

Kerala in Mumbai

Only English/Malayalam Monthly Magazine linking Mumbai Malayalees

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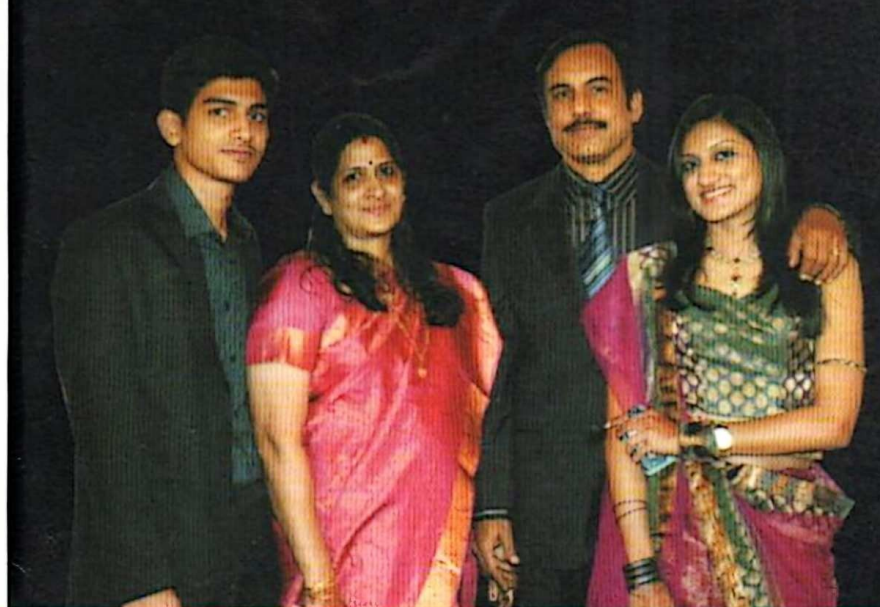
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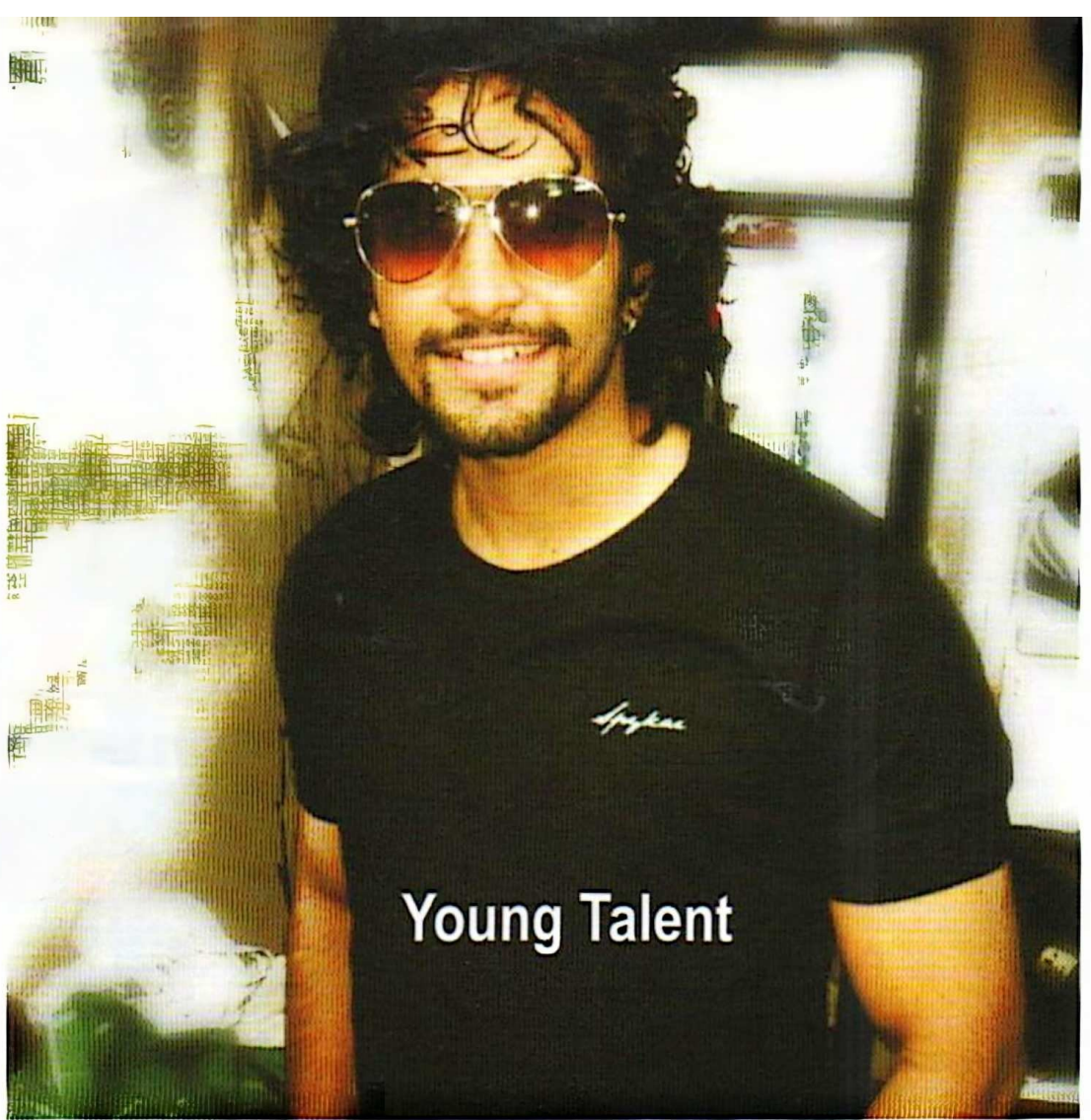
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The Kumar Pillay Family

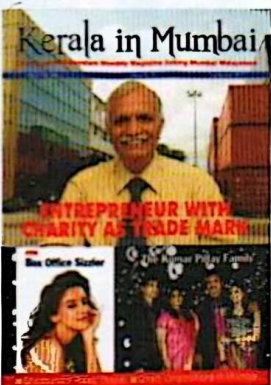


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OOMMEN CHANDY

CHIEF MINISTER

KERALA

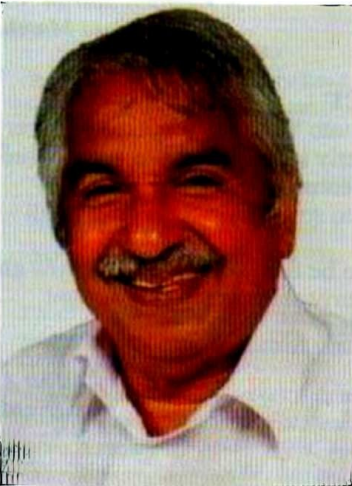
22/08/2012

Message

I am happy to know that 'Kerala in Mumbai' is coming out with an Onam Special, which I believe is befitting the occasion, as far as Malayalees of Mumbai are concerned.

Onam is one such occasion that binds Malayalees; be it anywhere in the world. It is an occasion of coming together, when happiness and brotherhood take centre stage. Let this year's Onam festivities come as a bouquet of fun, excitement, joy and prosperity for all Malayalees in Mumbai.

Wishing all success.



OOMMEN CHANDY

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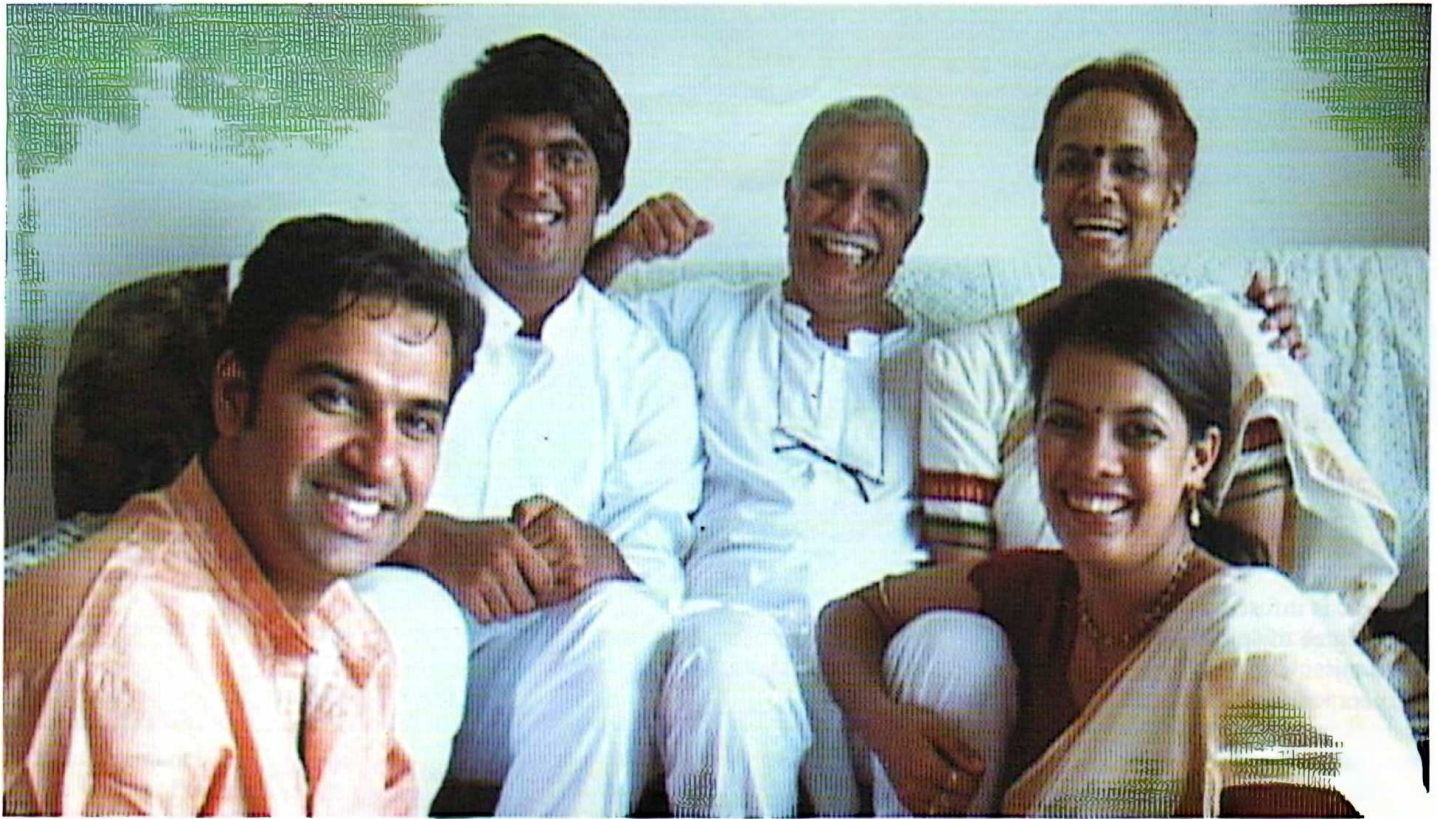
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A S Madhavan is a Mumbai Malayalee business magnate heading an organization with 28 offices within the country and a network spanning over 60 countries. But at heart he is a humane person setting aside a part of his wealth for charitable activities for the less privileged.

A S Madhavan

AMAZING ACHIEVEMENTS BEYOND THE HORIZON





Flyjac was born out of an idea mooted by Jobanputra that Madhavan combine his vast knowledge of Import Cargo consolidation with Jobanputra's own standing as an IATA approved flight forwarding company and a Custom House Agent. The idea worked. Flyjac began as an import cargo consolidation wing. Subsequently, it became a separate company doing the same activities that Madhavan was doing just then, clubbed with import consolidation, warehousing and logistic services.

P K Ravindranath

One is awe-struck at the achievements of 62-year old diminutive A S Madhavan, who has packed into his life what six others could take a lifetime to attain.

Madhavan is Managing Director of Flyjac Logistics Pvt Ltd, a Hitachi Transport System group company, which he had Co-founded, Managing Trustee of Warriar Foundation which runs two children's homes (in Mumbai and at Thirunavaya in Kerala), Director of Janakalyan Sevashram, which runs an Old Age Home for 100 inmates, Vice Chairman of Bharatiya Vidya Bhavan, Thirunavaya, Founder Director of JWC Logistics Park Pvt Ltd, Founder Director of Webyana Technologies Pvt Ltd and Founder Director of Imagna Analytics Solutions. Flyjac is a leader in the logistics area, an organisation with over 2000 employees with 28 offices in India and a network spanning 60 countries. JWC Logistics is a Container Freight Station spread over 30 acres at Panvel that can accommodate 5000 containers at any given time. It has a cold storage warehouse. It has heavy lift equipments, reach stackers and Forklifts. It is a Custom bonded area. JWR Logistics Park Pvt Ltd and JWR Refrigeration Pvt Ltd., are the new companies formed recently which is spread over 80 acres of land at Panvel

and will be commencing their activities by October 2012 as an additional CFS and also one of the largest refrigerated warehouse with ripening chambers etc.

Coming to Mumbai in 1970 as Resident Representative of a British MNC, Gordon Woodroffe he subsequently established Indian operations of a large Swiss company Panalpina. In 1990 he launched Flyjac, along with Lalit Jobanputra, at a chance meeting. It became a resounding success. The partners decided to set apart a part of their profits for charitable work. Thus was born the Warriar Foundation and the Jobanputra Charitable Trust.

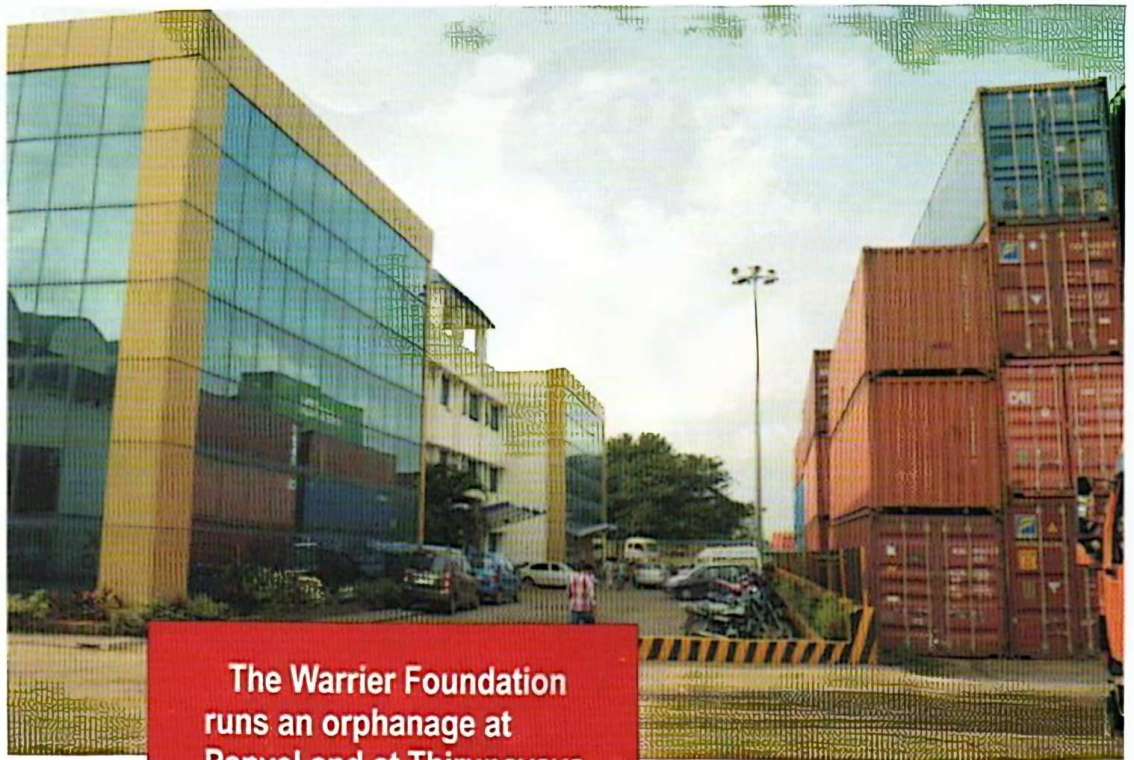
Flyjac was born out of an idea mooted by Jobanputra that Madhavan combine his vast knowledge of Import Cargo consolidation with Jobanputra's own standing as an IATA approved flight forwarding company and a Custom House Agent. The idea worked. Flyjac began as an import cargo consolidation wing. Subsequently, it became a separate company doing the same activities that Madhavan was doing just then, clubbed with import consolidation, warehousing and logistic services. Flyjac has grown into a giant organisation and Madhavan had to induct two of his brothers into the company. Thus came in Ravikumar and Gopakumar, who were already established in different fields of

activities. After a period of training and reorientation, they were absorbed in the Flyjac family. Ravikumar is now CEO and JMD, stationed at Chennai and Gopakumar, HR Director.

When Flyjac sold out to Hitachi Group, Madhavan set apart a sizeable amount of the capital for the staff. Each member of the organisation got an unexpectedly handsome amount as a bonus for their loyal services which made the company what it was.

Flyjac is infused with a high degree of spirituality and a mission to be partners with its customers with highly personalized service and to create opportunities for self-development and strive for excellence.

Madhavan himself is an evolved



The Warriar Foundation runs an orphanage at Panvel and at Thirunavaya, Kerala with about 200 students from all parts of the country. They live as one family, eating the same nutritious food that is provided three times a day, go to schools nearby and learn to grow up as model citizens.

human being with a high sense of spirituality. Not given to pandering to conventional religiosity he affirms "God is within you. External manifestations have little meaning." The divinity within you can be invoked by sustained meditation. Madhavan practices concentration and meditation for a couple of hours every day, and possibly six hours on holidays. This is what provided him with an equanimous disposition, which is infectious.

The Warriar Foundation runs an orphanage at Panvel and at Thirunavaya, Kerala with about 200 students from all parts of the country. They live as one family, eating the same nutritious food that is provided three times a day, go to schools nearby and learn to grow up as model citizens. All their needs are taken care of by the Foundation, including the school fees, books, uniforms and transport and also practising dance, Bhajans, yoga, meditation and sports etc. .

A Vedpathshala run by the Foundation at the orphanage has about 35 students, who undergo a six-year course in the study of the Vedas. They appear for a final examination conducted by Ujjain University and offer their exam at Pune.

Warriar Foundation is registered as a charitable trust and section 25 company, which enables it to promote commerce, arts, science, religion, charity or any other useful activity with the intention of using its profits earned by Madhavan's companies and also by



A S Madhavan and Prof. Geeta Madhavan

donation to expand its activities and objects.

The inmates wake up at 4.30 am and after a session of Yoga are ready for their classes by 6.30 am after their daily chores and a bath. Children at the Vedpathshala are taught English, arithmetic and social sciences.

The Janakalyan Sevashram has ambitious plans to expand its activities. The Old Age Home run by K R Raman, a former Hoechst Pharmaceuticals employee, where Madhavan is also a Director finds its own donors who provide a bulk of the Rs. 5 lakhs a month that is required for its maintenance. Everyone gets nourishing food along with their quota of daily milk with supplements.

The Warriar Foundation seeks to reach out to the underprivileged who need



Vedpathshala class in session



Gautam, the Vedpathshala Teacher

awareness camps but the annual donations amount to hardly 20,000. It is now engaged in organising eye donation awareness camps. This evoked an instant reaction in Dahanu where all the people present at the camp

pledged their eyes after their death and were able to get volunteer donations of 65 people in one year which helped 130 blind people to get their sight back.

The Red Cross, Chennai conferred on Flyjac the best blood donor corporate in the country.

Madhavan has been an active member of Giants International since 1984. He has been Director of Finance, Projects Administration and also Unit Director for two years and Federation Vice-President for four years.

He has participated in and helped organise many of the social service activities of Giants International.

A happy contented man, Madhavan heads a close-knit family. His wife, Dr. Geeta is a professor at the SIES College, Sion. His daughter Divya is married. Her husband, Dr. Prashant runs his own business, while son Dhruv studies for BMS at SIES College, Sion.

Before Flyjac was set up and before it could become a paying company, Geeta stepped in to run the family, enabling Madhavan enough peace of mind to establish the new outfit. ■



Warriar Foundation's Balmindir

care and sustenance to help them lead more meaningful lives. It periodically organises eye donation camps, blood donation drives and also raise funds, foodgrains, clothes as were required to render help to the victims of the earthquake in Gujarat, the Tsunami affected people and other natural calamities.

The Foundation discovered during one of its eye check up camps that about 15% of children in Mumbai need spectacles. The Foundation provides that. It is also engaged in the amelioration of the plight of the blind in India, realising that 40 million of the total world wide, 15 million blind are in India. It organises eye donation



JWC Logistics Container Freight Station with Tata Jaguar Cars just unloaded



GHODBUNDER ROAD-II MALAYALEES WITH SOCIAL INVOLVEMENT

Ghodbunder Road that is fast developing into a popular residential area has several Malayalee organizations and Malayalees living there.



Lakshmi
Venkatachalam

Hiranandani Estate Malayalee Association (HEMA)

Hiranandani Estate Malayalee Association (HEMA) was established in 2009 with the objective of bonding the Malayalees living in this area. Another important aim of HEMA is to revive the historical and cultural values of Kerala and keep alive the antiquity and richness of the Malayalam language. It also aims to recognise the inherent talents and skills of the youth

and give them a global perspective. HEMA makes it a point to involve itself in socially relevant activities with educational and medical help. Every year the Association celebrates Onam with cultural events and traditional Onasadya. Madhu Nair is the President, Madhu Menon is the Secretary, and KP Jayaram is the Treasurer.

The Ayyappa Samajam

The Ayyappa Samajam at Hiranandani Estate celebrates Mandala puja every year and annadaanam is offered to people without any distinction of caste or religion. The Mandala Puja celebrations are conducted for a period of three days in November- December during mandala masam.

Kairali Samajam

Kairali Samajam at Manpada, another Malayalee organisation in Ghodbunder Road, celebrates Onam every year.

Vijay Park

Vijay Park is another complex and though there is no Ayyappa temple within the complex, the Malayalees living there celebrate Mandala puja every November –December with Mandala puja and annadaanam.



St. Stephen's Orthodox Church in Ghodbunder Road

PROMINENT MALAYALEES

Sreekanth V Nair Social worker and businessman



■ Sreekanth V Nair, born and brought up in Thiruvananthapuram came to Mumbai in 1979.

He started his career as a marketing executive and later rose to become a marketing Manager.

He started his own business in 1985, called *Master Group of India* and opened a restaurant called *Kera Retreat* serving authentic Kerala food. Sreekanth started *Amma Associates* in 2005, that provides manpower solutions. This includes training and recruitment for call centres and BPOs, real estate consultancy and property development, tours and travels for promoting health tourism, catering contractors, event management and marketing undertakers.

Sreekanth has worked actively to help resolve various issues faced by the less privileged members of the society. He is the President and founder of the "All party Jhopadpatti Action Samithi" to protest against the eviction of tribals and the poor near the forest against the forest authorities and various other Government bodies. The verdict of the Supreme Court of India is awaited. Nearly 35,000 Jhopadpatti's were directly benefited through this.

A former Vice Chairman of Railway Action Committee (RAC), and currently Chairman of Yatra Samithi, Thane Zone

and Vice Chairman of Yatra Samithi Central Committee that focusses to get new trains from Mumbai to Kerala as a daily service and to increase the services of Garib Rath and Duranto Express.

Providing medical assistance to cancer, heart and other critically ill patients, educational assistance by way of cash, free books, stationery items and uniforms to poor children are part of his charitable activities.

Sreekanth Nair is Thane District Pramukh Siva Sena South Cell, Maharashtra State Executive Member of BJP, and former state Executive member of Nationalist Congress Party (NCP).

He is Chairman of Stage India Academy, Thane - a school of fine and classical arts, President of Thane Karma Prathistan (NGO), Programme Committee Chairman of ATMA, and several other Malayalee organizations. His parents are the late Velayudhan Nair and Smt Thankamma, and he has 4 brothers and a sister.

Thara Varma Versatile Artiste



Poonjar Palace in Kottayam. Thara is Director of Stage India Academy and member in the ad hoc Committee of

■ Thara Varma is a prominent kathakali artiste belonging to Poonjar Royal family. Her parents are Varanakodu Subramanian Namboothiri and Sreemathi Thampuratty,

Kerala Sangeeta Nataka Academy Mumbai zone.

Thara started learning dancing from the age of four and kathakali from the age of 9 under gurus Nelliyyodu Vasudevan Nambuthiri, RLV Damodar Pisharody and FACT Padmanabhan. She performs pacha vesham, kathi vesham (male roles) and stree vesham, like Nala, Karna, Bheema Rugmada, Duryodhana, Ravana, Damayanthi etc.

Thara has won several awards for her kathakali performances and has performed on many stages in Kerala, Mumbai and other major cities. She also organizes cultural programmes.

She won the 2011 Jwala Mumbai Navarasa Mahila Ratnam, and has thrice won the K K Raja Kathakali Competition held in Kerala. She is a senior member of Thripunithura Vanitha Kathakali Troupe.

She has two brothers and two sisters. Thara has two sons Rakesh and Gokul. Rakesh works with an advertising Company as group Brand Manager while Gokul is studying ACS.

Thara is a graduate working with Kotak Life Insurance.

Viji Venkatesh Cancer Care Icon



■ Viji Venkatesh brings with her 27 years of professional experience in cancer patient care and support in her role as Country Head India at The Max Foundation.

Viji hails from Thrissur and her parents are the late TK

Ramakrishnan and Lalitha Ramakrishnan. Her husband Venkatesh belongs to Trippunithura, and worked in the Petro Chemical and Carbon Black industry prior to retirement,

Viji began with The Max Foundation in 2001 by leading the administration of the Glivec International Patient Assistance Program (GIPAP) in India. Today, in addition to GIPAP, she has a key role in the management of the local Novartis Oncology Access Program (NOA). During the last ten years alongside these access programs, she has developed the Friends of Max (FOM) patient support group, which began in Mumbai and now has fifteen local chapters throughout India with over 150 core group volunteer leaders representing more than 10,000 members.

Through the years, Viji has served many community leadership roles in the cancer care arena; including her time as the Asia Coordinator for the International Union against Cancer (UICC) where she developed and led symposia, workshops and learning programs. She was also instrumental in setting up the Preventive Oncology Department at Tata Memorial Hospital in 1991, where she still contributes to the renowned institute as an active member of its Ethics Committee.

She is also one of the Executive Committee members of the Marrow Donor Registry India and the Terry Fox India Committee. She is a Trustee of the Being Human Foundation as well as the Friends of Max Charitable Trust.

In 2009, Viji was awarded the Scroll of Honor for her outstanding contribution in the field of Social Service by the Health Minister of Bihar at the World Cancer Day Celebration in Patna.

Viji and Venkatesh have two sons. Vivek is Director and Assistant Professor of Graduate Programmes in Education Technology, Concordia University in Montreal. Their younger son Vinay is in advertising and is also the lead singer of a very popular heavy metal band of the country.

R Ramakrishnan Senior Mentor



■ 76 year old R Ramakrishnan is Patron and CFO of Bharat Education Society, a charitable Trust formed in 1996 that runs Karthika High School and Junior College. This Organisation

provides Malayalee students considerable financial help and gives



Kodungalloor Temple in Tikujiniwadi Road

several facilities for their upliftment. He has been associated with the Trust / Society in various capacities as Vice-president, CEO and Treasurer and is currently its CFO. He is also involved in the creation of its Neral Project including Matheran Valley Institute of Excellence and Matheran Valley English Medium School under the guidance of the Honorary President Dr. Gopakumar G Nair.

Ramakrishnan is a member of Lake City Malayalee Welfare Association, NSS Thane, Hill Garden Ayyappa Sangham and Ramadas Mission, Ramakrishna Ashram etc.

Ramakrishnan worked in various industries and finally joined DGCA, Ministry of Defence from where he retired as Scientific officer in 1993. He attended a number of courses/training centers and also worked as a lecturer in the institute of technical studies at Kanpur. He worked as deputy inspector SQAE at Ahmedabad, Hyderabad, and Indore. He had received an appreciation award from DGQA for his outstanding service.

Son of the late Nenmali G Raman Pillai (Headmaster of Government High School) and late Uchipuzha Karthyaini Amma, both from Peringara village of Tiruvalla, Pathanamthitta District and educated in Kerala, Ramakrishnan came to Mumbai in the 50's and studied at VJTI Mumbai. He was the captain of football and hockey teams and played for MAC under the guidance of coach the late Krishnan. He was also the Gymkhana General Secretary of VJTI. Every year Onam was Celebrated jointly at Khalsa College under the guidance of late G P Nair, Managing Director of Bombay Drug House.

The youngest of four sisters he and his wife Padma have two sons and a

daughter: Sanjeev, who is settled abroad, Ranjeev, who is working in Central Excise and Veena, a Senior Teacher of Karthika High School and Jr. College and a member of the Managing council of Bharat Education Society. Veena's husband is Sashikumar Nair working with Aditya Birla Group and an active social worker.

