drama Director Shri Premkumar graced the occasion.

"Gramam President Shri PC Abraham inaugurated the function by lighting the lamp. Chief Guest Premkumar conveyed the message about the importance of learning Malayalam and appreciated the Mahabali, Chenda Melam and other programmes especially the Malayalam poems, songs, dance and speeches delivered by 3-5 year old children, Harvest dance by female members. MLA Pratap Sarnaik and Corporator Naresh manera conveyed Onam Greetings and gave assurance of Godbunder Road- Vadala Transport Development. The variety cultural programmes was followed grand onam feast Gramam Secretary Jayadevan proposed a vote of thanks.



# Sri Shanmukhananda Sabha Celebrates Dr M S Subbulakshmi Centenary



K A Viswanathan

■ A four day centenary festival of the legendary Carnatic musician late Bharat Ratna Dr M S Subbulakshmi concluded on September 16 at the Sri Shanmukhananda

Sabha Auditorium, with the presentation of "Sri Shanmukhananda Dr M S Subbulakshmi Sangeetha pracharya" special awards to Radha Viswanathan, the 80 year old daughter of 'MS', Dr. T.K.Murthy, the 90 year old mridhngist who had accompanied the singer for 55 years for concerts across the globe and to centenarian Kathakali dancer from Kerala Chemmanacheri Kunhiraman Nair, on the first three days.

Smt Radha Viswanathan received the Pracharya Award from the hands of the Governor of Maharashtra Vidyasagar Rao, while Dr T K Murthy received it from the hands of the Governor of Andhra Pradesh and Tamil Nadu E S L Narasimhan. Chemmanacheri



President of Sabha, V Shankar by the side of Statue of MS Subbulakshmi at the entrance of Shanmukhananda Auditorium.

Kunhiraman Nair received the Pracharya Award from the Sabha President V Shankar.

There were Music concerts of Dr M S's favourite and wellknown songs by

students of Shanmukhananda Music school and other Carnatic musicians on all the four days.

Dr . Subbulakshmi, a honorary doctorate holder from five Indian universities, passed away on December 11, 2004 at the age of 88, which was also the birth day of her daughter Radha who accompanied her mother where ever she went and learnt the intricacies of the music. Now in wheel chair she still manages to keep her mother's tradition alive.

'MS' a name that is synonymous with the world of Carnatic music was a flawless singer whose voice had a divine power. She was the first musician ever to be awarded the Bharat Ratna, India's highest civilian honour and also the Ramon Magsaysay award.

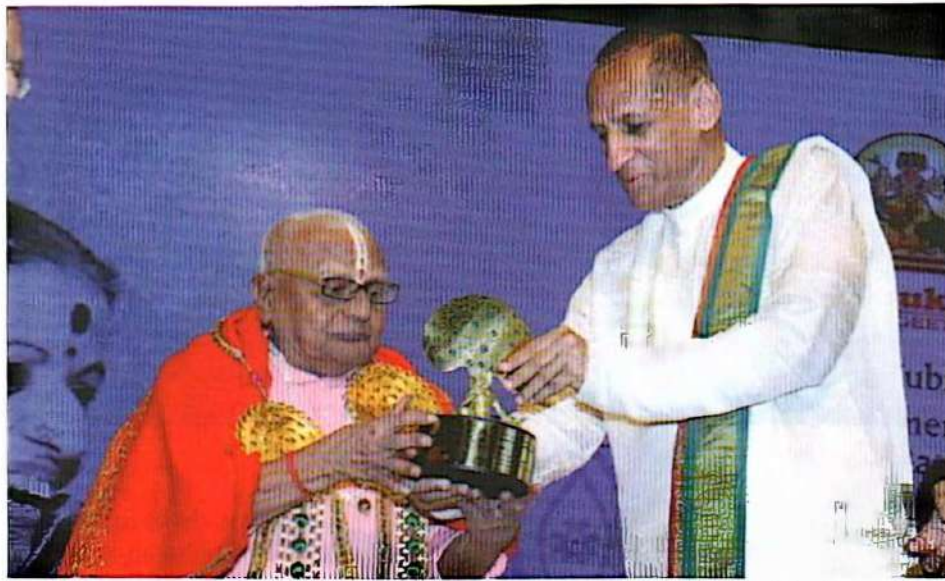
The Nightingale of Carnatic music released her first music recording in 1926 when she was 10 years old and gave her first open performance at the age of 11. Later, she moved to Madras where she acted in motion pictures and sought after her vocal music career, giving autonomous shows at 17 years of age and headed out to numerous nations for programmes, incorporating the UN in 1966. She had the unique privilege of singing in U N General Assembly, Royal Albert Hall and Carnegie Hall, New York.



Smt Radha Viswanathan receiving the Pracharya Award from the hands of the Governor of Maharashtra Vidyasagar Rao



Rendering of Maithreem Bhajata by students of Shanmukhananda Music School



Dr T K Murthy receiving the Award from the hands of the Governor of Andhra Pradesh and Tamil Nadu E S L Narasimhan.

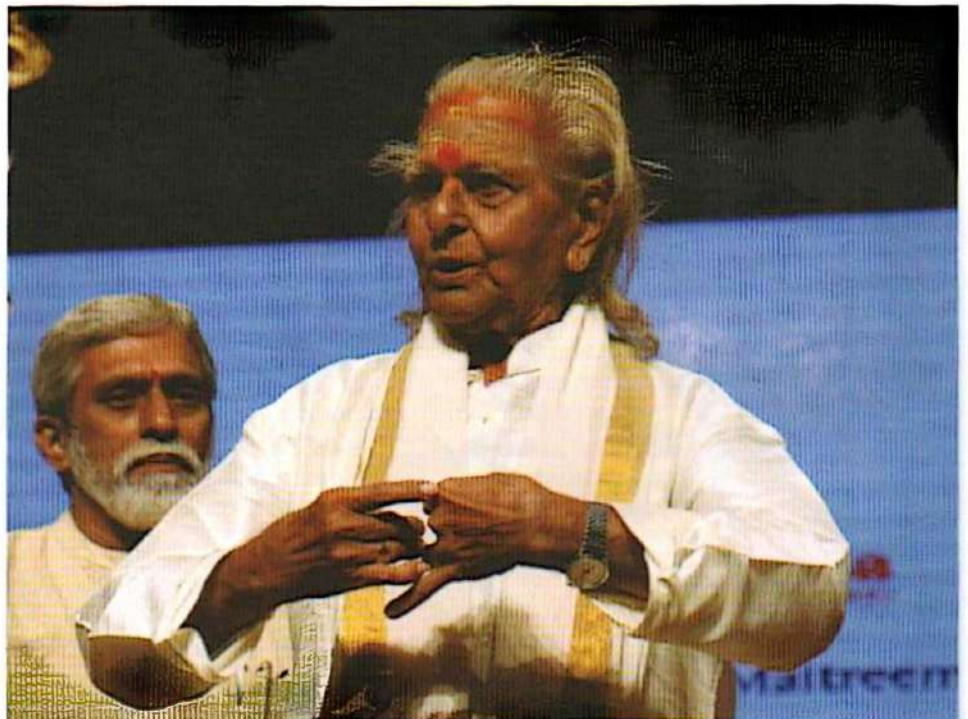
department had also released a special postal cover in memory of the legendary musician.

The Sabha has also created a MS photo gallery, MS a music in Life Exhibition, MS CD/DVD Gallery. As part of the Centenary, the Sabha is also celebrating the golden jubilee of *Maithreem Bhajatha*, song on world peace sung by Smt. M. S. Subbulakshmi in UN on October 23, 1966. Fifty students of Shanmukhananda Music School rendered that song on stage on September 14.

