

# Kerala in Mumbai

The Only English/Malayalam Monthly Magazine linking Mumbai Malayalees

■ Vol. 6 No. 4 ■ Price Rs. 70 ■ July 2015

- Sculpt Your Destiny
- Monsoon Beauty Regime
- Glaucoma Eye Care



Actor with a Mission



Multi Talented Artiste



Star Schedule

## HUMANE ACTIVIST



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**Publisher, Printer, Managing Editor**  
P V Vijay Kumar

**Executive Editor**  
K V Satyanath

**Feature Editor**  
Lakshmi Venkatachalam

**Feature Writers**  
K R Narayanan  
V N Gopalakrishnan  
Sriprakash Menon  
Dr. Nalini Janardhanan  
Dr. Sujatha Nair  
K. Padmakumar

**Marketing Manager**  
Ms Asha Soman  
Mob: 08108771247

**Office Administration**  
Neetu Thomas  
Sneha Sashidharan

**Bureau Chief -Thane Region**  
Rajan V Nair  
Mob: 9004972655

**Consulting Creative Director**  
Shankar S Bhogwekar

**Designer**  
Sudhakaran K M

**Photographer**  
Mangesh U Borade  
Mob: 08691902124

**Advertisement & Marketing**  
T R Raghunandan  
(Kochi - 09847169725)

**Production & Logistics**  
K V Prabhakaran

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**Vibrant**  
Printing & Publishing Pvt Ltd

105 - B, Twin Arcade, Military Road, Marol,  
Andheri (E), Mumbai - 400 059  
Tel: +22 29209959 Telefax: 29202094

# A RETHINK WILL NOT HARM

**A**ttaining 100% is the objective every one aspires for, especially when one is told to 'aim high.' It is natural to get exhilarated when one gets it or reaching close to it. Nevertheless this aspect is not very digestible when we deal with the examination results, especially of SS(L)C and Plus2 / HSC in Kerala and Maharashtra. Many an educationist expressed anguish when comments were sought when the results were out. Only the politicians are not affected.

In the recent SSLC examination, 4,68,273 students appeared and after the announcement of the results by the Minister of Education and revaluation, only a mere 0.84% has failed. Thus Kerala witnessed a never before result of 99.16% pass. On paper a mind boggling figure! The result is similar in Maharashtra, if not better.

The result is indeed a relief to parents as well as to the concerned students. The parents saved money and the children the time. The loser is the nation, not moneywise but talent-wise. After 'Mundaseri pass' and 'Chakkeeri pass', this nameless pass is a miracle.

The 'true' educationists are perturbed at these results and they cannot be blamed. Let us trace the educational results of Kerala. Before the political independence, the common man of India was indeed poor to pursue education and the then existing social pattern did not demand an 'education for all' system. It was need based in that feudal era. Even the wealthier families did not send all their sons (girls were exempted from going) to school as eldest son alone needed to look after the interests of the joint family. In the 'fifties', even a 'tenth fail' was considered good enough. Now it is heard in the corridors of power that soon no student would fail in high school. The most unfortunate also would 'pass for skill development.'

The compulsory pass upto eighth standard is a curse and not a boon as the recent incident in Kerala proved. In a public function on the education system, a ninth standard student (reached that class by virtue of the government's 'no failure' order) was unable to write the Malayalam word for elephant, a word even a KG student of 'unaided' school of the same state could have easily accomplished. Here whom do we blame; the teacher who knew that his salary would not be affected in any case, the child who got an easy way of 'time pass' or the parent who has no financial strain on account of the child's education?

The political gimmick (no politician of any hue would dare to admit it) of 'right to education' is expected to play havoc with the future generation. This legislative piece of Parliament made all schools, barring minority schools, to reserve 25% of their seats for children of socially and economically backward classes to admit in their school. Great promises were made but the financial commitments promised did not come through till this moment to the school that was compelled to fall in line.

There was no need of this legislation if the earlier governments were serious enough about the cause of education. Who prevented them from building new institutions wherever they were needed? Unaided private schools flourished only because of the failure of the state governments to provide quality education at affordable costs. When India made rapid strides in most of the fields and politicians amassed wealth, why did the governments fail in their duty to provide the right our constitution promised to provide?

It is necessary for the politicians to learn the history of the so called benevolent social welfare schemes first introduced in Unites States of America and followed by other countries, especially the African nations and the consequences thereof. It is easy to make a nation of idle (lazy?) people but very tough to change the scenario later. Ask the Chinese about the price they had to pay to liberate their people who became slaves to opium.

Who can blame the people when they turn cynical especially when unqualified people claiming adequate 'qualifications' to occupy position that needs 'some' qualification to exercise the powers vested on them while their superiors are willing to close their eyes to suit their purpose?

## Note of Thanks

I have kept the letter from Raagalaya on my table since December 2014 in the hope of writing a letter. Now that we are five months away from the wonderful event you had organised to honour me, a note of thanks is really meaningless. Yet I would send this letter to thank Raagalaya and its organizers for the wonderful function. I appreciate your activities and wish you all success in your endeavours to promote Kerala's art and culture in Mumbai.

- K. Jayakumar  
Vice Chancellor  
Thunchath Ezhuthachan Malayalam  
University

## Good articles

It was a pleasure to read your cover story about the social activities and service to society by Mr. Sashikumar Nair.

In addition to the laudable community service activities of Mr. Sashikumar, I am personally proud that he is the son-in-law of Mr. R. Ramakrishnan, our colleague of Bharat Education Society and husband of Veena Sashikumar, Senior Teacher at Karthika High School and Jr. College. Mumbai city needs more social activists and civil society leaders like Mr. Sashikumar.

The article of Malayali temples in Mumbai in Malayalam by Shri V. Balachandran also find interesting reading. Other articles also made interesting reading as always.

Dr. Gopakumar G. Nair  
Kandivili

## Venkiti's True Rocket Science

The feature on Venkitakrishnan by Satyanath is an illuminating example of science communication. It was an insightful exposition of the strategic initiative of a home grown but highly talented scientist as a fitting response to

the technology control regime. I have the personal privilege of knowing Venkiti during his student days in Victoria college and his scientist days in BARC. Aeronautical engineers might say that propeller catalyst making is no big rocket science but chemical engineers know fully well the complexities involved in it. Munnurkode finds a small but red spot in the space map of the world. Satyanath deserves special compliments for introducing this great knowledge worker who produced and delivered a strategic resource for national development.

Dr A P Jayaraman,  
Mahalaxmi

## Malayalees in Vasai Elections

Four Malayalees, namely Uttam Kumar, Sheela Iyer, T Venugopal and Mathew John, contested the Vasai Virar City Municipal Corporation election. Although all of them lost, yet due to their aggressive campaigning, they made the presence of Malayalees felt in the area. Uttam Kumar and Sheela Iyer were fielded by the Bharatiya Janata Party, Venugopal belonged to the Communist Party of India (Marxist) while Mathew John contested as a candidate of the Indian National Congress. The ruling party Bahujan Vikas Aghadi did not give the ticket even to a single Malayali, neither did the Shiv Sena, Nationalist Congress Party and Vasai Janandolan Samiti. Last time, the BVA co-opted P V K Nambiar as a member, thus ensuring a Malayali in the Mahanagarपालिका. Now, it remains to be seen as to who will be the Malayali representative. Uttam Kumar comes from Paippad, Sheela Iyer hails from Thiruvananthapuram, Venugopal belongs to Thrissur and Mathew John is from Ernakulam.

Biju Cherian  
Vasai

## Congratulations

I recently had the opportunity to browse through your website "Kerala In Mumbai" and I should say this site is well-maintained and contains sound and elaborate information with respect to the various activities being held in and across Mumbai regarding the Keralites staying in Mumbai. I am impressed and would like to congratulate you on your commendable effort.

Indulekha  
Guruvayur

## Tickle your Taste Buds

Dear Readers,  
Got a tasty recipe to share with our readers? It could be either one from the storehouse of your grandmother's /mother's kitchen in Kerala or a traditional one included in Malayalee festivals, or even a typical Kerala dish. However, if you so desire, you can pitch in any recipe of your choice. We will publish it in our Recipe column, if suitable. You may mail your recipe along with its photo as well as your photo to:  
[keralainmumbai@gmail.com](mailto:keralainmumbai@gmail.com)

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

## Attention Subscribers

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# AKG NAIR

## PASSION FOR SOCIAL WORK

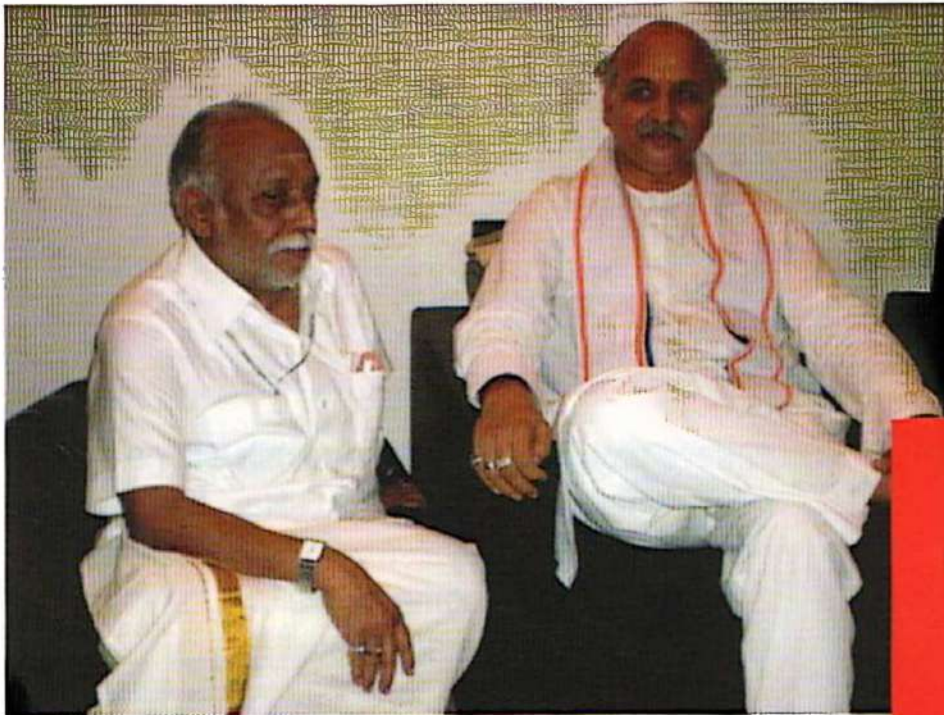
"I have promises to keep, And miles to go ..... " may well describe AKG Nair, the distinguished Malayalee who has made Mumbai his home for the last fifty years and more.



Lakshmi Venkatachalam

■ Alapattu Krishnan Gopinathan Nair popularly known as AKG Nair, Retd Addl Commissioner of Income Tax, has been living

in Mumbai for more than 50 years and is a renowned social worker, always helping people in need both in Mumbai and Kerala. He began his official career in 1964 with the Income Tax Department as a lower division clerk. Simultaneously, he studied and received his B.A. (Hons.) Degree from Ruparel College and later, M.A. from the University of Pune. In the year 1991, AKG Nair successfully got selected for the Indian Revenue Service. During the four decades of excellent service in the department he successfully dealt with many high profile cases and was the Chief PRO for Mumbai Income Tax Office. He was associated with Bajaj Institute as well, as a part time faculty member for their Diploma course in Tax Management. He has guided many income Tax employees appearing for inspector's and officers' examination and taught English to the peons working there. In 1991 he was elevated to the IRS rank and retired as the Additional Commissioner of Income Tax on



AKG Nair with Praveen Togadia



AKG Nair with Union Minister Venkaiah Naidu

## GVSM Charities

AKG Nair's brainchild, GVSM Charities, was established in 2009. It is a Public Charitable Trust engaged in Medicare and Educare for the underprivileged. The Trust registered with the Office of the Charity Commissioner, Government of Maharashtra and approved by the Income Tax Department has been rendering yeomen service to the society since its inception on February 16, 2009.

AKG Nair was Secretary of Sree Ramadasa Mission Universal Society and Founder Trustee of Universal Medical Mission Trust located in Badlapur. It was due to his efforts that the Sree Ramadasa Mission could buy a land of 50 acres in Badlapur and get an Ashram built in the name of his Holiness Swami Satyananda Saraswati.

It has been organising regular medical camps and distributing medicines to the needy and under privileged people in Maharashtra and Kerala during epidemics in the past. When Chikungunya struck the villages of Kerala, the Trust arranged free medicines for the victims. It also sponsors education for the underprivileged children in Maharashtra, gives money, clothes and other necessities to inmates of ashrams, orphanages, schools and those in need.

## Proposed Medical Centre

Lack of basic medical facilities has prompted the Trustees of GVSM Charities to set up a Medical Centre in Kalamboor. Kalamboor village in Piravam Panchayat, Kerala is surrounded by water on all the three sides. It is a grossly underdeveloped village and the population consists of mainly agricultural labourers belonging to the backward community. It does not have good roads and transport facilities. There is no hospital or any other medical service available for the sick and needy people.

31<sup>st</sup> December 2004.

AKG Nair was born in Kalamboor near Piravam in Ernakulam District, Kerala, to the late Smt. Potteal Lakshmi Amma and the late Alapattu Govindan Krishnan Nair. He did his schooling first at Mangidappilli LPS school in Kalamboor, later at MKS School, Piravam and Government High School Namakuzhy. After completing his Pre University at CMS College Kottayam, AKG Nair came to Mumbai in 1963. Since 1964 till his retirement he was with the Income Tax Department.

## Charitable Activities

AKG Nair has involved himself in

several charitable activities.

He was Secretary of Sree Ramadasa Mission Universal Society and Founder Trustee of Universal Medical Mission Trust located in Badlapur. It was due to his efforts that the Sree Ramadasa Mission could buy a land of 50 acres in Badlapur and get an Ashram built in the name of his Holiness Swami Satyananda Saraswati. He was also instrumental in bringing the present Madhathipathy Swami Krishnananda Sarsaswathi to the ashram. Thousands of Hindus come to this place to perform the last rites of their relatives. Moreover, the Mission helps the poor adivasis of the area in several ways.



AKG Nair with his family

**AKG Nair played a very important role in establishing BMS' Borivli Diagnostic Centre, to provide medical aid to needy people. The centre is now functioning with 12 eminent allopathic doctors, in addition to ayurvedic dispensary and free treatments.**

People have to travel for 40 minutes to reach Piravam, the nearest town for any emergency medical treatment. There were many instances when people succumbed to death due to lack of timely medical attention. There are many cases of children suffering from malnutrition and worm infection.

The proposed Medical Centre will be constructed on a plot of land taken on long lease at Kalamboor village. The ancestral property of the Trustees will be initially used for the proposed facility. Medical camps will be organized in the village to create awareness about the health problems of the people with the help of qualified medical practitioners. Tie-up arrangements will be made with major hospitals in Piravam and other neighbouring towns so that the patients could be referred to for emergency medical service. A Clinic will be started at the proposed Medical Centre and service of qualified doctors and para-medical practitioners will be provided enabling the people to avail of the facilities for a nominal consultation fee. Free consultation service also will be considered for poor patients and the Clinic will function from 8.30 a.m. till 5.30 p.m. every day.

The cost of setting up the Clinic has been worked out and is expected to be Rs. 45 lakhs including the cost of the Building (Rs. 20 lakhs), Furniture and Fittings, Electrical and Medical Equipments, Generator, Computer,

Vehicle and other miscellaneous items. A K G Nair IRS, Smt. Vijayalakshmi G Nair, Sumesh G Nair and Mithun G Nair are the trustees of GVSM Charities.

### Association with BMS

AKG Nair has contributed significantly to the development of Borivli Malayali Samajam (BMS) where he has been the Vice President for several terms and as President from 1987 to 2012.

He played a very important role in establishing its Borivli Diagnostic Centre, to provide medical aid to needy people. The centre is now functioning with 12 eminent allopathic doctors, in addition to ayurvedic dispensary and free treatments. His suggestion that the interest on the fund collected at the time of film actor Mohanlal's Programme organized by the Samajam, be utilised for providing medical aid to seriously ill patients, has benefited many families of

the Samajam and others.

Another milestone in his vision and initiative is the school project undertaken by the Samajam towards V K Krishna Menon Academy in Borivli. The idea was conceived by him in the year 1993 and was ably pursued. They were able to acquire 6725 Sq. Mtrs of land from the BMC on lease, where the school is presently situated. In view of the excellent services, a special general body meeting of the Borivli Malayalee Samajam has passed a resolution to name the hall in the name of AKG Nair. This year the first batch of students from this school appeared for SSC Board examination and the school has received 100% pass result.

### Other Activities

He is the founder president of Shree Ayyappa Seva Sangam Saibaba Nagar, Borivali. It is opined that AKG was instrumental in establishing the 'Vishnu Ayyappan temple' in Ram Nagar. All the pujas are performed according to Kerala traditions. AKG is also associated with the Bombay Leprosy Society. AKG has been leading a group of around 40 people to Sabarimala every year for the last 36 years. He is the founder of ZEAL Society, where he stays at present.

AKG Nair has been a well wisher of Chinmaya Mission. In 1998, the



AKG Nair with Temple Tantri and office bearers

Chinmaya Mission conducted a yagna in Borivali where Swami Tejomayananda was the speaker and which was inaugurated by noted film personality Jaya Bachchan.

AKG Nair was the President of the Yagna Committee. He was involved with the Punya Gholwalkar Guruji Janmashtabdi Varsh held in the year 2006 as a RSS activist. He was the chairman of Keraleeya Hindu Bhakta Sanghamam in 2008.

### Awards and Recognitions

He was awarded the Best Malayali Social Worker of Mumbai by Ragasudha in 2002 along with the Late Capt. C.P. Krishnan Nair of Leela Hotels Malayalam Poet Krishnan Parappally, Late P K Ravindranath - well known Journalist and Late Dr K G Nair - eminent cardiologist.

He was also awarded the Mannath Acharya Puraskaram for the year 2007 in 2008 for his four decades of

exemplary contributions to community welfare, spiritualism, education, humanitarian and social services by Thane Nair welfare association.

He was awarded the 'Jwala Mumbai Karmashreshtha Award' in 2011 for his selfless service to the public at large.

### Activities in Kerala

AKG Nair is a Trustee of Sree

Saraswathy Educational, Cultural and Spiritual Charitable Trust which runs a CBSE School, Saraswati Vidya Mandir and under graduate college in Kerala.

### Family Bonds

The woman behind AKG is his dutiful and devoted wife, Vijayalakshmi. Vijayalakshmi was employed with Corporation Bank for the last 39 years. They have two sons. The elder one is Captain Sumesh, a pilot. The second son is Mithun, engaged in business dealing with properties. Captain Sumesh is married to Rashmi employed as a senior Credit Analyst with Nomura Bank.

AKG Nair looks back at the time when he came to Mumbai. "At that time there were more Malayalee Samajams in Mumbai than Kerala temples. The Samajams were keen on staging plays in Malayalam, celebrating Onam and Vishu with cultural programmes and gradually they progressed to opening Ayurvedic dispensaries and clinics. Today several Ayyappa Seva Sanghams and their connected temples have come up in various suburbs."

"I have a lot more to accomplish in life. My goal in life is to be of service to mankind," he says modestly. ■

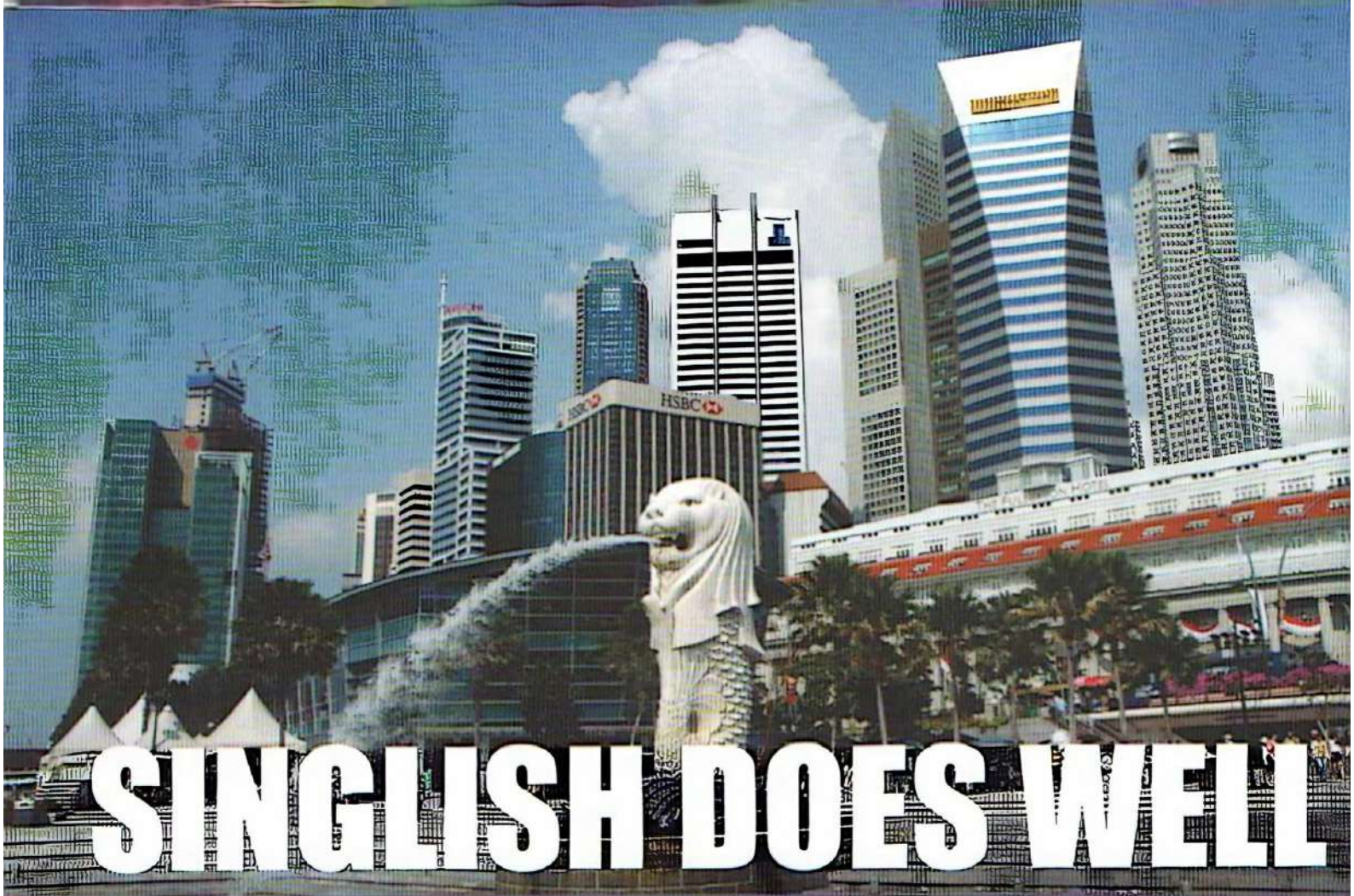
GVSM Charities is a Charitable Trust registered under Section 12AA of the Income Tax Act, 1961. The Trust is also approved under Section 80G of the Income Tax Act, 1961. Donations are exempted from 80G of the Income Tax Act. The Trust's Medical Centre project in Kerala will be executed from Kalamboor village, Piravom Panchayat, Ernakulam District, Kerala 686 664. Donations may be sent to:

Managing Trustee, GVSM Charities, 9 A, 1<sup>st</sup> Floor, Zeal Co. Operative Housing Society Ltd. Mulji Nagar, SV Road, Mumbai 400092.

Bank Details: **Union Bank of India**  
Acc number: 607902010009150  
Name: GVSM CHARITIES  
IFSC: UBIN0560791; MICR: 682026732



During the Inauguration of VK Krishna Menon Academy



# SINGLISH DOES WELL



K. R. NARAYANAN

Kerala got a Malayalam University and Malayalam became the official language. Yet on all the 30+ Malayalam channels, English words are liberally used without any compunction. K R Narayanan, a frequent visitor to Singapore, tells us that it is much worse there but it is enjoyable.

**T**he English language is spoken widely in most of the continents of the world. But the tones, usages and even the words vary to a great extent from place to place. Hence, we have the British English, the American English, the European English, the Chinese English, the Indian English and the like. Therefore, the development of their own English by the Singaporeans cannot be a surprise at all. Originally a land of the Malaysian Archipelago, this Island Nation had been exposed to Malay, Chinese, Indian, Indonesian, English, European and many other cultures and languages. It is, therefore, but natural that an English language, greatly influenced by all these cultures and languages evolve in this country.