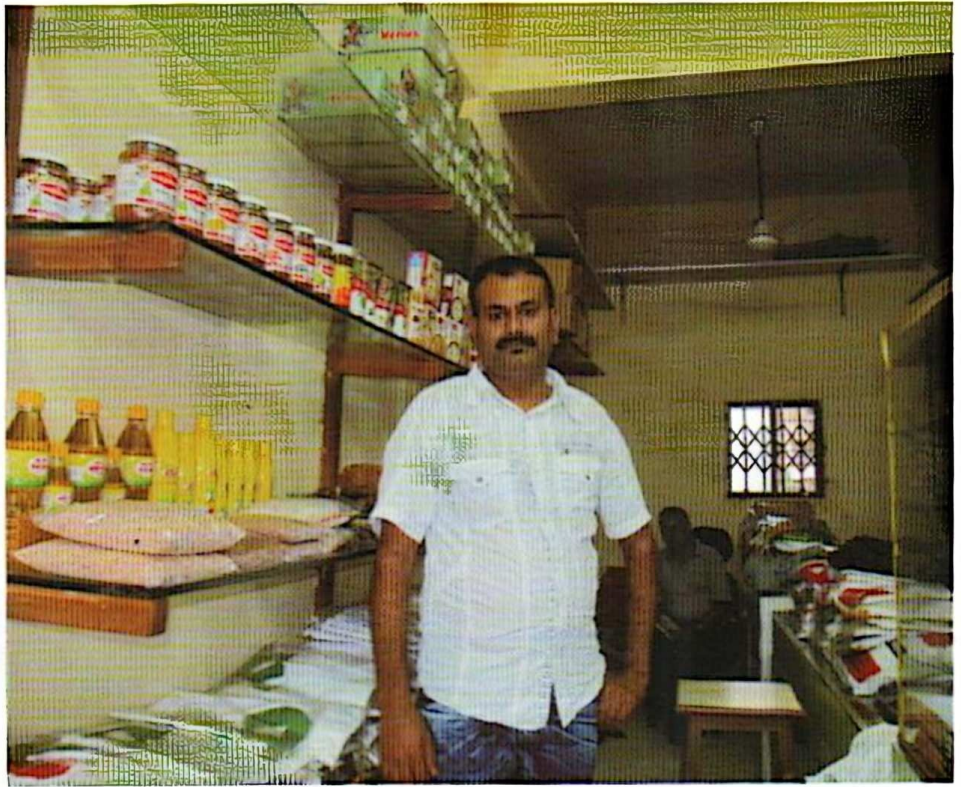
Ramakrishnan's wife Padma is the daughter of late Thekkurupath Balakrishna Menon, Trichur and late Saraswati B. Menon of (Varil) Saraswati Mandir, Vanchiyoor, Trivandrum. She is the eldest of four sisters and one brother, and is a house-wife.

Satheesh and Shobha Business couple

■ Satheesh is a businessman having his own company Hygienic Pest Control for the past 30 years and having reputed clients like MTNL, BSNL, Larsen & Toubro, Railways, etc. He is also an active member of IPCA. On the social front, he is Managing Committee Member of Ayyappa Temple Trust, Vartak Nagar, Thane, Kairali Cultural Association, Lake City Malayalee Samajam, Malayalee Chamber of Commerce, Rotary Club, YMCA etc. Satheesh hails from Kollam and his parents are the late GK Nair and Saraswathi Amma. He was born and



brought up in Mumbai. Before setting up his business in Mumbai, Satheesh worked in Bahrain for some years. Satheesh's wife Shobha runs a lady's beauty parlour that specializes in bridal make – up. Her hobbies include singing, painting, dancing. Shobha was member of Inner Wheel Club (Ladies wing of Rotary Club) since 2000 and was nominated as the President in 2006-07. During this time, she bagged the President Award for meritorious services rendered to the community with additional five more awards for her achievement from the District. They have two sons Girish and Ganesh. Girish has pursued his MBA from London and Ganesh is doing his final year in Mechanical Engineering. The family loves to travel and has visited several places in India as well as abroad. Satheesh's hobby includes trekking and he and his wife have gone on Himalayan expedition, Desert Festival (Jaisalmar) and completed parikrama of Holy Kailash Manasarovar. They are planning a Mizoram trek this year.



Neelima Centre that sells Kerala items and its owner Kuty



Pookkalam by Panvel Keraleeya Cultural Society at Panvel Railway Station

HILL GARDEN AYYAPPA BHAKTA SANGAM

Sashikumar Nair, Secretary, Hill Garden Ayyappa Bhakta Sangam, Ghodbunder Road



■ Hill Garden was one of the very few housing complexes to come up along the Ghodbunder Road zone some two decades ago, located right opposite the famous Tikujiniwadi Holiday Resort. It consisted of 312 flats and 94 row houses and a small Shopping Centre. The initial population in the Complex never exceeded 25 per cent or so, because of inadequate transportation facilities, no proper roads, poor electricity and no proper municipal water connection. Yet the members in the complex maintained a healthy and harmonious relationship cemented by cultural and religious activities.

It was during one of the usual 'evening sessions' in the complex that the idea of starting a Mandala Pooja came up. With hardly a dozen Malayalees and other South Indian families, it was doubtful if a meaningful beginning was possible, but we decided to take a plunge. In the mandala season of 1996, we started the first Pooja in an informal way, and to give it an identity the Hill Garden Ayyappa Bhakta Sangam was established.

Although it has always been a one day affair -- held on the

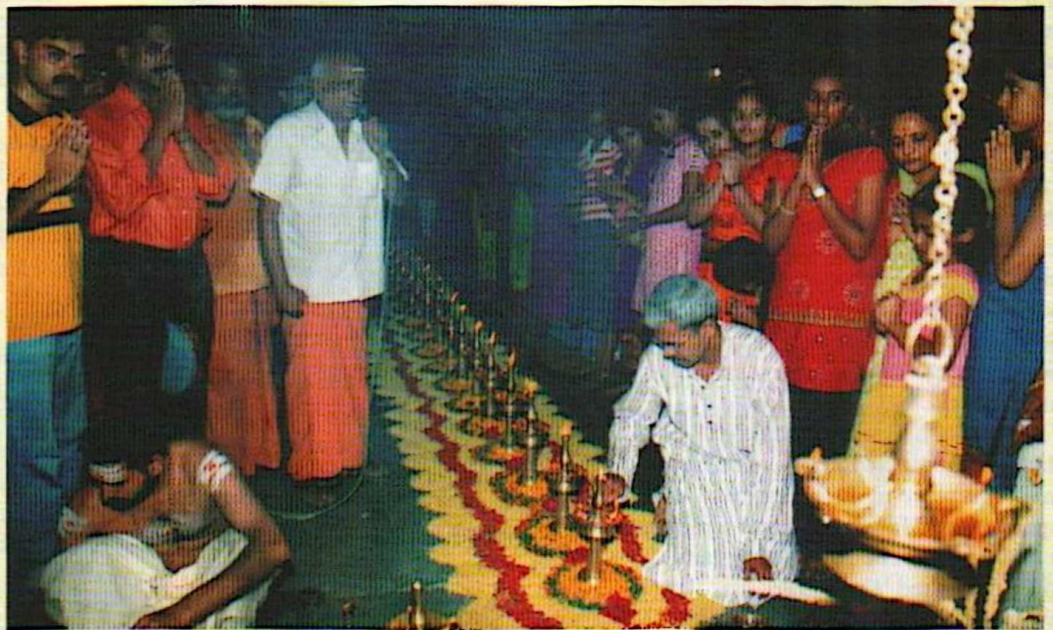
first Saturday of December, the Pooja evoked tremendous response from the residents of the complex, irrespective of their regional and religious attachments; the Pooja being conducted essentially from spontaneous donations from them, devotees, and other public including a few sponsorships.

For the last 16 years the Sangam has been able to conduct the Pooja

festival uninterruptedly, with the blessings of Lord Ayyappa. The Pooja is conducted in the traditional Kerala style; the temple created with banana bush stems, tender coconut leaves, genuine floral decorations and other connected arrangements. The team to set up all these always come from Kerala who are familiar in doing such jobs, as also the Chendamelam and the Panchavadyam group. The event has always received tremendous support and co-operation from the local Ayyappa temple at Vartaknagar, and the Kodungallur Bhagwati temple at

Tikujiniwadi Mahadev temple to the accompaniment of Chendamelam or Panchavadyam and culminate at the Club House, the venue of the Pooja. The final lap of the programme is the actual Ayyappa Pooja itself to the accompaniment of Bhajans followed by Maha Deeparadhana, fire works and Prasadam Distribution.

We also readily respond to other religious calls, such as receiving the Ramanavami Ratha Yatra procession of His Holiness Swami Krishnananda Saraswathi Maharaj of Sree Rama Dasa Mission Universal Society,



Mandala Pooja celebrations of HGABS



Guruswami
R Shankaranarayanan

Tikujiniwadi.

The Pooja celebrations more or less follow a fixed pattern, starting with Maha Ganapati Homam in the morning, then Narayaneem parayanam, Kirtans and Bhajans by women devotees, Bhagavathy Pooja, Vilakku Pooja and Annadaanam. The response to annadaanam

is so great that every year close to a thousand devotees from the complex and other adjoining areas including the nearby Konknipada village take the opportunity of getting the Lord's prasadam. The evening session starts with a Talapoli procession from the

Badlapur - West.

This year the Sangh distributed about 825 school exercise books, etc to 150 students of the Konknipada Municipal School coming from the underprivileged section of society. We wish to pursue such activities in future to the best of our financial capacity. The Sangam plans to provide medical aid to the poor and the needy.

Even though many of the original volunteers have left the complex for other locations, they continue to provide their moral, physical and financial support to the cause.

KG Kutty is the President, K Sivan Treasurer and Sashikumar Nair is the Secretary of HGABS.

RAO BAHADUR T M APPU NEDUNGADI

He Pioneered Publication of Malayalam Novels, Malayalee Banks and Exclusive School for Emancipation of Girls in Malabar

Satyanath

There were no schools and a few that existed in Malabar a hundred and fifty years ago had only classes upto IV standard. People educated upto IV standard were employed as Village Officer (*Adhikari*), Village Assistant (*Menon*), teachers, clerks, document writers and even *vakils* in Panchayat courts. In big towns, there were upper primary schools having classes upto VIII std. High schools were far between. There were only two colleges, at Palakkad and Thalasseri respectively. There were no newspapers and books except some religious ones. Even rich people had no money to bank and hence no banks. In the absence of information, superstition thrived and gossip was the source of information.

Born into that age, Thalakkodi Mathattil Appu Nedungadi occupies an important place in the history of Kerala especially of Malabar. He was a pioneer in many ways. The first Malayalam novel published '*Kundalata*' was written by him. The Nedungadi Bank, the first private bank of South India was also founded by him.

Appu Nedungadi was born on October 11, 1860 to the third senior Raja, Manavikraman Thampuram of Kozhikode and Thalakkodi Mathattil Kunjukutty Amma of Kothakkurissi, Ottapalam. He lost his father when he was only 13 and the very next year he lost his mother too. It was his uncle who brought him up at Ottapalam.

He started his school education in Government School, Kozhikode and F A (equivalent to the present Plus Two) at Kerala Vidyalayam (later known as Samoothiri College and now



Guruvayurappan College) and B A from Government College, Madras. After graduation, he became a teacher at Kannur and later Mission School, Kozhikode. Later he moved to Madras and joined Madras Christian College as Tutor. During this time he married Meenakshi Amma. He also joined for B L (Bachelor of Law) at Madras Law



Appukkuttan Nedungadi TM, Rao Bahadur Appu Nedungadi T M, Kunhan Nedungadi, Neelambaran Vallilath Madhathil, Meenakshi Amma Vallilath Madhathil, Vasudevan Vallilath Madhathil

College. He wrote the first Malayalam novel '*Kundalata*' (1887) and published it while preparing for BL.

Kundalata cannot be considered as a perfect novel meeting all requirements of a modern novel but its shortcomings took it to lower levels but no one can deny this novel its prime spot as the first Malayalam novel. The female characters are much stronger and they are not submissive but modern in their outlook and they travel a lot using all modes of transport then available.

Nedungadi became an advocate at Kozhikode and was appointed Government Pleader in 1906 and continued in this post till 1916. He started a newspaper '*Kerala Sanchari*' and later '*Kerala Patrika*', '*Vidya Vinodini*' and a few more periodicals. He was the publisher and editor of these periodicals.

In 1899, Appu Nedungadi established the first private bank, '*The Nedungadi Bank*'. The only functioning bank then was the Imperial Bank which later became the State Bank of India. In 1913, the bank was registered as a company and Appu Nedungadi became its first Managing Director. Following this, he resigned from the positions of Pleader and Public Prosecutor and also stopped legal practice. The Nedungadi Bank merged with Punjab National Bank in 2003. He died on November 16, 1933.

Appu Nedungadi was inspired to write '*Kundalata*' by the English novels and stories of Shakespeare's plays he read and studied. Though this book may now be found mediocre, its historical importance can never be denied. *Kundalata* can be read on internet as an e-book.

Nedungadi was very progressive in outlook. During

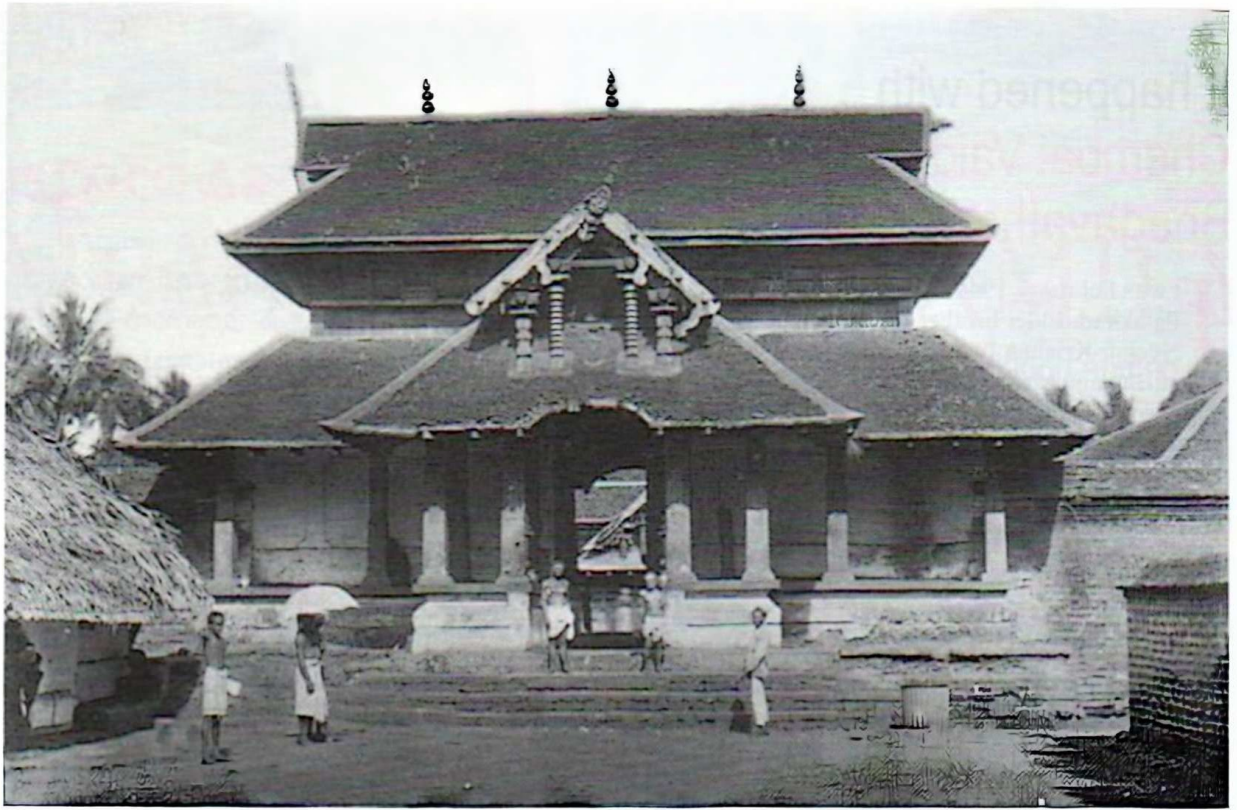
the construction of Nedungadi Bank building at Kozhikode, he used to join labourers and saw wood himself. When there was no school for girls, he started an English medium school exclusively for girls and enrolled his two daughters in it. He did not hesitate to appoint foreigners to teach English language. Later he handed over this school to the government

and now it is known as Achuthan Girls High School. His eldest daughter studied upto Intermediate and the youngest daughter became a graduate. Another daughter Madhavikutty Amma translated Tagore's play 'Post Office' into Malayalam. During a solar eclipse, he took his daughters out and showed the eclipse reflected on water. He did this to educate others that there was nothing religious about the solar eclipse but it was only a natural phenomenon.

Nedungadi was an ardent social worker and was elected Chairman of the Kozhikode Municipality for two successive terms. He opened the road in front of the Tali Temple to people belonging to lower castes even as upper caste people objected to it. There was a custom then that women belonging to the lower castes were not allowed to cover their bosom but Nedungadi took a progressive view and distributed stitched blouses to all women of lower castes, at his own expense. He was the first man to own a motor car and a gramophone in Kozhikode.

He ventured into business too. He started shops dealing in milk and milk products, general provisions, textiles and coconut products. He even founded a business firm under the name of 'Nedungadi Brothers'.

He wrote articles and poems in his periodicals and cultivated love of literature among the people. His contributions to society may appear quite ordinary to present generations but those days, each of his steps was looked



Tali Temple



K P Kesava Menon

upon by people with amazement and appreciation.

K P Kesava Menon, the founder and editor of 'Mathrubhumi' wrote about him: "The present generation can imbibe the positive characteristics such as honesty, dedication, punctuality, systematic conduct in daily routines, positive behaviour towards others and the urge to earn fame through social work from Appu Nedungadi." ■



Flag hoisting on Independence Day by Vikhroli Malayalee Samajam members at their Samajam office.

It happened with Chembai Vaidyanatha Bhagavathar

It was February 1946. Thyagaraja Mahotsavam at Palakkad. Elder brother of Erode Viswanatha Iyer, Nechur Krishna Iyer was conducting music Classes at Bhajana Mathom, Kalpathi. The three day music festival was held in this Mathom. It was a parallel festival to Thiruvayyar festival. The concert was by M D Ramanathan, then a student of Government Victoria College.

The concert began at 4.30 p m.

Chembai Vaidyanatha Bhagavathar along with Chathapuram Subba Iyer and friends reached the venue.

There was hardly any place to sit. Chembai saw some place and went ahead and sat there without giving much thought to the people sitting around.



Suddenly one man stood up from behind and shouted at him "Despite being old, why don't you show some courtesy. You should move away from women's section."

Chembai was stunned. He felt ashamed and insulted. He stood up and left the venue. Palakkad Rama Iyer, Subba Iyer and Krishna Iyer ran after him. "That man said something without recognizing you. You shouldn't take it seriously and should return."

"Doesn't matter," Chembai said, "Everything will be fine."

After that Chembai never attended Kalpathi Music Festival.

1962 April 23.

Chembai was holding a concert at Tanjore in connection with the wedding of his friend's daughter. Palakkad Mani was on Mridangam. After 'Thaniyavarthanam', Chembai praised Mani in the middle of the concert, "Mani played marvelously No one can play like this 'payal'."

It was Chembai's habit to comment during the concert and use words like *payal*, *chekkan* (of course with affection) etc about his accompanying musicians and the latter in turn accepted the compliment sportingly.

Some people who were bent on creating trouble, however, shouted against his use of 'payal.' They demanded that he should withdraw that word and apologise. Next day local newspapers flashed the news. Some people sat in *dharna* in front of the house where Chembai was staying.

Though Mani asked him not to, Chembai withdrew the word and apologized.

Next issue: P C Kuttikrishnan (Uroob)

കവിത

ഓണം കേറാമുലകൾ

എത്രവേഗമാണെന്നോ കാലം
 മാഞ്ഞുപോകുന്നു; വീണ്ടും
 ഓണക്കാഴ്ചകൾ കാണാൻ
 മാവേലി വന്നെത്തുന്നു!
 കേരളക്കരയാകെ
 പൊൻകസവണിയിച്ചു
 ഗ്രാമനേതാക്കൾ എങ്ങും
 വരവേല്ലൊരുക്കുന്നു!
 രാജവീഥികൾ, പിന്നെ
 നഗരപ്രാന്തങ്ങളും
 നീതിമാൻ മാവേലിക്കു
 സ്വാഗതമോതീടുമ്പോൾ
 മാനവീയത്വം മർത്യ-
 ചിന്തയിൽ കൊളുത്തിയ
 സ്നേഹനാളങ്ങൾ തല്ലി-
 കൈടുത്ത ദുർമ്മേദ്യയിൽ
 രക്തം പങ്കിലമായോ-
 രീ വീട്ടുമുറ്റത്തോണ-
 ങ്കുക്കളും തീർക്കാനാകാ-
 തെന്നും വിതുവു നൂന്നു!

തൻപ്രജ ചെല്ലുന്നേട-
 തൊക്കെയും നിഴൽപോലെ
 മംഗളം നേർന്നുകൊണ്ടു
 മാവേലി വന്നെത്തുന്നു!
 നിത്യവും ഓണംപോലെ
 ജീവിതം നയിക്കുന്നോ-
 രിവിടെയാഘോഷത്തിൻ
 പൂത്തിരി കത്തിക്കുമ്പോൾ
 ഓടയിലൊതുങ്ങുന്ന
 മനുഷ്യപ്പേക്കോലങ്ങൾ
 വിശപ്പിൻവിളിയുമായ്
 വന്നു നിൽക്കുന്നു മുന്നിൽ!
 ജീവിതദുരന്തത്തിൻ
 നീർക്കയങ്ങളിൽ മുങ്ങി-
 തൊഴുമീമനുഷ്യന്റെ
 കറുത്ത പിത്രങ്ങളിൽ
 പൂക്കളും പൂത്തുമ്പിയും
 പൂവിളികളും നല്ലൊ-
 രോണസങ്കല്പംപോലും
 കാണുവാനായില്ലല്ലോ!



പവിത്രൻ കണ്ണപുരം

KUMAR PILLAY

COMPASSIONATE FAMILY

Kumar Pillay and Sarala Pillay are Mumbai Malayalees having spent their childhood and now working in this city. Their house reflects the Malayalee ambience with a cosmopolitan touch.

Elvee

There is a Ganesha wall hanging and a Krishna idol within a niche near the entrance and there is a colourful array of beautiful pictures of Gods within a well-lit puja room in the hall that has bells hanging in the wooden door with carved grills. The children are smart and ambitious, equally at home with Mumbai and are also aware of their roots.

Kumar Pillay belongs to one of the oldest tharawads of Cherpalasserry, Thekketh Ammanyangotu kurisi kalam. Cherpalasserry is 17 kms from Ottapalam in Palakkad district. His father the late Dr NPN Pillay left his home town early in the 20's for Chennai and later Mumbai where he settled and retired as Resident Manager

of New India Assurance Company. Dr Pillay was a homeopathic doctor and practised at Chembur and dispensed free medicines for poor people at his clinic. Kumar's mother the late Sridevi kutty was a home - maker. It was maybe his father's altruistic nature that was passed on to Kumar's genes. He offers monetary help to poor people for educational, medical and financial needs. Free distribution of note books to poor school-going children, money

Kumar and Sarala believe that they should share what they have with those who are less fortunate than them.

for medical treatments are part of his charity.

Both Kumar and his wife believe that they should share what they have with those who are less fortunate than them. Sarala does voluntary social work for poor cancer patients. In her own way she helps the less privileged in cash or kind, be it money or food.

Kumar completed his schooling from Fatima High School in Vidya Vihar and graduated in Chemistry from Khalsa College. Later he completed his post-graduation in Management. His first job was at Paintal Organics Pvt Ltd as Marketing Officer. Later he joined an Indo- French Civil Engineering company STUP Consultants Ltd as Manager Publicity and Public Relations. While working, Kumar did a number of diploma and certificate



Anish, Sarala, Kumar and Sneha: Family photo

courses in Business Management, Advertising Management and Advanced Diploma in Product Management.

In 1991, Kumar Pillay joined Aditya Birla Group, one of the largest business houses in India as Manager (Advertising and Public Relations,) in Indian Rayon and Industries Ltd (White Cement Division) which was later merged with Grasim Industries in 1999. After the Cement business of Aditya Group was consolidated, Kumar Pillay has been with Ultra Tech Cement Ltd. He is now Vice – President - Head of Marketing Services, responsible for all advertising and sales promotion, market research and Public relations. As Head of Marketing Services, he has established the brand Ultra Tech as a premium player in its category that has now won consumer-validated 'superbrand' and 'powerbrand' titles.

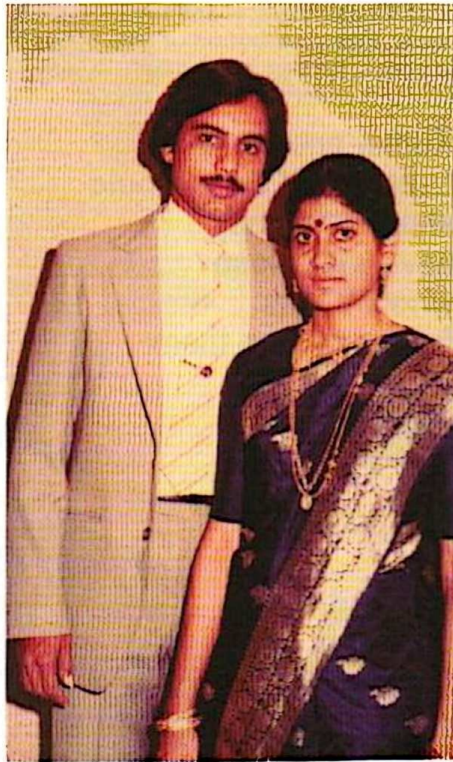
With more than 25 years of experience in marketing and Advertising, Kumar Pillay was conferred 'Iconic Marketing and Communication Professional of the year 2011 -12' by 'Powerbrands.'

Kumar's wife Sarala hails from Nemmara in Palakkad and studied in Mumbai. Her parents are the late KS Nair and the late Sulochana Nair. She spent her childhood at Santa Cruz, studied at St Teresa's Convent and completed her B Com from NM College. Having lost her father at a very early age, her mother, Sulochana, was employed with the Railways where her father was working, and Sarala herself started working with MTNL (earlier Bombay Telephones), even before she finished her graduation. She has three elder brothers, Sudarshan, Suresh and Ramdas. Kumar has an elder brother, Devidas who is currently in Dubai.

Kumar and Sarala got married in 1984 at Kochu Guruvayur temple in Matunga. It was an arranged marriage. They have a daughter Sneha who has completed her MBA from Welinkar's and is currently working for a Consumer Research Company IPSOS.



Hall of fame 2011: (L-R) Deepak Kaistha, Lord Meghnad Desai, Kumar Pillay and Dr Anuj Saxena



Wedding Photo

She has learnt Bharatanatyam. Sneha is interested in both Indian classical and western dance and is currently learning salsa. She did her schooling at Fatima High School and graduation from SIES College.

Kumar and Sarala's son Anish also did his schooling at Fatima High School and is now doing his fourth year Mechanical Engineering at Somaiyya College. He is keenly interested in sports and plays squash, football, badminton etc. He is goalkeeper in his college football team. At the All India Robocon Competition held recently, his college team won the first place in Mumbai and 10th in India. He was the head of the designing part of his team. His ambition is to go to the US for higher studies. Sneha's aim is to concentrate on her career for some more time before settling down to marriage.