Dr. M S Subbulakshmi gave so much and took so little away. She has left so much music everywhere that we constantly hear. The shower of music that soothed the earth might have ceased but the melody wafts. It will continue as long as classical music endures.

M.S. had a long association with the Sabha for nearly five decades said V Shankar, President of the Sabha. Several memorable concerts that today form part of the reservoir of her music were rendered in the Shanmukhananda Sabha. Incidentally MS saw her husband Sadashivam first in 1936 in the train while coming from then Madras to Bombay for a performance at the Sabha, Shankar said. The Sabha has created a portrait gallery in her memory and also installed a 5ft.6 high statue in the Sabha foyer and has set up an award named after her, he said. Incidentally Shanmukhananda is the only institution in the country MS had lent her name for the cause of music.

Chief minister of Maharashtra Devendra Fadnavis presented 50 fellowships named after MS to young and promising musicians across the country on the concluding day. Each fellowship carries a prize of Rs. One lakh for three years. The postal



Chemmanacheri Kunhiraman Nair depicting a Kathakali pose.

# MALAYALAM CLASSES WITH A DIFFERENCE



**Geetha Mohanan**

■ It must have been our good fortune that we thought of starting a class in Sakinaka that teaches children about our culture and language. This was the genesis of Hare Krishna

Balogokulam Malayalam class. Harish Kumar who was then in Sakinaka (now he is staying in Mira Road,) suggested this idea of opening a class and we wholeheartedly supported him. We approached the then President Balakrishna Pillai of Aalpanakkavu Ayyappa temple management and they offered their whole hearted support.

The Hare Krishna Balagokulam class was set up on the first Sunday in the month of September 1996 with myself being elected as *Rakshadhikari* and Vineesh Kumar as Bala Pramukhan. Harish Kumar lighted the traditional lamp at the inauguration and the class formally started with 75 students.

The main objective of the class is to teach the children human values, mould them into world citizens and train them to become good human beings. Many students who have been trained here in the past 20 years have today grown up into responsible adults with good careers and are well settled.

Malayalam classes, Bhagavad Gita class, Purana Parayanam, Ramayanam recital, Kathaprasangam, elocution,



Kavitha parayanam, dance classes, thiruvathira, aksharangal are all taught here. In fact the children who have studied here have regularly participated in competitions and won prizes in them. Every year vidyagopala mantra Archana is conducted by the students on Vidyarambham Saraswati puja day.

Smt Mini and Smt Jayasri are the other teachers training the students here along with me. Our institute is managed by a

Steering Committee with the following members: Haridas, Sadasivan Pillai, Anil Kumar, Mohanan Nair, Pradeep Kumar, Biju Nambiar and Sathish Kumar.

Hare Krishna Balagokulam is held under the management of Aalpanakavu temple Committee in Sakinaka. K G Balan Pillai is the President and M D Sajeev is the Secretary of the Aalpanakavu Temple Committee. The

classes are held every Sunday in the morning from 10 am to noon. Every year the students perform cultural programmes of dance and music at the temple premises. Balagokulam Malayalam class is a model teaching centre which may well be emulated by other Malayalee organisations in Mumbai. ■



# His Prayers Answered

- Jose Chemmassery

*O Lord, my Father and master of my life,  
Do not leave me at the mercy of my own words;  
Don't let them cause my downfall.  
(Sirach 23 .1)*

**I**t was the end of month of April. Summer heat with sultry days has peaked, making people thirsty, parched and uncomfortable to bear with the daily life. An urge to discard the clothes covering the body and to wear minimum of clothes to expose the body to nature and possible breeze was pressing. This is the time when they wanted more water to bathe, wash and cleanse the home and kitchen. This is the appropriate time when householders with a kitchen well handy prepare to cleanse the slush and muddy sediments accumulated at the bottom of the well. This was required to improve the supply of water emanating from underground flow streams perennially dripping the water to sustain the bottom water level in the well.

There are professional well cleansers who are job hunters, shouting in the streets loud and clear thus, "any well to be cleansed or mud and slush to be removed?" They come as a team in two or three persons with implements of their trade. With a long and strong coir rope circled in eight or ten rounds clipped on the rims held on the left shoulder hooked with the hand outstretched through the circles, a pulley with a hook, a three feet long iron rod, two bamboo made baskets and a steel bucket the team make their presence seen and felt. All these equipments when joined in harmony

and systematically arranged at the well site, the preparation of the well cleansing starts. These men at work have definite roles and share their job like the one who goes down in the well to cleanse muddy and slushy bottom, the others to pull up the mud and slush in the baskets by drawing the basket fastened to the rope end out through the pulley and throw away the slushy water outside. These workers appear normally bare-chested and half clad with colourful cotton Salem lungies folded in the middle and draped around

simple to digest, this gruel does not contain any artificial food ingredients. In times of mild sickness, fever etc the kanji is prescribed by the Ayurvedic Aacharyas called *vaidyar* who is the traditional village physician.

As he was in the middle of kanji session, Paulson asked his wife to call the jobbers for the purpose of negotiating the wages for the work. Their kitchen well badly required a thorough cleansing as they have not done the cleaning in the last season. When the jobbers entered into Paulson's



waist of their athletic and brawny bodies. A small bath towel folded and draped around the forehead in a bandana style completes the picture of the well cleanser.

When the jobbers were shouting their offers of well cleansing, Paulson, the house holder was on his frugal breakfast kanji and mango pickle session at 10.00 a.m. Kanji is a simple preparation of brown rice boiled in sufficient water adding required salt to make it a loose, watery gruel. In summer season, the kanji serves as a cooling food preparation and the villagers enjoy this simple breakfast of age old tradition. Easy to prepare,

house, he was almost through his session as he was licking the index finger stained with the pickle juice. The condiment is generally taken to improve the appetite and remove the monotony from ingesting the drab food. As he washed his face and gargled his mouth, the jobbers were silently awaiting the householder's word and naming the price of the job. Paulson smiled and revealed his half worn out frontal teeth.

Paulson was addicted to chewing pan, a custom he has nourished for the last several years. Intermittent intake of tobacco with betal leaves, arecanut and lime paste making it a heady mixture was practiced by many including

elderly women in the villages. The combination, a mixture meant for chewing in the mouth while its effect gripping the mind required releasing the reddish juice by spitting out in a brass spittoon or direct outside. Paulson had not shown any symptoms of carcinoma but his frontal teeth strained brown with the grinding of the pan mixture in his palate for the past several years.

Opening the mouth wide, exposing the frontal worn out and brown teeth, he asked for the quote- the price. The jobbers quoted and demanded Rs.50/- as the ultimate bottom down price for the job deep inside the well. Paulson weighed and considered it too much of a price and rejected the offer and remained grim for the remaining part of the negotiation which did not take place. Paulson considered this work can be undertaken with the help of his family members. He pondered and then decided to go ahead with the idea of cleansing their well himself to improve the water supply from the underground streams to the clean bottom of the well. The amount thus saved say Rs.50/- can fetch two night's spiritual bliss emanating from the toddy bottles, he thought.

Paulson had the habit of drinking two or three bottles of toddy at a stretch in the late evenings under the pretext of refreshing his tired body and

dull mind he was carrying till evening devoted to the job of polishing of artificial diamonds. As the toddy started entering into his system, it opened the windows of his mind with clarity and wisdom. Inebriation was not the necessary effect, but a feeling of euphoria and well being always presented for a few hours after the drinks facilitating to hit the bed easily.