It is a common story that once a visiting foreigner asked a Singaporean

shop-owner if the latter spoke English. The reply he got was: *Of course lah! English also caan*". When the puzzled foreigner enquired about the language spoken by the shop owner, he was told it was Singapore English- "Singlish" to be precise.

The Singaporeans may tell you in their lingua *Accuse me*"; but don't do that, as they only want to be excused. When they say, "*Can lah*" they simply mean 'yes'. When they wonder "*How can?*" they only express their disbelief in something. When you are told the man standing in front of you is a "*Chinese Helicopter*", don't look at the skies, but try to talk to him in Mandarin." I mistook "*Chiou bu*" to be a Chinese dish, but was not comfortable, when my friend pointed to a pretty girl standing in front of us. Very often, the statements and phrases end with the terms like

*'lah', 'leh', mah' ah'*. (like: *OK lah, Don't like that lah. , You are going there ah? . No parking lots here, what., The price is too high for me lah, And then how many rooms ah? , It is very troublesome le. , Don't be like that ley, I'm not at home lah. That's why, ah. etc. etc.*). They may invite you for *makan at the kopi tiam*(to eat at the coffee shop) or *lai dat* (like that). There are many more like *Mai never mind la* (Don't/never mind), *don't ma fan'* (Don't trouble), *or- ready* (Already) and the like. When you ask anyone if you can have his pen, the reply would be a simple monosyllabic '*can*'.

It is said that economy is the accepted order of Singlish. Here the sentences are reduced to cardinal simplicity and the diction is often chopped. "*The intonation has a sing-song quality to it, drawn from indigenous Chinese and*



*Malay influences*”, observes Gartshore. Singlish has inspired hilarious cartoon-illustrations by many local and overseas caricaturists. Miel is considered one of the most-loved cartoonists of Singapore. Miel - it should be said in this connection- has won very many awards in his field. “*An Essential Guide to Singlish*”, published by William J. Gartshore and edited by Samantha Hanna (2003) was luxuriously illustrated by Miel's cartoons on Singaporeans.

According to linguists, *Singlish* is somewhat a special English spoken in this island nation and some of its nearby territories. It is a very interesting (often entertaining too) way of speaking English. Some knowledge of this local English, of course, could be of immense help for any overseas visitor to this beautiful country. To me, Singlish is an informal and comfortable spoken Asian English - indigenous to Singapore and the nearby Malay territories. Why I am more comfortable and happy with this language is that the English teachers cannot ask us to write impositions for the grammatical mistakes!

Singapore's exposure to the British English is about one and odd centuries old and dates back to the British colonial rule (1819-1965) or ever since Sir Stamford Raffles claimed the island of Singapore for the East India Company for the first time in 1819. Later, since Singapore became an independent Republic in 1965, the use of English has increased manifold.

Nearly everyone in Singapore speaks more than one language. Very often, people speak three or four languages. Most children grow up in the multilingual environment from their very infancy and learn many languages as they grow up. Naturally the presence of other languages (especially various derivatives of Malay and Chinese) has influenced the English language in Singapore to a great extent. These influences are very much apparent in Singlish. Normal English grammar, the traditions and rules of sentence formation, the tenses, singular-plurals or the definite - indefinite articles are not of much

significance to this local lingua. It has, however, the charm of the adopted exclamations, sometimes meaningless suffixes and the like.

The presence of other languages (especially various derivatives of Malay, Chinese and Tamil) has influenced the British English and led to the birth of Singapore's own English, popular as Singlish. The scientific name given to this new English by the academicians is “The Singapore colloquial English”.

Nevertheless, this lingua does justify itself as the best tool to fulfill the basic purpose of a language to communicate or convey one's thoughts. Nay, I should say, it has excelled in that very purpose. It is said that Toh Paik Choo, a light vein writer from Singapore, was the first to put a spelling and punctuation to Singlish in her books, *Eh Goondu* (1982) and *Lagi Goondu* (1986), which are considered essentially a glossary of Singlish.

Prior to 1965, the standard form of English in Singapore had always been British English. After Singapore declared independence in 1965, English in Singapore began to take a life of its own, leading to the development of the modern day Standard Singapore English. As the Standard Singapore English began to take root, Singlish too began to evolve among the people, especially the working class, shop owners and others, who had learned English without much formal education. Thus, ultimately, this Island-Nation had two distinctive types of English, namely the formal Standard English and the informal spoken

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Singlish.

In the first twenty years of the twentieth century, education through the medium of English became popular for all different groups of Singaporeans. Girls started going to school in larger numbers too. By the 1950s, nearly all children went to school, and the majority of the children were educated in English. By the 1980s, all education was through the medium of English (with children learning an additional language along with English).

Presently, four languages have been recognized officially in Singapore. They are Mandarin, Malay, Tamil and English. English is the most commonly used language, which unites the different ethnic groups of this country. Children are taught in English at school but they also learn their mother tongue, to make sure that they do not lose contact with their traditions. Since Singapore became an independent Republic (1965), the use of English increased still further, and now all Singaporean children have their education through the medium of English.

For many Singaporeans, English is their main language. Many families speak English at home and it has become one of the main languages learnt by a majority of the current pre-school children.

Presently, Singlish is strongly discouraged in the Singaporean



schools, as it is believed to hinder the proper learning of Standard English. But the use of Singlish in classes or between the pupils and the teachers, although officially frowned upon, is rather inevitable, as many teachers themselves are comfortable with Singlish. For many students, using Singlish is also inevitable when interacting with their peers, siblings, parents and elders.

In the interest of promoting equality and better communication with the rest of the world, the Government launched (2000) the *Speak Good English Movement* to eradicate Singlish, at least from formal usage. The Media Development Authority's free-to-air TV code states that the use of Singlish

*"should not be encouraged and can only be permitted in interviews, where the interviewee speaks only Singlish".* In spite of this, the use of Singlish on television and radio has proliferated, as this localized lingua continues to be popular among people.

It should be borne in mind that no language is a static entity even in the land of its origin. Every language is influenced by the local lingua and the customs

and traditions of the local people. As the Gujarati proverb goes "*Gamey gamey boli badle*" - the language changes from village to village. Hence, one need not frown upon the localized versions of English, in different parts of the world. On my part, I do love to hear/read the amalgam of British English and the local lingua anywhere in the world. Hence, while in Singapore, I joyfully say: "*Happy la, Singlish also caan.*" ■

**C.H. Mohammed Koya, considered to be one of the chief architects of modern Malabar, was an able parliamentarian, a talented journalist and an author. He served in various capacities as MLA, MP, Minister, Deputy Chief Minister, Chief Minister and Speaker.**



V N Gopalakrishnan

■ C H Mohammed Koya was the tenth Chief Minister of Kerala and he served for a very short period as Chief Minister from October 12, 1979 to December 1, 1979. He was the first and only

Muslim Chief Minister of Kerala and is considered as one of the chief architects of modern Malabar. He was the major force behind the establishment of the University of Calicut and formation of Malappuram district. Today Malappuram is no less important than other districts. Educational and economic levels of the region have improved steadily, especially with the prospects of people getting jobs in the Gulf countries.

Mohammed Koya maintained good



relations with the Arab leaders as well. It was due to his efforts that the Arabic teachers in Kerala began to enjoy equal opportunities as their colleagues in government run schools and colleges. Mohammed Koya was an able parliamentarian, a talented journalist and an author. He served in various capacities as MLA, MP, Minister, Deputy Chief Minister, Chief Minister and Speaker.

Mohammed Koya was born on July 15, 1927 at Atholi in Kozhikode district as the son of Ali Musliyar Payampunathil, a specialist in Yunani and Mariyumma. An error in the initials of his name Cheriakkarankandy in the school records resulted in his being known by the abbreviation CH instead of CK. He had his primary education at Kongannur Aided Elementary School, Velur Mappila Elementary School and Quilandi Board

## C H MOHAMMED KOYA FIGHTER FOR THE RIGHTS OF HIS COMMUNITY



High School. He was the Founder Chairman of the Muslim Students Federation and was also actively involved with the Indian Union Muslim League (IUML). He also served as the Joint Editor of *Chandrika*, the mouthpiece of the IUML and published articles under the pseudonym A.K. Atholi.

In his early years, he served for a short term in the Kurumbranad District Muslim League Committee and later in the Municipal Office in Calicut. In 1951, he was elected to the National Executive of the IUML and shortly afterwards, was elected as the Councilor of Calicut Municipality. He was elected to the Kerala Legislative Assembly from the Tanur constituency in 1960 defeating K.P. Kuttikrishnan Nair (*Kuttiattan* as he was popularly known) of the Indian National Congress. K.P. Kuttikrishnan Nair had earlier defeated two of the most popular politicians in Kerala, E.M.S. Namboodiripad and Seethi Sahib, earning the nickname the '*Giant Killer*' from no less a person than Jawaharlal Nehru.

Mohammed Koya was the leader of the Muslim League in the Assembly. His chief mentor, both in his personal life and political career was Syed Abdur Rahman Bafaqi Thangal. CH would do nothing without consulting Seethi Sahib. Ismail Sahib (one of the founding members of Indian Union Muslim League) also had great influence on him.

On June 9, 1961 he became the Speaker of the Kerala Legislative Assembly after the sudden demise of K. M. Seethi Sahib thereby becoming the youngest Speaker of Kerala. Despite being one of the youngest members in the Assembly, he was known for his charisma and the flair with which he discharged his duties. He visited London and Cairo in 1960, Malaysia in 1969 and Sri Lanka in 1972.

When Muslim League quit the political alliance at the state level, Mohammed Koya resigned Speakership and contested the ensuing Parliamentary election successfully from the Kozhikode constituency in 1962. Again, in the State Assembly elections held in 1967, he won by a vast majority, contesting from Mankada constituency. At that time, Muslim League and the Communist Party worked together in the Assembly election. In March 1967, the ministry was formed by E.M.S. Namboodiripad and Mohammed Koya became the Education Minister. He worked for the establishment of the Calicut University on January 1, 1968 and for the formation of Malappuram district in 1969. He continued to retain the Education

portfolio in succeeding ministries headed by C. Achutha Menon, K. Karunakaran, A.K. Antony till the Ninth ministry headed by P.K. Vasudevan Nair. As Education Minister, he was instrumental in formulating many plans which helped Kerala reach the forefront in the education sector in India. Besides Education, Mohammed Koya handled portfolios such as Ministry of Home and Public Works.

Due to difference of opinion between Marxist Communist Party and CPI, the EMS ministry resigned on October 24, 1969. When C Achutha Menon formed the Ministry on November 1, 1969, Mohammed Koya became the Home Minister. In the mid-term election, the Marxist Party fought with a front comprising of the Congress Party, CPI, RSP and Muslim League. Mohammed

three seats.

Mohammed Koya was the Deputy Chief Minister in the next United Democratic Front (UDF) ministry headed by K. Karunakaran. On October 12, 1979 Mohammed Koya became the Chief Minister of Kerala and his term continued till December 1, 1979 when the ministry was dissolved. On January 21, 1980 the General Election was held when the contest was between Left Front and the Democratic Front. Left Front got majority in the election with 46 seats and Muslim League bagged 14 seats. Mohammed Koya became the leader of the party. The ministry fell after two years and General Election was held in 1982.

Muhammed Koya married Amina, daughter of Abubekar Haji and has three children, two daughters and one son. His only son is Dr. M. K Muneer, currently a Minister in the Oommen Chandy government.

Satire was the domain special to CH and his literary reviews were full of humor. He brought to life the characters in the novels of Vaikom Mohammed Basheer, the legendary novelist of Kerala. CH has written 12 books including *Nabiyum Sahabimarum, Oru Yathra, Niyamasabha Chattangal, Orormma-C H, C Hnte Prabhashanangal*. Although many had political differences with him, everyone around him enjoyed his sense of humor.

Mohammed Koya was persistent in fighting for the rights of his community. But at the same time he would not snatch what was due to other community. Whenever his community's prestige was questioned, CH would fight back with this pen and tongue. Despite his failing health as a result of cerebral thrombosis, he continued working for the party. He died on September 28, 1983 at the age of 56 at the Institute of Medical Sciences, Hyderabad.

The Academic library named after C.H.Mohammed Koya is affiliated to the Calicut University and has a collection of 95,000 volumes, promoting quality research. The Library and the Haji C.H. Mohamed Koya College for Advanced Studies under the University of Kerala at Thiruvananthapuram are named in his honour. The C.H Mohammed Koya Memorial National Journalism Award, jointly instituted by the C.H Mohammed Koya Trust and The Calicut Press Club is to perpetuate his memory. Government decision to name the Government Arts and Science College at Thanur was a tribute to CH since he was elected twice to the state legislature from Thanur in 1957 and 1960. The college was inaugurated by Chief Minister Oommen Chandy on August 23, 2013. ■

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Koya was elected from Kondotty constituency.

Syed Abdur Rahman Bafaqi Thangal became the President of the Muslim League after the demise of Mohammed Ismail Sahib, an MP from Manjeri. In order to contest from the Manjeri Parliamentary constituency, Mohammed Koya had to relinquish his ministership as well as the Assembly seat. He was the General Secretary of the Indian Union Muslim League at that time.

Syed Abdur Rahman Bafaqi Thangal died during the Haj pilgrimage. The death of Mohammed Ismail Sahib and Bafaqi Thangal created differences in the party and the Muslim League was split and the All India Muslim League was formed. During the 1977 election, both the factions of the Muslim League contested and the Indian Union Muslim League got 11 seats and the All India Muslim League



## Rediscovering Scientific Perception in **Discovery of India Dance Ballet**

Nehru Centre Mumbai, the magnificent memorial to the Nehruvian intellectual traditions was created by the legal luminary Rajni Patel in 1972. It plays a pivotal role in the fusion of the two cultures and is the torchbearer of the concept of scientific temper.



Dr A P Jayaraman

■ Nehru coined the term 'scientific temper' in his book *The Discovery of India*, published in 1946. Nehru Centre organized a seminal think tank enclave in 1980 under Dr. Raja

Ramanna which led to the historic Statement on Scientific Temper. The Centre is a cynosure of the intelligentsia and great expectation is natural when a dance ballet '*Discovery of India-the Scientific Perception*' was presented on 13<sup>th</sup> June, 2015.

The majestic one thousand capacity hall was four fifths full. Dr R Chidambaram, Principal Scientific Advisor to the Government of India was

among the audience but not many celebrity scientists were visible. K Ranganathan, a former State Chief Secretary and Justice Sreekrishna were present. Credits on choreography went to Jayashree Nair and Sujatha Nair. Music was provided by Narayan Mani and vocalist was Sanjeev Chimmalgi. Students of Mohiniattam and Bharatanatyam were the performers.

Concept and script stood in the name of L. A. Kazi, Director of Culture of the Centre. This is the prime mover of the program. Scientific temperament as a concept can be approached from the view point of a professional scientist and equally well from the standpoint of a classical scholar. Nehru was not a career scientist but he was the president of Scientific Workers Union. Sir

C.P.Snow had articulated the *Two Cultures* theory and the difficulty of deriving a common denominator between the two. Perception is the way you think about or understand someone or something. The theme therefore may have the focus on the book or its author but it is explicitly stated as a journey reflecting the scientific approach which spontaneously generated a Hype type curve.

Aesthetic expression of scientific perceptions through the media of dance drama and music is a daunting challenge and to do poetic justice to arts and science at once is difficult. It is a complex experiment in science communication. People's Science Movements have developed these media to sensitize public understanding of

science and one notable example is Kerala Sasthra Sahithya Parishat. Viewed from the perspective of pure fine arts, the ballet was a splendid exercise in aesthetics. Utilitarianism might ask about price, cost, worth and value. The two baselines of training in M-attam and B-natyam were eclectically blended despite the fact that both excel in solo performances. The ballet danseuses



Perfect Postures

gracefully shifted from regal and stately format to lyrical and free style with episodes of didactic near still moments as in dialogues.

As the event unfolded I started searching for scientific perception. Heliocentrism went into hype dwarfing other stars. The myth of seven horses yoked to the chariot of Sun was described and it was retro - fitted by the narrator to the colours of the spectrum! Then fourteen danseuses appeared on the stage!! Power of observation was highlighted. The undertone was trial and error method. This was vividly brought out by birds falling dead after consuming toxic fruits. It was also shown by a motionless sick person steadily regaining healthful state by medicinal plant extracts. A person on errand mission to bring something without medicinal properties returned empty handed after wanderings through countryside testifying that everything

has medicinal value. Surgery received special performance attention. Orthopaedic intervention in an injured leg was depicted as also brain surgery. A slide would have enhanced the information content without interruption. Maybe, Susrutha's surgical instruments reconstructed by Dr Valiathan would have added authenticity and fidelity.

The agile rain dance could have been reinforced with a slide of chest beating rain dances of the primates. The hunter-gatherers settling down for agriculture and tilling of the soil were enacted. There is no unique scientific perception in those events which are part of human evolution. That was a distracting deviation from the central theme of scientific perception. Visuals did not add value to the comprehensibility of the theme. Apart from stereotype public domain images perfunctorily selected, it was a vehicle of standalone prompter

and that inherent potential lamentably went untapped. Discovery of India exhibits and research minded search would have easily yielded meaningful and significant visuals. This lingers like an undone homework.

Of all scientific perceptions of ancient India, arguably the most important would be Kanada's atomic theory which failed to find mention in the event. Richard Feynmann in his

famous thought experiment asked a question and answered it by himself. "If, in some cataclysm, all scientific knowledge were to be destroyed, and only one sentence passed on to the next generation of creatures, what statement would contain the most information in the fewest words? I believe it is the atomic hypothesis that all things are made of atoms - little particles that move around in perpetual motion, attracting each other when they are a little distance apart, but repelling upon being squeezed into one another. In that one sentence you will see an enormous amount of information about the world, if just a little imagination and thinking are applied".

A series of bright sparks emerged as astronomy proper appeared. The Narlikar signature of hiatus between astronomy and astrology was presented as a tender touching tale of Leelavati's spinsterhood owing to astrology. Her

Nehru Centre officials, participating artistes and team leaders of the dance ballet and others.





A beautiful moment on the stage

agreement to Bhaskara's suggestion of compensatory brilliance in mathematics and astronomy was indelibly enacted. The didactic tutorials were mandatory but the commentary ought to have been graphically presented. The astronomical time cycles contained in the text were remarkably displayed as narratology and action coincided. Rahu and Ketu myths were exploded by a terse commentary on eclipses. The narrator was unfaltering and sounded extremely confident. Yet graphics and a digital effort would have visually driven home the point where dance is not necessarily the fittest medium. The churning of oceans was danced with telling effect.

Origins of trigonometry were explicitly described. The lotus in pond illustration was apt and accurate though speed of narration was high. There stands a lotus half a hand above the water level. A breeze displaces it to

submerge two hands away. The depth of water has to be calculated. The submerged lotus and its original state before the breeze blew, and the right-angled triangle became evident. Some of these riddles have been choreographed in Odissi ballet by Jhelum Paranjpye. No other country in the world had a mathematician of the stature of Bhaskara, whose equally talented daughter, Leelavati, could solve numerous numerical riddles. The Sanskrit text and narration were exceptionally great.

The depiction of the proclaimed journey reflecting the scientific approach of the present abruptly ended with Jagadish Chandra Bose and botany. Bose's place in history has been re-evaluated, and he is credited with the invention of the wireless detection device and the discovery of millimetre length electromagnetic waves. His

demonstration of the electrical nature of the conduction of stimuli makes him a pioneer biophysicist. To call him a botanist is not a defensible perspective of his scientific contribution.

All in all, the event was an attempt at rendition of sober history of Indian science. The weaving of scientific approach to ballet leaves a lot to be desired in terms of integration. The science content jutted out as discrete narrations. As the performance was over, the artists came to the stage giving a glimpse of the human resources that went into the makeup of the event. Appropriate and legitimate credit was bestowed on the performers. Except for a fleeting statement that Professor Narlikar whose name appeared wrongly spelt with an extra r had cleared the text in two days, there was silence on the scientific perception. Concept creator and script writer and the guidance donor preferred to be silent on this.

As I moved out of the illuminated auditorium into the darkness of the parking lot with Dr MPS Ramani, a chemi-nuclear engineer and a classical scholar, he cryptically commented- a sober version of history of Indian science, different from that of the Indian Science Congress. No fashionable nonsenses or higher superstitions were paraded in this event and that in itself was a remarkable accomplishment. ■



A group of performing dancers with Jayashree Nair

## SCRIPT YOUR MISSION STATEMENT TO SCULPT YOUR DESTINY



Prof Dr John Mathews Vazhapilly

Your life mission is your reason for being in this world. It is your vocation, your calling in life. Mission is an energy that flows through you a drive, a voice, or a passion that you cannot ignore or resist.

**T**he first step in the process of mining the gold from within you is to prepare a balanced Mission Statement. A Mission Statement is the consummate and concise expression of our fundamental choices and priorities in life. It's our life principle, our personal philosophy of life that permeates and dominates our entire being and possesses us in the very marrow of our bones. Just as breathing exercises help integrate body and mind, writing is a kind of psycho-neural muscular activity which helps bridge and integrate the conscious and subconscious minds. Writing distills, crystallizes, and clarifies thought. Our Mission Statements reveal the varied priorities and primary concerns we have in life such as duty, recognition, money, fame, need, success, fun, relationships, approval of others etc.

Your life mission is your reason for being in this world. It is your vocation, your calling in life. Mission is an energy that flows through you a drive, a voice, or a passion that you cannot ignore or resist. It is your heart's deepest aspirations. George Bernard Shaw has given consummate expression to this burning passion in the human soul :

This is the true joy in life, being used for a purpose recognized by yourself as a mighty one; being a force of nature instead of a feverish selfish clod of ailments and grievances complaining that the world will not devote itself to making



Mother Theresa



Hellen Keller

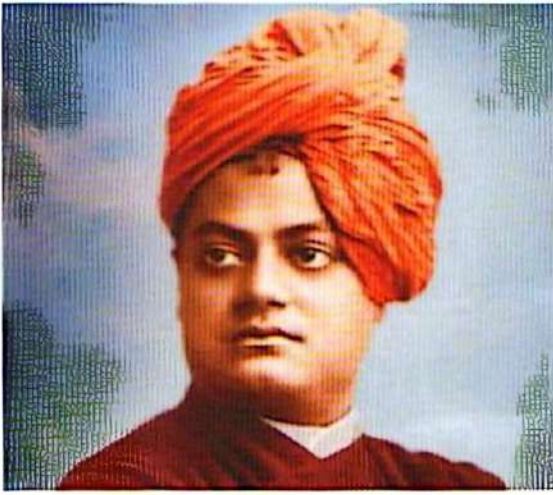
you happy. I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is sort of a splendid torch which I have a hold of for the moment, and I want to make it burn as brightly as possible before handing it over to future generations.

Very often the dominant life principle is hidden in the dark dungeons of the subconscious. Through a Mission Statement we lure it out of the dark subconscious spheres and bring it to the bright regions of the conscious mind. In the zigs and zags of our daily living certain desires, goals and needs dominate all our other desires and needs and these dominating desires colour the fabric of our choices like the dominant theme in a piece of music. As long as we are alive and kicking our mission on this earth is unfinished, the symphony of our life mission is incomplete.

### Your Mission Statement is Your Personal Philosophy of Life

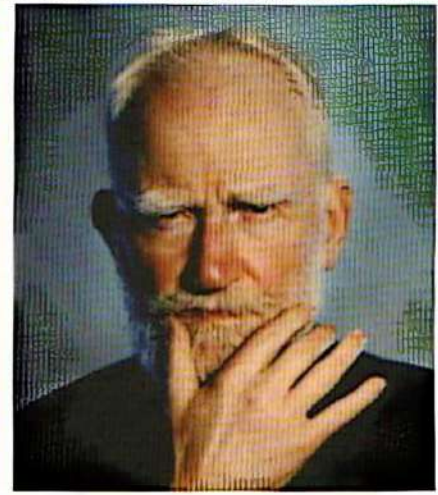
In the inexorable flow of time each one of us, unconsciously, conceives, designs and fashions a personal philosophy of life, by which we are guided, inspired and motivated. This personal philosophy becomes the moral and spiritual compass



Swami Vivekananda



R W Emerson



Bernard Shaw

for keeping the ship of our life in the right direction. Without the right philosophy we will find ourselves tossed all over the place, swept here and there, by the fast moving tides of current fashionable values and practices. It is this personal philosophy by which we assess the quality of our achievements and accomplishments.