The family regularly goes on vacations to different places in Kerala as well as other parts of India and sometimes abroad. ■



Kumar and his family members at their *Tharawad*



Kumar's ancestral house - Thekketh Ammanyangotu kurisi kalam

RAJA RAVI VARMA

THE IMMORTAL PAINTER PRINCE

Popular as the Prince among Painters and Painter among the Princes, Raja Ravi Varma (1848 – 1906) was the greatest painter artist the country had ever seen

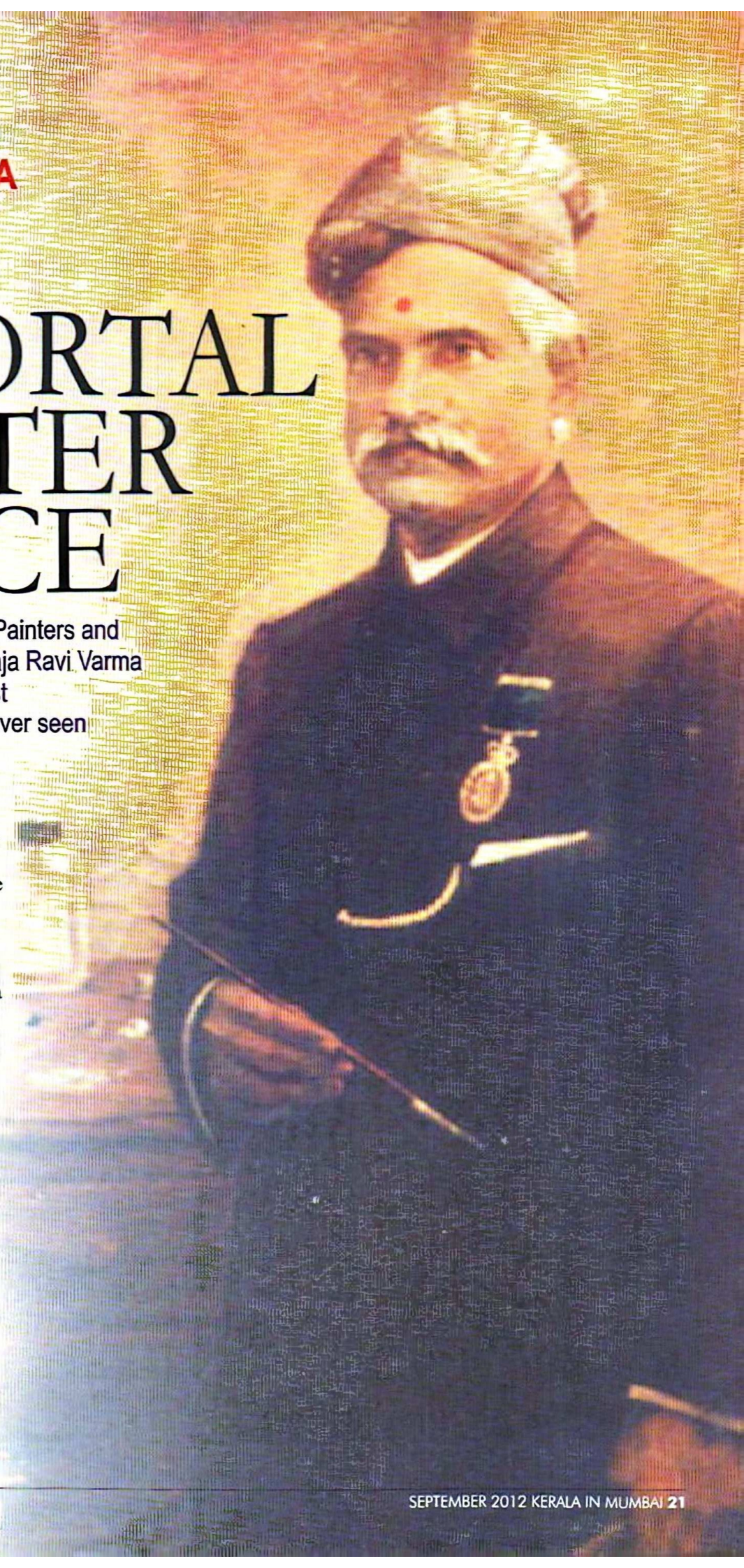


K R NARAYANAN

■ Artist Raja Ravi Varma (29.04.1848 to 2.10.1906) was an immortal painter-artist of the Kilimanoor branch of the erstwhile Travancore Royal family. The Raja achieved great

recognition for his depiction of scenes from the Indian epics like Mahabharata and Ramayana. His paintings are considered to be the best examples of the integration of Indian mythology and traditions with the techniques of academic art of the west. The Raja is most remembered for his portrayal of shapely and graceful Indian women in the traditional attires of different Indian regions. Even the Indian Goddesses were portrayed as the typical sari-clad aristocratic Indian women.

Till the middle of the 20th Century, these pictures of gods and goddesses adorned most of the Indian households - thanks to the leading manufacturers of cosmetic products in India in those days. Though Raja Ravi Varma passed away in 1906 at the age of 58, he is remembered even today as a great painter in the history of Indian art. Raja Ravi Varma's exposure to the west





Menaka and Viswamitra

commenced ever since he won the first prize in the Vienna Art Exhibition in 1873. He received widespread acclaim after this achievement. He travelled throughout India in search of subjects. He often modeled Hindu Goddesses on Indian women, whom he considered beautiful. Ravi Varma is particularly noted for his paintings depicting episodes from the story of Dushyanta and Shakuntala, and Nala and Damayanti, from the Mahabharata. His representation of mythological characters has become a part of the Indian imagination of the epics. A few, however, sometimes criticized him for being too showy and sentimental in his style. Nevertheless, his works remain very popular both within India and abroad.

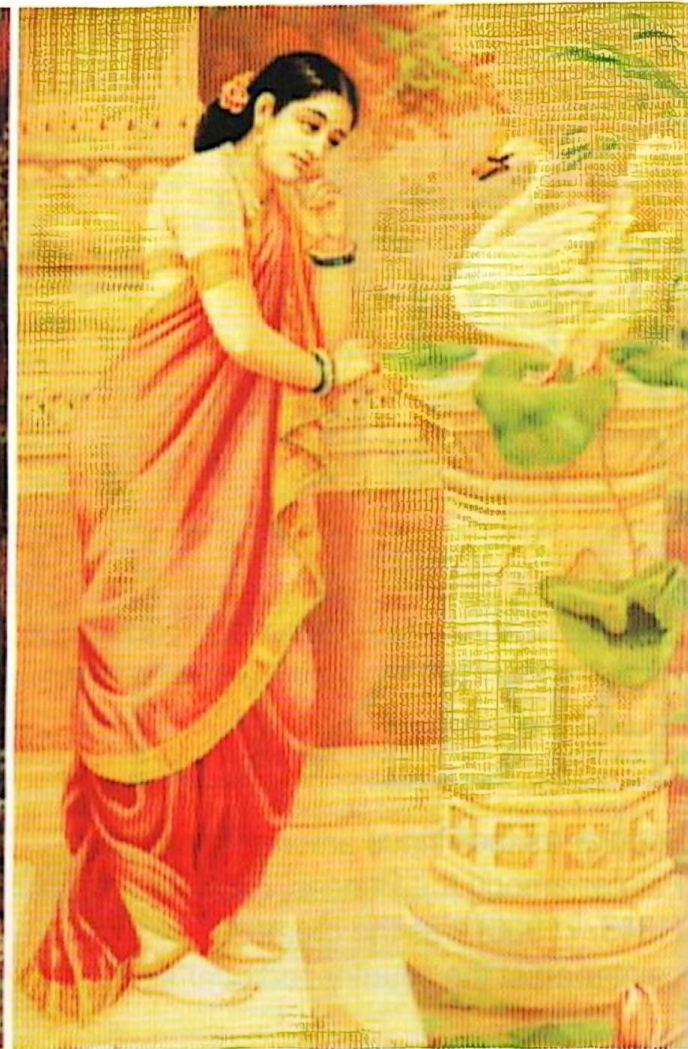
Personal Life

This great painter was born as Ravi Varma Koil Thampuran of Kilimanoor Palace in the erstwhile princely state of

Travancore in Kerala. His father Ezhumavail Neelakanthan Bhattatiripad was an accomplished scholar, and his mother Umayamba Thampuratti was a poetess and writer. (Ravi Varma published her work Parvati Swayamvaram after her death). His siblings were C. Goda Varma (b.1854), C. Raja Raja Varma (b.1860) and Mangala Bai Thampuratti, who too was a painter. At a young age, he secured the patronage of H. H. the Maharaja Ayilyam Thirunal of Travancore, a relative of his, and began formal training thereafter.



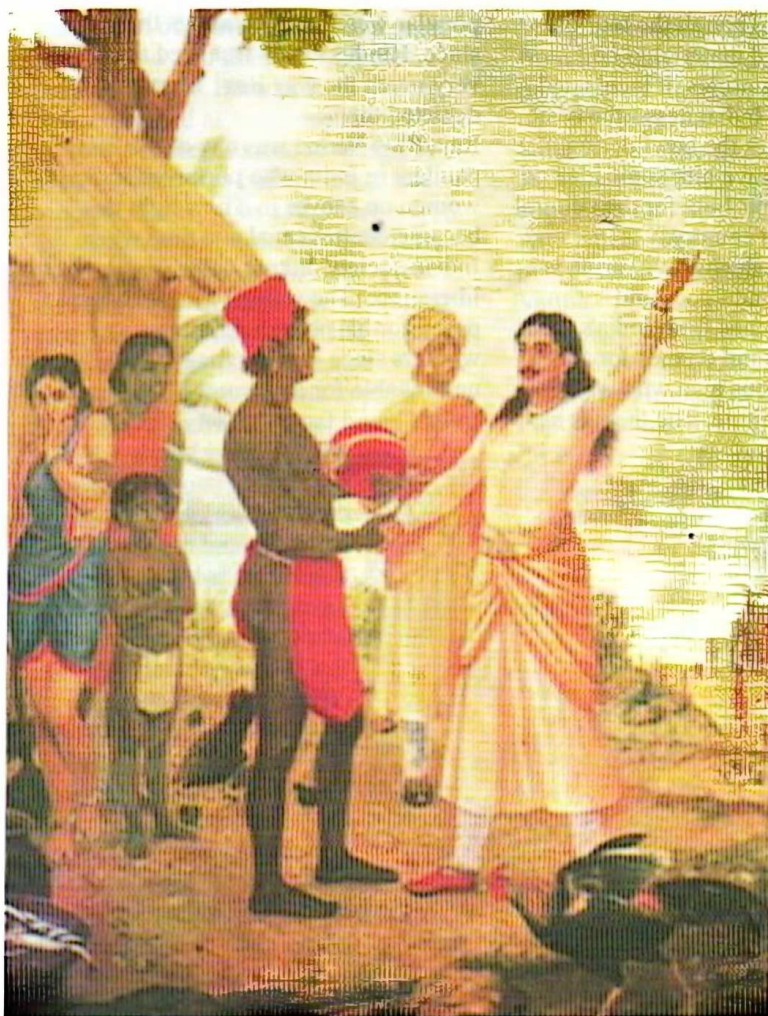
A Store House of Ravi Varma Paintings: Sri Jayachamarajendra Art Gallery, Mysore



Damayanti and Hamsa

Raja Ravi Varma was married to Puroruttathi Nal Bhageerathi Amma Thampuran of the Royal House of Mavelikara and they had two sons and two daughters. Their eldest son, Kerala Varma, born in 1876 went missing in 1912 and was never heard of from again. Their second son was Rama Varma (b.1879), an artist who studied at the JJ School of Arts, Mumbai, married to Gowri Kunjamma, sister of Dewan PGN Unnithan. Raja Ravi Varma's elder daughter, Ayilyam Nal Mahaprabha Thampuran, appears in two of his prominent paintings and was mother of Maharani Sethu Lakshmi Bai of Travancore. He had another daughter, Thiruvathira Nal Kochukunji Thampuran, grandmother of Chithira Thirunal Balarama Varma Maharajah.

His descendants comprise the Mavelikara Royal House, while two of his granddaughters, including the Sethu Lakshmi Bai, were adopted by the Travancore Royal Family, the cousin family of the Mavelikara



Bheeshma Pratigna

House, to which lineage the present Travancore Maharajah Uthradom Thirunal Marthanda Varma belongs. Well known among his descendants are writer Shreekumar Varma (Prince Punartham Thirunal), artists Rukmini Varma (Princess Bharani Thirunal) and Jay Varma, classical musician Aswathi Thirunal Rama Varma and such others.

The Raja

In 1904, the then Indian Viceroy - Lord Curzon - bestowed upon Raja Ravi Varma the Kaiser-i-Hind Gold Medal, on behalf of the King Emperor. At this time, his name was mentioned as "Raja Ravi Varma" for the first time - to the great chagrin of the then Maharaja of Travancore, Sri Moolam Thirunal. Ravi Varma, however, defended the title stating that his ancestors had been the Rajas (Kings) of Beypore in Malabar and, besides, as per the Marumakkathayam (matriarchal tradition) the name of the maternal uncle (Raja Raja Varma) was prefixed to the name. Thereafter he always remained

Raja Ravi Varma.

The Innovative Artist:

No other Indian artist blazed as many trails as Raja Ravi Varma in India. He was the first Indian to master perspective, the first to use human models to depict Hindu gods and goddesses, the first to make his work available not just to the rich but to ordinary people too. The immense popularity of his work also made this deeply pious aristocrat the first Indian artist to become well known - before him painters were largely anonymous. Western painting fascinated Ravi Varma and he instinctively sympathized with



There comes Father

its vigorous realism, so different from the stylized, contemplative Indian tradition. He also preferred oil paints, then new in India, to tempera, the traditional Indian medium. Though Ravi Varma had to teach himself the techniques of oil painting, by the early 1870s he was mixing oils perfectly, and his portraits show a remarkable ability to depict a variety of skin tones and fabrics. Moreover, observed one biographer, while European artists could only transcribe the likeness of Indians, Ravi Varma could portray character as well.

Delighted by the young man's skill, the then Maharaja of Travancore awarded him the Veera Sringhala (Bangle of



Ravi Varma's Studio at the Laxmi Vilas Palace, Baroda

Valor) - the Crown's highest decoration. It was for the first time that that a painter had been so honored. Ravi Varma's career gradually took off. For the next three decades he was in great demand, with everyone from businessmen to maharajas vying to commission him. Ravi Varma exhibited his canvases abroad too, but didn't accompany them — like many devout Hindus of his day; he considered it a sacrilege to cross the ocean. Even so, he won several medals at international exhibitions, including the one at Vienna and two at Chicago. And he was awarded several prizes in India. At one stage he announced that he'd no longer take part in competitions so that other artists would have a chance! Ravi Varma, accompanied by his landscape painter younger brother (Raja Raja Varma), travelled very widely in India. Both the brothers had a keen eye for detail. The brothers were extremely close and worked together. Raja Varma often gave the finishing touches to Ravi's works, filling in the backgrounds. They visited the princely states of the then Rajputana, the ancient cities of Delhi, Lahore, Agra, Oudh, Kasi and Calcutta, and the temple cities of Thanjavur, Mayavaram, Chidambaram, Sri Rangam, and Madurai. In the princely courts, at the temples and at the confluences of rivers, at festivals and fairs, they studied the Indian and his handiwork, from very close quarters. They collected extensive material - one in his sketch book and the other in his diary. Nowhere, however, did they find a representative type that could best convey the artist's sense of heroic and the sublime. Ravi Varma wondered for a long time as to what the best dress would be to drape his heroines in. After a very long search, he fixed upon the saree. It is a tribute to his aesthetic sense that it was the charm of his heroines draped in sarees that persuaded, to a great extent, the young womanhood of India to take to this costume as their national dress. Even the women of Kerala, long habituated to the white mundu, took to the sarees

with enthusiasm. Though the tour did not yield any valid material to be woven into his paintings, it inculcated in him a sense of Indianness - the basic unity that underlies the bewildering diversities - and gave him some idea of what he could contribute for the cultural renaissance of his country. The subjects for which Ravi Varma is best known — Hindu gods and goddesses and scenes from India's great epics — were natural themes for a profoundly religious man who was also a master of portraiture. The themes he



A Malabar Lady

chose were all famous ones the cream as it were of the two great epics — Ramayana and Mahabharata - extolled in songs and legends and retold by generations of bards and poets. Sometimes he based his pictures on the original texts of Vyasa and Valmiki. Sometimes, he based them on Kalidasa, when he provides better word pictures of poignant situations. In a radical break with Indian tradition, Ravi Varma used human models to give shape to his vision of the gods. And by portraying deities such as Krishna, Lakshmi and Saraswati as sublimely beautiful human beings in everyday attire, he made the gods seem divine yet approachable. So

popular were these paintings that, ever since, Hindus have visualized their gods very much the way Ravi Varma depicted them.

Raja Ravi Varma was one of the first painters in India who portrayed Indian women on canvas in a new light that became controversial at a time when Indian society did not value women liberation. (The women models who posed for his portrait paintings were sex workers since - at that time - it was unthinkable for any woman coming from a 'good family' to work as a

model). Ravi Varma was the first Indian painter who dared to work on nude paintings and his muse Sugunabai is believed to have posed nude for his works. It should be said that, in his paintings, Ravi Varma idealized women, often making his subjects more stately and graceful than they actually were. Indeed, at one time, telling an Indian woman that she looked like a Ravi Varma painting was the ultimate compliment. Though he painted women of many communities and classes, Ravi Varma had a special fondness for depicting the sari-clad women of Bombay, where he lived for many years. He found the sari — then not worn in Kerala and many other parts of India — with its striking colours and graceful folds especially appealing, and it is often said that the popularity of Ravi Varma's paintings helped make the sari the national dress for all Indian women.

The masses loved his paintings - especially his gods and goddesses. They were — and still are — widely copied and re-copied by commercial artists and millions of Indians today hang these imitations in their homes, temples and shops (at times unknowingly). Raja Ravi Varma was greatly admired by Baroda's most popular ruler, Maharaja Sayaji Rao Gaekwad-III (1875-1939). In 1881, Sir R. Madhvarao, the British Regent of the State of Baroda invited Ravi Varma to paint the ceremonial portrait of Sayajirao- III, the Gaekwad of Baroda. Sir R. Madhvarao, who had earlier been

the Dewan of Travancore, was a great admirer and also familiar with the artist's work. At Baroda, Ravi Varma was welcomed as a privileged guest and all facilities were extended to him. A special studio was built in the palace grounds. The various assignments from the Gaekwad of Baroda brought Ravi Varma much renown and fame. Hence the Raja was among those who spent substantial periods of their life in Sayaji Rao's court. The Gaekwad also commissioned Ravi Varma to paint fourteen mythological figures from the Ramayana and Mahabharata. Ravi Varma visited all the significant places mentioned in the epics for this purpose.

Some of the Ravi Varma paintings (like 'Nal-Damayanti', 'Shantanu and Matsyagandha', 'Shantanu and Ganga', 'Radha and Madhava', 'Kamsa Maya', 'Shrikrishna and Devaki', 'Arjuna and Subhadra', 'Draupadi Vastraharan', 'Harischandra and Taramati'; 'Vishwamitra and Menaka', 'Seetaswayamvaram', 'Young Bharat and a Lion cub' 'The Birth of Sri Krishna' and 'Keechaka and Sairanthri') were created as a consequence of this tour. This commission of 1888 by the Gaekwad fetched Ravi Varma an amount of Rs. 50,000 - an astronomical sum in those days. Some of these immortal works are still preserved in the Baroda Museum. In addition to Baroda, Sri Chitra Art Gallery established in 1935, in Trivandrum, has a century old world famous paintings of Raja Ravi Varma the as star attraction in its display.

In 1885, Ravi Varma went to Mysore at the invitation of the Maharaja, Sri Chamarajendra Wodeyar. The Maharaja had heard of him only as an artist, who usually won first prizes at exhibitions, but when the British Resident at Mysore informed His Highness of the fabulous paintings Ravi Varma had executed for Baroda and the honor bestowed to him, the Maharaja made up his mind to invite the artist. The ruler received Ravi Varma like an equal than like a patron, and gave him a mansion to live in and regaled him with music, dances and plays every night at the palace. But all that he wanted were portraits of him and members of his family and this Ravi Varma painted life size.

On the eve of the artist's departure from Mysore, after a three-month stay, the

Maharaja assembled all the elephants from his stables and asked the artist to pick out any he liked. Ravi Varma chose two and sent them to Killimanoor. The three-storied Jaganmohan Palace which was converted into Sri Jaya Chamarajendra Art Gallery (in 1875) in Mysore, have many priceless paintings of Raja Ravi Varma.

The rulers and princes from different native states of India sought his services and he was invited to Bhavnagar, Puddukkottai, Mysore, Bikaner, and Jaipur to revive pictorial art history in their states. Though born in Travancore, he was the first of a new generation of



Woman with the lamp

Indian artists to cross regional barriers in receiving commissions and executing paintings on a pan Indian level. In 1894, keen to make his work more widely available, Ravi Varma imported and established a color press in Bombay (it was later moved to the nearby Lonavla Hill Resort) and began publishing prints. Although at first Ravi Varma's press made a tidy profit, after a few years it ran into many problems. Ravi Varma — who would never touch money with his hands — was no businessman. Hence, in 1901 Ravi Varma had to sell the press. He lost a lot of money in the venture, but never really regretted it — he had succeeded



in promoting among ordinary people a love for his art.

It was in 1904 that his brother, Raja Raja Varma, fell ill and passed away. This shattered Ravi Varma so much that he stopped accepting new commissions for painting works and only completed his pending work. Within about two years, Ravi Varma too became weak and ailing, due to acute diabetes. And in 1906, at age 58, curtain fell in the life of the greatest painter of the country.

The Raja's Fame

"Ravi Varma was a master of colour," observed Baburao Sadwelkar, a veteran Bombay artist and former Director of Art for Maharashtra. Even today, the colors in most of his paintings have not faded or changed. Moreover, his ability to portray costumes, jewelry and Indian skin tones remains unsurpassed. His vision of our classical past has influenced not only artists but writers and film-makers too." A noted contemporary painter, A. Ramachandran, who was chairman of the Kerala Fine Arts Academy stated: "Ravi Varma was the first

Indian artist to look at painting in a grand, universal sense — an Asian Rembrandt." In 1993, art critic/conservator Rupika Chawla and artist A Ramachandran jointly curated a large exhibition of Ravi Varma's works at the National Museum, New Delhi. Considering his vast contribution to Indian art, the Government of Kerala has instituted an award called Raja Ravi Varma Puraskaram, which is awarded every year to people who show excellence in the field of art and culture.

(Source of paintings: Ravi Varma Oleographs)

DEWAN SANKARASUBBA IYER

ADMINISTRATOR AND REFORMER

Dewan Sankarasubba Iyer's career with the Travancore State during the reign of Sree Moolam Tirunal Rama Varma is significant for the effective reforms and administrative efficiency he brought about in the running of the state especially in the departments of education and revenue.



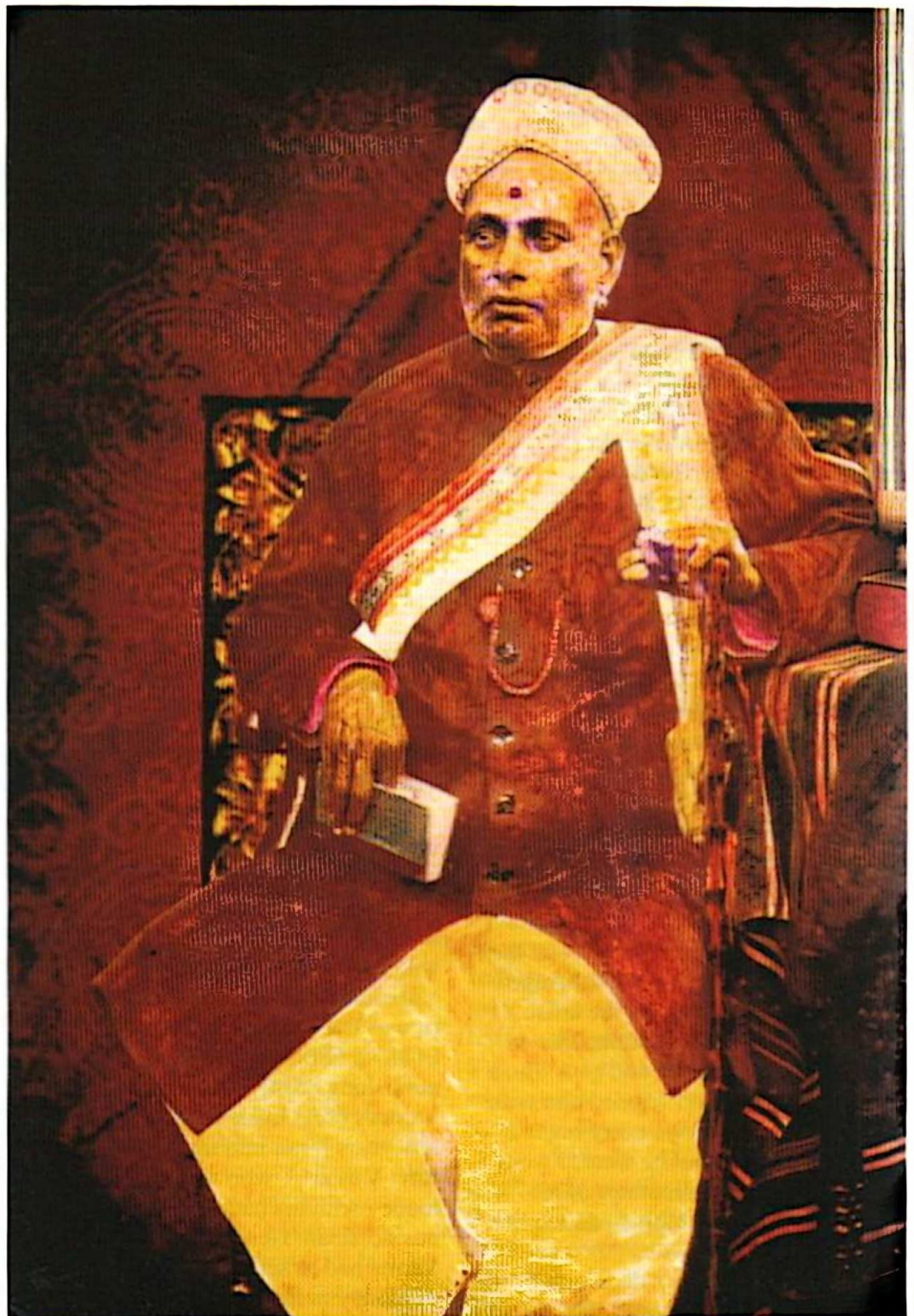
V N Gopalakrishnan

■ Sankarasubba Iyer also called S. Shungrasoobyer served as the Dewan of Travancore from 1892 to 1898. He had risen from the lowest rung of the State ladder and

acquired a thorough knowledge of every department of the administration during 45 years of service. He was a self-made man of respectable parentage, though of modest educational attainments. He was born in 1836 in Travancore and had his schooling at the Rajah's Free School, Thiruvananthapuram. On completion of his schooling in 1853, he joined the Travancore state service in the Education Department as a teacher on a monthly salary of Rs. 5. His maternal grandfather was a Pandit of the Appeal Court of Travancore.

Sankarasubba Iyer's talents were spotted by Sir T. Madhava Rao, the then Dewan who appointed him Deputy Sheristadar of Police in the Huzur Cutchery. Later, he served in the office of the Director of Vernacular Education. As Boundary Commissioner, he helped resolve a boundary dispute between the Travancore and Cochin states. In 1882, Sankarasubba Iyer was appointed Deputy Peishkar in charge of the southern division.

The Division Peishkar was then head of the Police as well and Sankarasubba Iyer put down crime with a strong hand. He successfully detected many cases of robbery and dacoity so much so that the Rajah of Travancore wrote to Dr Thomson, "There is no tinsel about him. He is every inch of sterling worth." The Raja wrote to Sankarasubba Iyer himself, "Any lingering hopes I have for



Dewan Sankarasubba Iyer

the future of the state rests in very few men like you." (Travancore State Manual by V Nagam Aiya).

Subsequently he was appointed Settlement Dewan Peishkar in 1882. ("Travancore has not one officer more fitted for it than yourself, as the late Dewan Ramiengar who started the Revenue Settlement of Travancore wrote to him, when the latter retired). During this time he successfully completed the Settlements of the two taluks of Nanjanad and those of Trivandrum and Chirayinkil. On August 23, 1888, the Travancore Legislative Council came into existence and Dewan Sankarasubba Iyer was nominated to the Council. (The Travancore Legislative Council came to be known as the Kerala Legislative Assembly after the formation of the state). In 1892, he was promoted as the Dewan of Travancore. He was the first occupant of the newly constructed Bhakthi Vilas, the official residence of the Dewan of Travancore, presently housing All India Radio Office.

Contribution to the State

V. Nagam Aiya in his Travancore State Manual has summed up the contribution of Dewan Sankarasubba Iyer. During his Dewanship, several important changes were introduced in the administration of the Education Department. The offices of the Superintendent of district schools and Director of Vernacular Education were abolished. A new grant-in-aid Code with educational rules was passed and the salaries of the employees were revised. An Educational Secretary to the Dewan was appointed and a First Grade English Normal School was opened to train teachers. The Vernacular Elementary Examination was substituted in place of the Subordinate Service Examination.

He founded a school for girls at Karamana in Thiruvananthapuram and the school known as Dewan Sankarasubba Iyer School for girls still exists. There is also a street in Karamana called Sankarasubbaier Street where his house stands, where a Community hall is built for social, cultural and religious functions while the remaining portion has been sold off. According to sources, it was during his tenure as Dewan that the practice of declaring Sunday as holiday came into effect. He also brought a notice prohibiting Government servants taking vacation from office duty to do domestic service work in their



Sankara Vilas at Thiruvananthapuram where the Dewan spent his later years

The first meeting of the Travancore Legislative Council with eight members was held on August 23, 1888 at the office of Dewan Sankarasubba Iyer who chaired the function. On August 23, 2012 its 125th anniversary celebrations were formally inaugurated by K Sankaranarayanan, the Governor of Maharashtra, where Chief Minister Oommen Chandy presided over the event and VS Achutanandan addressed the gathering.

superiors' homes.