When it is time for the late evening prayers as announced by the rhymes of church bell tolling for the same, Paulson was in high spirits and healthy delirium. Nonetheless he participated in the family prayers and continued to mutter or murmur incomplete and incomprehensible portions of the family prayers. At the conclusion of the prayers after fifteen to twenty minutes raising the soul to heaven to meet and greet the Almighty in heaven, Paulson descended to his partial sobriety. It is in these precious moments of sobriety after enjoying healthy inebriation, Paulson used to pray sincerely opening his heart to the Virgin Mary. Invoking her blessings in his daily activities, he used to conclude his prayer with the supplication of "Oh Virgin Mary, Mother of Jesus, our savior, please take me up and drop me down when I am half way through. It is your wish and not mine." Day after day this was humble but cunning and sarcastic supplication to the Holy Mother. Paulson was regular and never

failed to recite this special sarcastic supplication.

As the sun climbed and neared the meridian in a clear and azure sky the temperature rose and members of Paulson family began sweating and perspiring. They took hold of folded newspapers to fan and tried to find comfort in the temporary breeze thus created. They wanted to ameliorate their unpleasant predicament on a sultry noon with the help of easily made fans. As the time clocked 1.00 p.m., the mother of the family and house maker announced their lunch ready which was readily acknowledged by the members. While they sat for lunch, Paulson was pondering over the plan of cleansing the well. He considered the time required and the support needed for the execution. His two sons, one daughter and wife are already available on the line for the job. The daughter, school going and enjoying summer vacation holidays was not happy about work, but being an order from the earthly wise father she had to agree without any demur. The sons were ready as programmed to execute their well cleaning project germinated and nurtured by their father in his sober solitude. The wife, being the last one to disagree decided to abide by and assist in the cleaning process. Thus there was uncommon consensus to do the job themselves and save the money otherwise they have to pay the jobbers.

The lunch included rice, lentil, pickle and some vegetables and was served more than two measures to each. After resting for an hour and siesta, they were ready for the job. At their father's instance they arranged bamboo baskets, steel buckets, long coir rope and scooping tool etc necessary for the cleansing of the well bottom. Thus they could shift the muddy and slushy material with turbid water dug out from the well to the top and discard. By 2.30 p m everything was set. Paulson made a big noose with one end of the rope and tightened the noose around his waist as a support and safety device while climbing down to the bottom of the well. With the other end of the rope held by the sons, he took the first step crossing over the face of the well and began descending step by step down. The sons released the other end of the rope steadily and slowly to facilitate the climb down safe and secured.

A few minutes later, Paulson gave the signal, by shaking the rope vigorously

## Wedding



Vinu (Son of Mrs. Mohini Vijayan and Vijayan, Saki-Vihar, Sakinaka) married Preenu (Daughter of Mrs. Prasanna and Prabhakaran) on August 23 at chettikulangara, Sibya Auditorium and reception on August 30th in Chakra, Sakinaka.

of touching down the bottom of the well. He then loosened the noose from his waist and released the rope from his body. The sons acknowledging the signal started pulling up the rope to the top. On the tip of the rope they fastened the bamboo basket and lowered it slowly to the bottom. Paulson caught the basket and filled in the muddy and slushy water scooped and dug out from the bottom of the well. He then gave the signal by shaking his end of the rope to lift it upwards. In acknowledgement of the signal, the sons started pulling it upwards. They threw the muddy water contained in the basket to a corner near the well. The water drawn from the well was turbid and has no use but to irrigate the banana plant cluster growing nearby. The contents of each and every bucket/basket drawn up from the well were dumped on the roots of banana plants causing pleasure or pain on the cluster.

After more than one hour of his deep work, bottom of the well appeared clean and free of muddy and slushy sediments. Then the underground stream was slow and arrived in small droplets/drips to enhance the water level in the well. Having completed the cleansing job, Paulson was ready to climb up. Paulson asked for the tip of the rope to make a noose for his waist on his return trip to the top when the sons got the signal to lift him up by pulling the rope upwards, they were ready in unison and strength. Slowly and steadily they pulled the coir rope enabling their father his arduous return trip upwards.

After completing the job Paulson was tired partly due to the scorching summer heat and exhausted due to his waning strength having crossed sixty years of age. With tapping and shaking signal he communicated to his sons his climbing up was in progress. The sons were cautious and steady in the effort to bring their father safe to the top. Paulson had climbed more than half the distance of ascending journey. Then suddenly he found himself shaking, felt loosening the grip and tightness of the rope around him. He felt scared and doubted safety of the process of climbing up and was about to shout for tightening the rope. He lingered a little hanging with the support of the loosening rope which suddenly snapped in the middle plunging him into the bottom of the

well. Since the rope was old and having used the same for the extra heavy loaded work now, it began thinning and gave way in the middle breaking it into two pieces.

The gradual snapping of the worn out rope plunged Paulson down hitting his head on the rocky bottom. His right knee smashed against the border of the well bottom. The left leg was fractured in the middle after the sudden impact of his fall. The ankle of the left foot was bent and curled upwards making it impossible for him to stand up and endure the tragedy. He started bleeding from his injuries. He lied semi-conscious in the bottom of the well for more than ten minutes. He cried but the voice was feeble. In the excruciating pain he was bearing he could see the image of Virgin Mary stretching her hands towards him. He could not raise his hands or lift his legs to receive the help from the Virgin Mary. The panic stricken family arranged immediate help from outside.

The rescue team was headed by Pailo, who is well built, broad shouldered and brave enough to undertake such courageous rescue mission. They brought a very strong and new rope for the rescue operation. Since Paulson is seriously injured he could not manage to climb up now, but has to be seated in a chair properly fastened to it while it is drawn upwards by the other two members of the rescue team. Pailo descended to the well with the support of the new rope. When he reached the bottom he loosened the noose and asked for the chair to be lowered. Within a few minutes the chair tied to the rope was lowered to descend cautiously without causing any further damage or injury to Paulson and Pailo waiting in the bottom anxiously.

As the chair reached the bottom, Pailo grabbed Paulson and planted him to sit in the chair. With the additional rope he carried, he fastened Paulson safely and strongly to the chair. As he finished fastening Paulson safely and making sure of himself about the safety, he gave the signal to pull the chair up. The strong rescue team members drew up the chair slowly, steadily and cautiously without hitting the inner or border circles of the well. When the chair carrying the injured, bleeding and exhausted Paulson reached the top, his family members were already in tears. They cried loudly seeing the-unable-to-stand erect body of their father as they

were seeing him for the first time in such a helpless and tragic condition.

Immediately Paulson was taken to the nearby hospital and admitted to the emergency treatment. The doctors and the operating theatre team attended to him immediately. Paulson was sedated before he was given the necessary treatment. Stitching the head injuries, plastering the fractured leg and the upturned foot was undertaken. Paulson was in the hospital bed for more than fifteen days for convalescing. The family members called on him frequently to console his tragic predicament. He had to spend more than two months in plaster before his condition could improve. The upturned ankle of the left foot was very difficult to cure and attain normal shape. In fact it remained curled for the entire life remaining he spent necessitating him to depend on the support of a walking staff always.

Paulson started walking with the support of a walking stick painfully stepping with the upturned left foot. The left foot, right knee, right leg and right temple of his head were transformed as ill fitting organs attached to his body. Suffering with pain and shame he considered his remaining life as a torture and punishment for his impious behavior and sarcastic supplication during the evening family prayers.