A sound personal philosophy of life is a function of principle-centered priorities in life. Life is well ordered and meaningful when we set priorities that harmonize with each other. Priorities are those values that matter most in life. Priorities bring single-mindedness of purpose. Priorities are your most fundamental aspirations. They bring clarity about what to care most, what to do first, what let go and what to pay attention to. Now look at Helen Keller's unforgettable Mission Statement that resonates with her invincible spirit of positivity and unassailable hope:

I believe that life is given us so we may grow in love, and I believe that God is in me as the sun is in the colour and fragrance of a flower-the Light in my darkness, the Voice in my silence. I believe that only in broken gleams has the sun of Truth yet shone upon men. I believe that love will finally establish the kingdom of God on earth, and the Cornerstones of that Kingdom will be Liberty, Truth, Brotherhood, and Service.

I believe that no good shall be lost, and that all man has willed or hoped or dreamed of good shall exist forever. I believe in the immortality of the soul because I have within me immortal longings. Without this faith there would be little meaning in my life. I should be a mere pillar of darkness in the dark. I carry a magic light in my heart. Faith, the spiritual strong searchlight, illumines the way, and although sinister doubts lurk in the shadow, I walk unafraid towards the Enchanted Wood where the foliage is

**In the zigs and zags of our daily living certain desires, goals and needs dominate all our other desires and needs and these dominating desires colour the fabric of our choices like the dominant theme in a piece of music. As long as we are alive and kicking our mission on this earth is unfinished, the symphony of our life mission is incomplete.**

always green, where joy abides, where nightingales nest and sing, and where life and death are one in the presence of the Lord.

For your personal philosophy to be effective and creative allot quality time to implementing it. Meditate on the deep values embedded in it. Pray over it. Ask the Divine to infuse it with light, grace and wisdom. Align your thoughts, words and deeds with your personal philosophy of life. A new sense of dignity and a fresh infusion of strength are added to you when you fulfill the promises you make to yourself. A hundred years ago Swami Vivekananda spoke about the life transforming power of Mission Statements:

Take up one idea. Make that one idea your life - think of it, dream of it, live on it. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.

It takes but a short time to scent the life philosophy of any one. It is manifest in one's conversation, in one's body language and in the general mien of the person. It cannot be concealed, it is like

the sweet perfume of the rose-invisible, but felt almost instantly. It is the cherished treasure of the effective and creative person. This personal philosophy of life can be immensely enhanced and enriched through an intellectual and emotional osmotic process of absorbing the ideas and experiences of the highly effective and creative people in this world. I have the inspiring and empowering words of R.W. Emerson on my writing table :

- To laugh often and much;
- To win the respect of intelligent people and the affection of children;
- To appreciate beauty;
- To find the best in others;
- To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition;
- To know even one life has breathed easier because you have lived;
- This is to have succeeded.

### **The Benefits of Preparing a Mission Statement**

■ Writing your mission in terms of the important roles in your life gives you balance and harmony. It keeps each role clearly before you. You can review your roles frequently to make sure that you don't get totally absorbed by one role to the exclusion of others that are equally or even more important in your life.

■ A Mission Statement is the blueprint of your ultimate aspirations and deepest yearnings. How foolish you would be to go on a journey without preparing a detailed plan of your itinerary. Have you ever sat down and seriously drawn up a plan for your life's journey? Is not your life's journey more precious than any other trip you make? Why, therefore, not devote the most sincere effort to plan your life, to set for yourself a meaningful goal? You can draw inspiration from the famous philosopher Bertrand Russell who had set three goals for his life right at the beginning of his intellectual career :

Three passions have governed my life; The longing for love, the search for knowledge, and unbearable pity for the suffering of humankind. Love brings ecstasy and relieves loneliness; with equal passion I have sought knowledge. I have wished to understand the hearts of people. I have wished to know why the stars shine. Love and knowledge led upwards to the heavens, but always pity brought me back to earth....

■ If the goals in a Mission Statement are based on correct principles, they will be vitally different from the goals people normally set. They reflect your deepest values, your unique talent, and your sense of mission. And they grow out of your chosen roles in life. They unify and integrate your efforts and energy. They give meaning and purpose to all you do. Roles and goals give structure and organized direction to your personal mission.

Let me place before you Blessed

**Having a Mission Statement is a matter of psychological economy. It diminishes the wear and tear of having to make all the decisions from the ground up. When a Mission Statement has become an integral part of our daily living and thinking, it becomes a deeper and permanent habit with us. Like a groove that is being furrowed, each repetition adds a new depth to the habit.**

Mother Teresa's classical Mission Statement that glows with a passionate zeal for the Life Divine and the Love

Divine:

Dear Lord, help me to spread thy fragrance everywhere I go. Flood my soul with thy spirit and life. Penetrate and possess my whole being so utterly that all my life may only be a radiance of thine. Shine through me, and be so in me that every soul I come in contact with may feel thy presence in my soul.

Let them look up and see no longer me but only thee, O Lord! Stay with me, then I shall begin to shine as thou dost; so to shine as to be a light to others.

The light, O Lord, will be all from thee, none of it will be mine, it will be thou shining on others though me.

Let me thus praise thee in the way thou dost love best, by shining on those around me.

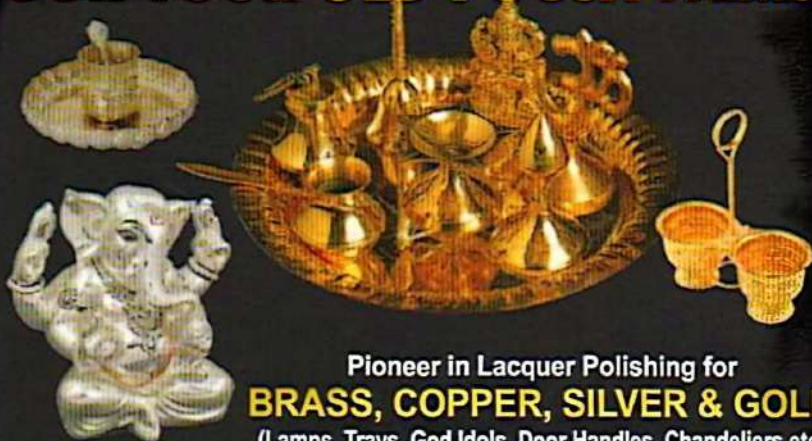
Let me preach thee without preaching, not by words but by my example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears to thee. (This prayer by Cardinal Newman became the Mission Statement of Mother Teresa)

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### The Magnificent Mission of a Great Soul

The movie Asoka exemplifies in visual splendor the magnificent mission of Asoka the emperor. The movie is a powerful metaphor for one's true mission in life. For true happiness we have to follow the map God has printed on our souls. We have to adhere to the authentic call of God's ordained destiny. One central idea, one passionate love, one great life decides the destiny of our lives. If our hearts are cluttered with a thousand trifles, we would lose the real purpose of our life. Asoka is told, "Yours is the destiny greater than that of an emperor, yours is the destiny of a traveler" Obeying his mother's wish he goes into the world and seeks life as a commoner. Here one is reminded of Coelho's hero in the Alchemist who is asked to go on a difficult mission so that his own destination can be reached, his own destiny can be met. All the riches, all the grandeur, all the conquests and victories of war could not satiate the insatiable spirit of Asoka. His life mission becomes his consuming passion in his life. ■

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## CORPORAL PUNISHMENT THEN AND NOW - II

The teachers form a great link in building up the character of the students. But they should be mentally capable to face situations of misbehavior and indiscipline in the class room in a more humane manner. The issue involved here is how to maintain the relationship between a teacher and student in the ambience of class room where behavior and character formation are encouraged. There is no ideal relationship in any human engagement but to be cruel instead of cordial and amicable requires to be curbed and eliminated. Though Supreme Court has banned corporal punishment, the tradition continues in certain areas causing inexplicable pain and agony to the parents of the victims.



Jose Chemmasseri

■ The class room was silent in anticipation when she entered and the students hailed and reverberated with the usual welcome greetings, "Good morning teacher".

She felt proud by seeing the disciplined students focusing on her demure and dainty looks. She responded by saying thank you and immediately started her lecture in Algebra. With  $a^2+b^2$  etc coming from her oval mouth with pearls like teeth, the students were rapt with attention.

With complete discipline and harmony prevailing in the class room it was her proud and successful debut on the first day of her teaching in higher standards.

I was wearing a half-sleeved bush shirt in terylene, a synthetic material invented by the Japanese, then in high fashion and great demand for its durability, non - creasing and easy drying. The shirt was a gift to me by my neighbour Anthony who had returned from a business trip to Bombay. I had carried a small cheap mouth organ in my pocket, which I had bought during the church festival from the trinket vendors' gathering in

the church compound on festivals. When the teacher was scribbling the equations on the black board she was not looking at the students, but her voice was parroting the formula. Before she could complete the equation and formula I dipped my hand into the trouser pocket and took out the instrument of music. I brought the piece close to my mouth and blew it with a cracking musical note which created a storm of bursting laughter in the class. The sudden and unexpected sound of music note robbed the silence of the class and attention of the students rendering the atmosphere to a chaotic situation. No doubt that was an act of indiscipline by a mischievous

brat struggling in his early teens to arrest the attention of the class. Disturbing the discipline and decorum of the class by an act of insubordination was treated as a minor crime in the rules of the school administration.

The teacher's name was Rohini or Rukmani and she was wearing hanging ear drops and vermilion dot on her forehead in between her eyebrows. Though she looked appealing she was red faced with anger at the moment. Abruptly stopping the lesson lecture for the disturbance caused and pelting the chalk piece on the floor she rushed to the office room in a huff angry and agitated. In the office room Annie teacher and TRS were present to welcome her anger and tears. She narrated the incident and registered her complaint of grave indiscipline in the class room by seemingly an uncouth brat. TRS became furious and started fluttering his eyes accompanied by arching his eyebrows as applicable to such occasions of rude behavior in the class room by undisciplined and unrefined students.

TRS sent the chief messenger to the class room summoning my instant presence in the office room before his eyes. I was guilt conscious, afraid and accompanied the messenger as a lamb to the butcher's den. When questioned by TRS, I admitted the incident happened. When he demanded the instrument that caused distraction and chaos, I handed over the mouth organ in evidence and acknowledgement of my guilt. Grabbing it angrily from my hand, he threw it on the table top where sundry things like calling bell, note books, attendance register were scattered and piled up. In the corner of the office room and behind HM's chair hung the three feet long, half inch thick brown coloured baked cane, the dispenser of justice and punishment for misbehaviour and acts of indiscipline. TRS pulled out the cane from its nail hold on the wall, held it in the right palm of his long hand and was ready to impart justice. He raised and rolled his eyes, arching the eye brows and demanded my right hand palm to be stretched open. Placing me to a convenient distance



**The maxim that, "spare the rod, spoil the child" followed and practised by god equivalent authorities have created an atmosphere of cruelty and hatred in the delicate relationship between a student and teacher.**

from his torso so as to create maximum force impact when he beat me with brute strength and wolf like ferocity, he took a small step behind. That small step was a great pain in my life.

Stretching my palm open, ready to receive the punishment I blinked and closed my eyes. When I felt the impact of the cane force on my palm, I shivered and the pain rushed to my brain forming small tear drops in my eyes. A second beating on the same palm created a crimson dent in my palm with ascending pain. I shrivelled, bent and curled before him saying sorry for my foolish and whimsical

prank creating discord with the instrument of harmony. I was asked to go back to the class room unaccompanied by the messenger. With clenched right palm and little drops of tears welling from my eyes, I reached the class room, stern, steady and silent. I did not dare to face the eyes of my class mates and walked with my head bent downwards, hanging in shame and pain. As a guilty, convicted and tortured prisoner bearing the cruel pain, I staggered to my seat and occupied my position in the third row.

A few minutes later, I was carefully attending the lectures in algebra without any trace of guilt on my countenance although the pain was simmering. During the lunch break recess I went to my uncle's house as usual for the lunch. I did not speak about the incident of humiliating punishment and pain although I felt extra heat and burning sensation in my right palm when I rolled and readied the small rounds of rice for my palate. In the afternoon classes I was normal as the guilt, punishment and pain vanished from my immediate memory. The guilt, punishment, humiliation and pain could not emaciate my tolerance power and I continued to behave as a normal student without any rancour. Though wounds heal and memories fade, the scars remain, they awaken sometimes to bitterness and grief in the solitude of the soul.

The maxim that, "spare the rod, spoil the child" followed and practised by god equivalent authorities have created an atmosphere of cruelty and hatred in the delicate relationship between a student and teacher. We read in the dailies reports of imposing severe corporal punishment by teachers leading to trauma and extreme reactions from the victims. Rouvanjit, a class VIII student committed suicide after he was caned by the Principal of Kolkata's prestigious La Martiniere Boys School. The principal and three teachers were arrested for the crime. On February 27 2015, Gaurav Kank, a 12 year old boy from New Horizons Public school, Panvel jumped to his death from the school building after he was slapped by his teacher Soumya Manoharan during an argument. Police complaint by the

parents led to arrest of the teacher. Shiva, an 11 year old class III student, son of Chhavi Raj of Rahelamau village in Barabanki district died on 8<sup>th</sup> April 2015 after ruthlessly beaten by the school Principal. The boy was found to be in possession of "stolen" pencil and eraser on Tuesday after a teacher searched the bags of all class three students on receiving a complaint about the missing stationery items.

We observe a total imbalance in approach and execution of reprimands and punishments towards enforcing discipline and order in the class rooms in the cases referred to above. There is total lack of tolerance and considered meaningful approach by the teachers in several cases. Shame and humiliation emanating from the severe punishments in open view are causing miserable trauma leading to extreme reactions including absconding, disappearance and even suicide by the helpless victims.

A news item appeared in a leading national daily on March 5, 2015 that points out, "Europe's top human rights body says that French laws are not clear enough that spanking is a big no no." The 47 member council of Europe said on Wednesday that France is violating the European social charter because its law "does not prohibit

**Authority without responsibility is not acceptable. Punishments in any form imposed by the teachers are not appreciated. Teachers are required to tackle the misbehavior or pranks of students in such a way that it will not harm the student physically or mentally.**

corporal punishment of children in a sufficiently clear, binding and precise manner." It is quite evident that corporal punishment is totally not acceptable in European countries.

The Indian culture accepts and acknowledges the role of teachers as equivalent to parents in guiding and goading the students in their formative years to evolve and adapt to maturity to face the world. Times have changed. Society demands accountability in every sphere of human engagement. Authority without responsibility is not acceptable. Punishments in any form imposed by the teachers are not

appreciated. Teachers are required to tackle the misbehavior or pranks of students in such a way that it will not harm the student physically or mentally.

The issue involved here is how to maintain the relationship between a teacher and student in the ambience of class room where behavior and character formation are encouraged. There is no ideal relationship in any human engagement but to be cruel instead of cordial and amicable requires to be curbed and eliminated. Though Supreme Court has banned corporal punishment, the tradition continues in certain areas causing inexplicable pain and agony to the parents of the victims.

Tradition changes giving birth to new trends and vice versa. Today's children are provided with electronic gadgets for their company. Mobiles, tablets, kindles lap tops and Ipads are the technological innovations the children carry in their daily lives with the encouragement of parents. Our teachers are not technically savvy as the wall of generation gap impedes their progress in this regard. But they should be mentally capable to face situations of misbehavior and indiscipline in the class room in a more humane manner. It is the duty of parents to bring up their wards in a disciplined and orderly manner reckoning their strengths and weaknesses so as to facilitate their harmonious existence in the class room and outside as well. The teachers form a great link in building up the character of the students. Have we ensured the teachers to be capable of discharging their duties in a manner acceptable to the society? Teachers being a part of the society, have we empowered them financially, physically and psychologically to play their designed role in the formation of building up the future society? Does the teacher require a mentor? The future will give us the answer.

Prof Joseph Kolengadan who went to seminary to become a priest but returned to civil life becoming a professor teaching English literature in St. Thomas College, Trichur. He used to address the class before beginning his lecture thus, "Good morning gentlemen; and even if you are not, it is my duty to make you gentlemen". That sums up the role of a teacher in the life of a student struggling to grow to maturity in life. ■

## 25th Wedding Anniversary (2/7/2015)



Mr. K.H. Parameswaran & Mrs. Mithilesh P.  
Archana (Daughter), Aaditya (Son)

*With Best Wishes from: Brothers, Sisters, Friends & Relatives*



**SHRUTI MOHAN**  
MULTI TALENTED ARTISTE

Singer, dancer, actor, Mumbai Malayali artiste Shruti N Mohan, is a rising star in Mumbai's cultural firmament.

**S**hruti N Menon is a young singer, dancer and actor of Mumbai. She has participated and won several prizes on various stages for her music and dance.

**Singer**

Shruti has sung in many musical shows and she sings Malayalam, Hindi, Tamil,

Kannada, Telugu and Marathi songs. She has been part of Raagalaya Music Orchestra. She has also sung for other musical troupes like Shruti Orchestra, Angel Orchestra, Anmol Orchestra etc. Shruti sings western songs and has participated in western music shows as well.

Shruti started learning Carnatic music at the age of 6 under the guidance of Smt Sujatha Sanjay Nair and later on learned from Smt. Rajini Krishna Kumar. Her ambition is to become a successful playback singer. Her first musical stage performance was for the Silver Jubilee function of Adarsha Vidyalaya, Chembur.

**Classical**



Shruti (right) in 'Priyamanasam'

## Dancer

As a dancer Shruti has given dance performances. She started learning Bharatnatyam at the age of 4, is a disciple of Smt. Jayashree Nair and Smt. Sujatha Sanjay Nair from Upasana Dance Academy, Chembur and learnt advanced Dance Course from Smt. Mary Mac Mohan Paul. She has also learnt Kuchipudi dance from Kalamandalam Lakshmi.

## Awards and Achievements

During her college days, this young artiste has participated in Mumbai University Intercollegiate competitions where she got selected at Zonal, State, and National level and won gold, silver, bronze in several events like Western Music, Indian Music, Folk Orchestra and Folk Dance.

She has achieved many first and second prizes in competitions like Nrityanjali Fest, Malayalotsavam, SNMS Golden Jubilee Celebrations, Mulund Kerala Samajam Golden Jubilee celebrations, Kerala People Education Golden Jubilee Fest, Keraleeya Kendra Sanghatana Bombay Golden Jubilee Competition, etc. from 2001 to 2014.

## Actor

But there are more talents hidden in this young artiste. Along with music and dance, Shruti Mohan is an actor as well. She has acted in Malayalam Dramas like 'Priyamanasam' and 'Gramayanam' under the banner of Kalanjali Theatre,



Chembur, which was directed by T S Vijaykumar. 'Pravugallude Prarthanaageetham' under the banner of Mumbai Natarangu, which was directed by Ravi Thodupuzha. Her latest drama is Nattakam Nattupachha under the banner of Malayala Bhasha Pracharana Sangham, directed by Kannan Thattayil. The icing on the cake is her acting in the TV serial 'Parasparam' telecast on Asianet channel and participation in the Boogie Woogie Dance Competition on Sony Channel.

Shruti has keen sense of rhythm and learnt to play the tabla for two years.

### Family Roots

Shruti's parents are N A Mohan, who is doing service at Sree Narayana Guru High School, Chembur, Mumbai and Sudha Mohan who is a Housewife.

She has an elder brother, Shreejith Mohan who is studying MCA (Master of Computer Application) at Bharati Vidhyapeeth's Institute of Management and Information Technology. He is a Bharatnatyam Dancer, has learnt Carnatic Music and is a Theatre artist too.

Hailing from Thrissur, Shruti was brought up in Chembur, Mumbai. She did her schooling from Seventh Day Adventist English High School (ICSE) and (ISC). She completed her graduation (BMS) from Sree Narayana Guru College of Commerce, and is presently doing her MBA from IIBM (Indira Institute of Business Management).

Shruti is a multi talented personality. "I want to do my best as a singer, dancer and actor. I am ready to work hard at achieving

excellence in all of them," she says.

"I owe all my achievements to my parents for supporting and encouraging me to the utmost and like to thank all the people who have helped me and guided me to move to success", Shruti says modestly.

Shruti Mohan shows every sign of getting her dreams turn into reality with her dedication and sincerity. ■



A scene from the play 'Gramayanam'



Nadodi Nritham by Shruti

# Feel good and easy digest

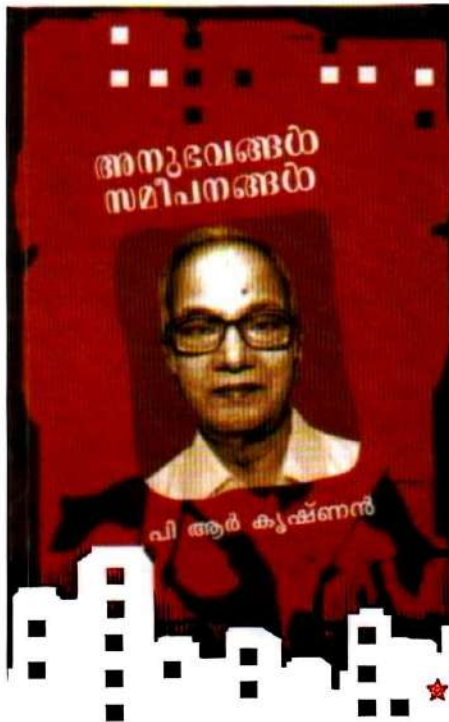
Satyanath

**P**aranganattu Raman Krishnan is known well to all Malayalees who are associated with social and cultural issues. He reached Bombay at the age of sixteen, became a member of Communist Party of India three years later, worked in factories and mills for about a decade, not only got involved in trade union activities but rose to the level of the State Secretary of CITU of the state. No other leader of similar stature could have been friends with so many top notch leaders of trade unions, political masters, litterateurs, cultural czars etc like P R Krishnan. If you had any chance meeting with him, you are certain to realize the secret viz his simplicity, sincerity and serenity. If you had any doubts, please see the photos at the end of his latest book 'Anubhavgal Sameepanagal' (Experiences and Approaches).

In this compilation of 25 articles, majority of them are about personalities (mostly departed souls) and the remaining about important events occurred here. Further, all the articles were published earlier in other periodicals and a list of those periodicals are appended.

Krishnan takes anticipatory bail for not recording important events in the lives of the personalities he writes on, as they are known to the public. He constraints himself to the relationship he shared with those persons which are not in the public domain. The personalities mentioned are M P Narayana Pilla, P N Nanappan, Kaifi Azmi, Capt Lakshmi, Fr Vadakkan, Pappanankode Prabhakaran, Benazir Bhutto, Editor P Sreedharan, Krishnan Parappalli, M S Mani, Sukumar Azhikode, Veliyam Bhargavan and C N Karunakaran. The events are Attack on Mumbai by fundamentalists, defining poverty line, unrest in Assam due to casteism and communalism, dowry, abuse of CBI by governments, reading room movement, Srikrishna Commission Report, genesis of linguistic states and E K Nayanar in Fishermen's agitation.

As is well known, narrative of Krishnan is easy and fast. It serves the purpose of introducing the departed personalities to the new generation and makes them inquisitive about them to know more about them. Cutting across the party lines,



Krishnan had his own way to mingle with people of all hues and colours and his lenient disposition to his friends to get these personalities for various events come through very clearly.

None would expect to cover all the articles in detail but a few of them would certainly look interesting. Writing on Kaifi Azmi, Krishnan mentions that Kaifi became a member of CPI when he was only 19. Please note that not a single Malayali was a member of the party then, Krishna Pillai and EMS included. They were then just joined Congress Socialist Party, a precursor of Communist Party in Kerala. While discussing Capt Lakshmi Sahgal, Krishnan committed two minor errors such as she gained a post graduate degree in medicine and she met KPS Menon in Singapore. After passing MBBS from Madras Medical College she obtained a diploma in Gynecology and Obstetrics. Lakshmi Swaminathan met K P Kesava Menon and not KPS Menon, in Singapore. The first famous KPS Menon we heard was the Indian Ambassador to Soviet Union. Further she was not from Anakkara tharavad but from Vadakkathu tharavad of Anakkara, a small hamlet in today's Palakkad district.