For the benefit of juvenile offenders, a Reformatory School was established during his tenure. A Law College was established with the European judge of the High Court as its Principal. A lady Principal was appointed to the Sircar Girls' High School which was upgraded to a Second Grade College. An Agricultural Demonstration Farm and School were opened and a scheme for the development of agricultural education among the cultivating and land-owning classes was introduced. The Industrial School of Arts was

reorganized and an Archeological Department was established to collect inscriptions and conduct historical research. An Anthropometrical Bureau was opened and Educational Boards were established in various localities. A new Sanitary Department was introduced embracing Vaccination, Vital Statistics and Sanitation was formed and placed under the charge of a Sanitary Commissioner. The Conservancy Department in the mofussil and the Registration Department for the registration of births and deaths were thoroughly reorganized.

A Prison Regulation was passed for the better management of prisons. The Public Works Department was reorganized in order to ensure more efficiency and the Madras system of accounts was also introduced. The Medical service was expanded and the system of medical grants for hospitals, dispensaries and Vaidyasalas was instituted to promote private agency. Medical scholarships were sanctioned for the study of medicine in European universities and a Women and Children's hospital was started.

Travancore witnessed a movement for Dalit upliftment during the Dewanship of Sankarasubba Iyer. There was no representation for the Ezhava community in the Travancore Legislative Council constituted in 1888. Hence, in 1895 the Ezhavas presented a memorial to the Dewan demanding more political representation.

During 1894-95, the Viruthikars were exempted from the supply of provision to the temples and Oottupuras and Viruthi service underwent a radical

revision. A scheme of State Life Insurance was introduced effectively from January 1898 making it compulsory on all persons to insure their lives. In June 1897, the Diamond Jubilee Public Library and the Victoria Orphanage were founded to commemorate the Diamond Jubilee of Queen Victoria during his regime.

Retirement

Sankarasubba Iyer retired as Dewan in April 1898 after the unusually long period of 45 years of service, on a monthly pension of Rs. 800. Commenting on his 'indefatigable energy, unflagging zeal and steady devotion to duty', the Maharaja Sree Moolam Tirunal stated: "The prosperous condition of the finances attained not by increased burden on the taxation or neglect of the necessary improvements, but by the careful husbanding of the resources of the country, watchful control over the collecting agency and scrupulous



Maharaja Sree Moolam Tirunal
Rama Varma

avoidance of all needless waste, as a conspicuous feature of administration".

The Government of British India recognized his services by making him a Companion of the Order of the Indian Empire (C.I.E). Sir Arthur Havelock, the Governor of Madras appointed him a non-official member of the Madras Legislative Council after his retirement from service.

Sankarasubba Iyer enjoyed his retirement spending time at Sankara Vilas in Thiruvananthapuram, reading, travelling and writing on subjects of public interest. In his later years he took to playing Bridge, an interesting game of cards, generally patronized by Europeans. He led a simple life. Though orthodox, he never paraded his views on religion, or social actions. Sankarasubba Iyer's life was an example of moderation, self study and perseverance that could enable an individual to attain excellence in any field of his choice. He passed away in September 1904. ■

DANCE REVIEW

LITTLE WONDER OF BHARATA NATYAM

Vijay Shanker

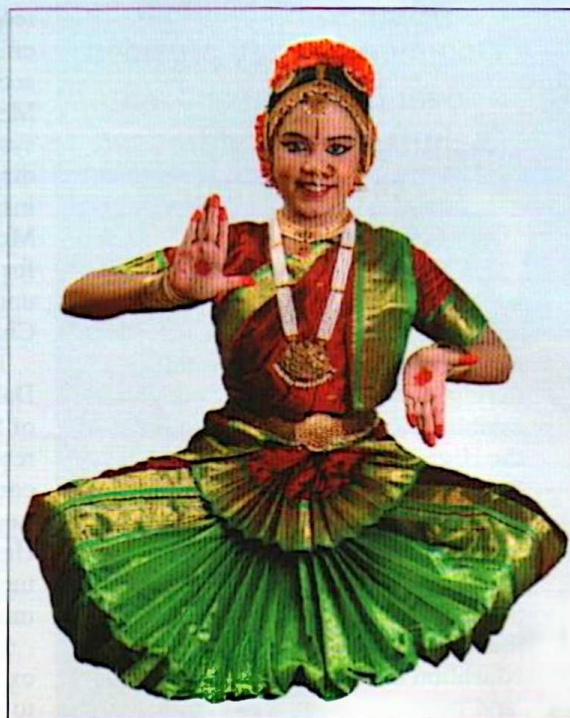
Anjali Institute of Bharatanatyam presented the debut Bharatanatyam recital by Irene Varghese, disciple of Lata Surendra, at the ISKCON auditorium. Besides the clarity and the precise execution of movements, Irene revealed her considerable command over expressional dancing and danced with confidence and comfortable ease. In fact Irene is possibly the first Malayalee Syrian Christian to perform Bharatanatyam at such a tender age.

11 year old Irene commenced the performance with the traditional Alarippu in Tisram talam, followed by the Vasanta Jatiswaram which was a fine combination of both music and melody. The Padam in Yaman Kalyani depicted the universal mother as a symbol of kindness and compassion. She danced with perfection and ease the Varnam in Marathi that incorporated the complete character sketch of both Krishna and Christ, a rare

choreography by Lata which proves that classical dance is spiritual in nature and hence rises from the mundane to sublime level. The crucifixion scene was the most touching scene of this number. Keyboard by Madhusudan

added to the musical impact of the performance. Besides another Padam on Jesus, Irene concluded the programme with the intricate Thillana in Vrindavanasaranga ragam which she performed with ease and confidence.

Nattuvangam by Guru Lata Surendra, mridangam by Chandran, violin by Balasubramaniam, flute by Nandkumar and Keyboard by Madhusudan were the orchestral support. The special guests of the evening included renowned Mohiniattam exponent Geeta Radhakrishna, Kuchipudi exponent Dr Shailaja Desai, playback singer Poornima, Rev TC Cherian Ex-Vicar and Rev Abraham P Mathew, current Vicar of St Thomas Syrian Church, Vasai.



Irene Varghese

ARTISTE OF THE
MONTH

T R Balamani

VETERAN CARNATIC MUSIC TEACHER

76 year old TR Balamani's face lights up as she recalls the names of those whom she taught Carnatic Music, many of whom have made a name for themselves and are living not only in Mumbai but all across the globe.

Lakshmi V

T R Balamani is one of the senior Carnatic music teachers of Mumbai. Many contemporary singers, violinists, flautists, and veena players have learnt from her and she has been the recipient of several Music teacher awards. She still teaches Carnatic music to children as well as professional music teachers who take advanced Carnatic music lessons from her.

Born in Parakulam in Palakkad, Balamani belonged to a family of music lovers and singers. Her father TS Ramanatha Iyer was an MA (Honours) in Sanskrit from Annamalai University and worked as Post Master in several places in Kerala. He hailed from Thathamangalam in Chittoor and Balamani in her younger days performed several concerts in Kerala and Chennai along with her sister Sarasa, the duo being popularly known



T R Balamani performing at a concert with her daughter Ranjini Chander, on her right

as Thathamangalam Sisters. Her mother is the late Pachainayaki Ammal.

Balamani started learning Carnatic music at the age of 9. By 10 she started performing on the stage with swaras and alapanas.

Her first music teacher was Narayana Bhagavathar in Trippunithura. Later she studied under Raghavan Menon (Appu Menon). The late TK Govinda Rao was her mentor and inspiration and she was groomed by him. After Std X, Balamani joined the Central College of Music in Chennai and completed her Sangeeta Vidwan course in 1957. The veteran musician Musiri Subramania Iyer, the Principal encouraged her to continue advanced study in music. Balamani won the National Scholarship and continued her music study under the guidance of Musiri Subramania Iyer. Mayavaram Krishna Iyer, T Brinda, Thripambaram Swaminathan Pillai, Chittoor Subramania Pillai were her other teachers. Her subsidiary subject was veena which she learnt under MA Kalyanakrishna Bhagavathar, Devacottah Narayana Iyengar and Theory of Music under Balakrishnaiah.

Balamani got married in 1961 to the late NC Mani who hailed from Guruvayur and was working for Dodson Pvt Ltd. Mani was musically inclined and encouraged his wife to continue singing, give concerts and teach music. She was teacher of Carnatic music at Bharatiya Music and Fine Arts at Matunga.

Balamani has given several Carnatic concerts and has been recipient of several awards. Some of them are Chembur Fine Arts Society's Guru Vandanam - Carnatic Music Teacher Extraordinaire, and its fifth Samaj Shakthi Award. She was the first recipient of Dr MS Subbulakshmi Best Music Teacher award instituted by Shanmukhananda Sabha.

Naadabrahmam honoured her with Lifetime achievement Award and Citation.

In 2010, she presented a lecture on



Receiving honours from TK Govinda Rao



T R Balamani with her daughter, grandchildren and her student Shankar Mahadevan



Balamani and her husband NC Mani

Carnatic Music at the Cleveland Thyagaraja Festival where she received the Bhairavi Fine Arts Acharya Ratnakar Award for service to Indian Classical Arts. The Chennai Academy of Music and Fine Arts bestowed on her the Sangeetha Kala Acharya Award.

Balamani has a daughter Ranjini Chandar who is married and lives in Chennai with her husband V Chander. She teaches Carnatic and Hindustani music and gives concerts. Ranjini learnt Carnatic music from her mother and Hindustani music from Geetha Chanda and Thathachari. Her husband works as Senior Accounts Executive

Advice to aspiring Singers

- ▶▶ Learn sincerely and practise regularly.
- ▶▶ Attend Carnatic concerts and listen to all types of music.
- ▶▶ Learn music from one teacher at a time for a sufficient period of time so that you understand the nuances of classical music.

with Nestle. They have a daughter Shruti doing her 2nd year BCA and a son Siddharth studying in Std IX .

Balamani remembers her first student, Shantha Anantharaman, now in the US. Her other students include Shankar Mahadevan, Bombay Jayashree, Prasanna Warriar, Lakshmi Rajagopal, Vasumathi Badrinathan, Raji Gopalakrishnan, Vidya Balasubramaniam, Sujatha Sanjay, Reewa (daughter of Roopkumar Rathode and Shonali Rathode), Prasanna Venkataraman, Sanjeev Chimmalgi, (Disciple of CR Vyas), Sanjeev Subramaniam, Tamizharassan, Hema Balasubramanian (flute), Sathwa Srinath (Flute), N Prasad (Flute), Sharada Murali, Uma Maheswaran (violin), Lakshmi Parthasarathy, Savitha Sriram, L Ramakrishnan, Kalyani Yogesh, Karthik Sreivas, Rahul Narayanan, Saroja Subramaniam and many more. ■

ICONIC FIGHT AGAINST ADVERSITY

Ashwati

When faced with adversities, the usual practice is to avoid, neglect or surrender to them. It takes much more than a strong will to fight, surmount and be victorious. This is exactly what events in Sudha's life taught those who bother to stop and look around to understand the travails and triumphs of those courageous individuals of the world.

Sudha the only child of K D Chandran (actor, socialite) and Subbhalakshmi (Thankam), a classical singer, was intensely attracted to classical dance forms since she was three. When she was eight, she had her debut public performance and then continued to enthrall dance lovers all over the country by performing on 400 stages. When she was about 17, tragedy struck. While returning from a pilgrimage to Vayalur Murugan Temple of her father's ancestral village in Tamil Nadu, the bus they were traveling in met with an accident and most of the passengers including Sudha were injured and the driver died on the spot. Admitted into a hospital, the parents of Sudha were informed that gangrene had set in on her leg. To save her life, her leg was amputated and the struggle against destiny started. Sudha's intense desire to dance again on the stage prompted her to face the adversity and succeed. Her parents gave her all the support she needed and her Guru Ramaswamy Bhagavathar also pitched in. When Magsaysay Award winner Dr P K Sethi came forward to help her rediscover her world, the circle was completed. Dr Sethi designed and redesigned the 'Jaipur Foot' several times to suit the needs of Sudha and she in turn persisted for three long years to get accustomed to this artificial limb and to overcome the severe pain and

finally she could perform on the stage without making the audience conscious of her added limb.

Overnight Sudha became a living legend who fought all adversities with great courage and determination and turned the tide in her favour.

Sudha acted in many films and TV

people in India and abroad, contributed to this book or extracted from various periodicals published in India and abroad.

Though many individuals wrote about Sudha, many of them sound the same but those written by Manasi, Dr C N N Nair, V V Achuthan, Vijaya Menon,

Krishnan Parappalli, Thikkurissi, Sreeman, P R Krishnan, Dr C M Sankaran Kutty, Paul A Thattil, P K Ravindranath, M T Vasudevan Nair and Meghanadan stand apart as they throw some new lights into the personality of Sudha Chandran.

The book is well produced with numerous photographs taken on various occasions of Sudha's life and they add to the value of the book. It is probably a first

attempt in India to portray the life of an

artiste who fought against adversities and came out victorious and thus became a role model to all to imbibe her resoluteness and dedication. Pambungal Publications deserve compliments for a good work well done.

[Published by Pambungal Publications, Sakinaka, Mumbai 400 072. Pages 216 and priced Rs.200]



serials in several languages, became a fashion icon, a symbol of fight against odds and a spokesperson for the differently abled. Her life sketches were printed in various school and college books as an instrument to inspire young minds. This happened in most of the Indian states except Kerala. 'Manassil Theliyunnna Sudha Chandran' is a compilation of writings by various

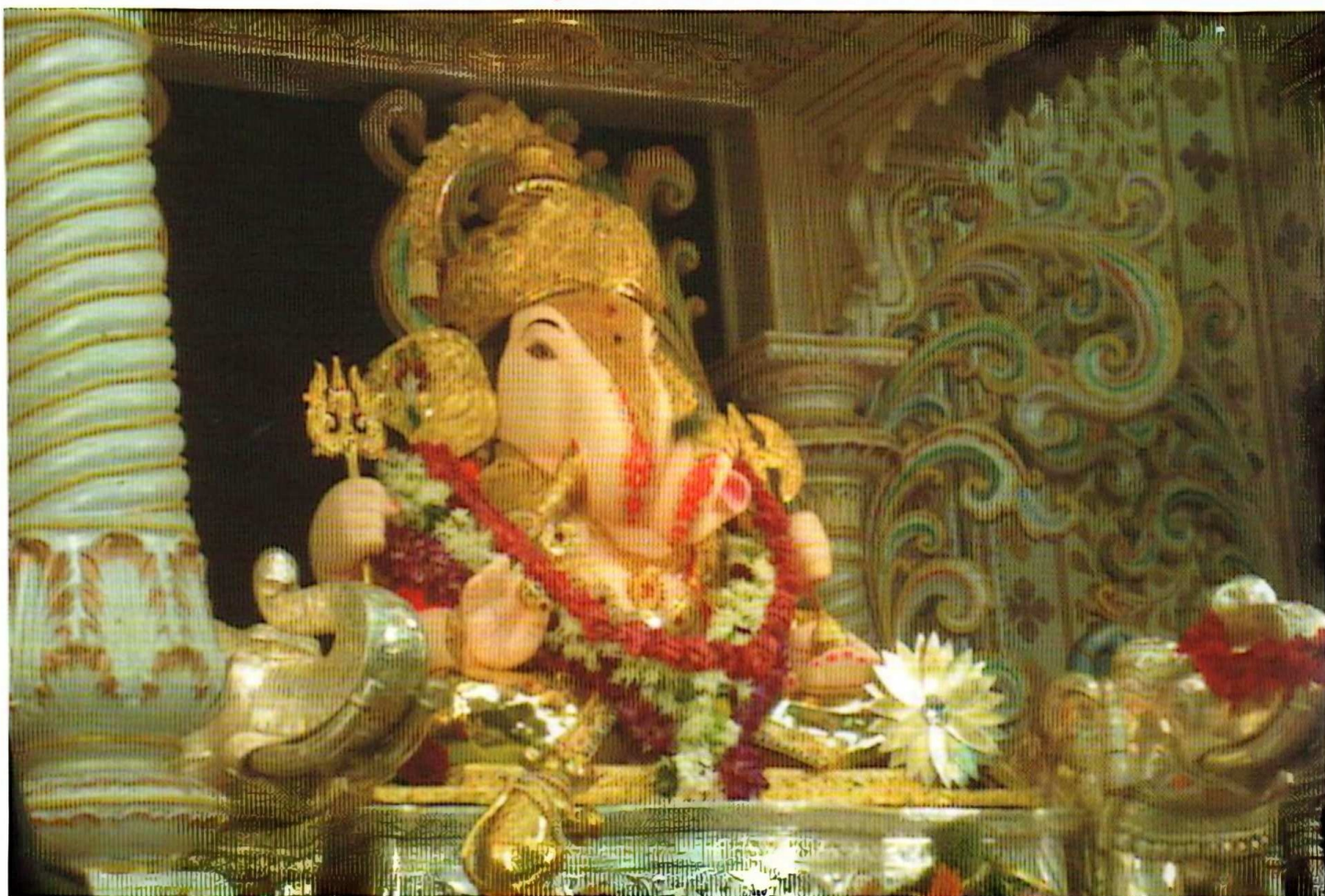
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GANESH UTSAV GOES FROM PUNE TO PALAKKAD

Lokmanya Tilak popularised Ganesh festival in Pune to bring people together on a social and cultural platform defying British restrictions on assembly of people. Political groups now patronise this festival



Dagdu Seth Ganapati, Pune



Sriprakash
Menon

monsoon, Ganesh arrives in the state

■ Ganesh festival is now being celebrated in Kerala, though on a low key at present restricting itself to Palakkad, Thrissur and parts of Kozhikode, Ernakulam and Thiruvananthapuram. Like the Kerala

earlier than in other places and on Vinayaka Chaturthi this year it was on August 21, 2012, the celebrations culminated in Kerala.

Many non resident Malayalees were surprised to see huge idols with decorations and the festivities especially in Palakkad. It is said certain political groups are behind the surge of sarvajanik (public) Ganesh utsav in Kerala. In fact, Kerala needs a festival

like this on a large scale especially when majority of youths are losing their cultural and moral values.

These festivals besides bringing the various communities together can play a major role in sustaining communal harmony among the various religious groups. In fact, the organisers of Ganesh utsav need to learn a lot from the Ganesh festival held in Maharashtra - on how they have turned it in to a truly



Lal Bagcha Raja

cultural and social event bringing all sections of the the people together.

On the other hand festivals in Kerala have become 'alcoholic event'. Recently, Onam sale of liquor during was worth over Rs 70 crore. If this is the way to 'cheer up' for a festival soon the state will have nothing but more beverage bottling units, mega bars and hospitals.

Ganesh utsav is the biggest festival in Maharashtra and it is celebrated all over the state right from Nagpur to Mumbai, Kolhapur to Solapur but Pune Ganesh Utsav is one of the most exciting festivals in the state. There are several mandals(organisers) celebrating the ten day festival in Pune but Dagdu Seth Ganapati is the most famous and popular one. There are five big Ganapatis which are a must visit for every devotee who visits Pune. They are known as 'manachi Ganapati'.

Noted freedom fighter Lokmanya Tilak popularised Ganesh festival in Pune to bring people together on a social and cultural platform during the freedom movement. Since then, Pune made this festival one of the biggest

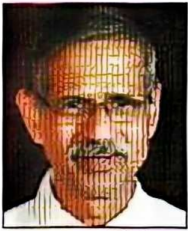
Ganesh festival is big in Mumbai as well. Lal Bagcha Raja attracts lakhs of devotees every year but what makes Ganesh utsav of Pune unique is that the entire city is in a celebration mode

cultural and social events in the country. Thousands of domestic tourists visit Pune to witness this ten days extravaganza. The entire city of Pune gets into the festival mood. Ganesh - remover of obstacles is set in interesting mythological, social and political backdrops. People come from far and wide to catch up the contemporary issues on display while offering prayers to Ganesh.

The state government and the tourism department MTDC also line up special events including cultural and entertainment shows for the people. Ganesh festival is big in Mumbai as

well. Lal Bagcha Raja attracts lakhs of devotees every year but what makes Ganesh utsav of Pune unique is the entire city is in a celebration mode. Light, floral and stage decorations vary from mandal to mandal and the large scale competition brings out interesting art decoration and themes during the festival. The entire society's participation is very evident in the festival, with commercialisation and consumerism it is further reaching out to people in a huge way.

Kerala is the land of festivals, there are numerous temple festivals in the state and with Ganesh festival slowly emerging on the cultural scene of Kerala, it would only contribute to the unity in diversity. But the underlying spirit of all festivals is to bring joy, peace and happiness irrespective of caste, creed or religion. And this spirit can be seen in Maharashtra and during the Durga Puja in West Bengal where even the leftists patronise the festivities of Maa Durga in a grand way. Kerala of course has a famous Ganesh temple - Kottarakara Mahaganapati temple. ■

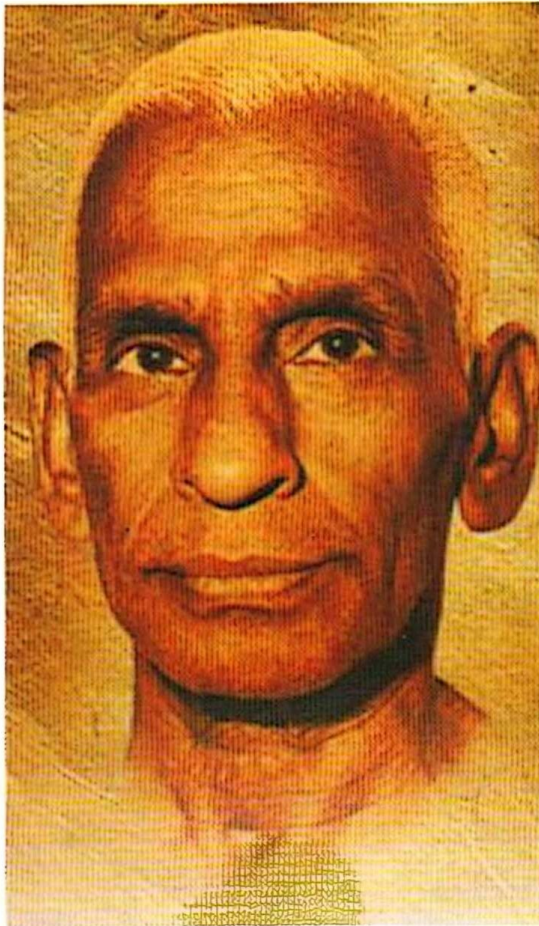


Kunnam Vishnu

■ The Bombay Yogakshema Sabha is staging the 83 year old trend-setter drama "Adukkalayil Ninnu Arangathekku" by VT Bhattathirippad, on Sunday, 23 September at

Thunchan Smaraka Hall, MES, Kumberkhanpada, Dombivli West. To understand the relevance of this drama today, one has to go back into history.

Kerala society a century back was unimaginably decadent. Casteism, meaningless rituals and blind-following of centuries old practices prevailed. The Namboodiri Brahmins had supremacy of both wealth and social position. They were landlords, many were *Vedic* scholars and authorities in traditional sciences like Ayurveda, Astrology, Kerala Architecture, and the like. As *vaidyas* they took care of the bodies, as scholars they mended the mind and brain and as *Vaidikas* they blessed the souls of the society. They established the exclusive right to learn Vedas, the basic hymn of Hinduism, which



procreated. He could not love or fondle his own off-springs, as they belonged to a lower community. He could not live with his wife nor eat the food she cooked. She was merely his partner in bed. He had no responsibility to take care of his wife and children. Even if he wanted to, he would not have the money. He was a loner denied of all love, affection or soft feelings and was destined to wander like a stud-bull looking for a willing cow.

He could marry any number of girls. Since girls were aplenty and grooms a rare species, the eldest brother used to have four or more wives at a time. Since it was customary to ensure the marriage of a girl, as soon as she attained puberty, it was not uncommon that young girls were married off to elderly men of even over sixty, and who maintained three or four wives at the same time. It was natural that internal fights would regularly erupt between wives of the harem to get close to the husband. A barren woman was always looked down upon. A widow was a hated soul considered inauspicious. She was shut out from all the lighter moments of life. A widow had to spend her whole life within the four

VT: FORGOTTEN SOCIAL REVOLUTIONARY

opened the path to salvation. They set themselves up as the sole mediators between the Almighty and the people at large. Thus, because of the supremacy in knowledge, wealth and commanding power, even the ruling class dared not question the Namboodiris.

But within the Namboodiri society, the decay and stink were noticed. The sole custodian of the family property was the eldest brother of the family. The younger brothers had no right to handle the family property. The elder brother alone could marry from the same community and have a family life. Thus the younger brothers became an unwanted burden on the family. On *Samavarthanam*, a ritual threshold to adulthood, the boy was left at large struggling

for his livelihood, in spite of being born in a decently well-to-do family. He would have to find a partner for sex from other communities. But still could not be 'a father' to the children he

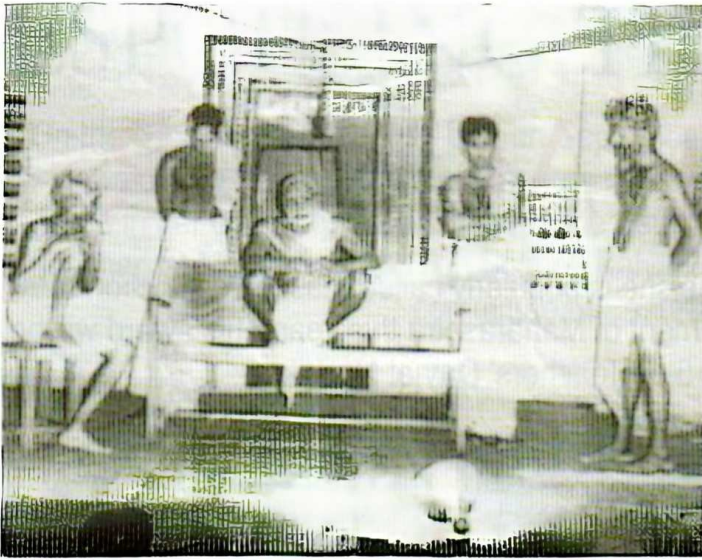
walls and dark rooms of her huge home (illam). None of the females of the community was allowed to step out of the house, unless fully covered and hidden from likely onlookers, and



Scene from the play *Adukkalayil Ninnu Araangathekku*

accompanied by somebody. If the husband, or for that matter anybody, had any reason to doubt that she had seen or talked to any male, other than her brothers, father or her own husband, she would be excommunicated after a flimsy trial.

The eldest brother would spend half of his time to please and appease the deities. The rest of the time, he would be desperate to find some peace at home among the warring wives. The management of the family property



When the play was staged during 1930s

would be mostly left to the mercy of the manager and servants of the house. In the process the managers would become rich and the family property would slowly vanish into thin air. Thus, the eldest brothers were never happy, the younger brothers were practically destitute and the female folk lived a miserable life. Love, affection and softness were unheard of. For the world at large, Namboodiris were a happy, luxurious and glamorous lot, but reality was far from the truth.

At the same time, the centuries old customs and traditions were absolutely rigid. No one dared question it. It was to such a community that V T Raman Bhattathirippad was born in 1896 as the second son in a Rigvedic family believed to have originated from the legendary Mezhathoor Agnihothri. Right from his early days, he was agitated by the ways of his community. According to tradition, his only education was to recite Rigveda. On *samavarthanam* the ceremonial conclusion of vedic studies, he was sent out as the priest of a temple far away from his home. There he met a small girl living close by. He was astonished and felt ashamed on realizing that she, a girl of eleven could read and write whereas at eighteen he was absolutely illiterate. He started to learn the

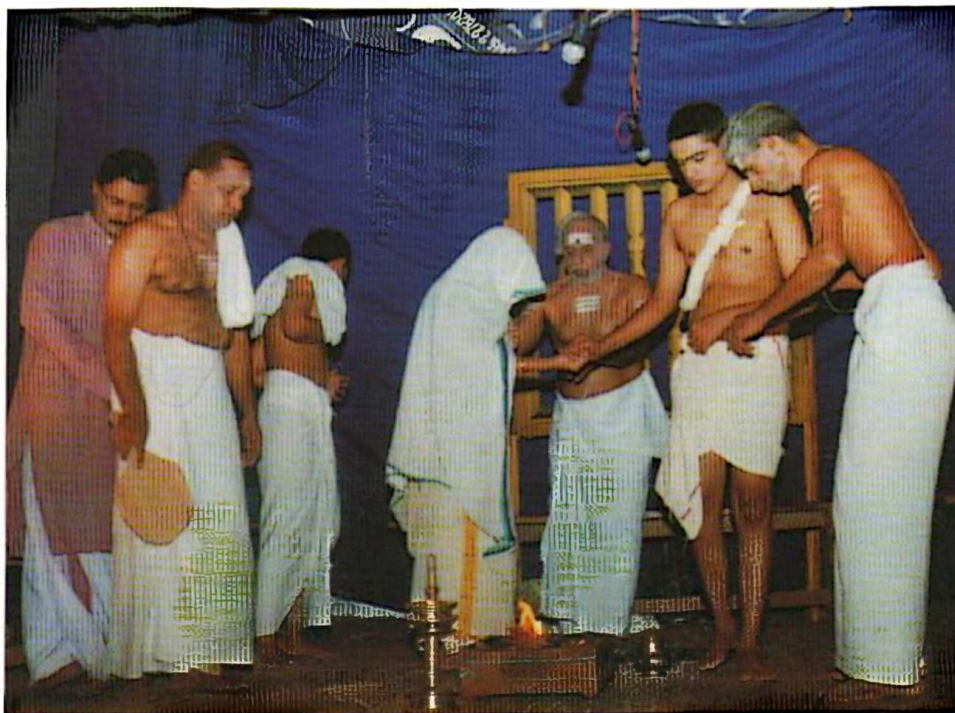
letters of Malayalam from her.