Those neighbours, faithfully attending the church service and devoted to prescribed prayers were convinced that Virgin Mary has answered the prayers of Paulson who used to supplicate that "O Virgin Mary take me up and drop me down in between." The fervent or otherwise sarcastic prayer was answered and accomplished in the process of cleansing his kitchen well. Paulson remained sad and gloomy for the rest of his life unable to move on from the tragedy he impiously invoked to encounter.

Whenever I pass the corner of his house, I invariably recollect his impious supplication. It makes me laugh to recollect the entire incident; but it also makes me sad to see the image of the crippled Paulson stepping out in pain with the support of a staff to lead his sorrowful life as an answer to his testing prayer.

Sinners are caught, by their own arrogant, insulting words. (Sirach 23.8)

■



# TURMERIC AND SANDALWOOD IN BEAUTY CARE



Dr. (Major) Nallni Janardhanan

■ The Skin on our face is very delicate and exposed to the harmful effects of sunrays, dust and pollution. When we buy beauty products from shops and apply them on our face, the harsh chemicals in those

creams, lotions and other cosmetics can damage our skin. It may eventually lead to early ageing, wrinkles and sagging of skin. But Mother Nature has gifted us two beauty products in the form of Sandalwood (Chandan) and Turmeric (Haldi). Both these are used by Indian ladies since ages, for maintaining a soft and flawless skin.

## Turmeric

The 'Golden Spice' of India, Turmeric is a versatile spice. The compound called curcumin in turmeric, when we add to our food items, helps to prevent cancer. 'Haldi' ceremony is a traditional ceremony of Indian marriages. A mixture of gram flour (Besan) and turmeric is applied on the face, arms and legs of groom and bride. It is washed off later to get a glowing skin.

Turmeric is natural, safe and easily available. Due to its antiseptic and

antibacterial properties it is used in skin care and treatment of skin diseases.

## Benefits of Turmeric

### Skin Conditions

Due to its anti inflammatory property, turmeric helps in controlling skin conditions like Acne, Eczema, Skin rashes due to Allergy, Psoriasis etc.

### Stretch Marks

During pregnancy and after delivery stretch marks may appear on stomach of women. To avoid this or to reduce the marks, apply besan and turmeric mixed with milk or yoghurt. Wash it off after 5 mts.

### Burns

In accidental burns, turmeric can be applied (mixed with Aloe Vera gel) for quick relief. It is also an anti septic.

### Cracked Heels

For cracked heels, mix turmeric powder with a few drops of coconut oil or castor oil and apply on the cracked parts. Keep it for 15 mts and then wash off with water. (Or you may apply it before bath).

### Acne

Turmeric takes care of inflammation

and scars in acne (Pimples). It also helps to reduce oil secretion by sebaceous glands of facial skin.

### Facial hairs

Gram flour added to Kasturi Turmeric can be used as a facial scrub to reduce the growth of facial hairs.

### Dark Circles

Add a pinch of turmeric to 2 tablespoon and apply it around eye for 20 mts. Then wash off with cold water.

### Anti ageing effect

Turmeric is a good exfoliating agent. It helps in reducing the signs of ageing. You may add a few drops of lemon juice and water to turmeric, apply on face and scrub it off with water.

### To reduce suntan and wrinkles

Mix turmeric powder, sandalwood powder and milk cream or yoghurt to form a smooth paste. Apply as a face mask and leave it for 15-20 mts. Scrub face softly in circular motion and then wash off with lukewarm water. This face mask helps to nourish skin, reduce fine lines and wrinkles. It also helps to lighten age spots.

## Sandalwood

Sandalwood oil and powder are ingredients of many cosmetic products. Sandalwood paste is also used in ancient ayurvedic medicines for skin problems. Sandalwood paste is a part of religious ceremonies.

### Benefits of Sandal wood

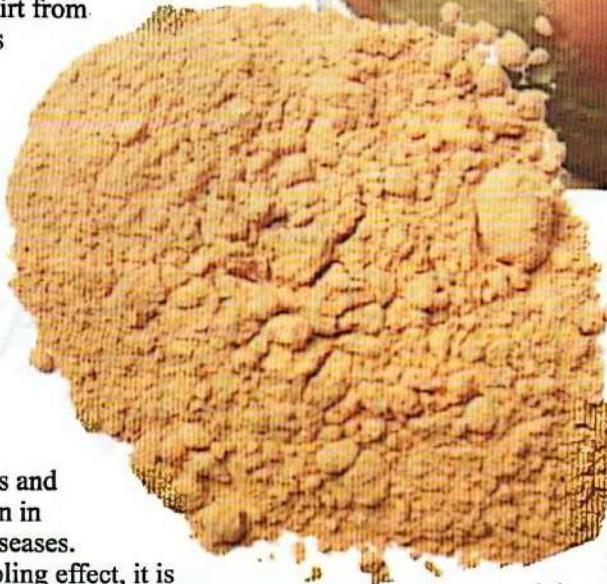
- ▶ It helps to clear blemishes, sunburns and pimples.
- ▶ It is a good cleansing agent and removes dirt from skin pores thus preventing pimples.
- ▶ It can be applied with coconut oil on cracked heels.
- ▶ It is gentle on skin and gives a clear complexion.
- ▶ It relieves itching, redness and soreness of skin in various skin diseases.
- ▶ Due to cooling effect, it is useful in prickly heat and sunburns.
- ▶ It helps to remove marks of acne and sunburn.
- ▶ It gives a fair glow to the skin and improves the tone of skin.
- ▶ It makes skin soft, supple and glowing due to the natural oils in it.
- ▶ It tightens facial skin and gives a wrinkle free skin.
- ▶ It clears skin tanning.
- ▶ It prevents sagging of skin and its toning effect helps in tightening pores of skin.
- ▶ It has an anti ageing effect.
- ▶ Sandalwood oil gives a baby-soft skin. It can be used on its own or with other natural oils for massage.

### Sandalwood face pack

Sandalwood powder mixed with rosewater and a pinch of turmeric powder can be applied on your face. Let it dry. Dampen the facemask by spraying a little water over it. Rub it gently to remove the mask. Wash off with lukewarm water. This helps to cure facial blemishes and reduce prickly heat.

(If you have dry skin, use milk instead of rose water)

For oily skin, make a paste mixing



sandalwood powder, turmeric powder and orange juice. Apply on face, leave it for 10-15 mts. Rinse off with lukewarm water.

Sandalwood acts as an astringent. Orange juice helps to clear blemishes. Turmeric regulates the production of oil on facial skin.

### Red Sandalwood Powder

(Rakta Chandan)

This is also good for skin.

### Benefits of Red Sandalwood

**Removal of Suntan:** It helps in removing suntan.

**Wrinkle free skin:** Due to the anti ageing and detoxifying properties it helps in making skin free from wrinkles.

**Glowing Skin:** It helps to improve the tone of your skin. Mix red sandalwood powder with a little water or rose water and apply on skin. Keep it for 10 mts and wash it off with lukewarm water.

**Instead of soap:** You may try red sandalwood powder paste instead of soap

to give a soothing effect and mild fragrance to the skin.

**Removes skin irritation:** During summer you may get prickly heat and irritation of skin due to allergy. Red sandalwood powder has a cooling effect and reduces these skin problems. For dry skin you may mix it with milk and apply. Wash it off with cold water.