The piece on Benazir Bhutto would create a lot of misunderstanding among the young readers. The author gives a

long list of political leaders who were killed all over the world to make his point. An uninitiated reader might be misled to believe that all the victims were pure and innocent working for the welfare and benefit of common man. Many of them were not. Some of them grabbed power in the name of people and turned betrayers later. Many of them were instrumental to get thousands of people killed by his followers or soldiers. Some of them amassed wealth through questionable means. Dr Sukarno, Satyam Hussain etc fall into this category.

While describing the anti-communist movement in Kerala by Fr Vadakkan, Krishnan mentions the name of Wellington. The omission of Mathai Manjuran is to be considered unintentional. Mathai Manjuran, who later became a minister in EMS ministry, had 32 members including his family and friends, in his party, and an exposure of this fact in a court made the judge to comment that the minister would not even win a seat from a ward in a Panchayat election with that kind of strength.

Krishnan mentions an incident in which he participated to spoil a meeting of Vadakkan in Bombay. However, when he talks about the ban about Salman Rushdi and Taslima Nazrim, he argues against the attitude of the protestors in not allowing the opponents to express their views and states that it is against the spirit of Indian constitution. This contradiction brings a smile on the lips of the reader. It is always found that whenever a party finds no proper and logical answer to the questions raised by the opponents, they resort to eliminate the latter or at least attempt to stop him from proclaiming his ideals. This is mentioned here only to show the innocence of the author.

While the issue of agitation by the local people in Assam against Muslim migrants, the reader may not entirely agree with his hypothesis. It is to be remembered that Assam had only a miniscule of Muslims in the state till the second half of the sixties. The poverty and the repression by the Pak army and the Bangladesh war drove lakhs of Bangladeshis to India. In the initial stages, India provided for their food and stay in the refugee camps. Slowly they spread to other places and settled down in

Mizoram and Manipur besides other parts of India including Mumbai. Now one may find them even in Kerala as Bengalis as labourers. They found even the miserable life in India was much better than the life in Bangladesh. To be truthful no political party including leftist parties demanded to send them back to Bangladesh once the matters settled down, as every party wanted to be their savior to get their votes. Gradually they outnumbered the local people and then only the Assamese people realized that they were not getting what was naturally theirs and were forced to start agitation to reclaim the resources that they were denied because of the immigrants. It was never a communal agitation but a fight for survival. Nevertheless, the political parties outside Assam painted the agitation as communal and casteist for reaping benefits. If Krishnan's hypothesis was true, Congress and BJP would have grown stronger there. Lion share of the migrants used West Bengal under the leftist rule for a long time to move to other states of India and yet nothing slowed the migration rate. Even Tripura under leftist rule did nothing to reduce the density of migrants. Calling the

demands of TNV as cessionist for the failure of the government would be unjust.

The expose on dowry and Supreme Court's intervention is a must read for all who care. The piece on reading room movement is very helpful to those interested in history but they would wonder what role exactly the reading rooms played.


Tracing the genesis of linguistic states is also a little off the track. The agitation for linguistic states was confined to South India. Though the masses demanded the formation of linguistic states and Indian National Congress agreed to it, Jawaharlal Nehru and other leaders realized the perils hidden in the scheme after studying it well and hence opposed it. Nevertheless some emotional leaders like Potti Sriramulu forced them to reverse the stand by his death after the 82 day fast. Now we know the fate of that Andhra Pradesh, the first linguistic state as the language failed to bind the Telugu people. It is true that Malayalees in Bombay supported Aikyakerala Movement but it was not mooted by the Communist Party as AKG and EMS said. It was K P Kesava Menon who mooted

the idea as a homogenous geographical entity cemented by a common language and he remained the President of the movement from its birth till the object was achieved. Very soon the entire Malayalees took it upon themselves and even Vallathol wrote his famous poem on Kerala stretching from Gokarnam to Kanyakumari. But when the upper and lower ends were lost to Karnataka and Tamilnadu, they were all disappointed. In a way, Nehru was right as the linguistic states over a period of time turned enemy with their neighbouring states.

This book carries an Introduction by E N Muralidharan Nair, private secretary to E K Nayanar. It is not an introduction to the book but to the author. Indeed humorous!

P R Krishnan has written a few other books earlier and all of them were well received by the discerning readers. Here is another book to that esteemed group.

['Anubhavangal Sameepananga'] by P R Krishnan, published by Chintha Publishers and distributed by Deshabhimani Book House, Thiruvananthapuram 695 035. Pages 176 and price Rs.160.]



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# Writing about self

**T**hunchathezhuthachan in his 'Harinamakeerthanam' pleads with God that he should never feel selfconscious. Smt Rajalakshmi wrote a novel titled 'Njanenna Bhavam' and now Dr C K Ravi uses the same title for his study on autobiographies.

It is a serious book. In the first chapter he traces the history of autobiographies written by people from all over the world and then narrows down to India and Kerala. To write this small monograph, he spent years turning the pages of many autobiographies and also books on the art of writing autobiographies. He tells us, the uninitiated, the word autobiography is derived from three Greek words i.e., auto (self), bios (life) and graphen (to write). The first person as per history, to write an autobiography was Robert Southy, an English poet. He also tells us that an autobiography is tough to accomplish as the writer has to be truthful though he needs not write entire truth. Whatever is written should be palatable and useful in some manner to the reader.

In this regard, he quotes several authorities and underlines the need to illustrate the events rather to be honest. He points out that the autobiographies of P Kunhiraman Nair, V T Bhattathiripad, Kunhunni Master and Madhavikutty meet these concepts.

In the second chapter Dr Ravi traces the various autobiographies which influenced the people around the world. Tracing the history from 4th century AD referring to the autobiography of St Augustus' 'Confessions', he gently touches Dante (*la vita nova*), Cellini (*Vita*), Marjory Kemp, John Bunyan (*Grace Abounding*), Benjamin Franklin, Jean Jacques Rousseau (*Confessions*), Casanova (*The Story of my Life*), Johan Wolfgang von Goethe (*Poetry and Truth: From My Life*), and many others. In between, he also throws some light to their divergent lives. They are all inspired humanity to be better. It is difficult to locate any well known names missing. Dr Ravi is very thorough and does not miss female personalities like Helen Keller, Wangari Maathai etc. Peeks into their lives often and tells us the interesting events of their lives.

From India, Dr Ravi traces the autobiographies in almost all languages and from as early as AD 4th Century and persons from Banabhatta. In Malayalam, Vaikom Pachu Moothathu (1834-83)

was the pioneer in this field. Nevertheless, the first autobiography published was Yakob Rama Varma's (1879). Ravi has taken enormous efforts to read all these books and served us the best anecdotes. The reader is certainly indebted to him to bring all these facts which otherwise remained unknown to the new generation. This book would also serve as a guide to the newer generation in their life.

Dr Ravi moves from the real autobiographies to other forms of narration about the lives of personalities by themselves. In this category falls small memoirs, diaries, letters, poems etc. Swadeshahimani Ramakrishna Pillai's 'My Extradition', K Madhava Menon's 'Malabar Mutiny', C Achutha Menon's 'Unforgettable Experiences', Annie Frank's 'Diary of a little girl', Diaries of C Achutha Menon and S K Pottekkat, Vallathol (all serialized in Mathrubhumi Weekly) are all belonging to these categories. We know about



Dostoyevsky, John Keats, Kuttikrishna Marar etc from their letters written to relatives, friends and others.

Dr Ravi tries to segregate the autobiographies based on the nature of content. He then comes out with religious, intellectual, fictionalized, artistic, social, literary and confessional classifications. As examples, he points out to the books of C Kesava (*Jeevitha samaram*), V T Bhattathiripad (*Kanneerum*

*Kinavum*), Kesava Dev (*Ethirppu*), M Mukundan (*Pravasam*) etc.

Dr C K Ravi has done yeoman service to the people who need to write autobiographies so that contemporary and next generation people will know about them and their work. After pursuing this book, if you do not write about yourself, it means you have not seen or done anything worthy.

"If you would not be forgotten as soon as you are dead and rotten, either write things worthy reading, or do things worth the writing." - (Benjamin Franklin)



**Vidya** (daughter of Mrs Sudha and Mr Unnikrishnan Nair) married **Sreyas** (son of late Mrs Padmaja and late Mr Shreedharan Pillai) on June 7, 2015 at Megarugas Hall, Powai, Mumbai.

# Universal wisdom packed for You

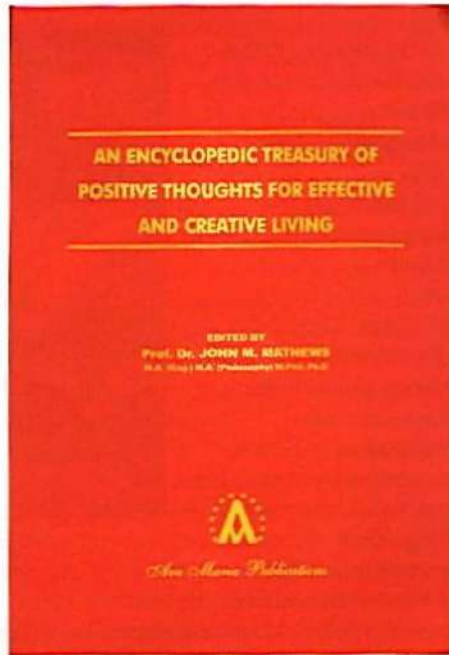
**T**he time has changed. The total knowledge existing in the world is too huge to be contained in a single volume and it is going to further expand forever. In other words, it would be tough to have all the wisdom from one source as the total wisdom gathered by all the great souls, cannot be enclosed in any container. One does not need all the knowledge that exists but having the essential ones would be of great help to have a healthy and happy life. Like a coin has two sides, the knowledge too has two aspects, the good and the bad and they are in a balanced state. What we need is only the good part while we need to ignore the bad.

If you are seeking only the positive portion of the worldly wisdom, here is one single volume that has all the positive aspects and keeps a blind eye towards the evil. Prof Dr John M Mathews has had enormous strain to go through all the works of all eminent masters of the world from time immemorial to the recent. Wisdom from the gospels and epics, eastern and western theology and philosophy, off the cuff gems by the great men and women of the world are all here.

It is a heavy volume, like its content, in A4 size, hard bound, in white quality paper and running to 1064 pages. Here you get the wisdom of more than 500 highly respected Gurus about the various aspects of life so the uninitiated could get what he missed from home and school. The entire wisdom is segregated into ten parts and each part is further divided into sections, and then to subsections and chapters to make the handling easier.

The Foundation of Creative and Effective Living, Positive Thinking, Positive Attitudes and Attributes, Positive and Worthy Pursuits, Approach to Time and its Usage, Developing Intelligence, logic, knowledge, Emotional Intelligence, Developing Positive Powers and Will, Ethics, Virtues, Conquering Negativity, Art of Loving, Human Relationships, Civilization, Religion and Power of Prayer, Sunset Years etc are some of the subjects extensively dealt with.

You find quotes from Aristotle, Elizabeth Browning, Dale Carnegie, Chanakya, G K Chesterton, Winston Churchill, Albert Einstein, Benjamin Franklin, Sigmund Frost, George Eliot, Khalil Gibran, Ernest Hemingway, Victor Hugo, Samuel Johnson, Aldous Huxley, Omar Khayyam, Helen Keller, J Krishnamurti J, Abraham Lincoln, Martin Luther, Mahatma Gandhi, Nelson



Mandela, John Milton, Issac Newton, Plato, Alexander Pope, S Radhakrishnan, Theodore Roosevelt, Jean Paul Satre, Shankara, G B Shah, Socrates, R L Stevenson, Ramakrishna Paramahansa, Tennyson, Leo Tolstoy, Van Gogh, Oscar Wilde, William Wordsworth, W B Yeats and many others.

Dr John Mathews eased the task of the parents, who wish their growing up children to acquire the universal wisdom, to identify the source. He must certainly have spent enormous time to peruse through the pages of hundreds of books containing the wisdom of masters.

[An Encyclopedic Treasury of Positive Thoughts for Effective and Creative Living' edited by Prof Dr John M Mathews, published by Ave Maria Publications, Royal Bunglow, 216 Green Park, Lodha Heavens, Nilje, Dombivli (E), Ph.:022-65645005. Pages 1064 and priced Rs.1,499]

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# Commendable Performance

- Guru Vijay Shankar

**A**runodaya Kala Niketan presented the debut Bharatanatyam performance of Anisha Nair at the Mysore Association auditorium. The performance was noteworthy for the considerable command over technique and expressional dancing.

Anisha Nair is the disciple of Dr Smt Meenakshi Shriyan who heads the Arunodaya Kala Niketan and is the daughter of Shalini and Vinod Nair. She has been pursuing dance from a tender age and has won accolades for her performances. Besides the invocatory numbers Anisha performed the Alarippu that introduced the basic movements prevalent in the Bharatanatyam style, followed by the Ragamalika Jatiswaram that formed a fine synthesis with music, melody and rhythm. The most elaborate item of the evening known as the Varnam introduced the dancer's command over the main requisites of dancing. Kunithado Krishna Padam interpreted the tussle of Krishna and the dangerous snake Kaliya and was well depicted with the typical movements of



Anisha Nair

the snake which received applause from the audience. Besides the intricate Thillana, the most exciting number of the evening was the gypsy dance known as Kurathi dance wherein the gypsy is also seen as a fortune teller.

Anisha received orchestral support from Guru Meenakshi on nattuvangam, Shivaprasad for vocal, Kaviraj Suvarna for mridangam, Bharata Rajan for Ghatam, Satish Seshadiri for violin and Hema Balasubramaniam for flute.

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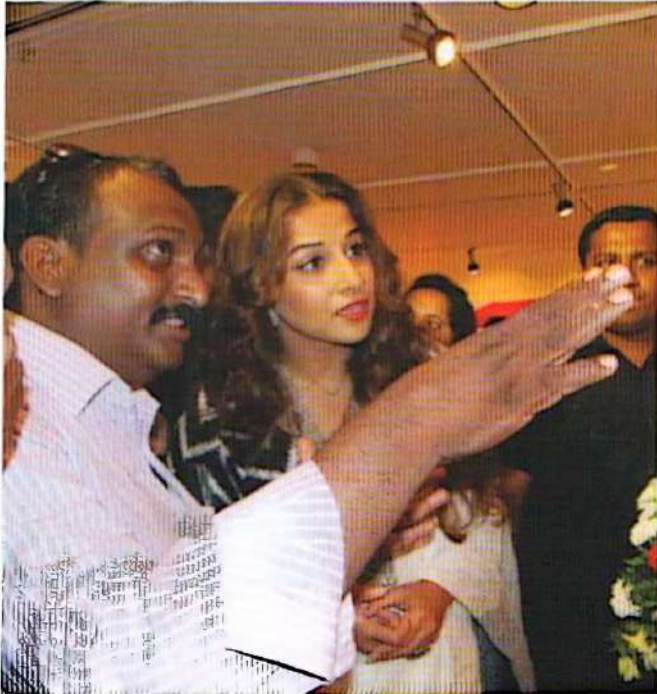
Foundation stone laying ceremony.

buyers by fixing an appointment with the Salim Associates' consultant. During this session, the customer can discuss the floor plan and give

plan will be presented for the customer's approval. If satisfied with the modified plan, the customer can book his flat or villa.

Salim Associates is an ISO 9001:2008 certified builder with more than 27 years of experience, having projects in Guruvayur, Thrissur and Ernakulam. To know more about customizable flats and villas, call 098465 00001, 098460 39129.

# Tribute to Charlie Chaplin



Sudheer Nath and Vidya Balan at the exhibition



Some caricatures on display

■ 2015 is being celebrated as Charlie Chaplin year to commemorate the legend of satire and filmdom on his 125th year of birth and 100th year of screen appearance. In this context, an exhibition of cartoons and caricatures titled 'Chaplin Lines' was organised by cartoonist Sudheer Nath of Chaplin India Forum and Spices Board India to honour the legendary actor Charlie Chaplin from June 25th 2015 to June 27th 2015. The inauguration of the

exhibition by noted film actor Vidya Balan was held at Piramal Art Gallery, NCPA, Mumbai on June 25. The exhibits included cartoons and caricatures by eminent cartoonists like Bal Thackeray, R K Laxman, and several other Indian cartoonists as well as artists from China, Egypt, Russia, and West Asia. Caricatures and cartoons by about 200 cartoonists across the globe was displayed at the exhibition.

A unique Malayalam film-

*Buddhanam Chaplinum Chirikkunnu*, portraying an Indian comedian who aspires to imitate the great hero was screened at Mysore Association Auditorium Conference Hall in Matunga on June 27. This film, directed by noted documentary film Director and National Award winner R Sharat, is a homage to the great icon in the history of Cinema, commemorating the centennial year of his acting career. A book 'Chaplin Lines' with caricatures and cartoons of Charlie Chaplin by cartoonists all over the world edited and compiled by cartoonist Sudheer Nath will also be released shortly.

Charlie Chaplin was more than an actor. Spanning a period of eight decades, Charlie Chaplin from the age of 25, entered the theatre field first as a stage artiste, then went on to handle scripting, production, editing, and even music compositions for his films. Acting first in silent movies, he graduated to working in talkies with advanced technologies of the twentieth century. Like Shakespeare's plays, Chaplin's films are for all times and his laughter serves as a canvas for pathos, with a fine balance of joy and sorrow that has mesmerized audience world over from children to adults. Some of his well known films are 'The Tramp,' 'The Great Dictator,' (lampooning Adolf Hitler),





Scenes from the dance ballet

## Dance Ballet at Nehru Centre

■ Upaasana Dance Academy Chembur headed by veteran Dancer and dance teacher, Jayasree Nair, presented the dance ballet 'Discovery of India - the scientific Perception,' financed and produced by the Nehru Centre on June 13 at the Nehru Centre. The dance drama was inspired by Pandit Jawaharlal Nehru's magnum opus 'Discovery of India' and is the tenth in the series of the Centre's ballet productions. Upaasana artistes have presented Mohiniyattam in one of their earlier productions named 'Vistar'.

L A Kazi is the Cultural Director of the Centre. Concept and Script by L A Kazi, and Dance Choreography by Jayashree Nair, assisted by her daughter and dancer Smt. Sujatha Nair, music by Narayan Mani, Vocal by Sanjeev Chimmalgi, Commentry and Narration by Aayush Ailawadi and Sujatha Nair. Make up was by Murukan Pappanamkode, Lights by Bhushan Desai, Visuals by Ms. Ketaki Kelkar, Sanskrit Guidance by Shrihari Gokarnakar and Guidance by T S Nair and Prof. Jayant Narlikar. The artistes participating in the dance ballet included Amrita Sivakumar, Anisha Ramdas, Dhanalakshmi Thyagraj, Divya P Warier, Jahnvi Premkumar,



Janavi Thyagraj, Mr Jasmeet Singh Tak, Nidhi Nair, Pooja Krishnan, Pracheta Badekar, Pratibha Jagannathan, Rekha A Bhangaonkar, Sujatha Nair,

Sharanya Sanjay (Sujatha Nair's daughter), Susmita Badekar and Veena S Menon.

## Training in Jewellery making

■ Nair Welfare Association, Dombivli has organized a training programme for the female members of the Association. Classes will be held on Tuesdays and Thursdays. Interested persons may contact on 9820090391 or 9869760905.

The Association also invites literary work for publication in their 'Nitya Chaitanyam' Onam special. Interested persons may forward their articles by e-mail to [nwa.nair@gmail.com](mailto:nwa.nair@gmail.com). Those selected will be published. For details, contact: 9324284932.

## Notebook Distribution

■ As part of its Charitable activity, this year also (sixth in succession) Hill Garden Ayyappa Bhakta Sangham (HGABS), distributed free note books of various types (Single line, Double line, Four line, Square line, Long book, Drawing book, Anklipi) required for the full academic year to about 200 students from Std I to Std VIII of Koknipada Municipal school No 50 in Thane on June 23 under Sarva Shiksha Abhiyan. The School is in an adivasi area and most of the students are from economically lower income group.

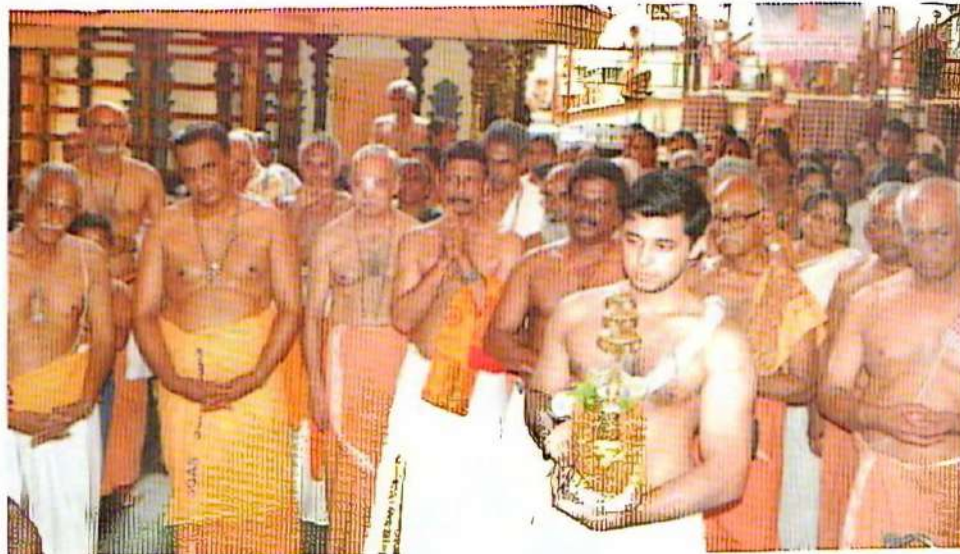


The children with their books and HGABS volunteers

## PRATHISHTA DINAMAHOTSAVAM

■ Ponnu Guruvayurappan Temple managed by Shree Guruvayurappan Aradhana Samajam (Regd) Dombivli celebrated its 34th Annual Prathishta day Mahotsavam from 31st May to 10th June 2015. On 3rd June, the Prathishta Day Dravya Kalasabhishekam and Brahma Kalasabhishekam were performed to Lord Guruvayurappan

apart from other rituals by Guruvayur Thantri and team. From 4th June to 10th June Srimad Bhagavatha Saptaha Yagnam was conducted by Yagnacharyan Shree Mangad Muralcedharan Nambisan and Team. Various devotional / cultural programmes and annadanam for devotees were conducted daily on all the days.

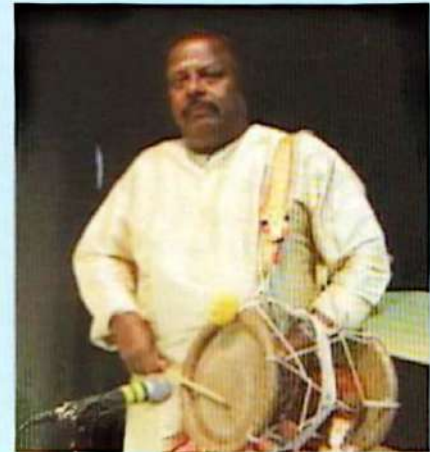


Scenes from Prathista Dina Mahotsavam at the Temple



## Nambisan's New Creation

■ Mumbai Malayali artiste Kalashri Lalitha Kalalayam Nambisan is ready to perform for the first time in Mumbai his own creation - solo thayambaka - on Kerala traditional sopana instrument 'edakka'. According to Nambisan, who underwent training with Guru Nelluvai Kuttan Marar, it is very difficult to play with only one stick (edakka kol).



## Dance and Music Classes

New dance, music and instruments classes have reopened at Lalitha Kalalayam Dombivli after summer holidays. The classes are held for Bharatanatyam, Mohiniattam, kathakali, Ottanthullal, Mridangam, chenda, piano and veena. Details can be obtained from the Director of the Institute in Dombivli. Ph : 9821227219/0251-2480686/9349781564.

# Painting Exhibition

■ An exhibition of paintings by two Malayali brothers, Suresan and Nandan, was inaugurated on June 9 at Jehangir Art Gallery. Many art lovers participated in the event. The paintings depicted different styles, colour combinations and varied subjects. There were many paintings showing Lord Buddha in a variety of expressions. The exhibition concluded on June 15.

'Let's conceal nothing' is the title of the exhibition. Though the painters have conducted many exhibitions in several cities of India, it is the first time that they are holding it in Mumbai. Suresan and Nandan hail from Chala near Kannur. KVS Nelluvayi curated the exhibition.