That was a milestone in his life. When she taught him to read and write, he understood the power of knowledge. Slowly he became a voracious reader and his natural talent as a writer blossomed. A school had already come up near Thrissur to teach Namboodiri youths. His thirst for knowledge took him to that school, where he started learning English and other subjects as well. He protested against the traditional rigidities and left for Ahmedabad to attend the Indian National Congress meeting there. To leave Kerala was against the custom and this enraged the elders. He was thrown out of the school for this.

That was a turning point. He joined *Mangalodayam*, a publishing house at Thrissur. There he could make friends with many rebels and progressives like

EMS Namboodiripad, Joseph Mundassery, the pioneer rationalist MC Joseph and others. He began publishing his articles in *Magalodayam*. He denounced all traditional rituals and discarded the last remnant of *Brahmanism* – his sacred thread. Not only did he preach his thoughts, like a real leader, he boldly put them into practice, and set an example himself. There were moderates in the community, but he came out as the first real revolutionary. He took a vow to cleanse the Namboodiri community.

In 1929 he wrote "*Adukkalayil ninnu Arangathekk*", ('from the kitchen to the stage'). It was a trend-setter. It was the first Malayalam drama ever written to usher in social reforms. (Later, the Communist Party followed the same technique to spread the message of socialism, which turned out to be a resounding success). The drama shook the citadels of tradition so violently that the younger generation of the community had no second thoughts on joining the new trend. Two more dramas were written by two brothers – *Rithumathi* by MP Bhattathirippad, the famous writer and actor Premji, and *Marakkudakkullile Maha Narakam* by his elder brother



Another scene from the play *Adukkalayil Ninnu Araangathekk*

Continued on page 47

IDEAL TEACHER

Sobhana Nandakumar Nair or Sobha teacher, as she is popularly called, has the distinction of receiving the Best Teacher Award from the Government of Maharashtra this year. This award will be bestowed on her on September 5 on Teachers' Day at Nashik.

KIM Bureau

Hailing from Pulluvazhi village in Perumbavoor, Ernakulam District. Teaching runs in Sobhana's blood. Her mother Amminikutty retired as teacher from Jayakeralam School and her maternal grandfather Pulinchotil Narayana Pillai was teacher at Pulluvazhi Government LP School. Sobha's maternal uncle Balan Sir also worked as a teacher and her sister is currently working as a teacher at Jayakeralam School. Sobha's father, the late PR Sivan, worked for Travancore Rayons Ltd, was a trade union leader and an Ex MLA.

Sobhana did her schooling in Pulluvazhi, graduation from Nirmala College in Muvattupuzha and MSc from Kerala Varma College in Thrissur. She did her B Ed in Kerala. This year she completed her M Ed from Mumbai University. She plans to do PhD in 'A Principal's Role: New Trends in Education'. Sobhana believes in all-round development of the child and she has done courses in Career Counselling and yoga so that she can help her students.

Sobhana came to Mumbai in 1984. She started her career with Abhyudaya Institute as Asst Teacher in 1984, later she was a teacher with PES (People's Education Society) English Medium High School Thane and later as Principal in the



The main qualities a teacher should have are patience to help and guide students especially the weaker ones, encourage all-round growth of the child, inculcate in them a feeling of equality among themselves and above all retain the human touch.

same school. She is currently Principal of Goodwill International Foundation Trust English Medium School in Thane.

Sobhana has received several awards as a model teacher including the Navadurga Puraskar by Shree Anand Charitable Trust.

According to her, the main qualities a teacher should have are patience to help and guide students especially the weaker ones, encourage all-round growth of the child, inculcate in them a feeling of equality among themselves and above all retain the human touch.

As Principal of Goodwill School Sobhana arranges workshops for her teachers every Saturday and arranges personality development programmes for primary school children and oversees their food habits.

Sobhana's husband Nandakumar works with Vijay Group in Association with Anchor Realities as Senior Accounts Manager. They have two sons Suraj and Neeraj. Suraj is an architect doing his Masters in Urban Planning and Policy Designing in Italy. He has been selected for an exchange

programme in the University of Illinois in US. Neeraj has joined the 5 year MBA-Tech (dual degree) course at NMIMS Mumbai. As part of her charitable activities, Sobhana assists poor students complete their education.



Sobhana receiving Anand Charitable Trust's Navadurga Puraskar from Manohar Joshi

ESPOUSING TEACHER'S CAUSE

On the occasion of Teacher's Day on September 5, Rajam R, a committed teacher expresses her views on the current status of teachers in Mumbai and on how to improve their condition. She wishes in her own way to contribute to the betterment of the 'teaching Community.' She is a trained teacher at Model English High School, Kalyan East since 1988 and is also in the administration committee of East Kalyan Kerala Samjam.

Rajam R

Teaching is not everybody's cup of tea. It is an art. Some people consider teaching as a pastime. This is not correct. Such 'time pass' teachers spoil the teacher-student relation and it becomes a vicious – circle.

In Mumbai there are numerous schools in every nook and corner of the city. The school authorities and parents expect good education for their children. How is it possible? Schools should appoint well- trained teachers to solve each and every problem of the students. Such teachers can control the students amicably.

However the current situation is totally different. Many schools appoint untrained teachers because they can be paid less salary. High donations, more fees, less salary is the motto of many schools except those under the Municipality or Government-aided ones. Some schools do not raise the fees so that they are not compelled to increase the salary to teachers. Such a situation makes teachers go to the court for justice. This is not a good thing. In fact many teachers do not approach the court though they are



Rajam Teacher

badly in need of money.

Guru Brahma, Guru Vishnu, Guru Devo Maheswara, Guru satkshal Parabrahma, Thasmai shree Guruve Namaha:

Our Vedas state the exalted position of teachers in Society. But the current situation is very bad.

It is our duty is to protect the rights of the students as well as the teachers. Students definitely have the right to get good education from good teachers and well equipped schools.

Condition of trained teachers in Mumbai Private Schools

The Government has implemented the Sixth Pay Commission recommendations to the teachers but the order is only on paper. In this case the authorities can set up an enquiry commission area wise.

There is no bonus in private schools.

The examination supervision and paper correction charges for SSC board is very meagre.

We expect all-round development of students; at the same time teachers also need all round encouragement. If the teacher's work is a service to the country, the teachers also expect service from the country.

“You can't teach on an empty stomach”

Today awards are given for various distinctions. Film awards, sports awards, bravery awards, cultural awards. But what Award does the teacher get? High blood pressure, diabetes, cholesterol, throat cancer and so on.

In school, teachers are blessed with Identity Cards. It is better to provide them a health card to get free medical aid from any good hospital and also a free purchasing card for provisions. Any teacher with a B Ed or D Ed who has worked continuously for 10 years in the same school should be made eligible for these facilities.



Father Benny, Principal of St George High School, Malad addressing the gathering at the Malayala Bhasha Pracharana Sangham Western Zonal Meet that took place at St George High School. Right- A section of the audience

HIRANANDANI KERALITE ASSOCIATION

Hiranandani Keralite Association was formed nine years ago. Their aim was to 'create a united caring and sharing community.'

Today the Association has about 300 members. The majority of members are either in business or working in high positions. But one of their most important social objectives is to make significant changes in the lives of the marginalized and the poor of the area, like maids, servants, drivers, security personnel and those numerous individual who make the lives of HKA members comfortable. Towards this end, the Association has distributed cooked food, food materials, and family kits to the deserving. Educational scholarships and study materials are distributed to poor students.

The Association also organizes medical camps and medical awareness programmes for the less privileged around them and supports children with HIV/AIDS or CAAs and CLHAs through authorized NGOs.

Every year the Association celebrates Onam on a grand scale with variety entertainment programmes and a grand *onasdaya*. It also celebrates New year every year.

The Association plans to start sports related activities and Meets to involve



Lighting the lamp at the inauguration of HKA Onam celebrations

the youth.

According to the office members, insufficient funds and land availability for training and animation centres, lack of awareness, planning and reflection on social actions at certain levels, complacency about charity and institutional work and lack of formalized HR and workplace policy are some of the hurdles the Hiranandani Association faces.

But its strength lies in its dedicated and committed individuals, successful and generous Malayalees who live in

this township, and networking among like-minded men and women of the area, both Malayalees and non-Malayalees. Hiranandani Builders have supported them in all their initiatives.

Onam 2012

The association celebrated Onam 2012 on August 26 at the newly renovated Community Hall at Ayyappa Vishnu Temple at Hari Om Nagar, Powai.

The programme started with a chend performance followed by prayer song



Chairman SR Pillai felicitating Nandakumar, CMD Chemtrols Ltd.



Executive members with the participating children



Kaikottikkali by the ladies wing



View of the audience

by children and kaikottikkali by the ladies wing of HKA. There was a sangeetha nritya shilpam *Glimpses of Keralam*, showcasing the history of Kerala and seers and visionaries the state has seen like Gandhiji, Swami Vekanananda, Sankaracharya, and Sree Narayana Guru through classical and folk dances performed by students of Abhishree Nritya Sadan. The lyrics for this dance was written by Saseendran and music composed and sung by Prem Kumar of *Saptaswara*. The Sangeeta Nritya shilpam was choreographed by Chitra Warriar. This was followed by felicitation of deserving students of SSC, HSC, ICSE, BE and distribution of awards and certificates for

outstanding educational achievement sponsored by various members. Prem Kumar and Party of Saptaswara performed a musical programme followed by Onasadya.

Chairman of Hiranandani Keralite Association SR Pillai welcomed the audience while Dr PJ Aprain gave the presidential note. Treasurer Malbin Victor proposed a vote of thanks.

Executive Committee members

The current Executive Committee members are: S. R. Pillai, Chairman, Dr P J Aprain, President, A N Shaji, General Secretary, Malbin Victor,

Treasurer, Paul J Peringatt, Vice President and P B Rajmohan, Joint Secretary. The other Committee members are: Capt. Ashok Menon, M. U. Hariharan, Harikumar S Menon, John Thomas, Kumaran Nair, Mathew Mammen, S G Nair, Philip Chacko, Premkumar, Prakash Kanath, R Radhakrishnan, CP Sajeevan, GMJ Thampy, Thomas Olickal and M P Varghese.

HKA launched its website during the event. It was launched by the Chief Guest Nandakumar MD and Chairman of Chemtrols Ltd and the Guest of Honour, Prashant Sharma. ■



Executive Committee along with ladies' wing members : Sitting –(Left to right) : Captain Ashok Menon, R Radhakrishnan, R Mathew Mammen, M P Varghese, Thomas Olickal, Prakash Kanath, C. P. Sajeevan. 2nd row left to right - P B Rajmohan, A N Shaji, S R Pillai, Dr PJ Aprain, Paul J Peringatt, M U Hariharan, Harikumar S Menon, Malbin Victor, Premkumar. Ladies:- Sujatha Kanath, Geetha Radhakrishnan, Geetha Hariharan, Rosely Victor, Madhavi Harikumar, Devi Premkumar.



KIM News Bureau

MALAYALAM FOUNDATION AWARDS



Madambu Kunjukuttan lighting the lamp at the Award function

Malayalam Foundation gave cash award of Rs. 2000 each to SSC/HSC top scorers from Kalyan East, Kalyan West, Dombivli East and West on July 8, 2012.

The Malayalam Foundation website designed and maintained by the youngest girl web designer of the world Sreelakshmi Suresh was officially inaugurated by Muraleedharan M R, Senior Manager, Federal Bank, Kalyan on the same day.

Malayalam Foundation, a national NGO started in 2011 and registered under Bombay Public Trusts Act works with the main objectives to promote Malayalam language, literature, culture, tradition, education, environment protection, health awareness and network Malayalees across the world, extending a helping hand in all possible ways and work for the overall welfare and benefit of Malayalees. Malayalees living anywhere in the world are members of Malayalam Foundation and there are no barriers, admission fees or annual fees or any sort of obligations or restrictions to participate in its activities and any Malayalee can associate with Malayalam Foundation in whatever possible manner with advice, suggestions and support to strengthen the foundation's humanitarian activities in all spheres.

The Malayalam Foundation awards for 2011 were presented at a grand function held at Sahitya Academy Hall on August 19 in Thrissur. It was attended by eminent personalities, scholars and veterans from arts, culture, literature, media, teaching, social service, music, cinema, theatre, business and other important fields.

Out of the six awards presented, two were for overall contributions in multiple domains and the remaining for outstanding contributions in the respective fields. Malayalam Foundation Awards consisted of cash, citation and memento. The award winners for overall contributions and those for outstanding contributions received a purse of Rs. 15,000 and Rs. 5,000 respectively. The awardees were selected considering their past contributions by the Committee with N. Rajashekhara Nair as Chairman, Dr. Thomas Mathew, Cheppad Somanathan and Malayalabhumi Sasidharan Nair as members.

The overall contributions awards were given away to noted Malayalam poet, activist and media personality Nanappan Manjappa and writer, activist and trade

unionist Girijavallabhan in recognition of contributions in the fields of poetry drama and media and literature, social service and trade union respectively. The outstanding contributions awards were presented to Kattoor Murali for journalism, Mundoor Rajan for Malayalam book publishing from outside Kerala, Navakam Editor CS Panicker for media activism through small publication and Aravindan Nelluvaai for cinema for his debut directorial venture. Noted litterateur Madambu Kunjukuttan inaugurated the function, which was presided over by Malayalam Foundation chairman Malayalabhumi Sasidharan Nair. Thrissur Range Inspector General of Police S Gopinath IPS was the chief guest.

Prof. Parampil Jayakumar, Malayalabhumi Sasidharan Nair and Thankamani of All India Radio felicitated Carnatic music connoisseur Isaimani Vaidyanatha Bhagavathar and Amritha TV Super Dancer winner Hridima Jilsu.

The process for selecting the Malayalam Foundation award for 2012 has started, the Foundation announced



Kattoor Murali, Mundoor Rajan, Nanappan Manjappa receiving the awards

Kashmir to Kerala Foundation Onam Celebrations

Kashmir to Kerala Foundation founded by Alexander Prince Vaidyan, businessman and social worker celebrated its first Onam at the Leela. The event was inaugurated by Mammooty. Captain Krishnan Nair, MLAs Palode Ravi, KP Abdullah Kutty, JNPT Chairman Radhakrishnan IAS, Jammu and Kashmir CM's chief Advisor Mubarak A Gul, actor Mukesh Rishi, the first woman IAS officer Anna Malhotra and other eminent personalities attended the event. Srikantan Nair who received the Bhaskaran Award for best light music was felicitated by Capt Krishnan Nair. This was followed by musical orchestra and onasadya.



Vivek Nair lights the lamp at K & K Foundation's Onam celebrations

RSS (Bharat Bharati) Onam Celebrations

RSS Bharat Bharati held its 42 nd Onam Celebrations on August 15 at Chembur High School. Chembur Fine Arts President K Ganesh Kumar inaugurated the function. RSS Konkan Pranth Pracharak Ravindra Kirkule, Chembur Bhag Sanghchalak Girish Deshpande, Karyavachak Sanjay Nagarkar, Rajasekharan Nair spoke on the occasion. Kozhikode Vibhag Karyavahak KP Radhakrishnan delivered the key-note address. He emphasised the need for unity among all Indians and the necessity to fight against terrorism in our country.

Since this year was being celebrated as the 150th birth anniversary of Swami Vivekananda, the organizers made an appeal to the Government and ministers to include lessons on the life and teachings of Swami Vivekananda in the schools from the primary level. Bharat Bharati President V Rajendran presided over the event. Gokuldas gave the Welcome Speech while Devarajan proposed a vote of thanks. Meritorious SSC students and Students who scored high marks in Sanskrit in the SSC exams were felicitated.



Inauguration Speech by K Ganesh Kumar, President, Fine Arts Society, Chembur.
Sitting : Bhag Sanghchalak, Girish Deshpande, Prant Pracharak, Ravindra Kirkule,
Kozhikode Vibhag Karyavahak, KP Radhakrishnan, Bharat Bharati Pramukh
V Rajendran.

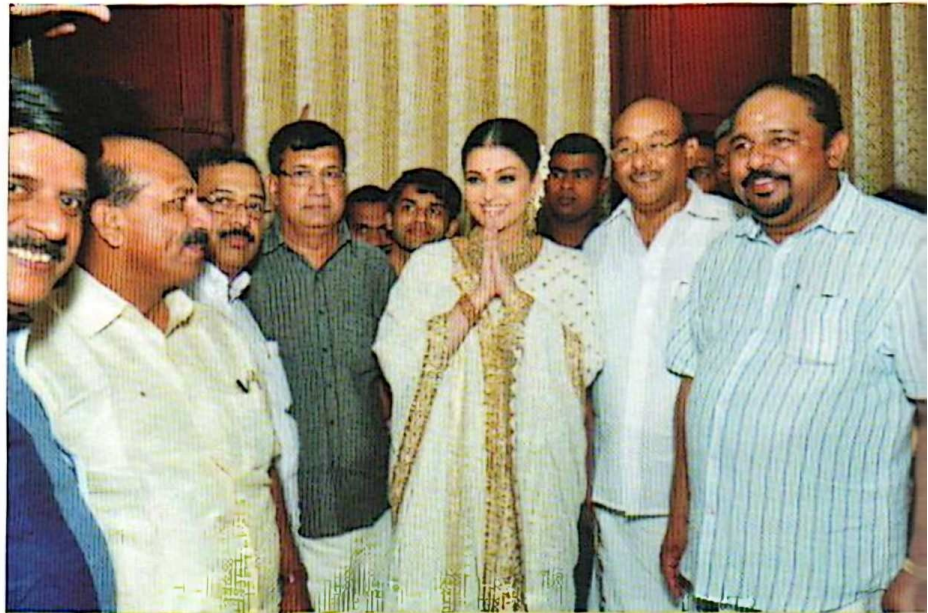
Golden Anniversary



The 50th Golden Wedding Anniversary of MUK Varier and Suvarnanini Amma on 13th July 2012. Varier is a retired employee of RCF, Mumbai, presently settled in Bhandup(E), Mumbai.

Sree Narayana Mandira Samithi Anniversary celebrations

All the 25 units of SNMS will celebrate the 158th anniversary of Sree Narayana Guru (Guru Jayanthi) on September 2 at Chembur Sree Narayana Complex officiated under the aegis of Manoj Santhi with Guru puja, community prayers etc. SNMS President N Sasidharan will preside over the cultural event that will follow the prayers. The chief guest will be CIDCO Chairman Pramod Hindurao. A spiritual discourse by Biju Pulikaledath will be followed by dance and music competitions by the SNMS Units, schools and colleges.



Aiswarya Rai Bachchan along with Pattabhiraman, CMD of Kalyan Silks, K Vijayakumar MD of Host Group of Companies, Mumbai along with others during the inauguration of Kalyan Jewellers Kochi showroom

Community Hall Inauguration

The newly renovated Community Hall at the Shree Ayyappa Vishnu Temple premises at Hari Om Nagar, Opp. IIT Market, Powai was inaugurated on August 19. Smt. Premkumari, wife of late Chittaranjan C. Sharma and mother of Chandan Sharma, the present Corporator was the Chief Guest at the opening ceremony. The Community Hall is named after the late Corporator Chittaranjan Sharma who was also a Founder Trustee of Shree Ayyappa Seva Sangham, Powai. The renovated Community Hall has all the facilities for organizing programmes for its members.

Medical camp

Panvel St George Church conducted a Medical Camp and opened St George Charitable Dispensary. The Dispensary was inaugurated by Kalyan Diocese Social Action Director Fr Paul Kunduparambil. The Medical camp was held under the guidance of DY Patil Hospital and Research Centre Vice - Chancellor Prof Dr James Thomas and Dean Prof Dr Shirish Patil. Vicar Fr Biju Mannumcheril announced that every Sunday and Thursday Dr Saritha Jackson and Dr Ashok Vaidya of DY Patil Hospital will come to the Dispensary and offer their medical services.

OBITUARY



Mrs. DAMAYANTHI SEKHARAN

Mrs. DAMAYANTHI SEKHARAN, 91 years, wife of late Maniyadeth Sekharan of Calicut passed away on August 20, 2012 at Andheri - Mumbai. Mourned by daughters Mrs. Prema Chandran, (Calicut), Mrs. Sabitha Achuthan (Mumbai), Mrs. Usha Ramdas (Trichur), sons Late Mr. M. Premarajan (Mumbai), M. Jayaprakash (Calicut), M. Suresh (DGM-L&T, Mumbai) and their families.

New Managing Committees Elected

Chembur Nair Seva Samithi

Chembur Nair Seva Samithi has elected its new Managing Committee for the next two years. Raju K Menon is the President, G Ramachandran Pillai (Vice President), Balakrishnan Nair is the Secretary, CH Gopalakrishnan, C Gopi Nair (Jt Secretary) and P Srikumar Pillai (Treasurer). N Chandrasekharan, B Vijayan Pillai, P Unnikrishnan, VV Vijayan, B Gopalakrishnan Unnithan, G Radhakrishnan Nair, B Velayudha Menon, OMB Nair, E Gopi Nair, P Aravindakshan, Raghunath Mannadiar, C Sasikumar are Committee Members.

Bombay Keraleeya Samithi Malad

Bombay Keraleeya Samithi Malad has elected Padma Divakaran as the President. P Nambiar is the Vice-President, P Balakrishnan (Secretary), T Madhavan and Beena Jose are Jt Secretaries and Rakhi Sunil is the Treasurer, MK Aniyam is the Jt Treasurer. The other Managing Committee members E Chandran, KG Pillai, YA Pillai, Mrs J Vatsala, B Radhakrishnan, Mohan Nair, CJ Mathew, AV Kuruvilla, MR Krishnan.



Padma Divakaran P Balakrishnan Rakhi Sunil

Lodha Heaven Swami Ayyappa Seva Sangham

Lodha Heaven Swami Ayyappa Seva Sangham has elected Anil C Nair, (President), Hari Kumar (Vice President), Manu K Kurup (Secretary), Venugopal (Jt Secretary), Narayanan (Treasurer) VK Baburaj (Internal Auditor) and 10 executive members to form the new Managing Committee.

AMMA Dombivli- Kalyan Zone

All Mumbai Malayalee Association Dombivli- Kalyan Zonal Committee. President Jojo Thomas said that one of the main aims of AMMA was to encourage Malayalee students to clear All India competitive exams like IAS, IFS, IPS etc. He also urged the Malayalee organizations to work together for the welfare of all Malayalees without any distinction of caste or religion. At the General Meeting of the Dombivli Kalyan Zone

the following were elected as Managing Committee members: Sasikumar K, President, Unnikrishnan, Vice -President, Anto Kannanpuzha Secretary, Gopalakrishnan Nair, Treasurer and Wilson Dombivli, TE Varghese, T Sundaran, P Janardanan, Anil Raman, Harindranath, MK Varghese, Balan Mavilayil, CT Mathai Executive Committee members.

Vikhroli Malayali Samajam

Vikhroli Malayali Samajam has elected KK Ramachandran as the President. CM Sekharan, KK Sukumaran are Vice Presidents, KM Kurup, is the General Secretary, VP Unni, AS Vinod are Jt Secretaries, CV Kumar is the Treasurer, and there are 14 MC members.

Kerala Cultural Association Pimpri

Kerala Cultural Association Pimpri elected TRK Menon as the new Chairman. Mammen Bahanan is the President, KS Ravi is the Secretary, Devadas R Nair is the Treasurer, Vikraman Pillai, Ganesh Kumar are Vice-Presidents, Prasad Pillai, Noby Nambiar are Jt Secretaries, K Satyan, Sasi, Omanakuttan Pillai, Babu Nair, Krishnakumar and Umashankar are Committee members.

New office bearers of SNDP

SNDP Branch 4425 elected their new office bearers for 2012-15: S Raghu (President), P Sureshkumar (Vice President), V K Gopinathan (Secretary), A S Mohankumar (Union Committee member), D Shanmughan, K B Jayan, Rathish P U, Rajesh Krishnan, K R Suresh, Bijoy, N Balan (all committee members), Rajan K Panicker, Rajendran K and V G Rajan (Panchayath Committee member). There are 14 Managing Committee members.

Bandra Malayali Samajam

Bandra Malayali Samajam has elected KRK Menon as the President, Sabu Chakiyath as the Vice President, Dinesh Poduval as the Secretary, Prasad Nair as the Jt Secretary. Xavier Antony is the Treasurer, Santosh Govindan the Jt Treasurer and there are 11 Committee members.

Thane Nair Welfare Association

Thane Nair Welfare Association elected KR Harikumar as the President, K

Karunkaran Nair as General Secretary and VK Muralidharan Nair as Treasurer, K Venugopal and Jayanth K Nair, Vice-Presidents, Girish Nair, Ajayan P Nair and Mohana Nambiar, Jt Secretaries and Ullas Nair Jt Treasurer. The Association conducted *Onachanda* on 26, 27 and 28 August for supplying traditional Onam items to the members and for the public.



KR Harikumar Karunkaran Nair Muralidharan Nair

Jogeshwari Malayalee Welfare Association

KR James President, K Balachandran Vice- President, T Madhusudhanan Secretary, MG Suresh, VV Babu, Jt Secretaries, PR Mohandas Treasurer and 21 Committee Members form the new Managing Committee.

Vittalvadi Ayyappa Seva Sangham

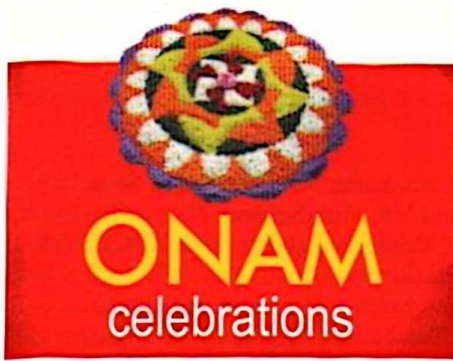
Vittalvadi Ayyappa Seva Sangham in Kalyan East New Managing Committee members: MP Manikantan (President), Biju Raman (Vice-President), B Vijayakumar (Secretary), PR Vijayan Jt secretary, PM Mani (Treasurer), C Radhakrishnan (Jt Treasurer), RN Haridasan (Convener) and 17 Committee members have been elected.

Kharghar Nair Service Society

Kharghar Nair Service Society has elected Prasad V R Nair, (President), Raju R Nair (Vice- President), KP Surendran Nair (Secretary), VB Devan Padmanabhan (Jt Secretary,) KN Kutty (Treasurer) and Haridas V Nair (Jt Treasurer). Other Committee members are Soman Nair, Gopakumar, M Haridasan, and Vinod V Nair.

Mumbai Keraleeya Samajam

Mumbai Keraleeya Samajam has elected Adv S Venkiteswaran as the President, M Jayaraman, Vice-President, Devadas G Nair Secretary, Premarajan Nambiar, Jt Secretary, K Velunni, Treasurer, P Suresh Babu (Construction), CP Haridas, (Membership), K Padmasundaran (Sports), Vimala Bhaskaran (Ladies wing), MG Vijaykumar (cultural), PE Chandran, TA Sasi (Education), PP Kripanath (Library in charge).



Bombay Kairalee Samajam Kashmirira

Bombay Kairalee Samajam Kashmirira will celebrate Onam on Sept 16.

St Mary's Church

Kalyan Eporchy Youth, St Mary's Syro Malabar Church, Malad (E) will celebrate Onam on September 2 from 8.30 with mass service followed by competitions among the youth of the parish and a general meeting at St George High School in Kurar, Malad East.

Vikhroli Malayalee Samajam

Vikhroli Malayalee Samajam will celebrate Onam on September 9 at Vikas College Hall in Kannamwar Nagar with Variety entertainment programme, prize distribution for meritorious SSC and HSC students and Onasadya.

Kerala Samajam Surat

Kerala Samajam Surat celebrated Onam on August 26 at Sri Surti Modvanik Samasth Panchniwadi, Lal Darwaja Surat on August 26 followed by cultural programmes.

Pune RSS Navodaya

Pune RSS Malayalee Organisation Navodaya celebrates Onam on



Inauguration of Seagull Tours and Travels New office at Wellington Business Park Andheri (E) by Dr KK Damodaran, President Emeritus, Sree Narayana Mandira Sa Mumbai. Suresh Kumar, MD, Seagull Tours and Travels also in the picture.