**Treatment and Prevention of Acne:** Due to its anti bacterial effect and since it reduces the excess oil from facial skin, red sandalwood powder is good for preventing and treating Acne. Mix it with lemon juice and apply on skin. Wash it off with water. (You may also mix it with turmeric powder).

For black spots and acne, use a face pack of red sandalwood powder mixed with tomato juice. This helps to reduce suntan and also lightens the skin tone.

For removing blackheads, mix sandalwood powder with rice powder and water. This acts as a gentle facial exfoliating scrub and helps to remove blackheads. ■





# DIARRHOEA IN CHILDREN

Dr (Major) Nalini Janardhanan

**D**iarrhoea (loose motions) is a common health problem. Let us know about the causes, symptoms, treatments, and prevention of diarrhoea in children. Parents and family members should be alert about diarrhoea as severe dehydration following diarrhoea may easily lead to death in infants and small children.

## Causes

Normally the stools of infants on breast feeding will be loose compared to adult stools. But if the stools of an infant or small child suddenly become watery, profuse, frequent or mixed with blood, mucus or pus and also if there is associated fever, stomach ache or vomiting, urgent treatment is required.

Diarrhoea may be due to various causes like Food poisoning, Traveller's diarrhoea mainly due to infection of stomach and intestines (Gastro enteritis) caused by virus, bacteria or parasites. Diarrhoea can also occur due to allergy to some food items or milk. Most of the diarrhoea in infants and young children may be due to viral gastro enteritis caused by various types of viruses. Teething is another common cause of loose motions in infants.

## Symptoms:

Frequent watery loose stools, irritation, stomach ache, vomiting, weakness, loss of appetite etc.

When is urgent treatment needed?

The following symptoms and signs in a child (especially less than 6 months) require urgent medical attention.

- ▶ Fever of 102 degree f or higher.
- ▶ Stomach ache or cramps (older children may say that they have stomach ache. Infants may cry continuously.)
- ▶ Unusual lethargy or drowsiness or irritability.
- ▶ Severe vomiting, dry mouth, dry tongue, no tears while crying, less urination, elasticity of skin is less (i.e. skin does not spring back when gently pinched and released) sunken soft spots on the top of infant's head and extreme weakness- All these indicate severe dehydration.
- ▶ Black or bloody stools or pus in stools.
- ▶ Child is unable to take fluids.

## Home Remedies

There are some home remedies for diarrhoea.

**Yoghurt (curds):** Yoghurt is a great home remedy for loose motions.

Yoghurt is actually a live bacterial culture. It helps to restore the 'good' bacteria in your intestine and destroy the 'bad' bacteria causing diarrhoea. It is also effective in antibiotic associated diarrhoea.

**Bananas:** Eating ripe bananas is advised in diarrhoea due to their high pectin content (a type of fiber) and high potassium content.

**Rice:** Well boiled and soft rice in semisolid form along with rice water (known as 'kanji' in Kerala) is an ideal food during diarrhoea as it is easy to digest. By adding bulk to stools, it also helps to reduce the quantity of loose stools. Khichdi (soft boiled rice with moong dal) is also good.

**Ginger:** Ginger can be used to reduce stomach ache in food poisoning. Grate a small piece of ginger and mix it with 1 teaspoonful honey. This can be given to children.

**Fenugreek seeds:** Add ½ tsp each of roasted fenugreek seeds and cumin seeds to 2 tablespoonful yoghurt and mix well. This can be taken during diarrhoea.

**Weak tea, Black tea (without milk) or Green tea:** These are all good in diarrhoea.

**Carrot soup:** Cook carrots till they are soft. Put in a blender with water and

puree into a soft consistency. This can be given to children recovering from diarrhoea.

## Treatment

A child with diarrhoea should always be treated by a doctor. The doctor prescribes ORS powder, medicines to stop loose motions and some antibiotics if it is due to bacterial infection.

Hydration is very important in diarrhoea. Keep the child well hydrated. Water or ORS powder mixed with water should be given frequently. The child should get plenty of water to replace the water loss and also the ORS solution (to replace electrolytes lost from body).

ORS powder is available in small sachets or packets. Boil and cool water and keep it in a clean vessel closed with a lid. Add ORS Powder to this water as per the instructions given on the packet and give it to the child every 20-25 minutes (as per the doctor's directions). Oral Rehydration solution should be given with a teaspoon or taken in sips only if the child is having nausea and vomiting. In between, give plain boiled and cooled water also. If the infant is on breast milk it should not be stopped. The mother should continue breast feeding her child.

**Homemade ORS:** Mix a pinch of salt and 1 teaspoon sugar to a glass of water. Add 6 level teaspoon sugar and ½ level teaspoon salt to one litre of boiled and cooled water (equivalent to 5 cups. Each cup is equal to 200 ml).

Don't keep the oral rehydration solution for long. If there is surplus it is better to throw it away. Don't boil OR solution after preparing it.

Other fluids like tender coconut water, clear soups, butter milk can be given. Fruit juices (with large amounts of fructose), tomato juice and caffeinated drinks should not be given.

Don't give solid meals during diarrhoea- only semi solid easily digestive meals like kanji, khichdi, porridge or soft pudding may be given. Feed in small quantities



## Prevention

▶ Children should be instructed to wash their hands well with soap and water especially after using toilet, playing with mud or dirty toys and before eating food.

▶ Food should be well cooked.

▶ Vegetables should be washed in clean water before cooking.

▶ Keep food items covered and away from flies. Flies help in transmitting infection from faeces to food.

▶ Mother should wash her hands well after changing the diapers of infants and cleaning children after defecation. She should wash her hands after going to toilet, before and after cooking food and before serving food. She should keep her nails trimmed and free from dirt.

▶ Avoid tinned foods and ready to cook meals after date of expiry.

▶ Fruits and raw vegetables (eaten in solid form) should be washed well in clean water.

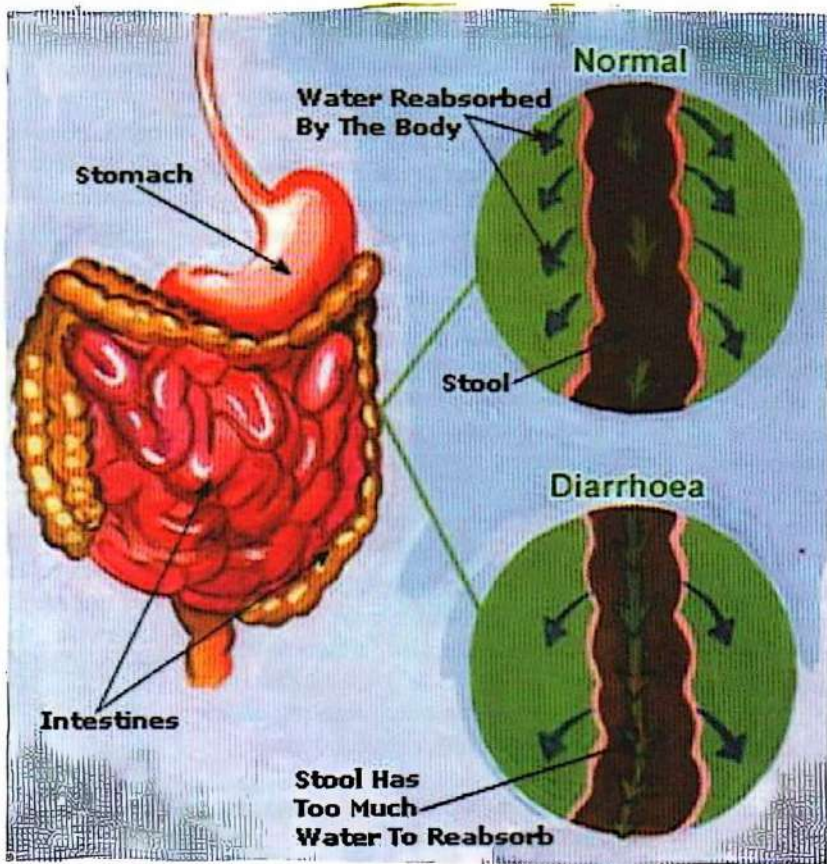
▶ Don't take raw milk. Milk should be well boiled before drinking and before giving to children.