During the inauguration of the Exhibition



Brothers Suresan and Nandan with others at the inauguration event

## Cent% success in HSC and SSC

### Marol Education Academy

Marol Education Academy's High School and Junior College secured 100% success in the recently held HSC (Commerce and Science streams) and SSC. MEA is securing this achievement for the eleventh year consecutively for SSC. All students obtained second class and above with highest 93.8% in SSC and 88% in HSC.

### Holy Angels High School

Holy Angels High School of Bhayandar headed by Joseph Sebastian secured 100% success in the recent SSC examination. Out of 35 students who appeared, 12 secured distinction and the remaining first class.

## Debate on Astrological predictions

■ Mumbai Rationalist Association (MRA) is organizing a debate on astrological predictions, on August 2 at Nerul. The registration for the same has already started. Bijesh Menon of 'Ganesha Speaks' astrological predictions of which Bejan Daruwala is the patron, will conduct classes. For details, dial 7506858647 or 9869415615.



## Charity Programme - Nattuthudi

■ Kannur Friends' Association Dombivli organised a charity programme, Nattuthudi, presented by Orappadi Kala Kootayma Mayyil, Kannur, at Joshi School Grounds Dombivli East.

Shrikant Nair and Rajan Nair were the Chief Guest and Guest of honour respectively. Pavithran Nair, Secretary welcomed the audience and V M Ravindran President presided over the function

Orapadi Kala Kootayma is an organization working for financially under-privileged deserving students and a shelter for the impoverished and disease-stricken. Its endeavour is to financially support their education and bring them up in society. More than 30 young talented artistes who are students up to Std X performed in the programme 'Nattuthudi.'



Shrikant Nair lighting the lamp at the inauguration

## 'Kururamma' to be staged

■ As a curtain raiser to the 20th Mandala Pooja celebration to be celebrated in December and to partially strengthen its own financial corpus for charitable activities, Hill Garden Ayyappa Bhakta Sangam (HGABS),

Thane has decided to organize a fund raising programme by staging a popular Malayalam play 'Kururamma' on July 26 at Dr Kashinath Ghanekar Auditorium Thane (W). Though it is a historical play, 'Kururamma' has a social message to convey in today's world. The play is very popular and has received a great deal of appreciation. HGABS is actively involved in many social,

cultural, educational and humanitarian activities, whereby it extends physical and financial support to the needy and economically weaker section of the society. This is being done essentially out of the income generated from voluntary donations received during the Pooja celebrations, according to Secretary Sashikumar Nair.

# Yoga Day Celebration

■ Giants Group of Powai in association with Brahma Kumaris and Nisarg Swasthya Mission organised International yoga day at Jain Mandir Hall opp IIT Powai on 21 June. Three sessions were conducted that is Raja yoga Meditation and Mudras. Rajesh Joshi Deputy World Chairman and A S Madhavan President of Federation IB of Giants International attended the event along with many other prominent personalities.



Felicitating Brahmakumaris at the function



Participants of the Yoga session

## Malayali Survey

■ The Progressive Arts Club, Sakinaka, is holding a survey about the socio-economic status of Malayalees in the region. Social scientists attached to Tata Institute of Social Sciences would assist them in the project. Malayali social activists and students would serve as volunteers. The project is to be completed by July end. A workshop was conducted for this purpose at the Eden High School and Junior College in Sakinaka and it was inaugurated by Dr Jose George.

## Free Fashion Designing Course

Nair Welfare Association Dombivli is starting a Free Fashion Designing Course for the benefit of women in association with Institute of Fashion Technology. This vocation course is of one year duration. Women who passed Std X or above and are between 18 and 45 years of age may apply. For details, dial 9820644143 or 986976905.

## OBITUARY



V K Krishnan [83 Years], popularly known as Kutty and native of Kannur, Prop. of Canara Tyres & Battery Services, S.V. Road, Goregaon (W) passed away on June 29, 2015. Mourned by wife Mrs Sugandhi, sons, Manoj, Danesh, Subash, daughters in law, Latha, Roshni, Shreeshha and grandchildren Darshna, Tanvi, Keerthana, Alisha, Karan.

# Premiere of Budhanum Chaplinum Chirikkunnu

■ Chaplin India Forum paid a tribute to Charlie Chaplin one of the greatest movie icons in the history of Cinema with the screening of a Malayalam movie titled Budhanum Chaplinum Chirikkunnu (Buddha and Chaplin Smile) at the Mysore Association Auditorium-Conference Hall, Matunga East, Mumbai on June 27, co-ordinated by noted classical dance veteran Kalasri Lata Surendra.

The film pays homage to Charlie Chaplin at the centennial commemoration of his acting career and is the first movie produced from the film world to commemorate Chaplin's hundred years of screen presence, eulogizing the Tramp character, with his signature moustache and derby hat that have left their indelible imprint on the annals of History. The film portrays an Indian Comedian, Indraguptan who idolizes Chaplin. He believes that his life resembles Chaplin's and nurtures the desire to depict the hero on the big screen, ruling out a blind imitation of the great legend. Gathering the tragic-comedy of life, the narrative revolves around Indraguptan's disintegrating family life and his quest for true love. The dilemma that ensues as he is entrapped between the real and the unreal world of make-believe is the cornerstone of the story with his final awareness of the wheel of life leaving him stranded in the twilight zone.

The film written, scripted and directed by R.Sarath, is produced by



Dr T Sureshkumar, lyricist, R Sarath Director with Lata Surendra and Suri Menon.

Jyothikrishnan, Dr Sumithran and Laxmipriya and the actors are Nedumudi Venu, Indrans, Jagadheesh, Nandu, Praveena, Malavika Menon and others. Musical score is by Isaac

Thomas and Kottukapalli, Lyrics by Dr T.Sureshkumar are sung by Aparna. The Cinematography is by Sajan kalathil and the film is distributed by Epic Cinema.

## Ensure young participation in social activities: KKS

■ In a discussion organized by Keraleeya Kendra Sanghatana on 'Our Youth and Malayali assemblage', there was unanimity among the participants that the participation of the Malayali youth born and brought up in Mumbai in all Samajam activities is essential in order to ensure sustenance of Malayali culture and values. The associations should take all necessary steps to bring them to the core. Prof Gangadhara Menon who studied Malayalam at Adarsha Vidyalaya Chembur in its fourth batch, inaugurated the discussion held at the same school. KKS President Gopalan Nair presided. C P Krishnakumar, Dr Harikumar, T Sreekumar, M C Velayudhan and Sukanya participated in the discussion.

## Shreekant Nair in Railway Committee

■ Shreekant Nair, social activist of Mumbai-Thane region and chairman of Railway Passengers Forum, has been appointed as member of Divisional Users Consultative Committee, under Indian Railways. Appointment was on account of the recommendations of the Ministry of Railways. He assumed charge on June 23. Shreekant Nair was active in Passengers Forum under Keraleeya Kendra Sanghatana, looking after the interests of Malayalees. After assuming charge, he said that he would raise his voice against the



neglect of the problems faced by Malayalees during their to and fro journey to Kerala, by the officials and hoped his move would help solve the problems. Shreekant Nair is currently the Chairman of the Western Zone of Kerala Sangeeta Nataka Akademi and also Jilla Pramukh of South Indian Cell of Shiva Sena in Thane region. He is also active in many organizations of Keralites in Mumbai, Thane and their surroundings.

# World Confederation of Warriors (WCW) Moving into major areas of charity and social services

■ World Confederation of Warriors (WCW) completed five years and held its fifth Annual General Meeting at Chedda Nagar, Chembur, Mumbai on June 14.

Suresh Warrior, Director(Finance), Rashtriya Chemicals and Fertilizers Ltd., Mumbai was the Chief Guest. The AGM was presided over by WCW President, T.V. Ramachandran.

Sreelal Warriar, Advocate, High Court from Ernakulam and Legal Advisor of WCW had specially come to Mumbai to participate in the programme. WCW representatives from Coimbatore, Bangalore and Delhi also had participated.

T. Vijayan, Chairman, WCW, Western Region and Sreekala Warriar, Team Leader, Projects, WCW in their speeches, detailed about the various free eye check-up and health check-up camps conducted by WCW along with free distribution of spectacles and medicines in schools in Mumbai and Navi Mumbai areas where children of poor parents study.

WCW's charity assistances also covered educational aids to children of some schools including donation of ten desk top computers to one school at Andheri to aid faster achievement of IT skills by students. Complete educational support for next three years to an eleventh standard student in Mumbai, who lost her father last year



WCW President T V Ramachandran addressing the gathering

has been taken up by WCW. Suresh Warriar, Gen. Secretary, WCW also briefed about the medical aid and other assistances being extended by WCW to deserving people in Kerala.

Many other members also gave their views to make WCW a major charity oriented organisation. Special mention was also made about RCF Ltd., Mumbai, a Public Sector Undertaking engaging WCW to conduct certain charity programmes under the CSR projects of RCF.

WCW President also revealed about new major projects such as setting up a hospital, old age home and Senior

Citizen Care Centre etc. preferably in Kerala in the next five years. WCW's Managing Committee with Ramachandran as President has been re-elected with two additional members to take up its major challenging tasks. WCW has appealed to all Keralites and others in India and overseas to join WCW as members and contribute and participate in establishing large projects which will be a contribution to the Society and the nation.

Ravindra Warriar, Secretary, Western Region compered and conducted the proceedings.



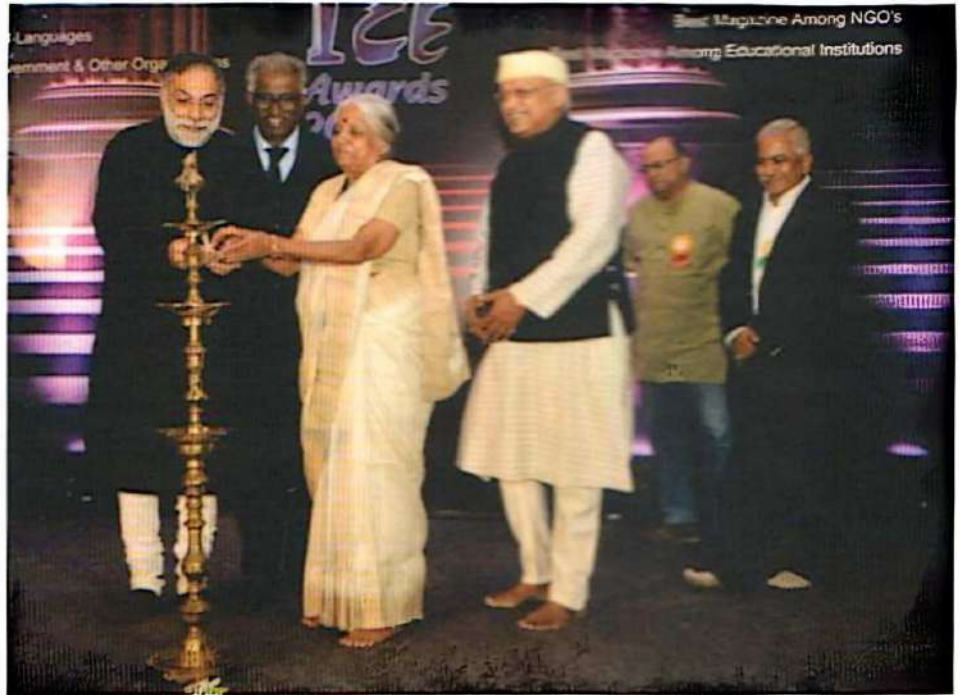
# ICE AWARDS 2015

■ ICE Awards 2015, seventh edition, came to an exciting finish on June 6, where the winners were awarded at the hands of esteemed personalities. After months of preparation which included calling for magazine entries, shortlisting the magazines, governing council and jury meetings and finally planning for the event, the award ceremony successfully took place at the MCA, Mumbai. An eminent jury panel headed by Dr. Chandraprakash Dwivedi, selected the winners. The jury members were recommended by the Governing Council that was headed by senior journalist and documentary film maker Sriprakash Menon this year.

The event also saw the felicitation of a few heroes in society, the Tsunami Saviours. These were people with a heart of gold who stepped forward to help those who were affected by the floods. A unique typewriter artist, Uday Talwalkar was also felicitated at the function.

Besides the awards, the speeches by Dr. Vithal Kamat, chief guest for the evening and Dr. Vijaya Venkat, another special guest, held the audience in rapt attention.

Guests of honour for the evening included Resul Pookutty, an Oscar winning sound designer and editor, Ms. Vinta Nanda, an impressive writer, film director and producer, Kiran Shantaram, a noted film personality and chairman of V Shantaram Foundation, and Amit Mohan.



Dr. Vithal Kamat and Dr. Vijaya Venkat lighting the lamp. Watching them Kiran Shantaram, Pratap Nair, Dr. Chandraprakash Dwivedi and Sriprakash Menon.

ICE Awards is an initiative by Shailaja Nair Foundation and is powered by FEI group. It is the CSR face of FEI Group.

Shailaja Nair Foundation realises the importance of keeping people connected on a personal and tangible level. They have always valued the art of written communication and the role the print media plays in bringing together the employer, employee and their respective families. The most important tool for this is an in-house

magazine. An in-house magazine is created by dedicated individuals within the organization who devote their time and energy to create this tool for connectivity, which often goes unrecognized. The Shailaja Nair Foundation instituted the ICE (In-house Communication Excellence) Awards in 2009 to provide these individuals a platform for recognition and to honour the best talent and creativity in in-house magazines.



The ICE AWARD Winners along with FEI Team, guests and jury members



**Best Magazine 2015 Gold- Kirloskar Brothers receiving the Award.**



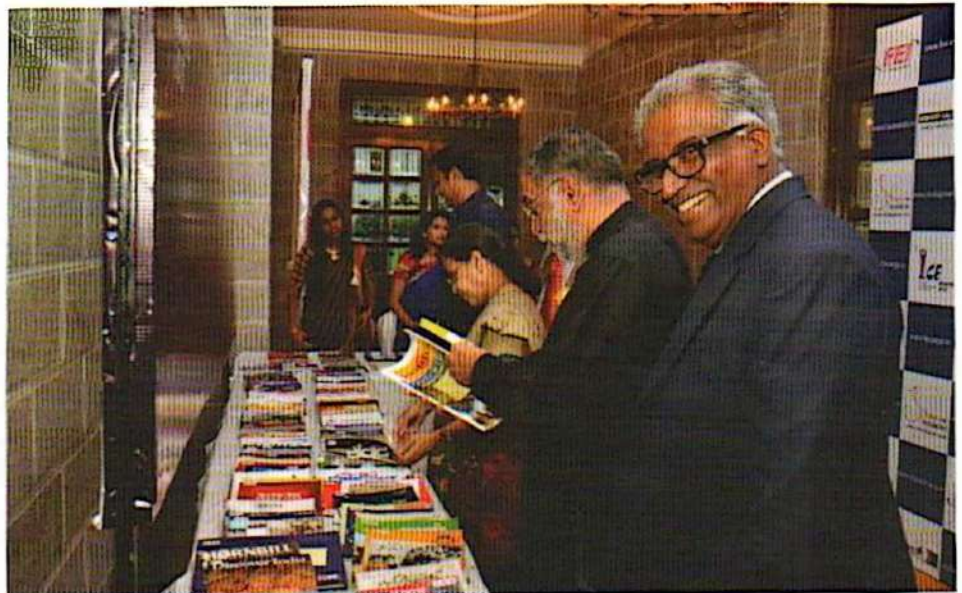
**Dr. Vithal Kamat presenting memento and cheque to Parmesvaran, Tsunami saviour.**

**ICE Awards Winner List 2015**

- Best Magazines among Banks: SVC Bank-Focus.
- Best Magazines among Educational Institutions: Sophia Polytechnic-Creative Keeda.
- Best Magazines among NGO'S: Pratham Education Foundation- Every Child in School & Learning Well.
- Best Magazines among Government & Other Organizations: MTDC-Maharashtra Unlimited.
- Best Magazines among Regional Languages: Maharashtra Police-Dakshata.
- Best International Magazines: Pacifica Companies- Pac Buzz.
- Best Special Edition: UTI MUTUAL FUND- Pioneering Wealth Creation.
- Best ICE Coverage: Vivekanand Education Society- Samanvay.
- Most Creative Name: Havells- Watts up.
- Best Cover Page: Omkar Retailers & Developers- Spaces.
- Best Design and Layout: Kirloskar Brothers- Cascade.
- Most Imperative Content: Vanarai-Vanarai.
- Active Employee Participation: SVC Bank-Focus.
- Best E-Magazine: Grindwell Saint Gobain- Indec.

**Special Jury Awards: Jivdayda Charitable Trust- Abol Vani, Port Trust-Kaamgaar, Tata Power-Enerji Talk.**

**Best Magazine 2015: Kirloskar Brothers-Cascade-Gold.  
RBI-Without Reserve-Silver.  
Havells-Watts UP-Bronze.**



**Pratap Nair, Dr. Vithal Kamat and others looking at the magazines on display**



**Dr. Vithal Kamat and Pratap Nair**

# Bharatanatyam Arangettam

■ The Bharatanatyam Arangettam of Arya H Nair and Anjali B Nair took place at Balwant Phadke Municipal Auditorium, Panvel on June 14. Anjali and Arya have been trained under Pavitra Krishna Bhat of Pavitra Arts & Visual Institute. They have been learning this art for more than six years. Both Arya, daughter of T N Hariharan and Anjali, daughter of Biju V Nair are class X students of D.A. V Public School, New Panvel.

The Chief Guests on this occasion were Deepak Mazundar (renowned Bharatanatyam exponent) and Smt. Navya Nair (well known Cine artiste and classical dancer). While blessing the children, Deepak Mazundar mentioned that this is only a beginning and the children should never consider Arangettam as a full stop to their learning of dance. Later Smt. Navya Nair also reiterated this point in her brief but meaningful address. She said it was the first step of a long journey, in



**Performance of Arya and Anjali**

the world of Dance. The vocal and accompaniments were: Nattuvangam : Pavitra Krishna Bhat, Vocal : Smt. Mangalam Krishnan and Manoj Desai, Mridangam : Satish

Krishnamurthy, Violin : Ravi Anantharaman, Flute : Hema Balasubramaniam. On conclusion Pavitra Krishna Bhat awarded certificates to both Anjali and Arya.



Deepak Mazundar being felicitated by Biju V. Nair and T. N. Hariharan



Navya Nair, Pavitra Bhatt, Bhupesh Babu, T. N. Hariharan and Biju V. Nair.



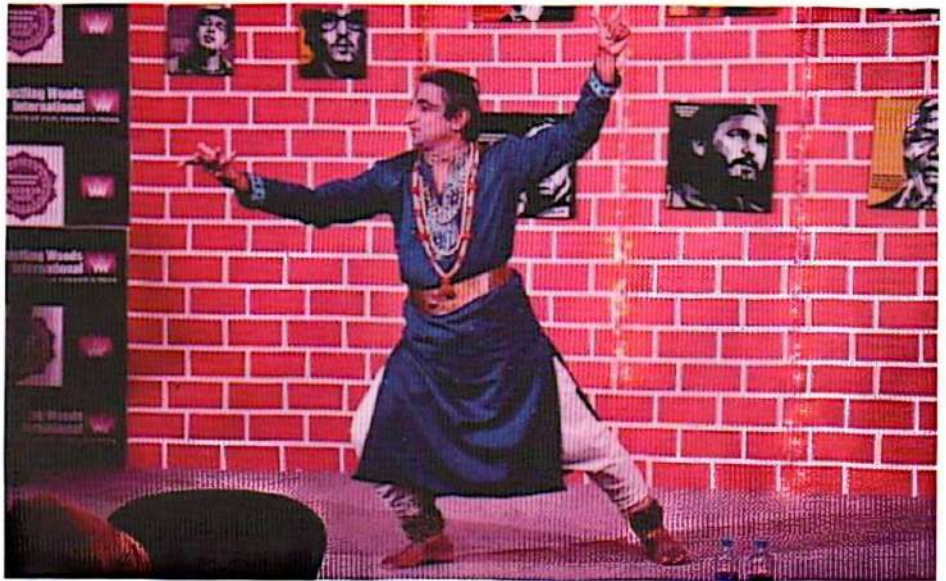
Winners of YFL 2015 (YUVA Football League) Kalyan Chekavarzz with the Trophy. Office bearers of SNMS and YUVA also in the picture. (Details on page 66)

# Joseline's Bouquet of Roses

J K Roseline is an accomplished journalist, writer and poetess for two decades, having published her articles and poems in leading national and international publications like the Times of India, Asian age, Gulf news etc. Her work is also included in an Anthology of poems, 'I am a woman, A tribute to Kamala Das,' released recently on her death anniversary on May 31 in Delhi by Samnath Publication. Roseline's 'A Bouquet of Roses' is her first collection of poems. It was released on June 21 at Whistling Woods Andheri, Mumbai by her husband Sunny Kurian in the presence of a select audience.

A Bouquet of Roses is published by Poet's Choice which is owned by Akhshay Sonthalia, a young poet who was quite impressed and inspired by Roseline's popularity as a poet. Hence he approached her for this unique publication. This book is a collection of 35 poems, some of the sensitive expressions that touch the readers' hearts.

Her style is more classic, she is inspired by works of poets like PB Shelley, John Keats, and William Wordsworth. She is quite passionate about literature. Her poetry is intense concerning life and happenings around and writes with a holistic perspective.



Guru Vijay Shanker interprets Joseline's poem through dance

The highlight of the Book Release function was a performance in the dance format, by accomplished Kuchipudi and Kathakali exponent Guru Vijay Shanker. He interpreted her poem 'The First Downpour' which was recited by the poetess J K Roseline herself to the musical tune on keyboard by Akhsay. Here the audience were singing to the beat and enjoyed the visual spectacle of the poem which visualized fine harmony

between nature and divinity.

J K Roseline intends to teach poetry to young children by presenting workshops in schools as there is a lot of interest amidst youngsters on the art of poetry writing.

The Book, Poet choice Vol 4, A Bouquet of Roses, is available on flipkart and will come through Amazon and amazon website

*Guru Vijay Shanker*

## Proud Moment for Ghatkopar School

It was a matter of great pride to Ms Kajol Shelke and Sakshi Pandey, their teacher Smt Rajeswari Nair and their school, The North Mumbai Welfare Society's High School, Ghatkopar (W) as the student duo of Std IX won highly prestigious medals this year in the national and international contests.

The duo on a visit to a Chikki farm in Dahanu found a dehydration machine releasing fumes, having nutritive values. With a plastic bag available at the spot, they covered the nozzle of the dehydrator and gradually the fumes transformed to liquid drops. This is how an idea of converting wasteful and discarded fumes into nutritive substance, came to them. When they participated in Indian



The students Sakshi Pandey, Kajol Shelke and Mrs Rajeswari Nair, the Guide teacher

National Science and Engineering Fair held at the Agni College of Technology, Chennai, they won the gold medal. This medal enabled them to enter the 8th International Sustainable World Energy Engineering and Environment Olympiad (I-SWEEP) held in Texas wherein 427 projects from 67 countries were entered. Here they won bronze medal.

When they entered the International Environment Sustainable project Olympiad (INSEPO) in Netherlands, their project won silver medal. The last mentioned two awards carried a cash component also.

The school felicitated Kajol and Sakshi on June 25 for their achievement in a special function held in the school.

# JALBA dates launched

**A**bu Dhabi based 'KRC International' has launched Jalba dates in Kerala market. The Launch of the product was done by Khaleelu Rahiman Challakkara, Chairman and Managing Director of KRC International by handing over the product to the renowned magician Gopinath Muthukad at a function held on June 10 at Dreams Hotel in Kochi.

KRC International Administration Director, Althaf, Muhammed Sameer, Executive Director, KRC International, and Sunil P Krishnan - Business Head, Priyom Condiments attended the function. Jalba Brand is being imported and marketed in India by Priyom Condiments.

Jalba dates are sourced directly from the Arabian farmland and packed at its state-of-the-art facility in Al Ain (UAE). Initially, three variants of dates will be available - Fard, Buman and Lulu. The product is being initially launched in Kerala and other South Indian states.

Royal dates are a different variant and it will be available in 150 gram



Khaleelu Rahiman Challakkara, Chairman and Managing Director of KRC International launching Jalba Dates by handing over the product to magician Gopinath Muthukad. From Left : Althaf, Mohammed Sameer, Khaleelu Rahiman Challakkara, of KRC International, Magician Gopinath Muthukad, Sunil P.Krishnan of Priyom Condiments.

pouch and container priced at Rs 40 and Rs 45 respectively.