September 16 from 10 am at Vanavasi Avang Kalyankari Sikshan Samsad Hall. Pune Mayor Vashali Sunil Bankar will inaugurate the function. SNGS General Secretary TV Raghunandan will be the Chief guest. Navodaya President Vijay Kartha will give the welcome Speech. Bharatiya Vicharakendram Kerala State General Secretary Kaba Surendran will address the audience. There will be felicitation of SSC and HSC students and variety entertainment programme

Dombivli Nair Welfare association

Dombivli Nair Welfare association will conduct its 24th Annual Day and Onam celebrations on September 30 at Varad Siddhivinayak Seva Mandal Hall.

There will be drawing and Malayalam handwriting competitions as well as dance and other cultural programmes

Bhandup SNDP 4986

Bhandup SNDP 4986 zone will celebrate Onam on September 16 at Geetha Hall near Bhandup railway Station.

Vasai East Kerala Samajam

Vasai East Kerala Samajam will celebrate Onam on September 29 and at Evershine City Kairali Nagar. There will be pookala malsaram drawing competition for children on 29th evening. On September 30 there will be meeting and kaikottikali competition for Mumbai Thane Malayalee groups. Cash awards and certificates of merit will be given to the first and second prize winning team of the kaikottikali competitions.

Mulund Kerala Samajam

Mulund Kerala Samajam will celebrate Onam on September 9 at Bhakta Sangham Hall in Mulund West. Samajam President Gopalan Nair will inaugurate the function. In the morning at 8 there will be pookalam malsaram followed by Onam songs by students of Malayalam Mission classes, Poetry recital, and kaikottikali by the lady members of the samajam and Onasadya

New Bombay Cultural Centre

New Bombay Cultural Centre will celebrate Onam on September 16 at the Centre Hall. There will be pookala malsaram, song and dance programmes.



Pookkalam at Vasai Sabarigiri Ayyappa Temple. Sitting from left: Rohit Nair, Omanakuttan Nair, P S Rajan, Pankaj Panicker, TSR Nair

and felicitation of members' children who have done well in SSC and HSC exams.

Powai Kerala Samajam

Powai Kerala Samajam will be organizing the 26th Onam celebrations and the 22nd anniversary on October 7, 2012 at the Jain Mandir Hall, I.I.T. Market, Powai with a cultural programme followed by Onasadya. Chandan Sharma, Corporator will be the Chief Guest. Dr. James Thomas, Vice Chancellor, Padmashree Dr. D.Y. Patil University will be the Guest of Honour.

Kannur Friends Association

Kannur Friends Association Dombivli plans to celebrate Onam on September 9 at Thunchan Smarak Hall in Dombivli West.

Ulhas Nagar Nair Welfare Society

Ulhas Nagar Nair Welfare Society will celebrate Onam on September 30 from 9.30 am at Royal- Inn Marriage Hall. Parvathy Omanakuttan is the Chief guest for the function while Rajan V Nair, VG Nair and Chembur Balakrishnan Nair will grace the occasion.



A Mumbai Malayalee family celebrates Onam

Kerala Samskarika Vedi

Kerala Samskarika Vedi in Mira Road will celebrate Onam on September 9 at St Thomas Catholic Church Hall in Sai Baba Nagar. There will be variety Entertainment programme and a skit by Vilappil Natakasala Vazhakula.

Bhandup Kerala Samajam

Bhandup Kerala Samajam will celebrate Onam on September 28 at Matoshri Hall in Subhash Road from 10 am followed by Onasadya and Variety Entertainment programme.

Forthcoming events

SNMS Marriage MEET

Sree Narayana Mandira Samithi will hold its 27th marriage Meet on September 16 at Lokhande Marg Chembur in its college New Building. Those wishing to participate can contact on 987521118/9987364687.

Sapthathi

Nanappan Manjapra's Sapthathi celebrations was held at Mysore Association Hall, Matunga, Mumbai, on 31st August, 2012.

Sri Krishna Jayanti celebrations

Kochu Guruvayur – Sri Ram Mandir Temple in Matunga will celebrate Sri Krishna Jayanti from September 1 to 23 with namasankeerthanams and bhajans every evening at the temple complex. For pujas and programme details call on 24014170.

Thiruvathira celebration 2012

The Ladies Wing of Tru Indian Information and Guidance Society celebrates Thiruvathira on December 23 at 5.30 p m. It will be held at Sarvesh Hall, Dombivli East. Articles, stories, poems etc connected with the festival are invited from the public so that they could be published in a souvenir to be released on that occasion. The writings, not exceeding two pages, may be sent to Ambika Varasier, Creative Wing Co-coordinator, Tru Indian Information and Guidance Society, Road No 4, Vijay Smruti, Pense Nagar, Dombivli East 421 201 so as to reach them before August 30.

Pilgrimage to Sabarimala

Sri Ayyappa Bhakta Sangham of Navi Mumbai is conducting a pilgrimage tour for devotees from Sri Ayyappa Temple of Kalamboli to Sabarimala using the railway route, with stoppage at all important temples of Kerala. They have

been doing so for the last 15 years. The journey starts on December 9. Those interested in joining can contact 9821612161 and 9833271008 for details.

Another group of Ayyappa devotees start their journey on December 1 from Sakinaka Alpanakavu Ayyappa Temple and interested persons may contact them on 821171008 or 28590917 to join the group.

Kaliyattam

A Kaliyattam inclusive of Puthiya Bhagavathi, Vishnu Moorthy, Veeran and Veerakali theyyams will be held on October 27 and 28, under the auspices of Kannur Welfare Association.

Kalyan Eparchy Youth

Kalyan Eparchy Youth Malad (E) Parish will celebrate Onam on September 2nd with sports and cultural programmes at St. George High School, Kurar in Malad

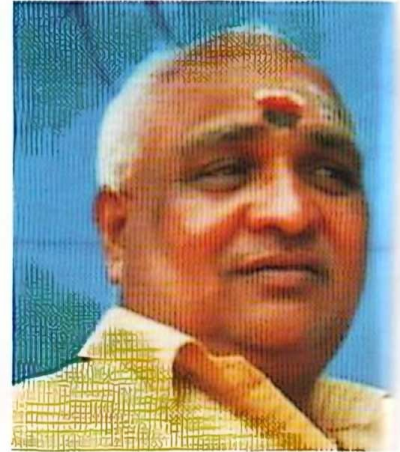
Mumbai Pooram Awards 2012 announced

Mumbai Pooram Foundation has declared various awards for the year 2012
Mohanlal, for his contributions to Malayalam Film World during the last 25 years, V Dakshinamoorthy for his lifelong contribution to music, Kaloor Ramankutty Asan, the Chenda artiste, for his contributions to the percussion instrument music, Prithviraj, the youth icon and young talented actor of Malayalam movies, Anjali Menon, debutant female film director, Dr Hareendran Nair, MD of Pankaja Kasthuri for his contributions to Ayurvedic medicines, Ravi Pillai, M A Yousuf Ali, C K Menon, O Ramachandran, George Naryampambil, T A Sundar Menon, Mohd Siddique (ITL) will be honoured with the title of Pravasi Thilakam. Besides, R K Krishna Kumar (TATA Group), M P Ramachandran (Ujala), Vivek Nair (Leela Hotel) and Abdul Nazar (Akbar Travels) will be awarded Pravasi Shreshta while lyricist Mumbai Kaladhara Panicker will be accorded Ganarachana Ratnam. John Parappalli (Don Bosco School) and Dr Bijoy Kutty (Platinum Hospital) will be honoured with Excellence Awards.

The awards will be presented by Maharashtra Governor K Sankaranarayanan in the presence of Kerala Chief Minister Oommen Chandy, Maharashtra Chief Minister Prithviraj Chavan, Kerala Cultural Minister K C Joseph and Maharashtra Excise Minister Ganesh Naik during the Pooram Festival November 9-11.



V Dakshinamoorthy



Kaloor Ramankutty Asan



Mohanlal



Prithviraj

Guinness record

The Kaikottikali at Mumbai Pooram 2011 has entered the Guinness book of records. About 140 women participated in the dance that was held at KDMC Stadium in Dombivli on November 11, last year. This year Pooram Foundation members expect about 3000 participants at the mega



kaikottikali during Mumbai Pooram that is scheduled to be held on November 9, 10 and 11. With this in mind, the Foundation has organised meetings in the suburbs of Mumbai and it has already it has received applications from about 2000 persons. Those wishing to take part in the kaikottikali can contact 9821098201590698/9870125707.

Marol Odakkuzhal

Odakkuzhal, the social organisation of Marol Malayalees, will hold their Annual Get Together and Onam celebrations on Sunday, September 23 at Marol Education Academy premises from 11 a m onwards. Noted writer Smt Sulochana Achan will be the Chief Guest. The celebrations will include Pookkalam, community feast, cultural events besides honouring meritorious students and eminent personalities.

The office bearers of Odakkuzhal for the year 2012-'13 are: Shri John Mathew (President), Shri K V Satyanath (Chairman), Shri P K Radhakrishnan Nair (Vice Chairman), Shri R Raajkumar (Secretary), Shri Ramakrishnan Komath and Shri K M Narayanan (Jt Secretaries), Shri P G Venunathan (Treasurer), Shri T R Nambiar (Jt Treasurer) and messrs N R C Nair, K S Saseedharan Nair, Damodaran Nair, K Somasundaran Nair, C Ravi Kumar Nair, Shri Ravindran Warier, K P Saseedharan and A S Sukumaran (committee members). S K Venugopal, Prof A Vijayshankar, K T Joseph, K T Ajaykumar, K C Menon and K R Raghupalan are members of the Advisory Board while Shri M A Razak is the Internal Auditor.



Sudeesh B Nair and his dancing partner

International Dance Competition

Sudeesh B Nair of Sudeesh Dance Academy and Damini Tiwari will take part in an Asian Championship in the Latin 6 Dance Category. This is the first time that a Malayalee is representing India at this International Ballroom competition.

Keraleeya Samajam Andheri

Keraleeya Samajam Andheri will celebrate Onam on September 9 at St Antony's Hall in Yari Road with kathakali and other cultural programmes, prize distribution, housie and traditional Onasadya.

Prior to this the Samajam is organizing a Sports, games and drawing competition on September 2 at St Mary's High School in Yari Road. Then proceeds will go for charity purpose, according to the Samajam.

Kharghar Kerala Samajam

Kharghar Kerala Samajam will celebrate "Onam Celebration" on September 9 at Kendriya Vihar Community Hall, Sector-11, Kharghar.

VT: FORGOTTEN SOCIAL REVOLUTIONARY

Continued from page 35

MR Bhattathirippad, popularly known as MRB. He married from a decent Namboodiri family, even though he was the second son. When his sister-in-law was widowed, he got her married again to another revolutionary youth. He encouraged Namboodiri girls to come out into the open world and educate themselves by joining schools. He went around Kerala to raise funds to improve the *Namboodiri Vidyalaya*, the school which was originally started to educate Namboodiri youths. He made friends and easily mixed with people from other communities, then considered to be 'low and untouchable class' and from other religions. He enjoyed their hospitality and invited them to his house, eating with them and spending time with them. To cut the story short, within a period of twenty years, he achieved the impossible : he purged and purified the centuries - old dirt of rituals and customs in the Namboodiri community. His vow to 'convert Namboodiri to humane' was successfully completed. Later, with an Act by EMS Namboodiripad to provide "the land to the tillers", the privilege of wealth that Namboodiris enjoyed also vanished.

Today a Namboodiri is just like any other man, who has to earn his daily bread by his own sweat.

That was VT. He was far more than an individual. He was a movement, which changed the course of history. He raised the war-cry single - handedly against powerful and atrocious traditions and practices, armed only with self-confidence. He passed away in 1982, satisfied with his monumental achievements.

Today the world is slowly turning around to its old ways. The Namboodiris have been replaced by the neo-capitalists. The detestable hand of blind faith and rituals is slowly tightening its grip on society as a whole. The self-interested religious heads get the last laugh. It is time that we sit down and do some introspection. It is time we view and review *Adukkalayil Ninnu Arangathekk* with its magical power to awaken the conscience.

The Bombay Yogakshema Sabha has invited the 35 persons of the team of Ambili Kala Samithi, Vattamkulam, Malappuram District to present that drama before the Mumbai audience at Thunchan Smaraka Hall, (Model English School, Kumberkhanpada, Dombivli West) on 23 September 2012 at 4.00 pm. Entry is free for all. ■

Kerala gives away land to the landless

According to Adoor Prakash, the revenue minister of Kerala, the state has 2,33,232 landless families as on August 15, 2012, after weeding out all ineligible applicants. Since the UDF has promised during the last election that the landless would be provided with land, the Revenue Department is entrusted with the task of finding the genuinely landless and to complete the task of distribution by 2015. Now the number of landless is determined, the next task is to find the land for distribution. The government needs about 8,000 acres of land to distribute among the landless with 3 cents to each. The State Land Bank has

about 1,000 acres at its disposal and the remaining land has to be confiscated from the land mafia (read Harrison's Malayalam Limited and not political parties who encroached most of the leased and government owned).

According to the department, the highest number of landless families, is in Thiruvananthapuram and the lowest, again in Kozhikode district, with 30,750 and 3,575 respectively.

The land allocated through this scheme would not be allowed to be sold for 25 years. Further, it is not necessary that every eligible applicant would be given land in his or her own village. Further, transfer of land from the

allottee to others through affidavits or power of attorney will also be not allowed, the minister said. Any one found violating the terms, his documents would be deregistered, he said. It is not known what would happen if some allottee abandons his piece of land in favour of someone else after taking some money from the latter without executing a power of attorney or affidavit, as all encroachers did in the past.

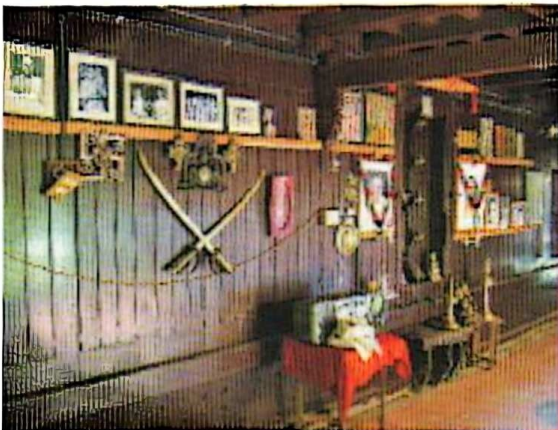
Could it be assumed that after 2015, there would not be any landless families in Kerala?

Naduvile Kovilakam goes for a makeover

Malayalees since the last two centuries are in love with a poet of Travancore, who gave them among many, two highly hummable songs, 'Omanathingal kidavo nalla komalathamara poovo..', "Karuna cheyvan enthu thamasam.." and "Prananathanenikku nalkiya.." Now Naduvile Kovilakam, the home of that

be completed in two years and the State Government has earmarked an amount of Rs 37 lakhs for this purpose.

The project comprises of a setting up of a library, Irayimman Thampi memory hall, music academy and a garden. Musicians will be given opportunities to perform in the hall and week long music festivals will be held every year with active support of All India Radio and Door Darshan. Thampi's musical works will also be available on sale.



poet Ravi Varman Thampi, popularly known as Irayimman Thampi, is going for a makeover to become a tourist attraction. In a joint venture of the Department of Archaeology and the Alappuzha District Administration, this house at Varanadu in Cherthala is going to be revitalized in a bid to attract tourists from all over the world. This project was officially launched in 2011 but now has been taken up with all seriousness. The project is scheduled to



Irayimman Thampi and his house (inset)

Massive land grab in Idukki

While the State Government is struggling to find land to distribute among the landless, massive land grab is reported from Idukki district under fictitious names with the connivance of local revenue officials.

According to ADGP (Intelligence), land has been taken over by fraudulent means from 99 Tamil natives who had allegedly received the land through land assignment titles. This land cannot be sold for a fixed period. The statement that 99 plots were bought from individual families does not stand scrutiny as these pieces of land have no boundaries and are lying on a hill slope without partitions. Within two months of allotment, the land was handed over to the mafia, by signing in blank papers and power of attorney was also signed by the original allottees. Both local revenue officials and political leaders are said to have involved in this scam.

Biju returns from captivity

After 14 months in captivity of the dreaded Abu Sayaff group in the Philippines, Kolar Veetil Biju of Moodadi Village in Kozhikode, escaped into the world of freedom on August 17.

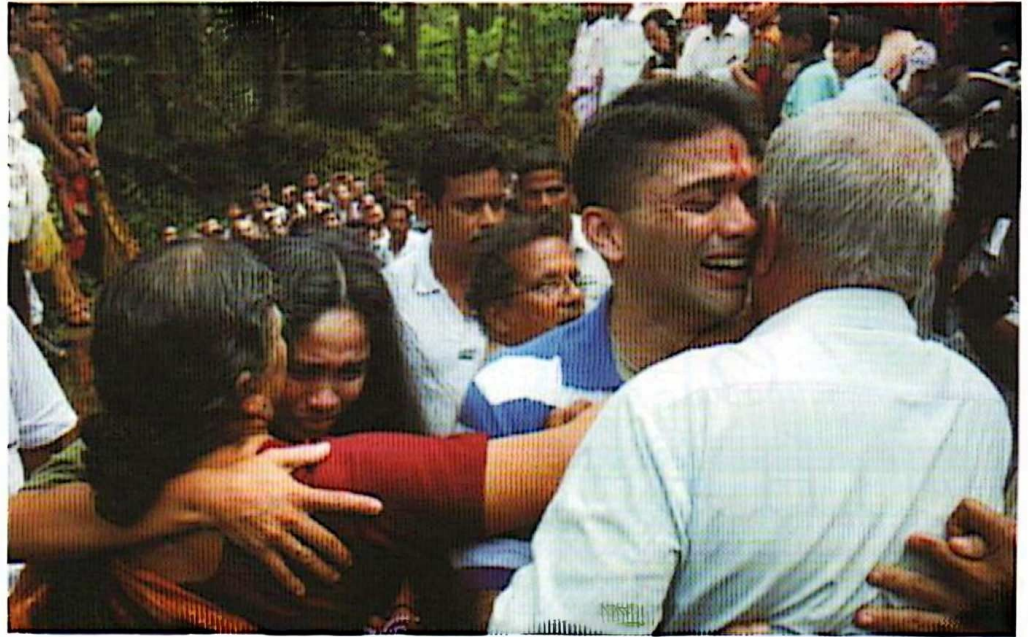
Biju did not know the name of the stranger who came out of nowhere and took him to the safe confines of a Filipino board member's house. For that matter, he did not even remember the man's face, for it all happened in a matter of a few hours on that eventful Friday night Biju escaped from the clutches of militants terrorist Abu Sayyaf.

For Biju, who worked as an operations manager in a Korean firm in Kuwait, the ordeal started on June 22, 2011, when he was abducted at gunpoint by five militants near the Sulu province of the Philippines. He was there on vacation with his family.

"The first six days after the abduction, my family did not have any information about me. On the sixth day, the militants contacted the Indian embassy in Manila and demanded \$10 million, which they later reduced to \$1 million. I was always surrounded by at least eight machine gun-toting men. They were like a group of nomads, and used to shift me from camp to camp every two weeks," said Biju.

In the past 10 months, the militants allowed him no contact with his family. He recounted the experience of being caught in the middle of an encounter between his captors and Filipino marines.

"Bullets and grenades were showering all around me. Fourteen marines were killed in that ambush. Nine of them had their heads cut off by the militants. They warned me that my own fate will be the same if I tried to



Biju and wife embrace his parents after his escape

escape."

Biju was held in captivity in the Mindanao region of the Philippines, the only autonomous area in the country that is completely under the control of the Abu Sayyaf.

Most of the time, he was kept blindfolded and his limbs tied up.

He remembered vividly each second of Friday, the day he escaped. At their latest camp, the militants housed him in a hammock tied between two trees, with one of the men sleeping underneath. Around him were a few tents housing the militants.

"Because of the Ramzan month, the security was lax and my limbs were untied. The fasting used to tire them out and make them sleep all night. I casually tiptoed outside and suddenly realised that this was my chance. A few days ago, I had gathered from their discussions that they were planning to do something to me after Ramzan. This probably inspired me to take the chance."

The next few hours he walked and

ran intermittently in the dark through the mountain ridges. The faint moonlight and tyre tracks of marine vehicles guided his advance.

The faces of his family members, which kept flashing in his mind, propelled him forward, Biju said.

"I was constantly looking behind to check if anyone was in pursuit. That is how I slammed into a stranger after I had run for some hours. I fell to the ground and started screaming, thinking he was part of the militant group. He held me up and asked something in broken English. As I narrated my story, he started running with me.

"At that point, I did not know whether he was taking me to safety or back to the militants. I ran with him instinctively."

The stranger took him to the Filipino board member's house and left without a word, not even offering his name.

"I think God came to my rescue in a human form," thanked Biju, now in the safety of his home adjacent to the railway tracks at Moodadi.

Young school boy seeks medical assistance

Abhiram T Raj, son of Aruvapara Thondumali Rajesh and Sarita is a student of second standard of Thoongali Santom Public School. However he is now spending his time at Vellore Medical College receiving treatment for a serious ailment – Cancer. Abhiram has already undergone three

sessions of Chemo therapy and is now advised to undergo a marrow transplant surgery. The expected expenditure is between Rs.30-50 lakhs.

Rajesh is employed in a shop and he has one daughter also to bring up. The school PTA chipped in and raised Rs.2.8 lakhs till now and handed over

the amount to the family. An account is opened with Federal Bank Limited, Vengoor branch (A/c No.106201000 95648; IFSC code: FDRL0001062). Kind hearted souls may remit their contributions to the said account.

ASIN

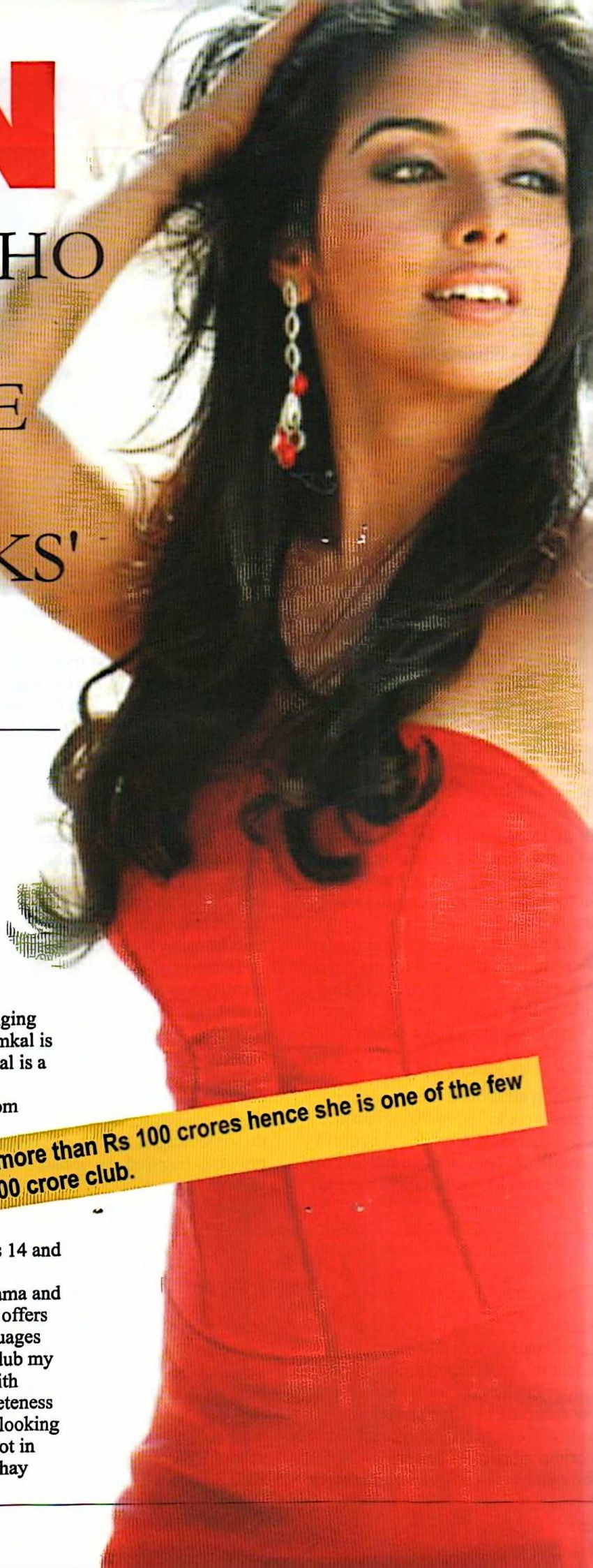
'ACTRESS WHO
SIZZLES AT
BOX OFFICE
WITH HER
COOL LOOKS'

Sriprakash Menon

Her photogenic face, attractive smile and slim figure coupled with her acting skills have created box office magic for film makers whether it is Tamil, Telugu or Hindi. She is Asin - quietly and comfortably setting box office on fire in film after film. With her proficiency in seven languages, she is really going places with her zeal and determination in a highly "sexy looks and figure" oriented film industry. This Palakkad born Syro Malabar Catholic girl from Thodupuzha studied in Naval Public School, Kochi then did her graduation from St. Theresa's College in English literature before plunging herself in to modelling. Her parents Joseph Thotumkal is a businessman and her mother Dr Seline Thotumkal is a surgeon. "Since 2008 we are staying in Mumbai. Earlier from Kochi we moved to Chennai and then to Mumbai. I got modelling offer

All her movies in Hindi have collected more than Rs 100 crores hence she is one of the few actresses in this exclusive league of 100 crore club.

when I was 14 and did campaigns for BPL, Amruthanjan, Vanitha, Mathrubhumi, Manorama and so on. After my debut in Malayalam cinema, I got offers from Tamil and Telugu as well. I can pick up languages very fast and I can manage to speak fairly well. I dub my own voice as I feel very committed to language with which I work. Such an approach also gives completeness to the character which I portrayed in films", cool-looking Asin explained as she was getting ready for her shot in the next Hindi block buster 'Khiladi 786' with Akshay



Kumar and Mithun Chakraborty as her co stars. Asin's film career began with Sathyan Anthikad's Malayalam film 'Narendran Makan Jayakanthan Vaka' in 2001, then she moved on to Telugu and Tamil films with a major Telugu hit 'Amma Nanna Tamila Ammayi' in 2003. 'M Kumaran s/o Mahalakshmi' in 2004 gave her the first Tamil hit. Then she did several Telugu and Tamil films 'Varalaru', 'Pokkiri' and 'Dasavatharam'.

Before choosing a film, she said "I look at the script, my role in it, the director and of course the producer besides the co-artists. I am a director's actress. No doubt I give inputs to the film makers as an artist but would not like to interfere just for the sake of it. I am flexible actress and can get into any character with ease. After making my mark as a successful actress at the box office, now I am keen on looking at more different types of characters and roles".

In short span of about 25 films Asin has acted with Kamal, Hassan, Akkineni Nagarjuna, Aamir Khan, Akshay Kumar, Salman Khan, Ajay Devgan, Abhishek Bachchan Ravi Teja and several others most of them being box office grossers.

She was lucky enough also to bag Kalaimamani, several Filmfare awards in Tamil, Telugu and Hindi for her roles.

Asin observed that "there are cultural difference while doing films in Telugu, Malayalam, Hindi or Tamil. In *Khiladi*, I am playing a Maharashtrian girl. Hindi and Tamil have broader canvas while Malayalam films come up with bold and realistic themes. In fact I am looking forward to do a Malayalam movie in the near future".

All her



movies in Hindi have collected more than Rs 100 crores hence she is one of the few actress in this exclusive league of 100 crore club. Whether it was Aamir's 'Ghajini', Anees Bazmi's 'Ready' with Salman Khan, 'Housefull - 2' with Akshay Kumar and 'Bol Bachchan' with Ajay Devgan and Abhishek Bachchan are all box office super hit films.

Asin is in no hurry to get married though. The guy need not be necessarily a Malayali but he should be 'a good human being with integrity of character', she whispered

softly before getting ready to put on her make up for the next shot on a sultry rainy day in South Mumbai. She loves Onam as a festival but felt she may be on shooting for this film as 'work is worship'. With her cool enticing looks in her traditional attire in the film, she is once again attempting to re create box office history with her 'midas appearance'.



DIET IN PREGNANCY



It is very important to follow good eating habits when a woman is pregnant for that will help in delivering a healthy baby and at the same time ensure the health of the mother.



Dr. (Major) Nalini Janardhanan

1. Diet plays a vital role in pregnancy, because only a healthy woman can give birth to a healthy baby. It is believed that a pregnant woman should eat food for two people for the growth of the baby in her uterus. But it is not the quantity of food but the quality and nutrition which is essential for the baby.

2. All foodstuffs rich in iron, calcium and proteins are important for the baby's growth. So a pregnant lady should eat a balanced diet containing at least one item from each of the following groups:-

- a) Foods that are rich in calcium and strengthen the bones – eg. Milk and milk products (curd, cheese, buttermilk).
- b) Foods rich in protein and help in building tissues of the body, eg eggs, pulses (dals), wheat, rice, meat, nuts, soyabean.
- c) Iron rich food to prevent anaemia in pregnancy – green leafy vegetables, raisins, jaggery, fish, meat.
- 3. The daily diet should contain:-
- a) Cereal, pulses and vegetables.
- b) Fibre to prevent constipation. Fruits, vegetables, rice, maize, beans and nuts are rich in fibre.
- c) Fruits (provide vitamin C) – seasonal fruits like guava, orange, lemon, banana, grapes, pineapple, mango.
- d) Vegetables like carrot, cabbage, tomatoes, onion and cucumber which can be eaten raw as salads. Also other vegetables which can be cooked and eaten like spinach, sweet potatoes, potatoes, French beans, cauliflower, snake-gourd etc.
- e) Meat, fish and eggs (if non-

- vegetarian)
- f) Milk and milk products.