▶ Don't take food items of fruit juices from street vendors and restaurants which are in unhygienic conditions.

Parents should remember that diarrhoea in infants and small children can lead to severe dehydration and death. So don't neglect it, simply giving home remedies. IV fluids may be required for treating severe dehydration. (Diarrhoea leads to loss of water and electrolytes from body through loose stools).

Fever, vomiting and loose motions in children may be the symptoms of other infections like Otitis Media (Infection of middle ear), Pneumonia, Urinary infection, meningitis or sepsis (Bacterial infection in blood). So the disease is to be diagnosed correctly and treated accordingly. Parents should be more careful if their infant or small

child is having diarrhoea as they get severely dehydrated easily and may die if treatment is not given in time. ■



frequently instead of large quantities as it may lead to vomiting. Don't give oily foods, foods high in fibre, milk, cheese and sweets.



## THEORIES ON CAUSES OF ADDICTION



Dr Sujatha Nair

■ There are many factors that can cause addiction.

### The Disease Concept

The direct relationship between neurotransmitters

and drug abuse was discovered in 1970 that some neurotransmitters have molecular similarity to those of plant opioids opium, morphine and heroin.

The normal human brain has a certain set level of release, increase and stabilization of dopamine the pleasure neurotransmitter. However, in an addict brain the level of pleasure achieved is higher than normal and there is no plateau or stabilization phase, on the contrary the levels dip down to below baseline. This simulates the effect of consumption of substance in an addictive brain. Eventually, with each succeeding drug or alcohol event, the addicted person must use more and more to get less and less of an effect (tolerance) the levels continues falling further and further until they are using not to get high but just to get normal

### The Genetic & Inheritance Concept

Children born of Alcoholic parents have 4% more chances to be alcoholics.

Staying with Biological parents or Foster parents has not made any difference

Theory of inheritance of alcoholism, suicidal depression and epilepsy is known in female children of alcoholic parents. Some inherit anger, some inherit depression but more often so; it is the self-destructive attitude.

### The Dysfunctional family Concept

Dysfunctional family members have common symptoms and behavior patterns as a result of their experiences within the family structure. This tends to reinforce the dysfunctional behavior, either through enabling or perpetuation. The family unit can be affected by a variety of factors

The following symptoms occur in most dysfunctional families:

- ▶ Lack of empathy, understanding, and sensitivity toward certain family members; while, on the other hand, expressing extreme empathy toward one or more family members who have (real or perceived) "special needs"
- ▶ Denial (a refusal to acknowledge abusive behaviour; also known as the "elephant in the room") Extremes in conflict (either too much fighting or insufficient arguing between family members)
- ▶ Inadequate or missing boundaries for self (e.g., tolerating inappropriate treatment from others, failing to express what is acceptable and unacceptable treatment, tolerance of physical, emotional or sexual abuse)
- ▶ Unequal or unfair treatment of one or more family members due to their

gender, age (e.g., seniors, children), abilities, race, economic status, etc. (may include frequent appeasement of one member at the expense of others, or an uneven enforcement of rules).

- ▶ Abnormal sexual behavior such as incest
- ▶ Abuse in childhood in any form emotional or physical.

▶ Divorced or separated parents in continuous conflict, or parents who *should* separate, but do not (to the detriment of their children)

People living in such an environment can easily fall prey to addictions as a relief from stifling family circumstances.

### Behavioral Concept

A Maladaptive Personality who cannot adjust to his surroundings and to his internal milieu can be more prone to addictions.

Whatever may be the cause and theories related to the same..if a fracture has to heal it has to be plastered. Likewise, the addiction has to be treated first and in the process the envelope of one's life is turned inside out, and issues dealt with in a most compassionate, loving, confidential manner. We at Anatta provide the right milieu for the same.

For any clarifications contact  
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Website- [www.anatta.in](http://www.anatta.in)



രാമായണക്കാഠേ... (Ramayanakaatte...)

Film: Abhimanyu (1991)

Lyrics: Kaithapram Music: Raveendran  
Raagam: Natabhairavi Singers: M G Sreekumar, K S Chithra



Karthika



Kaithapram

രാമായണക്കാഠേ എൻ നീലാംബരിക്കാഠേ

തങ്കനൂൽ നെയ്യുമി സന്ധ്യയിൽ  
കുങ്കുമം പെയ്യുമി വേളയിൽ  
രാത്രിബന്ധനങ്ങളിൽ സൌഹൃദം പകർന്നു വരു

രാമായണക്കാഠേ എൻ നീലാംബരിക്കാഠേ...  
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Raveendran

രാഗം പുതുരാഗം ഈ മണ്ണിൻ മാറിൽ നിറയാൻ  
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വർണം പുതുവർണം ഈ സന്ധ്യയിൽ അഴകായി പൊഴിയാൻ...

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ഭംഗമേളങ്ങൾ ആടിതിമിർക്കും  
സിന്ധുവും ഗംഗയും പാടുമ്പോൾ  
കാവേരിതീരങ്ങൾ പൂക്കുമ്പോൾ  
സ്വരങ്ങളിൽ വരങ്ങളാം പദങ്ങളായ് നിറഞ്ഞുവാ...

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മേലെ.. പൊന്മലകൾ കണി മരതകവർണ്ണം പാകി..  
ദൂരെ.. പാൽ കടലിൽ തിര ഇളകി സ്നേഹം പോലെ..



M G Sreekumar

ഈണം ഈണത്തിൽ മുങ്ങി തുടിച്ചു  
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പുത്താലം കൊള്ളാൻ വാ പെണ്ണാളേ

സ്വരങ്ങളിൽ വരങ്ങളാം പദങ്ങളായ് നിറഞ്ഞുവാ...



K S Chithra

രാമായണക്കാഠേ എൻ നീലാംബരിക്കാഠേ  
തങ്കനൂൽ നെയ്യുമി സന്ധ്യയിൽ  
കുങ്കുമം പെയ്യുമി വേളയിൽ  
രാത്രിബന്ധനങ്ങളിൽ സൌഹൃദം പകർന്നു വരു  
രാമായണക്കാഠേ എൻ നീലാംബരിക്കാഠേ  
രാമായണക്കാഠേ എൻ നീലാംബരിക്കാഠേ

This film produced by V B K Menon and directed by Priyadarshan had Mohanlal, Sankar, Jagadish, Ajay, Cochin Haneefa and Geeta in important roles. T Damodaran wrote the story, screenplay and dialogue. The film had three more songs: Ganapati Bappa, Kandu njan, Mamala mele varmazha, All songs written by Kaithapram were hits.



## INTERVIEW WITH GAYATHRI ALIAS DEEPTI

Viewers of Malayalam channels might have seen certain female characters in the serials, who are always weeping, ill treated by their mothers in law or being thrown out by their husbands. Many characters are still created in that mould. Deepti is wholly different character. Viewers of 'Parasparam' know only Deepti and the woman behind that character, Gayathri, is a stranger to them.