KRC International is headquartered at Abu Dhabi, and owns prominent FMCG brands like Priyom, Kaula, Kokos and Edimate. The group is also engaged in Hospitality, Safety Products, Printing, Retail, Real estate and other sectors. It plans to start several new ventures in India's food production Industry and employs over

3000 people from 14 countries. It owns spice and rice processing units in Kakkanaad, Perumbavoor and Kothamangalam as well as Edible oil Facilities in Ankamaly and Kizhakkambalam. The Group's vision is to emerge as a leading player in India's food production and distribution industry by 2020. *For more Information contact : Minu Alias @9037092249*

## SAMBAR

### THE MAHARASHTRIAN CONNECTION

■ Sambar is a lentil based vegetable curry made with tamarind. It is a very popular dish among Malayalis. But what most Malayalis do not know is that there is a Maharashtrian connection, even though it is only a myth. Of course, the word Sambar is from Tamil word 'Champaaram' meaning spicy condiments. But one of the myth is that it originated in the kitchen of Thanjavur Maratha ruler Shahuji during the 19th century in Tamil Nadu. Shahuji tried to make a Maharashtrian dish called amti, but experimented with pigeon peas instead of mung bean, and tamarind pulp for kokum. What emerged out of the experiment was an unique dish, and the court named it Sambar after the guest of the

day, Sambhaji, second emperor of the Maratha Empire. Nowadays, Sambar is



made with a combination of okra, moringa, carrot, radish, pumpkin,

potatoes, tomatoes, brinjal and onions. Sambar powder is made of roasted lentils, dried whole red chillies, fenugreek seeds, coriander seeds, asafoetida, curry leaves and cumin. The vegetables, tamarind pulp, sambar powder, turmeric, salt and asafoetida are boiled together, until the vegetables are half-cooked. After the vegetables are half cooked, the cooked lentils are added and allowed to boil until the vegetables are done. Sambar is garnished with fresh curry leaves and coriander leaves. Mustard seeds, black gram, dried red chillies and curry leaves tempered in vegetable oil are added to the cooked Sambar to give a distinct flavor and smell.

*By Biju Cherian*

# Teaching with a difference

-Deepa Jayaroy

Dr A P Jayaraman, former nuclear scientist, recently conducted a one-day workshop at Mahatma International School. It was a new experience to the teachers attending the workshop as it was quite different in approach and style compared to the previously conducted workshops.

What impressed them the most was his fluency in English and mastery on the subject. Very effortlessly he explained the scientific concept in a poetic language. The whole workshop was a kaleidoscopic view of the present educational scenario, techniques and methods that could be executed in the modern classrooms.

His reference to Michael Sandel on one hand and quoting Shakespeare on the other was equally balanced and needless to say, that the whole session was a plethora of educational philosophies, psychology and neurology. The workshop made the teachers conscious of the fact that only continuously and scientifically thinking teachers could survive in this world of cut-throat competition. The idea of Collective Teaching was very appealing as its advantages and benefits are numerous. They all felt that the Pattern Teaching Method could be very effortlessly included in teaching of language, science and mathematics.



Dr A P Jayaraman starting session with sci-story telling

When Dr Jayaraman mentioned about teaching as a concept using stories and characters, the subject teachers were contemplating how different topics could be made interesting and comprehensible by introducing it through a story. For example, the language teachers knitted out a story to introduce 'Articles.'

The story goes like this: The Articles (a, an and the ), can be considered as three brothers, of whom, 'a' is very extrovert and gets friendly with most of the nouns, 'an' is very shy and introvert and so gets friendly with only nouns having a specific characteristics, whereas 'the'

is very classy and specific of selecting friends. The audience liked the idea of introducing simple and complicated assignments in succession which, he said, would train the minds of students to memorize and recollect concepts. Teachers found the method prescribed by Dr Jayaraman very endearing and adaptable in the modern times. At the same time they gained acquaintance with the changes in the educational field and means to face the challenge and evolve as successful teachers.

*[Deepa Jayaroy is a teacher in the English Faculty of Mahatma International School, New Panvel]*

The logo for Raagalaya Academy of Music &amp; Arts is at the top left, featuring a circular emblem with a musical instrument and the text 'RAAGALAYA ACADEMY OF MUSIC &amp; ARTS'. Below it, the name 'raaGalaya' is written in a stylized font with '(രാഗലയ)' in Malayalam script. The bottom part of the image shows a group of performers on a stage, including a woman in a white and red sari, a woman in a purple sari, and a man in a green kurta, all appearing to be in the middle of a performance.

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# GREESHMA THAMPI

## MOULDING IMPECCABLE IMAGES

“Appearance makes the Man,” said a great thinker. This is more so in today's competitive world where it is of utmost importance to present one's best self to the world to succeed in life.

Businessmen, students, corporate heads and employees, models, artistes, housewives, celebrities..... the list is endless. But a fine line distinguishes those whom we remember after they have left and those who swiftly fly away from our minds, once they are out of sight. This is where the role of the image consultant comes into play.

Today Image Management is an important business and Image Management Consultants are in great demand. Greeshma Thampi is a certified Image Consultant, Vice President (Membership) at Image Management Professional Association (IMPA) that is the first Association of Image Consultants in India and the Middle East. She is also Master Trainer at Femina Believe Learning Academy, (Times of India Group) and Faculty of Image Consulting Business Institute (ICBI).

After completing her MBA, Greeshma had a cushioned job as HR Manager in an IT MNC. But she had always wanted to do something on her own. As destiny would have it, she came across the website of Image Consulting Business Institute, (ICBI) the pioneering Image Consulting Business Institute in India and she realized this was her calling. She was confident that she would be able to take the challenge and succeed in her venture.

Greeshma underwent training under the curriculum of Judith Rasband (senior most Image Consultant in the world) and under the guidance of Ms Suman Agarwal, the senior most image consultant in the Indian sub continent. Today her company has specialized in imparting training on Image Management to corporates like Reliance, Deloitte, Crompton Greaves, Religare, Oberoi Group, Johnson & Johnson, Tata Group etc. Her programmes include workshops and seminars on Corporate



Greeshma Thampi

Dressing, Business Etiquette, Corporate Grooming, Body Language, Communications Skills, Customer Interaction etc. The company also offers one -to-one consultations and training.

“Our aim is to help an individual to present himself/herself to the best of his/her ability and project an authentic, appropriate and attractive image, control the perception of others thus leading to achievement of his/her goals”, Greeshma says.

According to Greeshma presenting oneself appropriately is more important than perfect features and a beautiful face. The person's appearance should be a reflection of his personality, values and above all his individuality.

Anyone can get trained to become an Image Consultant. But a basic requisite, she says is passion and perseverance. Those desirous to take up this profession must be 'people oriented' to counsel the clients and upgrade their image. He/she must have excellent communication skills, empathy and discipline.

“Youngsters who have keen interest in dressing, fashion, styling, makeup, training, luxury retail can consider this profession. A career in Image Management offers flexibility, exciting learning and growth opportunities, and a feeling of being rewarded by making a difference,” she says.

Greeshma is a Mumbai Malayalee and her parents are Girish Thampi, a Management Consultant and a Businessman dealing with real estate and Girija Thampi, Chief Manager at Bank of Maharashtra. She hails from Ernakulam (Cochin)

She completed her schooling from Lady Vissanji, graduation from Narsee Monjee College and her MBA from Welingkar Institute of Management, Mumbai. ■



Greeshma Thampi at a session in progress

St. JOHN'S CLINIC

# പർത്താൽ

രാമചന്ദ്രൻ

കണ്ണ് തുറന്നപ്പോൾ ട്രെയിൻ കാസർഗോഡ് സ്റ്റേഷൻ വിടുകയാണ്. രാത്രി പത്തു മണിക്ക് ഉറങ്ങാൻ കിടന്നതാണ്. ഇപ്പോൾ പുലർന്ന് ആറു മണിയായിരിക്കുന്നു. ഒരു ഭയവുമില്ലാത്ത അഖണ്ഡനിദ്ര. അടുത്ത കാലത്തൊന്നും ഇത്രയും സുഖകരമായ ഉറക്കം കിട്ടിയിട്ടില്ല.

തീവണ്ടിയാത്ര എപ്പോഴും വ്യത്യസ്തമാണ്. മുൻബെയിൽ വീട്ടിലാകുമ്പോൾ അഞ്ചുനിമിഷം പോലും ഒരിടത്ത് സ്വസ്ഥമായി ഇരിക്കാൻ അവസരം ലഭിക്കാറില്ല. എപ്പോഴും എന്തെങ്കിലും കാര്യത്തിനായി ഒരു മുറിയിൽനിന്ന് മറ്റൊരു മുറിയിലേക്ക്, അവിടെ എത്തുമ്പോഴേക്കും അവിടെ വന്നെത്താനുള്ള കാരണം മറന്നു പോയിരിക്കും. കുറച്ചുനേരം മേല്ലോട്ടും കിഴ്പ്പോട്ടും നോക്കി ആലോചിച്ചു നിൽക്കും. ഒടുവിൽ യത്നം വ്യഥാവി ലായി മുന്നിലെ മുറിയിലെ സോഫയിലേക്കു മടങ്ങും. അപ്പോഴാണ് എത്തിനായിരുന്നു മറ്റു മുറിയിലേക്ക് പോയത് എന്ന കാര്യം ഓർമ്മയിൽ വരിക. എനിക്ക് വാർദ്ധക്യമായി വരികയാണോ?

എന്നാൽ തീവണ്ടിയിൽ കയറിയാലോ? (തീവണ്ടി എന്നൊന്നും ഇക്കാലത്ത് പറഞ്ഞുകൂടാ. കൽക്കരിയിലല്ല ഇപ്പോൾ വണ്ടി ഓടുന്നത്. ഡീസലിലും വൈദ്യുതിയിലുമല്ലേ? വർഷങ്ങളേറെയായി ഈ മാറ്റങ്ങൾ വന്നിട്ട്. തീവണ്ടിയെ എന്തു പേരിലാണ് ഇനി വിളിക്കുക?)

ജനലിന് തൊട്ട ഇരിപ്പിടത്തിൽ വണ്ടിയിൽ കയറിയ ഉടനെ ഇരുന്നു കഴിഞ്ഞാൽ അപൂർവ്വമായേ എഴുന്നേൽക്കേണ്ടിവരു. ഉച്ചയ്ക്കു ഉറങ്ങു കഴിഞ്ഞാൽ കയ്യും വായും കഴുകാൻ; രണ്ടോ മൂന്നോ തവണ മുത്രമൊഴിക്കാൻ. അത്രതന്നെ. ഓരോരുത്തർ എത്ര തവണയാണ് എഴുന്നേറ്റു പോകുന്നതും വരുന്നതും?

എന്താണ് എനിക്ക് പറയാൻ? ഇത്തരം കാര്യങ്ങളൊക്കെ ഈ അവസരത്തിൽ എനിക്ക് ആലോചിക്കാമോ? രണ്ടുമൂന്നു ആഴ്ചയായി ആസ്പത്രിയിലായിരുന്ന അമ്മ മരിച്ച വിവരം ഇന്നലെയാണ് നാട്ടിൽനിന്ന് ഫോണിൽ വിളിച്ചു പറഞ്ഞത്.

നാലഞ്ചു വർഷങ്ങളായി ഇടയ്ക്കിടെ അമ്മയെ ആസ്പത്രിയിൽ പ്രവേശിപ്പിക്കാറുണ്ടായിരുന്നു. ആദ്യത്തെ തവണ പണം കടം വാങ്ങി വിമാനത്തിലാണ് നാട്ടിലെത്തിയത്. പിന്നീട് ജീവനോടെ കാണാൻ പറ്റിയില്ലെങ്കിലോ എന്ന ചിന്തയായിരുന്നു അത്. അമ്മ കിടക്കുന്ന സ്പെഷൽ മുറിയിൽ എത്തിയപ്പോൾ വേലക്കാരി ജാനു എല്ലാവരോടും ചൊല്ലി പറഞ്ഞു, “ഞാനപ്പോഴും പറഞ്ഞില്ലേ, വേണേട്ടൻ വന്നാൽ അമ്മക്കു സുഖം ആവുമ്പോ, നോക്കിക്കൊള്ളൂ, അമ്മ നാളെ ഡിസ്ചാർജ്ജ് ആവും.”

ജാനു പറഞ്ഞപോലെ പിറ്റേന്ന് അമ്മ ആസ്പത്രി വിടുകയും ചെയ്തു. ശരീരത്തിൽ രക്തം കുറയുന്നതായിരുന്നു അമ്മയുടെ അസുഖം. അമ്മയുടെ കൂടെയാണ് വീട്ടിലെത്തിയത്. നാലഞ്ചു ദിവസം കഴിഞ്ഞപ്പോൾ വണ്ടിയിൽ മുൻബെയ്ക്ക് മടങ്ങി. ഏതാനും തവണ ഇത് ആവർത്തിച്ചപ്പോൾ അനിയനോട് പറഞ്ഞു, “അമ്മയ്ക്ക് അസുഖം അധികമുണ്ടെങ്കിൽ അറിയിക്കണം. അപ്പോൾ വരാം. വരാൻ ആഗ്രഹമില്ലാത്തതില്ല, കൊല്ലത്തിൽ രണ്ടുമൂന്നു തവണ വരുമ്പോഴേക്കും എന്റെ ബജറ്റ് ആകെ തകരാറാവുന്നു.”

അനിയന് അല്പം എതിർപ്പ് ഉണ്ടാകാതിരുന്നില്ല. ആസ്പത്രിബില്ല കൊടുക്കാറാകുമ്പോഴേക്കും മുൻബെയിൽനിന്ന് ഏട്ടൻ വന്നെത്തിയില്ലെങ്കിൽ പണം സ്വന്തം കീശയിൽനിന്നു കൊടുക്കേണ്ടിവരുമല്ലോ എന്നായിരുന്നു അവന്റെ പേടി.

ഇപ്പോഴിതാ അമ്മ പരലോകം പ്രാപിച്ചിരിക്കുന്നു. ആസ്പത്രി ബില്ല കൊടുത്ത് മുതദേഹം അവൻ വീട്ടിലെത്തിച്ചിരിക്കുന്നു. ഇനി ഞാൻ വീട്ടിലെത്തിയിട്ടുവേണം ശവസംസ്കാരം നടത്താൻ. ഏർപ്പാടുകൾ എല്ലാം അവൻ ചെയ്തിട്ടുണ്ടാകും. അമ്മയുടെ ദേഹം അവസാനമായൊന്നു കണ്ട് വെട്ടിക്കുട്ടിയവർക്ക് വേതനം കൊടുത്ത് പിരിച്ചയയ്ക്കൽ മാത്രമാണെന്റെ ജോലി.

അത്തരം ഒരവസരത്തിലാണ് എന്റെ മനസ്സിന്റെ കാടുകയറ്റം. പാൻട്രിക്കാരിലെ ജോലിക്കാർ ചായയും കൊണ്ടുവന്നു. ഒരാളോട് ചായ വാങ്ങിയപ്പോഴേക്കും മറ്റൊരാൾക്കറിയാനും

ബ്രേക്ക്ഫാസ്റ്റ് വേണമോ എന്ന്. വേണ്ടെന്ന് പറഞ്ഞപ്പോൾ അയാൾ പറയുന്നു, “നല്ലവണ്ണം ആലോചിച്ച് പറയണം സാരം, കുറച്ചു കഴിഞ്ഞാൽ കിട്ടിന് വരില്ല. എല്ലാ സ്റ്റേഷനിലും സാധനം കിട്ടിന് വരില്ല. ഇന്ന് ഹർത്താലാണ്.”

“ഇബടെളേറ്റർക്ക് ബേറെ പണയാണും ഇല്ലല്ലോ. എപ്പോ നോക്കൂലും ഒരു ബന്തും ഹർത്താലും.” തിരുർകാരനായ സഹയാത്രികന്റെ വകയാണ് കമന്റ്.

“എന്തു വകയാണാവോ ഈ ഹർത്താൽ?” മറ്റൊരാൾക്ക് അതറിയാനും.

“അതിനിപ്പോ പ്രത്യേകിച്ച് കാരണം വല്ലതും വേണോ? ദൈവത്തിന്റെ സ്വന്തം നാടായിരുന്നത് ഇപ്പോ ഹർത്താലിന്റെ സ്വന്തം നാടായില്ലേ?” മറ്റൊരാൾ.

“നിങ്ങൾക്ക് ബ്രേക്ക്ഫാസ്റ്റ് വേണോ? അത് പറയിൻ.” പാൻട്രി ജോലിക്കാരൻ ധൃതി വെക്കുന്നു.

“വേണ്ടോ, ഞാൻ കോഴിക്കോട് എറങ്ങാൻ.” അവനെ ഒഴിവാക്കി.

വണ്ടിയിൽനിന്ന് ലഭ്യമായ ന്യൂസ് പേപ്പറിൽനിന്നു മനസ്സിലായി ടാക്സിയുടെയും ഓട്ടോവിന്റെയും ലൈസൻസ് ഫി വർദ്ധിപ്പിച്ചതും മത്സ്യപ്രജനന സമയത്ത് മത്സ്യബന്ധനത്തിന് നിയന്ത്രണം ഏർപ്പെടുത്തിയതും മൂലമാണ് ഹർത്താൽ എന്നത്. അപ്പോൾ അതുമായി ബന്ധപ്പെട്ടവരുടെ ഹർത്താൽ മതിയായിരുന്നില്ലേ? എന്തിനാണ് ബസ് സർവീസും ഹോട്ടലുകളും ഭീഷണിപ്പെടുത്തി അടപ്പിക്കുന്നത്? പൊതുജനത്തെ ഉപദ്രവിച്ചതു കൊണ്ടു അവരുടെ കാര്യം നേടാനാകുമോ? എല്ലാ ഹർത്താലുകളും സർക്കാരുകൾ കീഴടങ്ങിയാൽ നികുതിയിലും നികുതിയിതരവരുമാനങ്ങളിലും സർക്കാരിന് വരുമാനം കൂട്ടാൻ സാധിക്കുമായിരുന്നില്ലല്ലോ. ഇങ്ങനെ പോയി യാത്രക്കാരുടെ ചർച്ചാവിഷയങ്ങൾ.

കോഴിക്കോട് വണ്ടി കൃത്യസമയത്തുതന്നെ എത്തിച്ചേർന്നു.

ഇപ്പോൾതന്നെ റസ്റ്റുഷൻ വിട്ടാൽ പന്ത്രണ്ടുമണിക്കുമുന്ന വിട്ടിലെത്താൻ പറ്റിപ്പയസ്സു വരും. ഹർത്താൽ ഒരുവിധത്തിൽ നന്നായി. വഴിക്കു ബാധിത ക്ഷയാൽ യാത്രക്കാർ കുറവായാൽ എളുപ്പത്തിൽ വിട്ടിറങ്ങാനിടയുണ്ടാകും.

സ്റ്റേഷനിലെ കാന്റീൻ ക്ലബ്ബി സമയം വ്യർത്ഥമാക്കേണ്ട എന്നു കരുതി ധൃതിയിൽ മെമ്പിയിൽ എത്തി. അവിടെ ഉണ്ടായിരുന്ന ഓട്ടോകളെല്ലാം യാത്രക്കാരുടെയുംകൊണ്ടു സ്ഥലം വിട്ടു.

എട്ടുപത്തു മിനുട്ടു കഴിഞ്ഞിട്ടും ഓട്ടോകളൊന്നും വന്നില്ല. നടക്കുകയായിരിക്കും എന്തുപോലെയെന്ന പോലീസുകാരന്റെ ഉപദേശം കൈകൊണ്ടു തടന്നു തുടങ്ങി. ഭാഗ്യത്തിനു ലഗേജ് കാര്യമായി ഇല്ലാത്തതിനാൽ തടഞ്ഞു പ്രയാസമുണ്ടായില്ല. എന്നെ കടന്നുപോയ ഒരു ബൈക്കുകാരൻ അല്പദൂരം പോയതിരിച്ചു വന്നിട്ട് പൊടിച്ചു. “അങ്കിളിന് എങ്ങോട്ടാണ് പോകേണ്ടത്?”

“ബസ് സ്റ്റാന്റിന്റേക്കേ.”

“കയറിക്കോളൂ. ഞാൻ ആ വഴിക്കാണ്.”

നന്ദി പറഞ്ഞുകൊണ്ട് ഞാൻ പിന്നിൽ കയറി. സംസാരിച്ചപ്പോൾ മനസ്സിലായി അയാൾ എഞ്ചിനീയറിംഗ് ഇൻസ്റ്റിറ്റ്യൂട്ടിലെ വിദ്യാർത്ഥിയാണെന്നും ക്ലാസ് ഇല്ലെന്നിങ്ങനെ മടങ്ങിപ്പോകുകയാണെന്നും.

ബസ് സ്റ്റാന്റിൽ ഇറക്കിവിട്ട് അയാൾ പോയി.

വളരെ വലിയ ആ സ്റ്റാന്റിൽ വളരെ കുറച്ചു വാഹനങ്ങളേ ഉണ്ടായിരുന്നുള്ളൂ. കാത്തു നിൽക്കുന്ന യാത്രക്കാരും വളരെ കുറവ്. നൂറമ്പതോളം പോലീസ് ട്രെയിനികൾ റെഗുലർ പോലീസുകാരെ സഹായിക്കാനായി അവിടെ ഉണ്ടായിരുന്നു.

ഒരു ചായക്കട തുറന്നിട്ടുണ്ട്. അവിടെ പോലീസുകാരും കാത്തുനിൽക്കുന്ന യാത്രക്കാരും ഹർത്താന്നുകൂലികളും ചായയും പലഹാരവും കഴിക്കുന്നു. അവിടെ കയറി ഒരു ചായ



ആവശ്യപ്പെട്ടു. അതു കൂടിച്ചുകൊണ്ടിരിക്കുമ്പോൾ അവിടെ ഉണ്ടായിരുന്ന പോലീസുകാരോട് ബസ്സിന്റെ സാധ്യത ആരാഞ്ഞു.

“ഇന്ന് ബസ്സുകൾ കുറവാണ്. ചിലപ്പോൾ കെ എസ് ആർ ടി സി വരാനും മതി. ആരു മണിക്കുശേഷം ചിലപ്പോൾ ബസ് കിട്ടിയേക്കും.”

“എന്റെ അമ്മ ഇന്നലെ രാവിലെ മരിച്ചു. അത് അറിഞ്ഞ് ഞാൻ മുറുമുറുപ്പായി വരികയാണ്. ഞാൻ ചെന്നിട്ടു വേണം



മൃതദേഹം അടക്കം ചെയ്യാൻ.” ഞാൻ വിശദീകരിച്ചു.

“എങ്കിൽപ്പിന്നെ വല്ല ഓട്രോയും പിടിച്ചു പോകുകയാകും നല്ലത്.”

“അതിന് ഓട്രോയ്ക്കെവിടെ പോകും?”

പോലീസുകാരൻ പുറത്തേക്കു നോക്കി. ഒടുവിൽ “ഗു....” എന്നൊരു ശബ്ദമുണ്ടാക്കി. എന്നിട്ട് കൈ കൊണ്ട് ‘ഇവിടെ വാ..’ എന്ന് ആംഗ്യം കാണിച്ചു. അപ്പോൾ കള്ളിമുണ്ടും ടീഷർട്ടും ധരിച്ച ഒരുത്തൻ വന്നെത്തി. “കുലിയെല്ലാം നിങ്ങൾ സംസാരിച്ച തീരുമാനിച്ചോ,”

മഞ്ചേരിവരെ പോകാൻ അവന് ആയിരത്തി ഇരുനൂറ് രൂപ വേണം. വഴിക്ക് ആരെങ്കിലും വഴി തടഞ്ഞെന്നു വരാം. കല്ലെറിഞ്ഞ് ഗ്ലാസ് പൊട്ടിച്ചെന്നു വരാം. റിട്ടേൺ ട്രിപ്പ് കിട്ടില്ല. പിന്നെ പോലീസുകാരന്റെ കമ്മീഷനും.

കാര്യം പറയാമെന്നു വിചാരിച്ചു നോക്കിയപ്പോൾ പോലീസുകാരനെ കാണാനില്ല. അവസാനം അവൻ കൊണ്ടുവന്ന ഓട്രോയിൽ കയറി. അപ്പോൾ അവിടന്നുമിവിടന്നു മായി ഏതാനും പേർ വന്ന് എവിടെ പോകുന്നെന്നും എന്താണ് ചാർജ്ജ് എന്നും അന്വേഷിച്ചു. തുക കേട്ടപ്പോൾ അവരെല്ലാം മിണ്ടാതെ സ്ഥലം വിട്ടു.