Avoid

- 1. Too much of ghee
- 2. Excess of junk foods and sweets
- 3. Cola and other aerated drinks
- 4. Too much of cakes, pastries, bakery items
- 5. Too much of oil and spices
- 6. Too much salt (it can increase blood pressure). So avoid pickles, dried food items, papads and tinned food in which



- salt is added as preservative.
- 7. Excessive amount of tea and coffee
- 8. Gas forming foods.
- 9. Alcohol, beer and drug addiction.
- 10. Cigarette smoking.
- 11. Chocolate

Good eating habits

Eat only fresh food prepared at home. Avoid eating stale food items prepared and kept in fridge for a few days. Avoid eating fast food. Eat at regular timings and also when you feel hungry. Eat small quantities of food at frequent intervals instead of having excessive amount of food two or three times. Avoid eating late as it can cause heartburn. Drink plenty of water. Avoid eating food from restaurants and fruits or salads from outside as they may not be hygienically prepared. Have more fresh fruit juices, sprouted pulses and vegetables soups. Food items should be chewed well and eaten slowly. Milk should be boiled. Food items should be well cooked. Don't take uncooked egg or undercooked meat or raw milk.

A pregnant lady should get 2200-3000 calories per day from food. Supplementary nutrition like iron, folic acid and calcium can be taken in tablet form.

Daily dietary allowances for Pregnancy

	Non Pregnant	Pregnancy 2 nd half	Sources
Calories	2200	2500	Proteins, Fats, Carbohydrates
Protein	50 gm	60 gm	Meat, fish, eggs, milk and milk products
Iron	18 mg	40 mg	Meat, egg, grains (also iron tablets)
Calcium	500 mg	1000 mg	Dairy Products (milk, curds, paneer)
Zinc	12 mg	15 mg	Meat, egg, seafood
Vitamin A	5000 IU	6000 IU	Vegetables, liver, fruits
Vitamin D	200 IU	400 IU	Dairy products
Thiamine	1.1 mg	1.5 mg	Grains, cereals
Riboflavin	1.1 mg	1.5 mg	Meat, liver, grains
Nicotinic Acid	15 mg	17 mg	Meat, nuts, cereals.
Ascorbic Acid	60 mg	70 mg	Citrus fruits, tomato
Folic Acid	200 mg	400 mg	Leafy vegetables, liver
Vitamin B12	2 mg	2 mg	Animal proteins

Ideal food chart for a pregnant lady

Morning 6-7 am

1 cup tea/coffee, 2 biscuits.

Breakfast 7-9 am

1 glass of milk
2 slices of bread with 50 gm butter and 1 egg. or 3 dosa or idli with coconut chutney and sambar with vegetables or sprouted pulses.

Noon 12-1 pm (lunch)

Rice 2 cups/4chapatis

Dal 1 cup

Salad 30 gm

Leafy vegetables 50 gm

Potatoes 50 gm
 Curd 50 gm
 Fish (if non-vegetarian) 60 gm
Evening (5-6 pm)
 Milk
 Dry fruits or
 Fresh fruits
Night (dinner) 8-8.30 pm
 Rice 1cup / 2 chapatis
 Dal 1 cup
 Curd
 Vegetables
 Chicken / fish (if non vegetarian) 25 gm
Before sleeping
 1 glass of milk



The diet during pregnancy

The diet during pregnancy should be adequate

1. to maintain mother's health
2. the needs of the growing baby
3. the strength required during delivery
4. successful breastfeeding

During pregnancy there is increased calorie requirement due to increased growth of mother's tissues, baby,

placenta and increased basal metabolic rate. During the second half of pregnancy 3000 calories more than non pregnancy state is required (2500 cal). Generally the diet in pregnancy should be with the woman's choice as regards the quantity and type. She should eat adequately so as to gain the optimum weight of 11 kg. The pregnancy diet ideally should be light, nutritious, easily digestible and rich in protein, minerals

and vitamins.

In India about 90% women have anaemia due to deficiency of iron in the body. Anaemia can become worse in pregnancy. So a pregnant woman should take nutritious food rich in iron and other vitamins and minerals. After consulting doctor, she should take iron and folic acid tablets and vitamin supplements. ■

THE ABC OF GOOD HEALTH

Sudhir Nair

Artichokes aid digestion, lower cholesterol, protect your heart, stabilise blood sugar, and guard against liver disease.

Avocados battle diabetes, lower cholesterol, helps stop strokes, control blood pressure and smoothen the skin.

Beets control blood pressure, combat cancer, strengthen bones, protect your heart and aid weight loss.

Blueberries combat cancer, protect your heart, stabilize blood sugar, boost memory and prevent constipation.

Broccoli strengthens bones, saves eyesight, combats cancer, protects your heart and controls blood pressure.

Cherries protect your heart, combat cancer, end insomnia, slow ageing process and shield against Alzheimer's.

Chestnuts promote weight loss, protect the heart, lower cholesterol, combat cancer, and control blood pressure.

Chili pepper aids digestion, soothes sore throat, clears sinuses, combats cancer and boosts the immune system.

Fish protects your heart, boosts memory, combats cancer and supports the immune system.

Green tea combats cancer, protects your heart, helps stop strokes, promotes weight loss and kills bacteria.



Limes combat cancer, protect your heart, control blood pressure, smoothen skin and stop scurvy.

Mushrooms control blood pressure, lower cholesterol, kill bacteria, combat cancer and strengthen bones.

Peanuts protect against heart diseases, promote weight loss, combat prostate cancer and lowers cholesterol.

Pineapple strengthens bones, relieves colds, aids digestion, dissolves warts and blocks diarrhoea.

Prunes slow the ageing process, prevent constipation, boost memory, lower cholesterol protect against heart disease.

Rice protects your heart, battles diabetes, conquers kidney stones, combats cancer and helps stop strokes.

Strawberries combat cancer, protect your heart, boost memory and calm the mind.

Sweet potatoes save eyesight, uplift our moods, combat cancer and strengthen the bones.

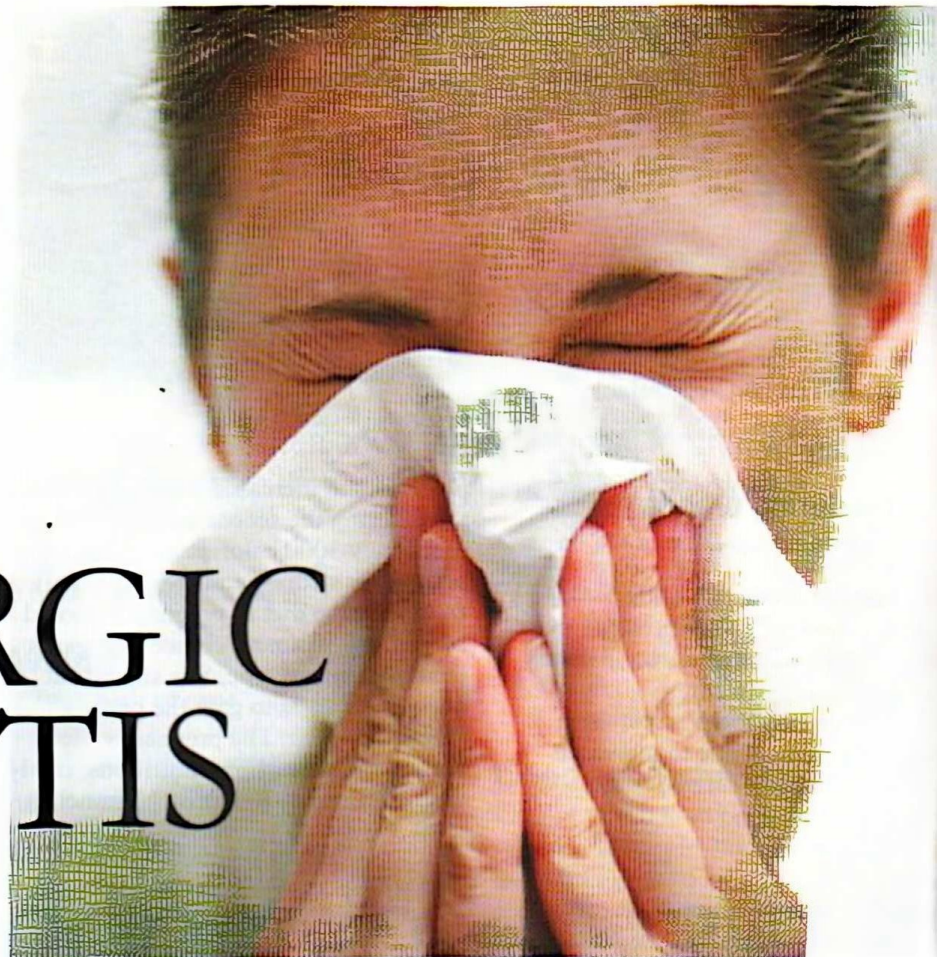
Tomatoes protect prostate problems, combat cancer, lower cholesterol and protect the heart.

Walnuts lower cholesterol, combat cancer, boost memory, lifts the mood and protect against heart disease.

Water promotes weight loss, combats cancer, conquers kidney stones and smoothen the skin.

An allergy refers to an exaggerated reaction by our immune system in response to bodily contact with certain foreign substances. It is exaggerated because these foreign substances are usually seen by the body as harmless and no response occurs in non-allergic people.

ALLERGIC RHINITIS



Dr Reshma Kunju

■ Allergic people's bodies recognize the foreign substance and one part of the immune system is turned on. Allergy-producing substances are called "allergens." Any substance, whatever its

origin, is a possible allergen. Foods, chemicals in foods, medicines, and environmental factors, including pollen, parasites, dust, animal hair, and chemical toxins, for example, can all cause allergic reactions almost anywhere in the body.

When an allergen comes in contact with the body, it causes the immune system to develop an allergic reaction in persons who are allergic to it. When you inappropriately react to allergens that are normally harmless to other people, you are having an allergic reaction and can be referred to as "allergic".

Strictly, allergy is one of the four forms of hypersensitivity and is called type I (or immediate) hypersensitivity. It is characterized by excessive activation of certain white blood cells called mast cells and basophils by a type of antibody known as IgE, resulting in an extreme inflammatory response.

Common allergic reactions include eczema, hives, hay fever, asthma attacks, food allergies, and reactions to the venom of stinging insects such as wasps and bees. Mild allergies like hay fever are highly prevalent in the human population and cause symptoms such as allergic conjunctivitis, itchiness, and runny nose.

According to Maharishi Ayurveda, allergies result when the body has accumulated excess wastes, toxins and impurities. According to Ayurvedic theory, improperly digested foods (called Ama), and impurities, such as

chemical additives, are absorbed into the body, travel through the circulation and lodge in the respiratory tissues, skin and other tissues prone to allergy. These accumulated wastes and toxins block the channels, trapping the toxins inside the tissues, and activating the immune system. When additional allergens such as pollen or dust arrive on the scene, the already irritated immune system goes into "high gear", creating the symptoms of an allergy attack.

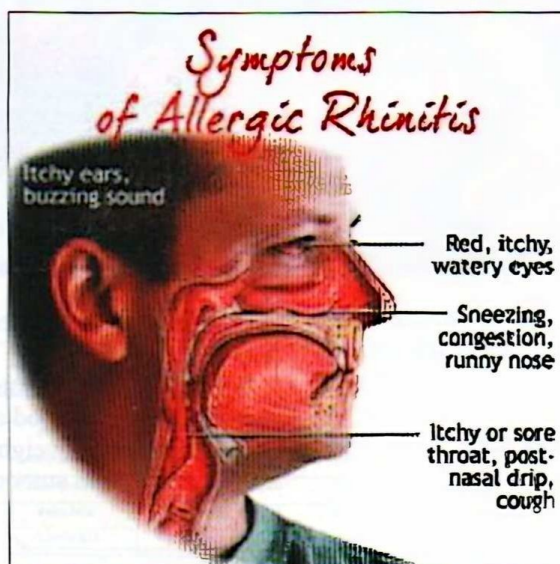
Eyes, nose, lungs, skin and stomach are most prone to react to allergies. Allergic rhinitis is the most common of the allergic diseases. Allergic rhinitis is an allergic inflammation of the nasal airways. It occurs when an allergen is inhaled by an individual with a sensitized immune system.

Classification

Allergic rhinitis may be seasonal or perennial.

1. Seasonal allergic rhinitis occurs particularly during pollen seasons. It does not usually develop until after 6 years of age.

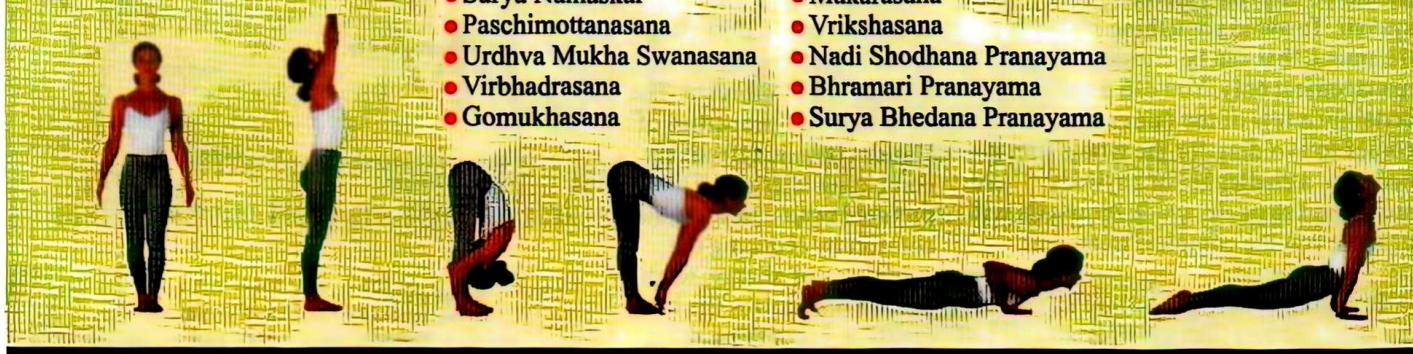
HAY FEVER or seasonal allergies have runny nose, sneezing, itching eyes, scratchy throat, and itching, swelling, or hives on the skin. Often people seem to have a cold. With



Yoga Recommendations for Allergy

Yoga Asanas and Pranayama are of great use in treatment for all allergic problems. Following Yoga Asanas and Pranayama are especially beneficial:

- Surya Namaskar
- Paschimottanasana
- Urdhva Mukha Swanasana
- Virbhadrasana
- Gomukhasana
- Makarasana
- Vrikshasana
- Nadi Shodhana Pranayama
- Bhramari Pranayama
- Surya Bhedana Pranayama



more severe reactions, one might suffer from asthma and other breathing difficulties, aches and pain, gastrointestinal reactions (for example, diarrhea), or rapid or irregular heartbeat.

Ayurveda sees hay fever as a Kapha-Pitta disorder; however, people with a Vata constitution suffer most from it, because it is also due to immune disorder and hypersensitivity of the nervous system.

2. Perennial allergic rhinitis occurs throughout the year. This type of allergic rhinitis is commonly seen in younger children.

Causes

Allergies are common. Your genes and environment may make you more likely to get allergies.

Allergies are often passed down through families. If both your parents have allergies, you are likely to have allergies. The chance is greater if your mother has allergies

Ayurveda sees ama (toxins) and low immunity as the primary causes of most allergies. Ama can settle at the digestive level or in the various tissues, with different symptoms at each level. Ama toxicity aggravates blood and Pitta, or it can aggravate Kapha, with different symptoms.

Signs and symptoms

The characteristic symptoms of allergic rhinitis are: rhinorrhea (excess nasal secretion), itching, and nasal congestion and obstruction. Characteristic physical findings include conjunctival swelling and erythema, eyelid swelling, lower eyelid venous stasis, swollen nasal turbinates, and middle ear effusion.

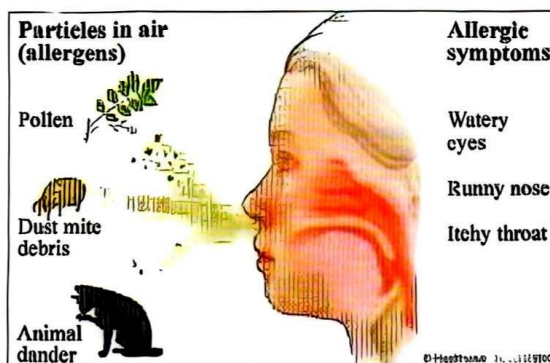
Other physical signs include folds in the skin below the lower eyelid known as Dennie-Morgan folds, and rings under the eyes, known in patients with allergic rhinitis as "allergic shiners". There can also be behavioural signs; in order to relieve the irritation or flow of mucus, patients may wipe or rub their nose with the palm of their hand in an upward motion: an action known as the "nasal salute" or the "allergic salute". This may result in a crease running across the nose.

Some disorders may be associated with allergies like eczema, asthma and depression.

eyes, Puffiness under the eyes, Fatigue and irritability, Headache, Memory problems and slowed thinking.

Symptoms and Dosha predominance

- * Vata aggravation often produces headache, insomnia, and anxiety.
- * Pitta aggravation produces yellow nasal discharge, feverish feeling, burning eyes, and skin rashes.
- * Kapha aggravation produces whitish sputum and heaviness and dullness in the body. If the sinuses are congested, there may be a dull headache around the region of sinuses.



Symptoms

Symptoms that occur shortly after you come into contact with the substance you are allergic to may include

Itchy nose, mouth, eyes, throat, skin, or any area, Problems with smell, Runny nose, Sneezing, Tearing eyes.

Symptoms that may develop later include:

Stuffy nose (nasal congestion), Coughing, Clogged ears and decreased sense of smell, Sore throat, Dark circles under the

Allergy testing

Allergy testing may reveal the specific allergens to which an individual is sensitive. Skin testing is the most common method of allergy testing. This may include intradermal, scratch, patch, or other tests.

In some individuals who cannot undergo skin testing (as determined by the doctor), the RAST (Radioallergosorbent Test) blood test may be helpful in determining specific allergen sensitivity.

A complete blood count (CBC) test called the eosinophil white blood cell count and immunoglobulin E (IgE) may also help diagnose allergies.

Treatment

Lifestyle and avoiding Allergens

The best treatment is to avoid what causes your allergic symptoms. It may be impossible to completely avoid all your triggers, but you can often take steps to reduce your exposure.

Ayurvedic Treatment for Allergy

For Ayurveda- allergy is a problem with the body- not with the allergens. You are allergic to something, not these things are allergic to you! So treatment should be of your, your body and your system. To avoid something is not the treatment, that can be considered as a management only. You can avoid certainly a few of the things but once it comes to avoiding for the whole life, it becomes a challenge for anybody. There are certain steps, in which Ayurveda will provide you the complete treatment.

► **Bringing Doshas in balance:** These are the Doshas which are everything, when it comes to the treating allergy through Ayurveda. All the three Doshas are involved in the allergy, generally with a dominance of the Pitta. Pitta decides intelligence and immunity so it plays an important role in solving the problems with the allergy and allergens.

► **Purification of the blood:** This is the blood which carries everything which can initiate the allergy and Ayurveda says these are some of the physical wastes and toxins which are responsible for all the problems with the body so blood purification is an important thing to do with for the complete wellness and cure of allergy.

► **Strengthening of the Immune System of the body:** Where modern medical sciences believe in weakening of your immune system by suppressing it Ayurveda believes in "Modulating" the immunity so that every action of the immune system will be according to the requirements of the body. Immunity should be neither too high nor too low.

General Treatment

A Home Therapies

In all cases, nasal medication is recommended for controlling and preventing seasonal allergies. Use medicated sesame oil made with licorice, agaru (aquilaria agallocha), bilva (aegle marmalos), kantakari (solanum xanthocarpum), lotus, and nutgrass. Then put one drop in each nostril at bedtime. Use this for 4 weeks.

Medicated oil specially prepared for Nasya ' Amrut Bindu' is very effective.

B Herbs

For Vata & Kapha - Take trikatu (dry ginger, black pepper and long pepper powder in equal amount) 20 mgm.+

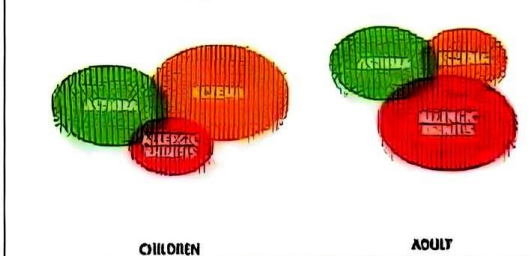
basil 250 mgm. + 10 mgm. cloves, camphor, and coriander each. It is advisable to take this mixture 3 times a day with warm water. Start before hay fever season and take the mixture till the season is over.

Herbs like Haridra (Turmeric) , Tulasi (Holy Basil) and Adulasa (Vasaka) are widely used in treating such disorders. The anti-inflammatory properties of Haridra help in effectively combating allergies, Tulasi helps promote optimum respiratory comfort by reducing the symptoms of allergy, while Vasaka normalizes the lung function. It contains active compound vasicine, which is a broncho-dilator.

C Diet

Avoid heavy foods, cold drinks, and dairy products (including cheese and yogurt), that increase Kapha and decrease digestive fire. Also, follow diets that rebalance your own pattern of doshic imbalance.

Distribution of Eczema, Asthma, and Allergic Rhinitis in School Children and Adults



Diet recommendations for Allergy

In Allergy emphasis is given on hypoallergenic foods. These foods include lamb, pears, apples, rice, most vegetables, most beans and legumes (except peanuts) and the non-gluten grains (for example, millet, quinoa, and amaranth).

As sweeteners honey, maple syrup or brown rice syrup are allowed. In beverages, rice milk, pear nectar, chamomile tea, and clean water (without any added sweeteners) can be taken.

You should eat organic food and totally avoid processed food.

Do not eat soy products.

Avoid cooking foods in microwave. It alters the structure of the foods adversely.

Do not consume genetically modified

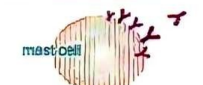
At the first exposure of an allergy prone individual with an allergen,



B cells are alerted and turn into plasma cells which produce IgE (Immunoglobulin E) antibodies.



IgE antibodies bind to mast cells



At the next encounter with the allergen...



the IgE primed mast cells release chemical mediators, such as histamine.



Chemical mediators cause allergic symptoms such as itchy nose, runny nose, sneezing, etc.



food in any way. Consumption of the genetically modified foods increases the risks of Auto immune diseases.

For cooking purpose you should use sesame oil, mustard oil or coconut oil.

All the vegetables should be properly cooked so that it is easier to digest. Proper digestion will help in correcting the immune responses.

Foods to be avoided: Wheat, corn, cow's milk, eggs, dairy products, peanuts, and soy foods are among the most common food allergens.

Food containing artificial food additives, such as monosodium glutamate, sulphites, and food colourings should be avoided.

As a preventive measure babies should be breastfed at least for 4 months - longer the period of breast feeding, better the prevention of allergic conditions.

Lifestyle Recommendations for Allergy

Germes are not so bad for us: being too much cautious about hygiene and giving too much protection to the child does not allow his immune system to develop properly. If we are not giving any chance to the defence system to fight how can it be strong? That is why allergic problems are less prevalent among the children of farmers.

Avoid prolonged sitting especially before television and encourage outdoor games among children. It also applies

Continued on Page 58

COMMON SKIN CARE MISTAKES

The festive season starts and extends upto Navaratri, Diwali, Christmas and New year. Here are some mistakes we should avoid to bring the festive glow on our face.



Rashma Anand

I am sure you want to have healthy, beautiful skin that glows. Now with the festival season approaching, right from Ganapathi to Christmas and New Year, there will be innumerable social occasions to attend, guests coming home,

going off on holidays etc. Naturally you want to look your best. And pale, spotty skin or a blemish ridden face is definitely not what you want.

Looking over the internet and other sources, you will find scores of tips of how to obtain great skin. So we thought that we would do something different and tell you what not to do so that you get a glowing complexion.

Often we are so habituated to doing things a particular way that unlearning habits becomes very difficult. And if your habits are not 'skin-friendly', using even the most expensive skincare products will not give you the skin your desire.

So presenting to you the top 8 common skincare mistakes. Read on to find out if you are making any of these

MOST COMMON SKINCARE MISTAKES

Washing the Face with Soap

Most soaps, especially those that are highly scented, contain harsh chemicals that drain away the natural moisture and oils from the skin. You may have often experienced a sense of dryness (and sometimes even burning if the effect is severe) after using soap. Switch to face washes liquid soaps and shower gels that are milder. If you must use soap, use on that has high moisture content.

Not Using the Right Skincare Products

Each person in the family has different skincare demands and it is necessary to use the right products that



can address those demands. For instance, if you have dry skin, you need products that have an oily base. But if your daughter has oily acne-prone skin, she may need different products. At times, a mildly medicated anti-bacterial soap may be prescribed for her.

It may be economical for the entire family to use the same products. But unless your soaps and creams are suitable for your skin type, they will not work for you and in fact may cause further harm to the skin.

Bathing in Warm/Hot Water

While a hot water shower is a good way to de-stress, you have to remember that when water is very hot, it tends to rob your skin of its natural moisture leaving it dry. It is always best to use lukewarm water for bathing.

Not Moisturising After a Bath

All of us are pressed for time in the morning. Getting the kids off to school, cooking, leaving for work. Etc, who has

the time for moisturizing, right? Well, wrong. You have to take 15 seconds after your bath to quickly dab in the moisturizer if you want smooth and supple skin. Applying moisturizer, right after a bath is most effective as it locks and seals in the moisture. Particularly pay attention to areas like elbows and knees that tend to dry out the most.

Not Using Sunscreen at Home

Most of us are quite particular about using sun block creams while going out. But we tend to ignore them at home. The fact is that the sun's UV rays are powerful enough to impact you indoors through the doors and windows. Make the sunscreen cream a part of regular skin routine every morning. And the advantage is if you have to suddenly rush out due to any reason, you will be 'sun-ready' already.

Not Having a Nightly Skincare Ritual

You often read about celebrities



Skin rejuvenates while you sleep

don't sleep well enough or long enough your skin repairing process is impeded and it causes dull looking and unhealthy skin.

The Usual Suspects- Exercise, Diet and Water

And it always comes back to this.

Exercising, eating a healthy diet and maintaining hydration levels are essential for a healthy skin.

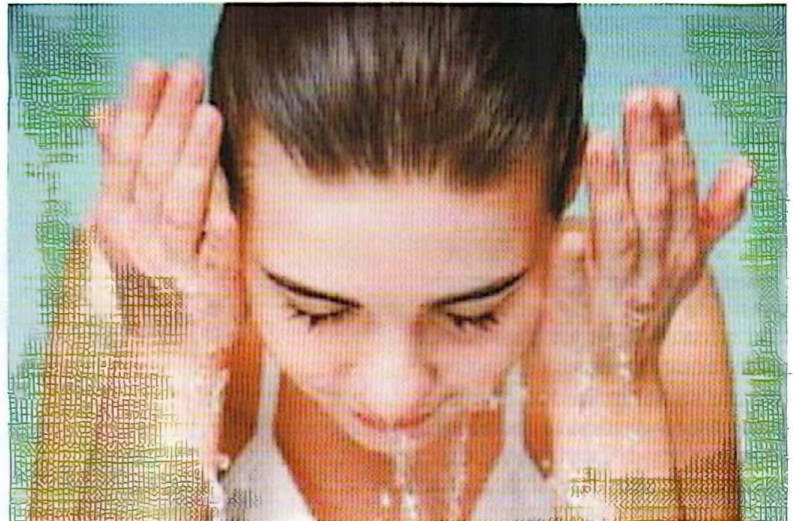
Exercise that makes you sweat open up your skin pores and offers a gateway for the germs and dirt to exit enabling the skin cells to breathe and rejuvenate

Cut off excess oil, sugar salt and spices and eat more fresh fruits and vegetables and you will see a difference in your skin tone. Adequate water hydrates the skin and keeps it supple.

Now that you know what the common skincare mistakes are, it will be easier not to make them. Congratulations ladies, you are on your way to Smooth Skin Land. ■

mentioning that however tired they are, they always make it a point to scrub off their makeup and clean their faces before going to bed. And they are rewarded with a glowing complexion for their hardwork.

Your skin cells rejuvenate at night. And the skin repair processes are at their peak when you are sleeping. If during this time, your skin pores are clogged and not clean, obviously, your skin will not have a healthy look. If nothing else, at least wash you face well and apply a toner and basic night cream before you sleep.



Wash the face with a moisturising soap

Not Sleeping Enough

An extension of point no 6. If you

ALLERGIC RHINITIS

Continued From Page 56

elders also with sedentary lifestyle. You should have an active lifestyle.