**K Padmakumar**

### Deepti and Gayathri 100 out of 100

Deepti is a good wife, daughter, sister and always responds to wrong doings. If she is then entitled to 100 out of 100, Gayathri is also entitled to 100/100. After the shooting hours, I spend my entire time for my husband Arun and my five years old daughter Kalyani. After attending to their needs, any time left would only be used by me. My strength is derived from my family. Whenever I find anything wrong, I strongly react to it. Now I do not get enough time to do so as I am a

celebrity. Earlier when I was a steady bus traveller, I often intervened in incidents that I thought wrong... and strongly reacted also. When I get down slightly away from home and the time would be past 7 p m, I found many autos refusing trip to my house as the distance was small. When this continued for some time, I lodged complaint and sought relief. Relief did come soon. It is improper for me to grant marks to myself. So you can decide how much you could give me out of 100.

### Power of Deepti

The power of that character is much above normally what we think of. Its

reach could be felt whenever I alight in a public place. I am embossed by that character. The young girls, home makers and the young men treat me only as Deepti. Though I enjoy that status, I am also aware of the aftermath once I am relinquished from that role. Whatever love and respect I get belong to that character and not personally to me. I shouldn't be worried about it. This industry is like that. If I go to an event with a film personality, I will be more recognised than her as they are seeing me every day. The moment 'Parasparam' is stopped from being telecast, the situation might reverse. This exactly is the difference between film and serial.



used for belittling others and smearing stains should be stopped. When that happens, people like me have to react to them. Sometime ago, there was maligning references about me on Facebook and Whatsapp. Initially I ignored them. Later I realised that my colleagues and co-workers in the unit are taking strange glances towards me and then I reacted... and a case was filed. A boy was arrested for posting a fake video and now I gather he got bail. However I shall continue with the case. Never doubt it.

During my school and college days, I wanted to act in the visual media but it never happened. Neither had I approached anyone seeking chances. I started my career by acting a role, running upto 30-35 episodes, in a serial titled 'Indira' in *Mazhavil Manorama* and then *Parasparam* happened.

### A day in Mumbai...

Not a day... I was there for more than ten days continuously, for the shooting of the serial

'*Parasparam*.' There are a lot of relatives of my mother there and so I had been there earlier too. I like the place.

### Family?

My husband is Arun, a businessman. My daughter Kalyani is now five years old. My mother accompanies me to the locations. And whenever time permits, Arunettan also comes. ■

### Cinema the call is awaited

During my school and college days, I wanted to act in the visual media but it never happened. Neither had I approached anyone seeking chances. I started my career by acting a role, running upto 30-35 episodes, in a serial titled 'Indira' in *Mazhavil Manorama* and then *Parasparam* happened. Then I expected a lot of calls from films but it never happened so far. Yet, I am quite contented with what happened to me.

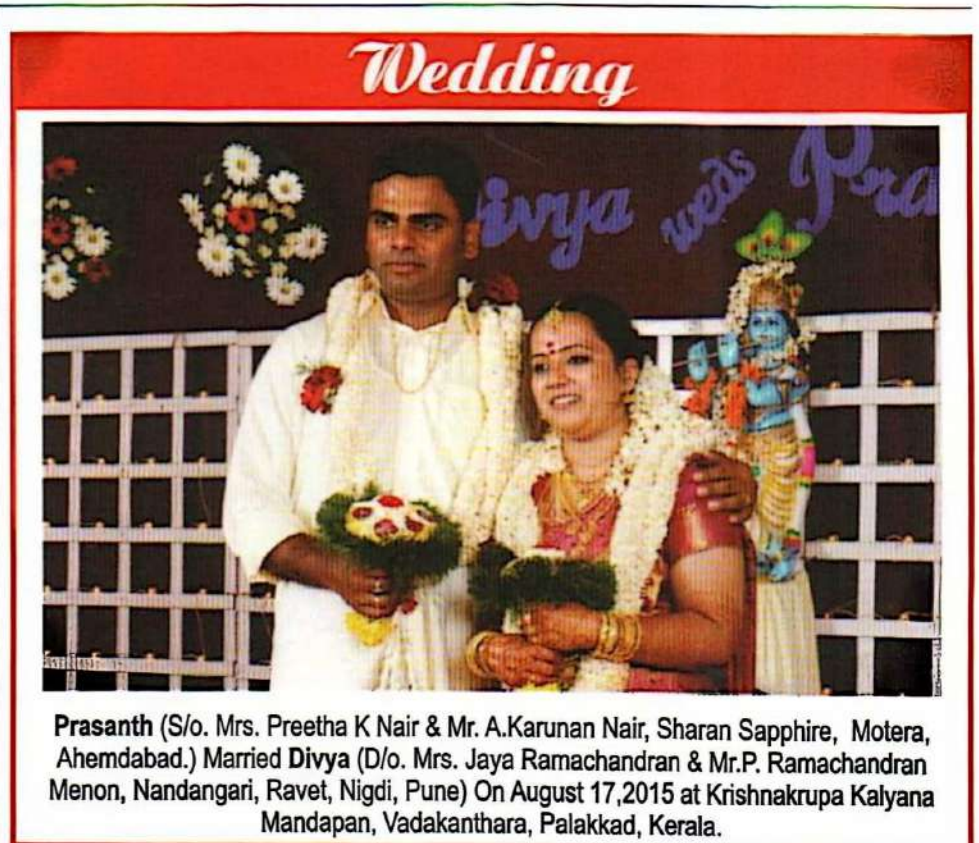
### Same people, same character.

#### Aren't you bored?

No, never. I enjoy acting. We are like a family. My first break was a job in the advertising department of Alappuzha Unit of *Mathrubhumi*. I shouldn't feel bored when I moved to a line that I cherished. Every moment and every day I enjoy.

### Social media Good, but...

I too agree. Yet, I feel that the advancement in the technology should be for the betterment and shouldn't be



Prasanth (S/o. Mrs. Preetha K Nair & Mr. A.Karunan Nair, Sharan Sapphire, Motera, Ahemdabad.) Married Divya (D/o. Mrs. Jaya Ramachandran & Mr.P. Ramachandran Menon, Nandangari, Ravet, Nigdi, Pune) On August 17,2015 at Krishnakrupa Kalyana Mandapan, Vadakanthara, Palakkad, Kerala.



### SHYAMILI RETURNS TO SILVER SCREEN

■ Shyamili who mesmerized the audience through Anjali, Malootty, Harikrishnans and many other films returns to movie world soon. She started her film career at the age of 2 years and received the award for the best child star for Anjali, and secured the state award for Malootty, left after Harikrishnans. She had a field day in Tamil, Malayalam, Telugu and Kannada films. In all she was in six Malayalam films.

Now Shyamili returns to Malayalam movie world, not a child star but as heroine. Meanwhile she completed degree and studied cinema marketing too from Singapore. She is coming now through 'ValleemThetti Pulleem Thetti' of Achappu Movie Magic of Faizal Latheef who produced earlier 'Daivathinte Swantham Cleatus.' Debutant Rishi Shivkumar wrote the screenplay of this film, directed by himself. The story revolves around a 'C' class movie theatre and Boban Kunchacko is the hero. He was also hero of her elder sister Shalini when she became heroine of her first Malayalam film 'Aniyathipravu.'

Aju Varghese, Manoj K Jayan, Suresh Krishna, Ranji Panicker, Saiju Kurup, Anish G Menon, Nandanunni, Muthumani and Seema B Nair are her co-actors.