തിരക്കൊഴിഞ്ഞ നിരത്തുകളിൽ കൂടിയായിരുന്നു യാത്ര. നാട്ടിലെ ചൂടിനെ കുറിച്ചും ഹർത്താലിനെ കൊണ്ടുള്ള ബുദ്ധിമുട്ടുകളെ കുറിച്ചും ഞങ്ങൾ വിസ്തരിച്ചു ചർച്ച ചെയ്തു.

ഇരുപത്തഞ്ചോളം കിലോമീറ്ററോളം യാത്ര ചെയ്തു കാണണം, ഒരു കൂട്ടം യുവാക്കൾ നിരത്തിന്റെ മദ്ധ്യത്തിൽ നിന്ന് കൈ കാണിച്ച് ഓട്രോയെ നിർത്തിച്ചു.

“ഇന്ന് ഹർത്താലാണെന്ന് അറിയില്ലേ?” ഡ്രൈവറോടായിരുന്നു ചോദ്യം.

“അറിയാം. ഇയാളെ മഞ്ചേരിയിൽ കൊണ്ടുവിടാൻ പോലീസ്

പറഞ്ഞിട്ട് കൊണ്ടുപോവാൻ.”

ഗ്യാങ്ങ് ലീഡറെന്നു തോന്നിപ്പിക്കുന്നവൻ എന്നെ നോക്കി. പന്തിയല്ലെന്നു കണ്ട് ഞാൻ സത്യം പറയാമെന്നു വെച്ചു.

“എന്റെ അമ്മ ഇന്നലെ രാവിലെ മരിച്ചു. അത് അറിഞ്ഞ് ഞാൻ മുറുമുറുപ്പായി വരികയാണ്. ഞാൻ ചെന്നിട്ടു വേണം മൃതദേഹം അടക്കം ചെയ്യാൻ.” ഞാൻ വിശദീകരിച്ചു.

“ഇന്ന് യാത്ര ചെയ്യുന്ന എല്ലാവരുടേയും ആരെങ്കിലും മരിച്ചിട്ടുണ്ടാവും. ആ എക്സ്യൂസ് പറയുന്ന ആദ്യത്തെ ആളല്ല നിങ്ങൾ. വേല കയ്യിലിരിക്കട്ടെ.”

“ഞാൻ പറയുന്നത് സത്യമാണ്. നോക്കൂ, എന്റെ അൻറിസർവ്വ് ടിക്കറ്റ്. ലഗേജായി ഒരു ബാഗ് മാത്രമെ ഉള്ളൂ. എന്റെ മുഷിഞ്ഞ ഡ്രസ്സ് നോക്കൂ.” എന്റെ നിസ്സഹായത ഞാൻ വെളിവാക്കി.

അപ്പോൾ എതിർവശത്തുനിന്ന് പാർട്ടിയുടെ പതാക പറപ്പിച്ചുകൊണ്ട് ഒരു കാർ വന്നു. കൂട്ടിനേതാക്കന്മാർ കൈ കാണിച്ചു കാർ നിർത്തിച്ചു. ഡോർ തുറന്ന് ഒരാൾ പുറത്തേക്കു വന്നു. ആളെ കണ്ടപ്പോൾ നേതാക്കന്മാർ ബഹുമാനിച്ച് മാറി നിന്നു.

“ഞാൻ ധൃതിയിലാണ്. അമ്മ കുളിമുറിയിൽ വീണു അരയിലെ എല്ലു പൊട്ടിയിരിക്കുകയാണ്. ആസ്പത്രിയിൽ കൊണ്ടുപോകാൻ.” അയാൾ വിശദീകരിച്ചു. നേതാവാനെന്നു കണ്ടപ്പോൾ ഞാൻ മുനിലേക്കു മാറി നിന്ന് പറഞ്ഞു.

“നിങ്ങളുടെ അമ്മ വീണു പരിക്ക് പറ്റി അല്ലേ? എന്റെ അമ്മ ഇന്നലെ രാവിലെ മരിച്ചു. ഞാൻ ചെന്നെത്തിയിട്ടു വേണം മൃതദേഹം അടക്കം ചെയ്യാൻ. പക്ഷെ ഇവരെന്ന പോകാൻ വിടുന്നില്ല.”

“നിങ്ങളുടെ അമ്മ മരിച്ചതിന്നു തെളിവുണ്ടോ? എന്റെ അമ്മയതാ കാറിൽ കിടക്കുന്നു. എന്നാൽ ഞാൻ പോയിട്ടു വരട്ടെ.” അയാൾ കൂട്ടിനേതാക്കന്മാരോട് കൈ വീശി യാത്രയായി.

നേതാക്കന്മാർ തിരിച്ചു കൈ വീശി യാത്രയാക്കി.

“ആസ്പത്രിയിൽ കൊണ്ടുപോയിട്ടൊന്നും കാര്യമില്ല. അവർ മരിക്കും.” എനിക്ക് അപ്പോൾ അങ്ങനെ പറയാനാണ് തോന്നിയത്. അയാൾ അത് കേട്ടിരിക്കണം. അയാൾ തിരിഞ്ഞ് എന്നെ നോക്കുന്നുണ്ടായിരുന്നു.

“അപ്പോൾ അയാളെപ്പോലെ ഞാനും പൊയ്ക്കോട്ടെ?”

നേതാക്കന്മാരുടെ നേതാവ് എന്നെ ഒന്ന് ഇരുത്തി നോക്കി. “ഞങ്ങൾ ഇന്ന് പത്തു പന്ത്രണ്ട് പേരെ പോകാൻ സമ്മതിച്ചിട്ടുണ്ട്. അവരെല്ലാം സ്വമനസ്സാലെ പാർട്ടിഫണ്ടിലേക്ക് നൂറു രൂപ വീതം തന്നു. നിങ്ങളും അങ്ങനെ ചെയ്തിട്ട് പൊയ്ക്കോളൂ.”

ഞാനും മുൻയാത്രക്കാർ അനുവർത്തിച്ച മാർഗ്ഗം പിന്തുടർന്നു. മഞ്ചേരിയിലെത്തി മറ്റൊരു ഓട്രോ പിടിച്ച് ഞാൻ മുപ്പതോളം കിലോമീറ്റർ യാത്രചെയ്ത് ഒരു മണിയോടെ വീട്ടിലെത്തി.

പിറ്റേ ദിവസത്തെ ന്യൂസ് പേപ്പറിൽ ഞാൻ മുറുമുറുപ്പായി വരിക എന്തിന് വാർത്ത ഉണ്ടായിരുന്നില്ല. എങ്കിലും നേതാവിന്റെ മാതാവ് കുളിമുറിയിൽ വീണ് പരിക്ക് പറ്റി കോഴിക്കോട്ടെ ആസ്പത്രിയിലെത്തുന്നതിനുമുമ്പ് ഇഹലോകവാസം വെടിഞ്ഞ വാർത്ത ഉണ്ടായിരുന്നു. ■

# The Real Doer



Sulochana Achan

■ I spent my childhood in my Tharavaadu (ancestral house) at Kavassery, Palakkad. My Grandmother, Grandfather, aunts, uncles, cousins, and a number of good servants lived in the house. All had contentment and happiness. I learned to have faith in God and love towards all, to see the

journey. In those days, there were no vehicles and electricity after sunset.

After bath, the Swamiji lighted the lamp and sang a melodious bhajan. He also made us sing. When my Grandmother asked him what he preferred to eat and drink, he only wanted a glass of cow's milk. He also asked about our welfare, to which Grandmother said a few things politely. She also added that Chinna was now bedridden. On hearing this, the Swamiji

voice reading the Ramayana from Chinna's house. Hardly an hour had passed, when he came back and went straight to the pond to have bath. After that he said, "The jeevan (life) has reached where it should reach. It has merged with God." He then calmly laid down without having any dinner.

The people who predicted that Chinna would go to hell had no words to say. All recited God's name and did the last kriyas (rites).



goodness in life, and many other good things, from that home - Prabhatha Nilayam.

There was a small hut on the southern side of the house courtyard, just outside the walls. A woman named Chinna lived there with her one and only grandson. Chinna was not considered good in any way as she often used coarse language and was always ready to fight with anyone. Due to this, we children had firm orders not to look at that side of the yard or listen to anything from there! In fact, all the villagers were of the opinion that after death Chinna would indeed go to hell.

One day, we finished our evening bath and were getting ready to light the prayer lamp. A Sanyasi opened the gate and came into the courtyard. He was welcomed by the house elders. All visitors were always welcome in our home; dinner would be served to the guest and a straw mat and pillow provided for the night. The next morning they would proceed with their

immediately stood up with a Ramayana book in hand and said that he wished to go to Chinna without any delay. A servant named Chaami led the Swamiji to Chinna's hut.

We then heard Swamiji's melodious

My belief that God is the doer became more certain because of this event. As I climb the steps of my life, that knowledge has only strengthened over time.

## Congratulation to the winners



**Sharanya Poduval**  
80.15%  
H.S.C. Board  
(Arts Stream)



**Ashish Sasikumar**  
80%  
S.S.C. Board  
St. Francis D'Assisi High School, Borivli

# HEALTHY EATING OPTIONS

The Maggi controversy has woken us up to be aware of the need to consume healthy food if we want to lead a disease free life.

**I**t all started with the Food and Drug administration in Uttar Pradesh announcing while testing, the presence of lead way above prescribed limits and mono sodium glutamate (MSG) in Maggi instant noodles packets, one of India's popular snacks item and a favourite among children. Tests were carried out in several states and in most places there was presence of lead and MSG in the samples. Nestle India manufacturers of the instant noodles stated that the presence of lead was well within the prescribed limit, while MSG had not been added in the product.

According to Food giant Nestle's Indian unit authorities, "We do not add Monosodium Glutamate (MSG) to Maggi Noodles. We use raw materials that may contain naturally occurring Glutamate and which could be confused with commercially produced MSG. Glutamate is safe and is found in everyday and high protein foods including tomatoes, peas, paneer, onions, milk."

However Nestle withdrew all varieties of Maggi noodles on June 5, hours before the country's food safety authority (FSSAI) banned the snack, ruling it 'unsafe and hazardous'.

In this age of instant and ready to eat food culture, we should be very careful about what goes into the packets of these instant foods. The complaint against the popular Maggi noodles was presence of lead above permissible limits and of mono sodium glutamate, two products that have adverse reactions and affect the health of human beings especially children.

## Lead Toxin

Lead is a natural product found in the soil and generally, ingestion of lead, affects children more who tend to show signs of severe lead toxicity even at lower levels.

According to research studies no amount of lead is safe for a child. It can cause permanent damage including reduced IQ, learning disabilities, and

shortened attention span. Some scientists believe that low-level chronic lead exposure in childhood can alter secretion of the human growth hormone, stunting growth and promoting obesity. Since children engage in more hand-to-mouth activity than adults, crawling and playing on the ground, they ingest more contaminants in dust or dirt.

Within our bodies, lead is absorbed and stored in our bones, blood, and tissues. It does not stay there permanently, rather it is stored there as a source of continual internal exposure. Pregnant women who are exposed to lead also expose their unborn child and can damage a developing baby's nervous system. It can cause miscarriage, stillbirths, and infertility



(in both men and women). People with prolonged exposure to lead may also be at risk for high blood pressure, heart disease, kidney disease, and reduced fertility.

Symptoms of lead poisoning include abdominal pain, constipation, fatigue, headache, irritability, loss of appetite, memory loss and weakness. These symptoms could easily be mistaken for various other medical problems also.

## Mono Sodium Glutamate (MSG)

In general, a processed food contains Mono Sodium Glutamate (MSG) or one of its pseudo-ingredients. MSG, or Monosodium Glutamate is a salt of the amino acid - Glutamic Acid (glutamate).

MSG is a flavour enhancer traditionally used in Chinese food (ajinomoto), but found today in many processed foods. Glutamate is a naturally occurring amino acid that the body uses and needs. The synthetic manipulation and processing of glutamate produces a form that is not found in nature. MSG has been labeled an excitotoxin because it is thought to have the ability to overstimulate cells to death.

Research on MSG has documented several effects related to MSG, including obesity, burning sensations of the mouth, head and neck, weakness of the arms or legs, headaches and stomach upset if consumed over a period of time continuously. The solution lies in avoiding products that has MSG in them. Alternately it is best to consume fresh food items that contain no MSG,

There are other culprits in our daily food supplies that may take a toll on our health.

While buying groceries we should keep in mind their health benefits. Given below are a few of them:

**Refined wheat flour:** Refined wheat flour has no fibre, minerals and vitamins since the outer husk that contains the above, is removed and it is nothing but a chunk of carbohydrates. Used in making biscuits, baked goods and some

types of cereals consumption of refined flour leads to weight gain and obesity and even diabetes. Multi grain flour like nachni, bajra, jowar and whole wheat atta are good substitutes.

## Sugar

White sugar is a refined product and it is advisable to use natural sweeteners like honey or jaggery. White sugar contains no nutrient and is tempting for its sweet taste. It is far healthier to eat natural foods containing sugar like dates, raisins, figs etc. Natural foods already contains sugar and our body will break it down for its use.

## Sodium

Large quantities of sodium or salt

## RECIPE

Neer Dosa differs from other regular Dosa as it does not include Urad Dal and by lack of overnight fermentation of batter. It means Water Dosa and they are so called, as the dosa batter is very watery. This is so delicate, super thin and almost melts in mouth and has now gained a lot of popularity in Mumbai especially in all eating houses. Its preparation is very simple and can be made immediately after grinding the batter.



Recipe Courtesy

**K.S. NARAYANASWAMY**  
MANI'S LUNCH HOME  
Matunga

# NEER DOSA

## Preparation

Wash and soak the raw-rice fully immersed in water for at least 6 hours. If you are planning to have the dosa for a breakfast, soak overnight. Next morning drain out the water and grind it on a blender along with tender coconut pulp by adding tender coconut water little by little to a fine smooth batter. Add plain water or coconut water to form the batter to a thin pouring consistency. Transfer the mixture to a convenient bowl. Add salt and mix the batter thoroughly well with a ladle. The batter can be used directly soon after it's grinding.

Heat non stick small pan or traditional Dosa tawa having a lid. Once the pan is heated, grease the pan with a little cooking oil (preferably sesame oil) and wipe it with a clean paper or a towel. Pour a ladleful of the batter from a little height in a circular motion starting from the outer edges. The batter will sizzle and spread on its own to some extent as you pour the batter. Move around and tilt the dosa pan rapidly in circles as to spread the batter evenly. The layer of neer-dosa would be very thin with plenty of holes. Do not try to spread or fill the holes with a ladle, as neer-dosa is characterized by the holes. Close the tawa with a suitable lid for a few seconds. Remove the lid. The sides of the dosa may lift slightly. Sprinkle few drops of cooking oil if preferred.

Remove the Dosa from the pan and serve hot with coconut chutney or any other spicy chutney. Cook the neer-dosa on one side only and do not overcook it as to make it brown. The neer-dosa expressly has a rich white colour and not have golden brown colour like regular dosas. Continue the process till the entire batter is consumed.



## Ingredients

- 1) Raw Rice (Pachari) - 1 cup
- 2) Tender Coconut- 1 with water and pulp (malai)
- 3) Salt- to taste
- 4) Cooking Oil- little, preferably sesame oil

consumption leads to blood pressure and heart diseases. Pappads, pickles, farsan, namkeen , etc have high sodium

content. There is nothing to beat salt in taste but the alternate to salt can be found in basil, ginger, garlic etc. Sour

buttermilk, yeast and rock salt are other options.

Other misleading ingredients in readymade food packets that deserve our special attention and needs to be avoided include cane syrup or high fructose corn syrup (found in labels of cereals and sherbets, they lead to obesity and tooth decay), coloured additives like E 11, E 17, tartrazine etc, ( which may cause liver damage and allergy). The alternatives to the above would be dry fruits like dates, figs and raisins for the sweet taste and dark chocolate and beetroots for adding colour to our food item.

Be aware of what we choose to eat and we have the option to lead a healthy life. There is nothing to beat a plateful of and fresh vegetables and fruits, wholewheat complex carbohydrates and a fibre rich diet to ward away diseases.



Too much of salt and sugar is bad for health



Dr. (Major) Nalini Janardhanan

# SKIN CARE IN MONSOON

As a relief from the scorching heat of summer, the much-awaited and refreshing rainy season is here! But monsoon is associated with skin infections and diseases.

**T**he increased humidity, pollution, dust, dirt and germs along with UV rays in sunlight can lead to various skin and hair problems in monsoon.

## Skin Care

Routine Skin Care is to be followed as:

- a) **Cleansing:** Clean your face with a mild cleanser or face wash. Don't use soaps to clean facial skin.
- b) **Toning:** Use a non-alcoholic skin toner to maintain the PH balance of skin and also to close the pores on skin.
- c) **Exfoliation:** Use a good exfoliating facial scrub twice a week to remove dead cells and keep your skin soft.
- d) **Moisturising:** Use a gentle moisturiser to retain the moisture in your skin. Rose water or glycerine may be applied before going to bed.

There are basically 4 types of Skin-Oily, Dry, Normal and Combination types. Skin care depends on the type of your skin.

## OILY SKIN

Oily skin gets more oily since the sebaceous glands in skin become hyperactive and secrete more oils in monsoon. More oil and sweat getting deposited on the skin may trap dirt, dust and germs leading to blackheads, white heads, pimples and boils.

### What to do:

- Scrub your face twice a week.
- Use an oil controlling deep cleanser to clean your face.
- Use an alcohol-free toner to tone your skin.
- Use a light moisturiser after bath

and after cleaning face.

- Apply a water based or gel based sunscreen (with SPF 30) before going out.

## DRY SKIN

People with dry skin also must be careful. Their skin gets more dry and dehydrated leading to itching and cracking of skin.

### What to do:

- Use a cream-based and soap-free cleanser.
- Use an alcohol-free toner.
- Use a moisturiser lotion or cream.
- Use a heavy type of sunscreen (with SPF 30) before going out.
- Use a water proof make up and foundation.



● Try to avoid heavy makeup.

### NORMAL SKIN

Normal skin is less problematic, but one must be careful to clean and remove dirt and dust from skin to avoid infections.

### COMBINATION SKIN

This is a combination of oily T-Zone of face

(forehead, nose and chin being more oily than the rest of the face) and normal or dry cheeks. The T-Zone tends to get more oily leading to pimples.

#### What to do

- Cleansing with a gentle and moisturising type of cleanser.
- Scrub at least twice a week to remove blackheads and dirt.
- Moisturise with a light moisturiser.
- Use a gel based sunscreen with SPF 15 or more before going out.

### Skin Infections

Infections due to bacteria and fungi are common in monsoon. Proper skin care routine help to avoid bacterial infections.



### Fungal Infections

Fungal infections of skin like Athlete's foot and ring worm infections of thighs are most common in rainy season.

#### What to do

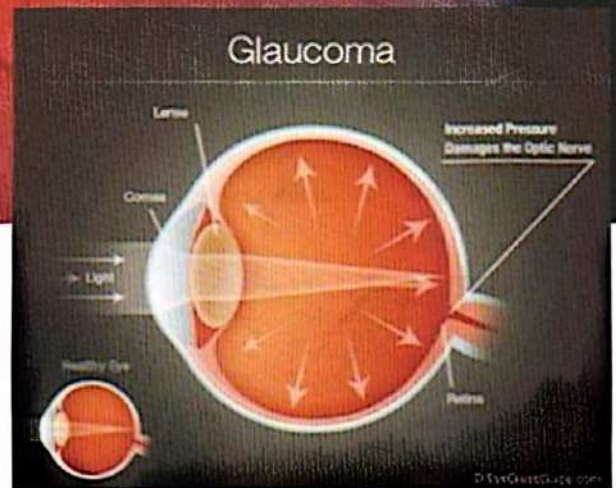
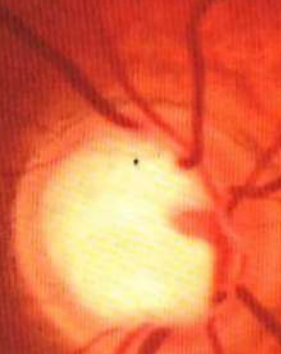
- Don't keep your skin wet for a long period.
- Avoid walking in dirty water.
- Keep your feet dry.
- Keep your socks and shoes clean and dry.
- Change and clean your undergarments daily. Use cotton type of undergarments.
- After drying the skin, use antifungal cream or powder as per your doctor's advice.

### Remember

- Avoid heavy and cream based makeup. Use light and water proof make up in monsoon.
- Waxing, pedicure and manicure can be done.
- Try to avoid bleaching and facials in rainy season.
- Face Packs can be used as per your skin type.
- Keep skin moist using moisturisers and regular washing with water.
- Wash your face, hands and feet with lukewarm water once you come back home after drenching in rains.
- Pat dry with soft towel. Don't rub with rough towel.
- Drink plenty of water to keep skin moist and hydrated.
- Get adequate rest and sleep.
- Take balanced diet containing proteins, fruits and vegetables. Try to include Vit E and Omega 3 in your diet to keep skin nourished. Include Vit C in your diet to boost your immunity.
- Take care of your skin and enjoy the rains!



# GLAUCOMA



Eyes are precious organs in our life. It is really difficult to manage life for a blind person. We must take care of our eyes and protect them from injuries. Regular eye check-up are also required to detect diseases and start early treatment.

Dr (Major) Nalini Janardhanan



Glaucoma is a group of diseases affecting optic nerve of the eye and it is the second most

common cause of blindness. Glaucoma usually causes blindness without any symptoms. The field of vision decreases gradually, leading to loss of vision. If early treatment is started, you can protect your eyes and avoid blindness.

## High-risk persons:

Any person can get Glaucoma. But some persons are at high risk and their chances of getting the disease is more than the others.

1. Those with family history of Glaucoma.
  2. Diabetic patients.
  3. Persons with short sight(Myopia)
  4. Most of the persons above 40 years of age(Risk increases with age)
  5. Those who use steroids in the form of eyedrops, ointments or tablets.
  6. Patients with high B.P. (Hypertension)
  7. Persons who had injury to eye.
  8. Any person who had sudden eye pain, redness or watering of eyes.
  9. Those who see coloured rings about lights.
- So a complete eye examination is a must after the age of 40 for early detection of eye problems.

## Cause of Glaucoma

The cause of Glaucoma is a group of diseases which increase the pressure inside eye leading to damage to the optic nerve and finally blindness.

The cause of Glaucoma is a group of diseases which increase the pressure inside eye leading to damage to the optic nerve and finally blindness.

Eye constantly produce a clear fluid (Aqueous Humor) which nourishes the different parts of eye. In front of the eye, there is a small space called 'anterior chamber'. The fluid flows continuously in and out of this space through a canal located at the 'angle' of the eye (the junction between cornea & iris) optic nerve is a bundle of more

than 1 million nerve fibers and plays an important role in our vision. Optic nerve connects the retina, the light sensitive part at the back of the eye, to the brain. The nerve carries sensations about vision eye to brain. The part of the optic nerve which is inside the eye is known as optic disc.

If the fluid inside eye is not drained out freely the pressure inside eye (Intraocular Pressure IOP) will increase and the optic disc (part of optic nerve) gets damaged. This will lead to loss of vision.

Sometimes Glaucoma can occur even with a normal intraocular pressure, may be due to defects in optic disc.

## Symptoms and Types of Glaucoma

There are different types of Glaucoma. Symptoms will vary according to the type.

### 1) Open Angle Glaucoma:

This is seen more in persons above 45 yrs. In this type, the canal inside eye is open but fluid flows very slowly due to which pressure inside the eye increases. There may not be any symptoms. In some, there may be symptoms like frequent changing of power of lenses, early beginning of presbyopia etc. Some of the cases may be detected during routine eye examination. Since this type of glaucoma may be congenital, relatives of the patient should also get their eye check up done regularly. Patients with Diabetes and persons with short sight (Myopia) are also likely to develop this type of glaucoma. So they must do routine eye checkups. Gradual loss of peripheral vision may develop leaving only central vision (Tunnel Vision) in this type of Glaucoma.

### 2) Closed Angle Glaucoma:

In this there is a block to the flow of fluid leading to rise in intraocular pressure.