Alcohol: Drinking alcohol also interferes with the immune system. Avoidance of alcohol intake has positive inputs in allergy treatment.

Smoking: Cigarette smoke contains numerous toxic chemicals and irritants which might initiate an allergic response. So you should totally avoid smoking.

Healthy weight management: It is a well-documented fact that weight gain and obesity are directly related to allergies. Increased weight and body mass will lead to alterations in immune responses of the body which result in allergy.

Always read the labels: Always read food labels to make sure they don't contain an ingredient you're allergic to.

Even if you think you know what's in a food pack, check the label. Ingredients sometimes change.

When in doubt, avoid it. At restaurants and social gatherings, you are always at risk of taking the allergenic food item. You should be very serious about this thing as even a tiny particle of allergenic food can create a life threatening situation. If you are suspicious; it is best to just avoid. Involve caretakers. If your child has food allergy, make aware to all of your relatives, baby sitters, teachers and other caretakers about this. They should be clear about the conditions and what to do in an emergency. Let them know all the preventive measures like careful hand-washing, and cleaning any surfaces that might have come in contact with the allergy-causing food. ■



KIM congratulates

Nair Shreya Sunder
who secured 93% in SSC
School: Auxilium Convent High School,
Wadala

MUSIC IS MY PASSION:

Siddharth Menon

Born and brought up in Mumbai, Siddharth Menon had a love for music since he was a child. While his peers followed hard rock music and remixes, Siddharth Menon was interested and learnt Carnatic music. He has made his parents Sheela and Sathyanathan Menon proud of him in all walks of life. His soft soothing voice has won him many accolades since his school days at Vivek Vidyalaya in Goregaon when

he used to participate in music programmes and competitions. Siddharth hails from a musically inclined family belonging to Irinjalakuda. His talents were spotted when he was judged runner-up at the Raagalaya Annual Music competition in 2008 and was felicitated

by KJ Yesudas at the Raagalaya Music Award Nite. He won the second prize at the Raagalaya Competition the next year. This time he got the second prize.

While in college, Siddharth took part in Mumbai University music competitions, won prizes and was finally chosen to



The Nirmitee Music Band

Nirmitee Music Band consists of four members namely Ranjana Raja, Siddharth Menon, Vian Fernandes and Pranil More. True to its name, Nirmitee (creation) re-creates the Song in its own style and makes a new version of it as the members in it are well versed with different styles of music like Carnatic, Hindustani and Western. It was mentored by the well-known Director cum Producer Sanjay Leela Bhansali at the X Factor Singing Reality show telecast on Sony TV. While Siddharth is a trained Carnatic singer, having learnt from Indira Thampan, and currently learning music at Suresh Wadkar's music academy Ajivasan, 22 year old Ranjana Raja has learnt Carnatic music, 25 year old Vian Fernandes is a music teacher and base guitarist and 21 year old Pranil More is learning Hindustani classical. Thus Nirmitee Music Band has musicians familiar with all styles of music.

represent Mumbai at a national level music competition where his team won a trophy. Siddharth's career took an upward swing when he, along with his friends formed a band and tried their luck in a reality show on Sony Entertainment Television, X-factor. The band named *Nirmitee* which means *creation* became one of the judging panel's as well as India's favourites. Reaching up to the top four contestants, they were also offered the chance to sing for Sanjay Leela Bhansali's movie 'My Friend Pinto'. Siddharth has now sung in three films with his band and as the lead singer in a Malayalam album, yet to be released. These days Siddharth, popularly known as Siddhu, is doing shows in different parts of India, UK and pretty soon in the USA. Siddharth's ambition is to become a famous playback singer and this young man is working hard to realise his dream.



Siddharth being felicitated by Dr SP Balasubrahmanyam at the Raagalaya Music Awards 2009.

CD Review

Soulful poetry

KVS

Most Malayalees are accustomed to hear ten to twelve lines of lyrics, set to music and produced for mass consumption, through movies, (earlier) plays or the so called musical albums. Here is a CD titled

Ente Hridayaragam that contains several parts of poems incessantly flowing from the heart of an unknown poetess, Sulochana Purushothaman Namboothiri, a resident of Bhayanadar. It is termed 'parts of poems' because the discerning listeners find the lyrics incomplete and wish to hear a little more of the outpouring of feelings from the poetess.

What is heartening about the poems is that the words used are quite out of the world and hence quite natural. Most of the poems are devotional in nature. There are ten poetical pieces soulfully rendered by Madhu Nambiar, Athira, Radha, Anupama, Nirupama, Anjana

and Jyoti. A word of caution: never approach this CD as if it is a musical CD of a movie. It is an exemplary rendition of poems as it should be. The only poem that one wish could have been better is the first "Ilacheenthin konilayi..." wherein some words are twisted and turned to suit the tune, an avoidable exercise. Since the words are written first, the tune should have been changed to suit the words without aborting their meanings.

The music, rendering and the recording are generally good and the composer Venugopal and producer K D Chandran can take pride for a job well done. Background artistes Nambissan, Kutty and Nath have provided commendable support.

1. ഇല്ലാത്തതിന് കേൾക്കുക...	2. തുടർച്ചയായൊന്നിടം...	3. കേൾക്കേണമേനീ...
4. കേൾക്കേണമേനീ...	5. കേൾക്കേണമേനീ...	6. കേൾക്കേണമേനീ...
7. കേൾക്കേണമേനീ...	8. കേൾക്കേണമേനീ...	9. കേൾക്കേണമേനീ...
10. കേൾക്കേണമേനീ...		

Key Poets: Venugopal
Side Rhyth: Kutty
Editor: Nambissan
Flute: Nath
M.R.P. ₹ 50/-

Presented & Edited by: "Venugopal Poems" Produced by: K.D. Chandran, Mumbai.
Presented by: Laxmagan, Mumbai, Web: 9889531790 Cover Design: RBC Computers, Mumbai
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Laxmagara presents

Ente Hridayaragam
POEMS

Producer: K.D. Chandran
Poems: Sulochana Purushothaman
Music: Venugopal

കവിതകൾ

and Jyoti. A word of caution: never approach this CD as if it is a musical CD of a movie. It is an exemplary rendition of poems as it should be. The only poem that one wish could have

commendable support.

["Ente Hridayaragam" produced by K D Chandran and priced Rs.50.]

CHANDRAKANTAM (1974)

(ചന്ദ്രകാന്തം)

Lyrics: Sreekumaran Thampi Music: M S Viswanathan
Ragam: Kalyani Singer: S Janaki

Rohini

ആ നിമിഷത്തിന്റെ നിർവൃതിയിൽ ഞാ-
നൊരാവണിത്തെന്നലായ് മാറി
ആയിരമുന്മാദരാത്രികൾ തൻഗന്ധ-
മാത്മജളത്തിൽ തുളുമ്പി-
ആത്മജളത്തിൽ തുളുമ്പി (ആ നിമിഷത്തിന്റെ..)



Sreekumaran Thampi

നീയുറങ്ങുന്ന നിരോലംബശയ്യയിൽ
നിർന്നിദ്രമീ ഞാനൊഴുകി
രാഗപരാഗമുലർത്തുമാ തേൻപൊടി-
പ്പുവിളെൻ നാദം മെഴുകി...
അറിയാതെ... നീ... അറിയാതെ...(ആ നിമിഷത്തിന്റെ..)



M S Viswanathan

ആ നിമിഷത്തിന്റെ നിർവൃതിയിൽ മനം
ആരഭിതൻ പദമായി
ഭാഹിക്കുമെൻ ജീവതന്തുക്കളിൽ നവ്യ-
ഭാവമരണം വിതുമ്പി
താഴ്വരയിൽ നിന്റെ പുഷ്പതലപ്പങ്ങളിൽ
താരാട്ടുപാട്ടായൊഴുകി
ആ ഹൃദയത്തിന്റെ സ്പന്ദനങ്ങൾക്കെന്റെ
താളം പകർന്നു ഞാൻ നൽകി
താളം പകർന്നു ഞാൻ നൽകി
അറിയാതെ... നീ... അറിയാതെ...
ആ നിമിഷത്തിന്റെ നിർവൃതിയിൽ ഞാ-
നൊരാവണിത്തെന്നലായ് മാറി
ആ നിമിഷത്തിന്റെ നിർവൃതിയിൽ മനം
ആരഭിതൻ പദമായി



S Janaki

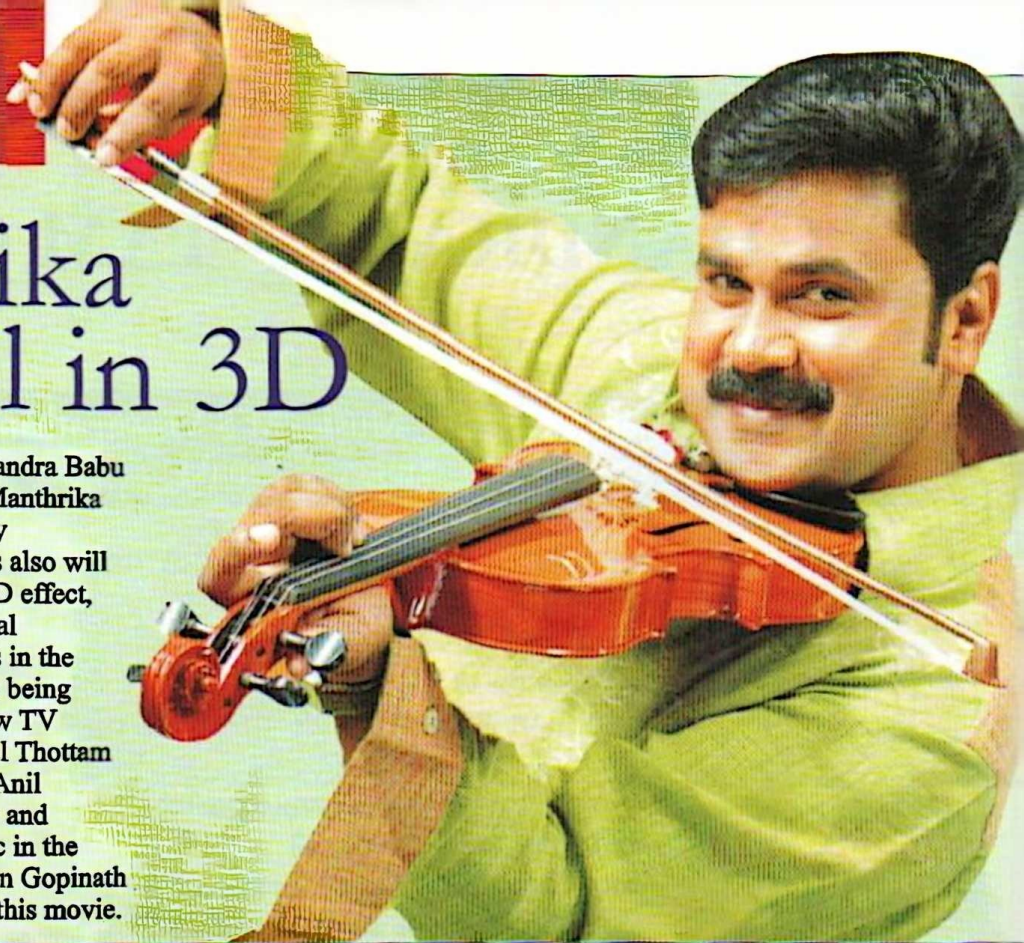
The movie is produced and directed by Sreekumaran Thampi. There were 10 songs, sung by Janaki, Yesudas, Brahmanandan, M S Viswanathan and Jayachandran. Other songs are Chirikkumbol Neeyoru, Engirunnaalum Ninte, Hridayavahini Ozhukunnunnee, Mazhameghamoru Dinam, Nin Prema Vanathin, Prabhaathamallo Nee, Pushpabharanam and Raajeevanayane. Prem Nazir, Adoor Bhasi and Adoor Bhasi are the main actors. M S Viswanathan and Sreekumaran Thampi came together for the first time for K P Kottarakkara's 'Lankadahanam' in 1971. When MSV met Thampi, he had doubts about the latter's capability. It took a while for Kottarakkara to convince MSV and he had only one demand. The lines should be written in a bigger size as he

did not have much education. At fourth std. his education had come to a standstill. Sri Krishna College was having their College Arts Day. MSV was to inaugurate and singer Jayachandran was a guest of honour. When the latter's turn to address the gathering, he pleaded his inability but offered to sing a song that was dear to his heart. When Jayachandran returned to his chair after the song, MSV commented the song and wanted to know the name of its composer. The singer was surprised but later said in his characteristics style that it was composed by a great musician, probably known to him. "M S Viswanathan." MSV was first puzzled but soon he burst into a loud laughter. Later Jayachandran commented that geniuses might forget their compositions but the fans cannot do so.



Manthrika Thakkol in 3D

Cinematographer Ramachandra Babu is directing his first film *Manthrika Thakkol* in 3D format very soon. Besides theatres, TV screens also will be able to show the movie with 3D effect, according to the director. Technical collaboration with foreign experts in the field, will enable this feature. It is being produced under the banner of New TV Visual Solutions Pvt Ltd, by Sanal Thottam and will have Dileep in the lead. Anil Mukhathala writes the screenplay and dialogue of this movie with magic in the background. Well known magician Gopinath Muthukad also collaborates with this movie.



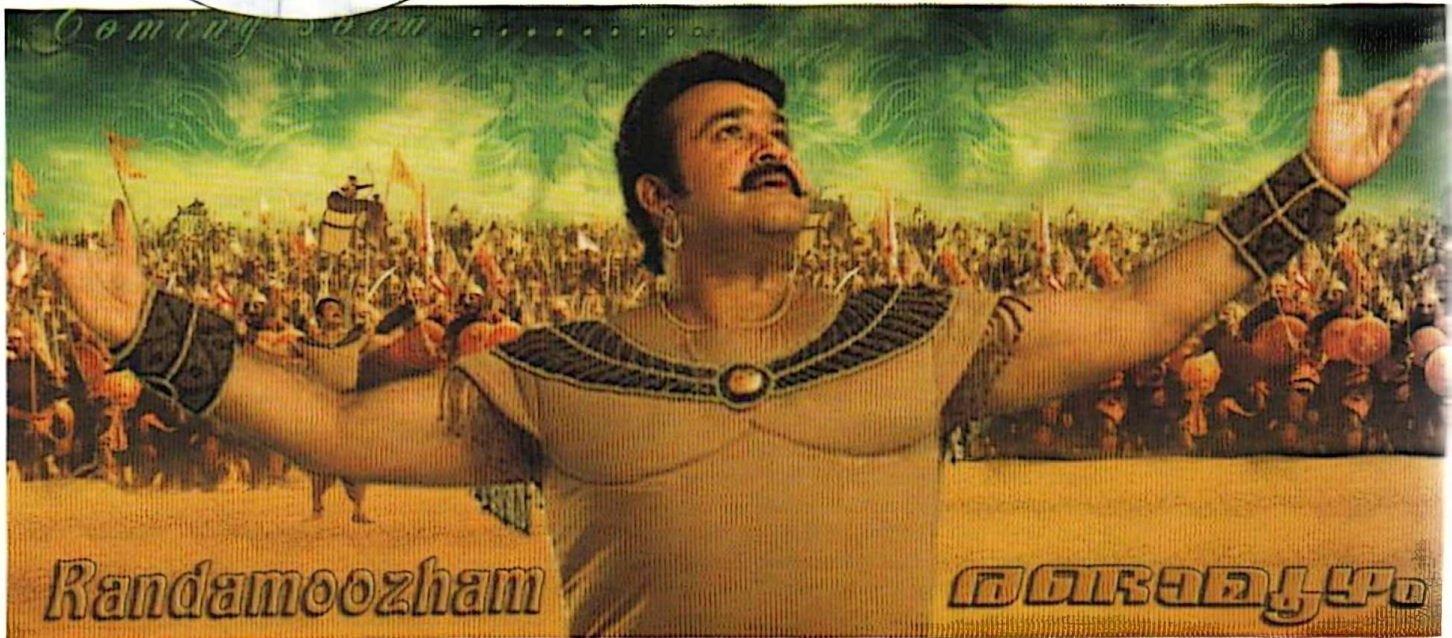
Randamoozham

Malayalam director Hariharan, who has earlier directed some hit screen plays of M T Vasudevan Nair like *Oru Vadakkan Veeragatha*, *Pazhassi Raja* etc, is now all set to make MT's *Randamoozham*.

Hariharan has revealed that he is busy doing homework on the script of his next movie. The director says, "After *Pazhassi Raja*, I needed something that would challenge

me as a director. And 'Randamoozham' is the ultimate challenge for any director."

The novel *Randamoozham* is inspired by the great epic 'Mahabharatha'. In this novel, MT has narrated the story of Mahabharatha from the view point of Bheema, the second in the lineage to assume the throne after Yudhishtira. This film to be produced by Gokulam Gopalan, will have Mohanlal, Mammooty, Kamalahaasan etc in the cast, a sort of scoop, and A R Rahman to score the music.



Husbands In Goa

Director Saji Surendran is back with a comedy titled *Husbands In Goa*. Yet another multi-starrer from the director of *Happy Husbands* and *Four Friends*, *Husbands In Goa* features Jayasurya, Indrajith, Asif Ali and Lal in the lead roles. Bhama, Rima Kallingal, Remya Nambeesan and Sarayu play the female leads in the film.

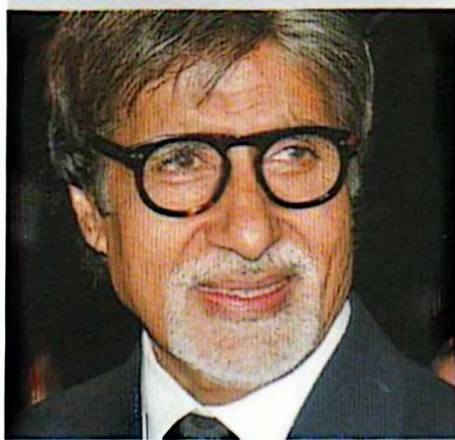
Three husbands (Jayasurya, Indrajith and Asif Ali) are on a trip to Goa to escape from their dominating wives (Bhama, Rima Kallingal and Remya Nambeesan) for a few days. During the journey, they meet a person (Lal) who is on the verge of a divorce. But unexpectedly their wives join them in Goa. The ensuing cat and mouse game



is told in a lighthearted manner in the film. Other actors in the movie are Biju Menon, Praveena and Samvritha Sunil. *Husbands In Goa* is produced by Ronnie Screwvala under the banner of UTV Motion Pictures. Saji Surendran's

regular scriptwriter Krishna Poojappura has written the screenplay of *Husbands In Goa*. M G Sreekumar composes the music of the film. Cinematography is handled by Anil Nair and editing is by Manoj.

Big B in Resul Pookutty's film



Amitabh Bachchan is likely to essay the role of a Pakistani national in Oscar winning sound designer Resul Pookutty's directorial debut.

Pookutty, who bagged an Oscar Academy award for best sound mixing, had said, 'I have approached Mr Bachchan for the film that I want to direct. The character is from another country but it is not a political film. It is an extremely human subject that touches the lives of people on both sides of the border.'

The film will be an emotional one dealing with the relationship

Trivandrum Lodge

After the super success of *Beautiful*, the trio V K Prakash, Anoop Menon and Jayasurya is back with yet another experimental but entertaining film titled *Trivandrum Lodge*. Written by Anoop Menon and directed by V K Prakash, *Trivandrum Lodge* features Jayasurya, Anoop Menon and Dhvani in the lead roles.

The film tells the story of several different people residing in an old lodge named

Trivandrum Lodge in Ernakulam. Anoop Menon plays Ravisankar, the owner of the lodge. Jayasurya plays Abdu, a young man willing to do any job. He works as a masseur at a spa and also is the driver of Ravisankar. Dhvani appears as Dhvani Nambiar while Janardhanan is Relton, a pianist and Sukumari is Peggy. Other important characters are played by Saiju Kurup, Arun, Devi Ajith and P Balachandran.

Playback singer Jayachandran also acts in the film as the father of Ravisankar while Bhavana appears in a cameo as the wife of Ravisankar.

Trivandrum Lodge is produced by P A Sebastian under the banner of Time Ads Entertainment. The film has music composed by M Jayachandran while cinematography is handled by Pradeep Nair and editing is by Mahesh Narayanan.



Poorvikam: A gift from Mammooty to tribals

As Onam gift to tribals, Mammooty inaugurated the Poorvikam project after presenting Onasadya and Onam gifts. Mammooty went 30 km deep inside the forest area to inaugurate the project which aims for the welfare of tribal children and youth. Poorvikam also aims to give solace to the dying tribal clans in Idamalakkudi and adjacent places. It is the latest project coined by Care and Share Foundation of Mammooty.

The project aims to impart technical education to tribal youth, tailoring training for tribal women, facilities for education of children, health protection etc. Father Thomas Kurian, MD of Care



and Share Foundation, presided over the meeting. He said the tribals from the whole state will benefit from the project.

Mammooty spent three hours there and served Onasadya too. Mammooty's wife Sulphath presented gifts.

Priyadarshan's upcoming projects



Award winning director Priyadarshan's hands are full. His comedy 'Kamaal Dhamaal Malamaal' has yet to hit screens, and he is already focusing on two new projects - one with Akshay Kumar and another with newcomers, which is said to be titled 'Rangrez'.

The Akshay Kumar movie will start by June 2013 and it will be an out and out commercial venture. This will be the actor-director's seventh film together after 'Hera Pheri', 'Garam Masala', 'Bhagam Bhag', 'Bhool Bhulaiyaa', 'De Dana Dan' and 'Katta Meetha'.

'Rangrez' will star Jacky Bhagnani, Priya Anand and newcomers. It is a film about youngsters and their lives before they start a career. It will be quite a challenge, according to the director.

Priyadarshan's 'Kamaal Dhamaal Malamaal' stars Nana Patekar, Shreyas Talpade, Paresh Rawal and Rajpal Yadav and it is being released on September 28.

Dulkhar Salman turns singer



Dulkhar Salman who captivated his audience with two commendable performances now turns singer in his next movie produced by Martin Prakat. Though all songs are not written, Dulkhar's songs are already confirmed. Anna Katrina who sang in *Ustad Hotel* also sings in this film. Though he had no songs in his earlier movies, he danced in the promotional film of *Ustad Hotel*.

NURTURING THE BEST IN SUBORDINATES



Bhaskaran Karath

■ The young are the inheritors of tomorrow. Every effort should be made to remind them of their heritage and provide them such guidance and inspiration as may be needed to prepare them to face the future with enthusiasm

and confidence. In the present situations and conditions, it may not be possible for schools and colleges to equip youngsters to meet life's challenges but the business organizations where they step in, to groom their future and ambitions in life can play, to an extent, a pivotal role in moulding them in the right direction.

The business Institutions always employ managers, Senior Executives or the Administrators to plan, organize, monitor, facilitate and lead a group of individuals to complete successfully the company goals.

Under tough and rough competition, increasing customer demands, changing technologies, tight schedules and the pressure of bottom line performance, managers often become more task-driven and goal oriented. Hence they tend to forget the important role that they should play in developing their subordinates. They have a significant role in

or products – that make any successful corporation excel. Eminent and conspicuous organizations have outstanding people behind them. Therefore, the main business of managers is to create the best staff with excellence.

The professional role of managers in developing people is to bring the best out of their subordinates. Managers must provide opportunities and a challenging environment to enable their subordinates to fully exploit their potential to excel in their work.

There are several ways a manager can activate this process to help his young subordinates achieve peak performance by setting high work standards,

and feeling which will automatically stimulate them to strive to excel in future assignments, opportunities and responsibilities.

Similarly an effective way to groom and develop a subordinate is to provide regular and constructive feedback on his work and check the progress of the work from time to time. The manager should also try to provide a free hand, trust his subordinates who have necessary experience, skills and track record to take action and make decisions on their own as long as they are within the policies set by the Company.

The managers should be very perceived, heard and be fair to all his



developing the staff and extracting a commitment from them. The key role of managers is to help the staff to maximize their potential. Good Managers recognize that it is human beings and not machines, system

motivating the staff to perform, providing them constructive feedback, empowering them to take action, creating a sense of ownership, developing the staff with a consistent set of principles supported by a positive mental attitude.

The subordinates must be trained to continuously improve their work through self correction. It is the manager's role to encourage his subordinates to put their maximum efforts into each and every work assigned and praise them for their every sincere attempt so that they will have tremendous satisfaction

subordinates and should be a good example by proving that how they are dealing with their customers viz. very attentive, skillful, responsive, helpful, reliable, dependable, respectful, trustworthy, classy, courteous.

An Organization can only achieve outstanding results by developing its employees to excel in their work and the Manager who wants to leverage on his team of people to achieve outstanding results must also therefore move with a commitment for fully developing his subordinates.

According to Henry Ford "Coming together is a beginning, keeping together is progress and working together is success" ■

DIPHTHONGS OF IDENTICAL CONSONANTS

-Guruji

When two consonants join, we have diphthongs. Unlike other South Indian languages, Malayalam has several conjoint diphthongs of different forms. In Tamil, a dot above the first consonant indicates that it should be read along with the next consonant. But Malayalam follows a different path. Let us examine what happens when the same consonant is repeated to form a diphthong.

The first one is (ക + ക = ക്ക) in which only first ക is visible and the second is only indicated. Eg.: ക്കക്ക (sea shell). But when two ജ come together to form a diphthong, both are visible fully but the second is slightly placed lower. It is represented as (ജ + ജ = ജ്ജ). Eg.: ലജ്ജ (Shyness).

In the next set, both characters are not clearly visible. Three sets belonging to this genre are ന (ന + ന = ന്ന as in ഉന്നം, aim), ണ (ണ + ണ = ണ്ണ as in മാങ്ങ, Mango), (ത + ത = ത്ത as in മഞ്ഞ, yellow).

In another set of ശ, ണ, പ, ശ and സ, both characters are clearly visible but one over the other as given in the examples below.

(ശ + ശ = ശ്ശ as in വർഗ്ഗം, group), (ണ + ണ = ണ്ണ as in എണ്ണ, oil), (പ + പ = പ്പ as in പപ്പടം, Pappad), (ശ + ശ = ശ്ശ as in മുത്തശ്ശി, grandmother) and (സ + സ = സ്സ as in തടസ്സം, obstacle) but for ട and ള, the second character appears only half as attached to the bottom of the first as (ട + ട = റ്റ as in പട്ടണം, town) and (ള + ള = ള്ള as in പർള, Purddah). But ത, മ and ഉ are joined by their respective twins, they come closer, as in an embrace, as given below.

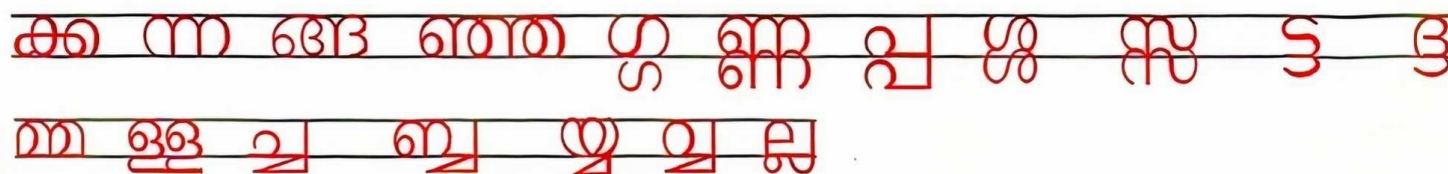
(ത + ത = ത്ത as in തത്ത, Parrot), (മ + മ = മ്മ as in അമ്മ, mother) and (ഉ + ഉ = ഉു as in വെള്ളം, water).

The consonants ച, ബ, യ and വ are having a different nature. Below the first character, a sign like a right angled triangle is placed.

ച + ച = ച്ച, ബ + ബ = ബ്ബ, യ + യ = യ്യ, വ + വ = വ്വ

With ല, it is again different. ല + ല = ല്ല. The character below the first ല, is again another sign like ശ placed in the opposite direction.

It is time to practice writing of these diphthongs before we discuss those of dissimilar characters.



Answer to Quiz No.3

Q: പിന്നീട് കോളേജിന്റെ പ്രിൻസിപ്പൽ ആയെങ്കിലും സാർ ഇന്ന് നമ്മോടൊപ്പമില്ല.

It means: Though later he became Principal of the college, Sir is not with us today. In this sentence, the word (എങ്കിലും, though) was unwarranted. The given sentence gives the impression that since he became Principal, he should have been with us but he is not. If the sentence was

പിന്നീട് കോളേജിന്റെ പ്രിൻസിപ്പലായ സാർ ഇന്ന് നമ്മോടൊപ്പമില്ല, it should have been better.

Only one correct answer was received. It was sent by Shri K S Nayar of 3, Priya, Himalaya Society, Ghatkopar (W), Mumbai 400 084. Congratulations!

Quiz 4:

Headline in Malayala Manorama Daily dated August 21, 2012.

രാജീവ് ഗാന്ധി ജന്മദിനം ആഘോഷിച്ചു

Comment.



Kerala in Mumbai

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