### SURESH GOPI'S SON GOKUL IN MUTHUGAVU

■ Gokul Suresh, son of Suresh Gopi is coming to Malayalam film industry. His debut film named as 'Muthugavu' aka Muthugou is directed by Vipin Das. There is a coincidence in the title of the movie Muthu Gavu. Muthu Gavu is a word most commonly used in some part of Mysore. Gokul Suresh is acting as a romantic hero in this movie. *Loham* fame Niranjana Anoop will act opposite to Gokul Suresh. Vijay Babu playing a prominent role in this movie. He will also produce the film with Sandra Thomas under the banner of Friday Films.



### URUMBUKAL URANGARILLA

■ T B Raghunath produces this film for Kamalam Films and Jiju Asokan writes the story and also directs it. With Ananya and Janaki as heroines, it has Vinay Fort, Chemban Vinod, Kalabhavan Shajohn, Aju Varghese, Innocent, Sreejith Ravi, Sudhir Karamana, Santosh Kizhattoor, Vanitha and Teznikhan as artistes. Gopi Sundar scores music to the songs written by Jiju Asokan and Hari Narayanan.





## **PATHEMARI**

■ After 'Kunhananthante Katha' Salim Ahmed comes with Pathemari, with his own story. Mammooty is the leading actor and Jewel Mary is the heroine.

Sreenivasan, Salimkumar, Siddique, Joy Mathew, Rohit Menon, Dinesh Prabhakar, Sunil Sukhada, Santhosh Kizhattoor, Gopalakrishnan, Pashanam Shaji, Mithun Ramesh, Gokulan, Stevin, Hanish, Ansin, Moideen Koya, Arun, Shahin Siddique, Parvathi Menon, Anu Joseph, Jennifer and Viji Chandrasekhar are also in this film. Lyrics: Rafiq Ahmed. Music: Bijibal. Madhu Ambat wields the camera and Rasool Pookkutti handles sound.



## **NIKKAH**

■ Shekhar Menon and Srinath Bhasi play important roles in Nikkah, directed by Azad Alavil. Madhavan Edappal produces this movie for Heera Films. Yousufali Kecheri, Alankode Leelakrishnan and Babu Velliparambu wrote the lyrics for

which tunes were set by Gopi Sundar. Capt Raju, Shivaji Guruvayur, Kalinga Sasi, Sreekumar, Prakash Chengal, Rojji, Sanskruti, Anjali, Kannur Sreelata and Nilambur Aysha form the cast.



## **ONNUM ONNUM MOONNU**

■ Reminding us of Chithramela, this movie in fact is a collection of three short films. The first film 'Kulukki Sherbath' is written and directed by debutant Abhilash. Riaz, Amir Niaz, Abhishek, Surya Shankar and Treeza are the main players in this film. Philopose Thathampilli writes the lyrics and George Antony scores the music.

In 'Shabdarekha', Arun, Irshad, Sattar, Sandeep and Liona Lishoy are the main actors. Bijoy Joseph directs it. Rajeev Thacheth writes the lyrics and Eldo John scores the music. In 'Ambulance,' Kalabhavan Mani, Indrans, Boban Alumoodan, Chembil Asokan and Ria Syra arte the main artistes. Directed by Alex, it is produced by Merina Alex for Rainbow Drops. Sreenplay is by Haripad Harilal and Balabhaskar scores the music.



പി. വി. അച്യുതൻ

## സൂര്യകാന്തികൾ

ശ്രേഷ്ഠിസാരസ്വത ക്ഷേത്രാങ്കണത്തിൽ നമ്മൾ അക്ഷരപ്പുക്കൾത്തേടിയൊരുനാൾ വന്നെത്തിയോർ, ചിരിച്ചും കളിച്ചും നാമിയ്ക്കു പിണങ്ങിയും, പഠിച്ചും, പഠിക്കാതെ ഉത്തരം പകർത്തിയും, പിൻനിര സതീർത്ഥർക്കായ് ഒളിച്ചു കൈമാറിയും, അക്ഷരപ്പുവാടിയിൽ ജന്തുക്കൾ കടന്നുപോയ്!

വാർഷികാഘോഷങ്ങൾക്കു ചാരുതയേകി, ചിത്രശലഭങ്ങളായ് നാം പാരിപ്പാന മിനങ്ങളിൽ, ശരവേഗത്തിൽക്കാലം പിന്നിട്ടതറിയാതെ പാഠശാലയിൽനിന്നും വിടവാങ്ങിയോർ നമ്മൾ! കാലത്തിൻ നിയോഗംപോൽ യാത്രയാതെങ്ങെങ്ങോ നാം ജീവിതസാഹചര്യത്തിൻ കർമ്മകാണ്ഡങ്ങൾ തേടി.

മിത്രഭേദങ്ങൾ തെല്ലുമില്ലാതെ, സ്നേഹത്തിന്റെ പൊൻവീളുകുകളിന്നും അണയാതിരിക്കവെ, സായാഹ്നമായി നമ്മളിപ്പോഴും വസന്തത്തിൽ പിന്നിട്ട വഴികളിൽ കണ്ണുനട്ടിരിക്കവെ, പുസ്തകങ്ങളിൽ ചേർത്തുവെച്ചൊരു മയിൽപിളി തണ്ടുപോൽ മനസ്സിൽ ഞാൻ സൂക്ഷിച്ച ചിത്രങ്ങളായ് വിടർന്നു വീണ്ടും സൂര്യകാന്തികൾ പ്രഭാതത്തിൻ രാഗമുദ്രകൾ പാർത്തിയി സ്നേഹതീരങ്ങളിൽ!



വി വി അച്യുതൻ

## അമ്മ

അച്ഛനാരെന്നറിയില്ല, അമ്മയാരെന്നുമറിയില്ല ആരുമാരെയുമറിയാതെ അനാഥാലയത്തിൽ കഴിഞ്ഞു ഞാൻ. ആലയത്തിലെ അഞ്ച് അന്തേവാസികളോടൊത്തു അഞ്ചുവർഷം കഴിഞ്ഞപ്പോൾ ആലയത്തിലെ അമ്മ ആദ്യാക്ഷരം പഠിപ്പിച്ചു. ശിശ്യിയെ അറിയാത്ത സൃഷ്ടിയായ് വഞ്ചനയുടെ മുഖമുദ്രയായ് ഇപ്രപഞ്ചധാരയിൽ ഞങ്ങൾ അനാഥരായി ജീവിച്ചു. അമ്മയാണല്ലോ സത്യം അച്ഛൻ വെറും വിശ്വാസമല്ലേ? അമ്മയ്ക്കു മാത്രമെ അച്ഛനാരെന്നറിയാവൂ. ആലയത്തിലെ അമ്മ ആറുമക്കൾക്കുമമ്മ അവർതൻ സ്നേഹവാത്സല്യത്തിൽ ആറുമക്കളും വലുതായി.. അമ്മ കാണിച്ച പാമ്പാവിൽ അമ്മ നൽകിയ ദീപവുമായ് ആറു മക്കളും സഞ്ചരിച്ചു അമ്മയ്ക്കടിമാനിതരായ് കാലമാം യാത്രക്കാരന്റെ കൂടെ ഞങ്ങൾ സഞ്ചരിച്ചു കലാലയവിദ്യാഭ്യാസം കമനീയമാക്കിത്തീർത്തു. അമ്മയെന്നാദ്യത്തെ മന്ത്രം അനശ്വര മന്ത്രം ആജീവാനാന്തം ജപിക്കും മന്ത്രം.





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