There are 2 types:

a) Sudden development of symptoms like severe pain in the eye, headache, nausea, reduced vision, seeing rainbow coloured rings around lights. Reading, stress or anxiety can lead to these type of attacks. This is an emergency. The

patient should be admitted in hospital and treatment should be started to reduce the raised intraocular pressure. Otherwise patient will develop blindness.

b) In long time variety symptoms are like those in Open Angle Glaucoma. Loss of vision occurs gradually.

### 3) Developmental Glaucoma

a) Congenital Glaucoma seen in infants, from birth.

b) Juvenile Glaucoma seen in Children and young adults.

### 4) Secondary Glaucoma

This is because of injuries, infections and diseases of eye and also as a complication of cataract operation.

## Diagnosis (How to detect Glaucoma)

Treatment depends on the type of



Glaucoma. So a detailed eye examination is required to know the type.

1) Routine Vision test like reading from a chart.

2) Slit lamp (microscopic) examination

3) Measurement of pressure inside eye (IOP) by Tonometer.

4) Examination of the angle of the eye with Gonioscope.

This is useful in differentiating between open angle and angle closure types of Glaucoma.

### 5) Optic Disc examination

The Eye specialist will put some eyedrops into your eyes to dilate pupil and examine the optic disc of retina. A CT scan of optic disc also may be done.

6) Perimetry Test (using Automated Field Analyser)

This test helps to detect Glaucoma in early stages. A normal person will have

full field vision. A person with Glaucoma will see black or non seeing areas in the field of vision. This is because damage to the optic nerve limits the field of vision but regular vision is affected only at a later stage. This examination may be repeated after observation.

### 7) Optical Coherence Tomogram (OCT)

This helps to detect Glaucoma in the early stage.

## Treatment

Actually there is no complete cure for Glaucoma. The lost vision is difficult to be recovered as the nerve fibers get damaged and die. So treatment helps only to preserve the remaining vision.

### 1) Medicines

Different types of medicines are given to the patient as eye drops to reduce the

production of fluid or increase the flow of fluid which will help to decrease the pressure inside eye.

In sudden attacks of Closed Angle Glaucoma Intraocular Pressure must be lowered as soon as possible to prevent damage to the optic nerve.

### 2) Laser Treatment

This is useful both in open angle and early stages of closed angle Glaucomas.

### 3) Surgery

The drainage of fluid inside the eye is improved by an operation called

Trabeculectomy.

It is very important to get regular eye check ups done, if you are above 40 yrs of age and also when you notice sudden attacks of pain in the eye, headache, redness and watering of eyes.

Whenever doctor prescribes eye drops for your eye diseases, use them as prescribed, as long as per the doctor's advice.

Since some types of open Angle Glaucoma may be congenital, relatives of the patient also should be examined regularly to detect early Glaucoma.

Persons with short sight and patients who have Diabetes and Hypertension are also advised to get regular eye checkups done, to prevent Glaucoma. Remember that Glaucoma may not show any symptoms in early stage and when Glaucoma is in the advanced stage, it may lead to loss of vision. ■

# CRYSTAL METH



Dr Sujatha Nair

■ Ice, glass, speed, hot ice, quartz, blade,cristy, batu crank,chalk... heard of these names ? they are all street names for Methamphetamine/ crystal meth .

Methamphetamine is an old drug which has come back with a bang with easier methods of manufacture.

## History

It was first manufactured in Germany in 1888. During the Second World War it was discovered that the crystalline form was water soluble to make it injectable. it was given to soldiers on both sides of the war to stay awake and focussed. Large quantities were given by the Japanese to their Kamikaze soldiers before their suicide bombing missions. In the 1950s it was used to treat depression and as an aid to dieting as it kills the appetite ; students began using it to focus on studies and by the 1960s easy availability of the injectable form then made the abuse more rampant and has reached alarming proportions globally. in 1970 US declared it an illegal substance. in the 1990s the Mexican mafia established huge meth labs in California, then spread to Europe and across the world.

In India crystal meth has entered the drug scene since 2 years and addictions to it has increased by leaps and bounds. In Asia it is now produced mainly in Thailand, China and Myanmar.

Crystal methamphetamine is

methamphetamine in a crystalline form . It is consumed orally , or as an injectable drug or chased.

It is highly addictive in nature probably from the very first use and has become a cheap substitute to cocaine.

Long term use and addictive use results in several changes physically and psychologically.

## Acute physical effects

It gives a rush a strong sense of happiness, euphoria, confidence, hyperactivity and energy. The effects last for 6-8 hours upto 24 hours.

The physical effects of methamphetamine can include loss of appetite, hyperactivity, dilated pupils, excessive sweating, restlessness, dry mouth and teeth grinding (leading to "meth mouth"), headache, irregular heartbeat, rapid breathing, high blood pressure, low blood pressure, high body temperature, diarrhea, constipation, blurred vision, dizziness, twitching, numbness, tremors, dry skin, acne, and pale appearance.

## Chronic physical effects

Premature aging , wrinkles, skin ulcers, tooth and gum decay , alopecia areata , rapid weight loss, insomnia, brain damage, stroke, heart ailments, chronic fatigue, muscle wasting. It is toxic to the nerves, sensations as if something is biting from within, crawling under the skin resulting in picking of skin etc.

## Psychological effects

Acute - paranoia, aggression, suicidal

thoughts and ideas, hallucinations , increased libido resulting in risky sexual behaviors, sexually transmitted diseases and HIV, obsessive behavior, restlessness, methamphetamine psychosis etc.

We at Anatta have had consecutive crystal meth users coming into treatment in the past several months from the younger age group of early 20s . For us that is a very serious indication that addiction to this drug is on the rise and also in combination with alcohol at times with other drugs. Some users drink alcohol to cut the high of meth but due to the euphoria of meth the alcohol consumed is much more in quantity and the polydrug addiction makes things worse.

Internationally it is known as a very difficult addiction to treat.

The treatment of meth addicts takes longer , the detoxification period is longer due to the severe physical and psychological withdrawals. Following that, the emotional swings the person undergoes takes longer to settle down. We have however found meditation to be a fantastic tool along with counselling and homoeopathic medications to enable a faster healing process.

There is a solution available. Help is only a phone call away. ■

For any clarifications contact  
Dr Sujatha Nair on 09820330439



Anatta Humaniversity Pvt.Ltd.  
Contact Person:  
Ms. Vandana Hiranandani  
+91 9967334000  
Website- [www.anatta.in](http://www.anatta.in)

ഇന്ദുലേഖ കൺതുറന്നു (1989)

Film: Oru Vadakkan Veeragatha

Director: Hariharan

Lyrics: Kaithapram  
Singer: K J Yesudas

Music: Bombay Ravi  
Raagam: Sindhu Bhairavi



Karthika



Kaithapram

ഇന്ദുലേഖ കൺതുറന്നു ഇന്നു രാവു സാന്ദ്രമായ്  
ഇന്ദ്രജാലം മെല്ലെയുണർത്തി മന്മഥന്റെ തേരിലേറി  
ഇന്ദുലേഖ കൺതുറന്നു ഇന്നു രാവു സാന്ദ്രമായ്

എവിടെ സാർഗ്ഗകന്യകൾ എവിടെ സാർണ്ണചാമരങ്ങൾ  
ആയിരം ജാലാമുഖങ്ങളായ് ധ്യാനമുണർത്തും തുടിമുഴങ്ങി  
(ഇന്ദുലേഖ)

ആരുടെ മായാമോഹമായ് ആരുടെ രാഗഭാവമായ്  
ആയിരം വർണ്ണരാജികളിൽ ആതിരരജനി അണിഞ്ഞൊരുങ്ങി  
(ഇന്ദുലേഖ)



Bombay Ravi

Indulekha kaṇ ṭurhannu znu rāvum sāndramāyū  
Indrajālam melleyuṅarṭṭi manmaṭhante ṭerilērhi  
Indulekha kaṇ ṭurhannu znu rāvum sāndramāyū

Evite swargakanyakā evite swarṇacāmarāṅṅal  
Āyiram jwālāmukhaṅṅālayū dhānamuṅarṭṭum ṭutimuzhaṅṅi  
(Indulekha)

Ārute māyāmōhamāyū Ārute rāgabhavamāyū  
Āyiram varṇṇarājikalil āṭirarajani aṅiṅṅoruṅṅi  
(Indulekha)

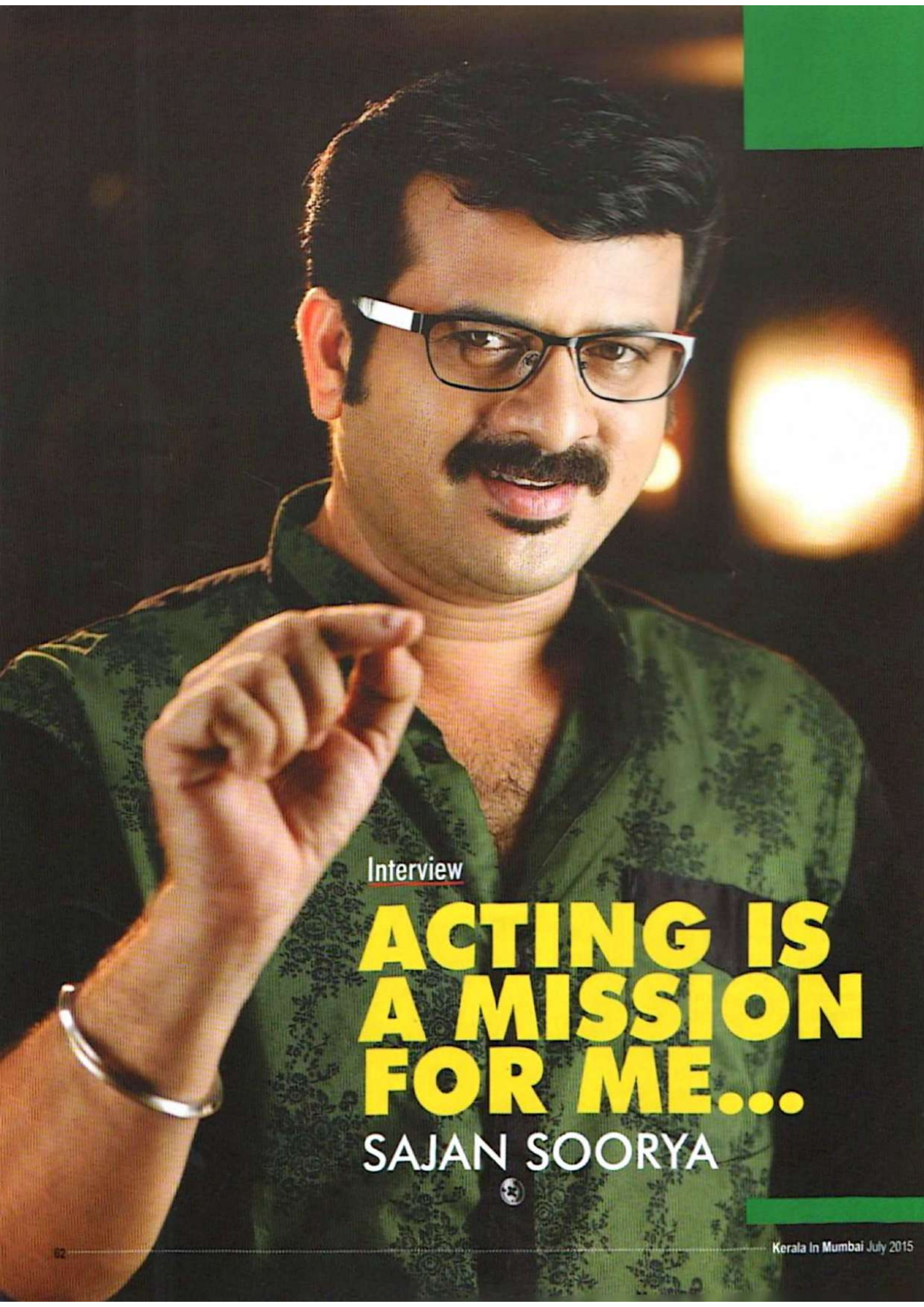


K. J. Yesudas

Transliteration:

Ā, ā = ആ, ാ ; c = ച, ch = ചര, D, d = ട, Dh, dh = ട, Ḍ, ḍ = ട, Ḍh, ḍh = ട, Ē, ē = ഏ, ൈ; ī = ി; Ī, ī = ഇ; Ñ, ñ = ഞ, ṅ = ണ, ṇ = ണ;  
Ō, ō = ഓ, ൊ; ū = ൂ, ũ = ൓; rh = റ, ṭṭ = റ; Ṛ, ṛ = റ; Ś, ś = ശ; T, t = സ  
Th, th = ഠ, Ṭ, ṭ = ഠ; ṭh = ഠ

'Oru Vadakkan Veeragatha' was a very successful movie because of good acting from Mammooty and Madhavi, music and the twist in the popular folktale given by the screenplay writer M T Vasudevan Nair. Some lyrics were written by Kaithapram Damodaran Namboothiri while the remaining by K. Jayakumar.



Interview

# ACTING IS A MISSION FOR ME...

SAJAN SOORYA

**Sajan Soorya is an actor who needs no special introduction. Women and children love him as a member of their family. He spoke to Kerala in Mumbai recently.**

**Q: Your start was with Lal in 'Banglavilutha'. Yet you are not active in cinema now. Why?**

**A:** It is not with cinema but in serials that I started. My first serial was 'Swati.' Then Sthreejanmam, 'Malayayi, ... Thus I acted in many successful serials and then 'Banglavilutha' happened. But I did not get such start that I got in serials. The failure of that film affected my career in film world. I took advance for one or two films but somehow nothing moved forward. When I realised that film alone couldn't take me anywhere, I again became active in serials.

**Q: Several serial directors became active in serials. Did they not...?**

**A:** Many of them are my good friends. As I am well established in serials, they have to avoid me. Many of them asked me to cut short on my serial commitments so that they could offer me opportunity in films.

**Q: Have you obliged?**

**A:** Not exactly. Anyway, currently I'm doing only one serial, 'Ninte pennu' of 'Kazhivil Manorama'.

**Q: Now, in the film 'Thinkaluthal Velli vare'...**

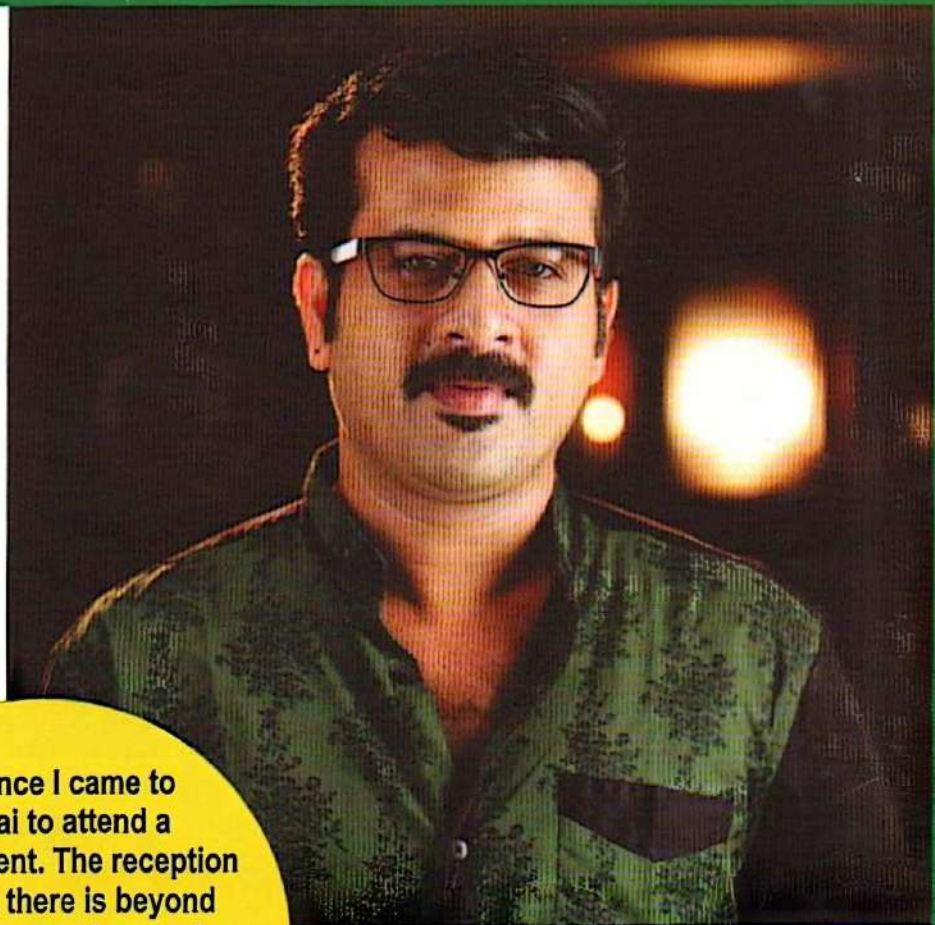
**A:** Yes, with Jayaramettan and Anjali Tomi.. But in that I am the serial actor Sajan Soorya and not as any other character.

**Q: Is serial essential for the survival of channels?**

**A:** 101 percent. Not only in Malayalam, but in other languages also, it is the serial that makes the channel popular. Whatever super hit movies you have, the audience for serial would be undoubtedly there.

**Q: But how long the people would remember the serials and their characters?**

**A:** It is a wrong notion. I know many people who still remember the negative



**Only once I came to Mumbai to attend a Malayali event. The reception I received there is beyond words. It was very heartening. When they told me about the characters I did in serials and congratulated me, I realised the value of mini-screen.**

character that I did in the serial Sthree in 2007. The same case with my character Mahesh that I did in Kumkumappoovu,

even after one year.

**Q: A character you desired to portray... or any serial you wanted to be a part but could not..?**

**A:** It is immaterial if a character or a particular serial is desired. Whatever I did in serial I liked. Mahesh in Kumkumappoovu was a powerful character. Further, I like to do negative characters. Since majority of the audience of serials are women, most of the characters are also female. And they would shine more.

**Q: There are many from the cinema-serial field entering politics.**

**A:** There is no rule that artistes shouldn't

enter politics. These are all personal matters. It is the desire to do something good for the society that drives Sureshettan (Suresh Gopi) and others to enter politics. Our artistes are not having any personal animosity. Despite the political differences, our artistes are bound by unity.

**Q: About Mumbai... and Mumbai Malayalees...**

**A:** It is a tough question. Only once I came to Mumbai. To attend a Malayali event. The reception I received there is beyond words. It was very heartening. When they told me about the characters I did in serials and congratulated me, I realised the value of mini-screen.

**Q: Family?**

**A:** I am settled in Thiruvananthapuram. We are like a joint family. Me, wife, two children, my mother, parents of my wife, my younger sister... a big family.

# STAR SCHEDULE



## MAMMOOTTY

■ After more than a dozen flop films, Mammootty found box office success in *Fireman* and *Bhaskar the Rascal*. He is now busy with '*Utopiyale Rajavu*' directed by Kamal. After *Raappakal* and *Karutha Pakshikal*, Kamal had a long sabbatical. The new film is a satire and has Jewel Mary, who debuted in *D4Dance*. Mammootty is now doing this film after completing National Award Winning director Salim Ahamed's *Pattemnnari* and Marthandan's *Accha Din*. This has screenplay written by P S Rafiq and photography by Neel D'Cunha who did '*Ennum Eppozhum*.' The film is shot in Thodupuzha and Thiruvananthapuram.

## SURESH GOPI

■ After completing *Rudrasimhasanam* of Sunil Parameswaran, Suresh Gopi is busy with *Samsthanam* of director of explosive films, Shaji Kailas. The director was away from the limelight for the last three years. Both the director and the actor need urgently a superhit to establish their positions in Malayalam movie world.



## DILEEP

■ Doubts are on the rise about the dwindling popularity of Dileep after the failure of *Maryadaraman* and the divorce with Manju. Despite the moderate success of *Chandrettan Eviteya*, the doubt still persists. The present generation is not very receptive to his stale comedy. He is currently working in *Love 24x7* of Sribala K Menon, the first assistant to Sathyan Anthikkad.



## MOHANLAL

■ Mohanlal was disappointed when his much expected '*Ennum Eppozhum*' turned out to be an average hit and '*Laila O Laila*' crashed. After *Drishyam*, he couldn't get a clear hit. In such situations, Renjith always came as a savior. He now looks forward to Renjith's '*Loha*' and is busy with *Kanal*, directed by Renjith's assistant M Padmakumar. The storylines of both films are confidential even now. A lot of expectations are there on the last mentioned two films. The last film of Renjith and Padmakumar is *Spirit and Shikar* respectively. They would hit screen during Onam and Diwali.

### JAYARAM

The new surge of young actors resulted in pushing actors like Jayaram to the rear. All the films he did during the last three four years turned out to be duds. His last film 'Thinkal muthal Velli vare' in effect was exhibited from Velli to Thinkal in theatres. The success of Drishyam showed that good family entertainers still have a market in Kerala despite the age of the actor, and this gives a little hope to Jayaram.



### DULKAR SALMAN

■ It is time for Dulkar Salman to add one more name to the list of his hit films such as ABCD, Ustad Hotel and Bangalore Days. Though Mani Ratnam's O Kathal Kanmani helped him prove as a good actor, the film failed to attract viewers to the theatre. His 100 Days of Love raised a lot of hope but failed to deliver. His next project is directed by Martin Prakart of ABCD film.



### PRITHVIRAJ

Prithviraj is known to choose his films very carefully. This helped him to get moderately successful films but it is time for him to get a solo hit film soon. It is unfortunate that Shyamaprasad's



'Ivite' did not attract many a youth inspite of its English speaking. After completing Ennu ninte Moideen of debutant director R S Vimal, he is busy with Nadirsha's Amar Akbar Antony, sharing space with Jayasoorya and Indrajith.



### NIVIN PAULI

■ Nivin Pauli is the most sought after actor now by the theatre owners and channels. Since the release of Premam, film lovers of Kerala are under the siege of the actor. In many theatres, the film started at 8.30 am and continued till 11.30 pm and the repeat viewers are many in the queue before the ticket counters. His next film is Action Hero Biju, an action comedy as the name suggests. Along with the producers of 1983, a hit film, Nivin is a co-producer of this film. There are rumours that plans are afoot to put obstacles in its production and the shooting had to be stopped for a couple of days. Nivin tweeted about the steady progress of the film to reassure his fans.

## Director Kamal comes with a Hindi movie



■ Tamil's Ulka Nayakan Kamal Hasan is coming to Bollywood with a Hindi film, after a hiatus of 18 years, based on his own story and screenplay besides direction. Interesting aspect is that two leading actors Mohanlal and Saifali Khan besides Kamalahasan would be there in the film. The movie is tentatively titled 'Amar Hain.' Kamal was keeping its story for the last 15 years in his mind. Soon after the completion of his Tamil film 'Thoonkavanam', the production work would commence. There will be two heroines but the actresses are yet to be finalized. Besides Hindi, it will have Tamil and Telugu versions. The Tamil title will be 'Thalaivan Irukkirar'. The film will be shot in Delhi, Mumbai, Dubai, London, Jordan and America. Virendra K Arora and Arjun N Kapoor are the producers.

The role of Mohanlal is under wraps. Lal and Kamal were last seen in 'Unnaippol Oruvan.' Lal's last Hindi film was Tess and this film would be his fifth Hindi film. Kamal's last Hindi film was Chachi 420. His *Viswaroopam*, *Hey Ram* and *Mumbai Express* were also dubbed into Hindi.

While Saif is the hero of the movie, Kamal will be the villain, a villain with a different look and character. Contemporary politics, black money and underworld would form the background. Though these subjects were used upten times, Amar Hain will present them in a new perspective. It will be an out and out action thriller attempting to please all sections of the audience.



## YUVA Football League 2015

■ Sree Narayana Mandira Samiti YUVA (Youth Wing) successfully hosted its inaugural YUVA FOOTBALL LEAGUE 2015 at its Chembur facility on June 28. The event started at 9 am with a kick off ceremony graced by K Gopidhas, Zonal Secretary Sree Narayana Mandira Samiti Zone 3 and Anish Damodaran, Convener Sree Narayana Mandira Samiti YUVA and later being joined by the President of Sree Narayana Mandira Samiti, N Sasidharan. Nine teams participated from various SNMS units across Mumbai.

They were apportioned into three groups: Group A - Powai, Chembur and Thane; Group B - Ghatkopar, Kalyan and Sakinaka; Group C - Airoli, Mira Rd and Tarapur. Nine Group stage matches were played amongst these teams.

After the quarter finals and semi finals, the two finalists Powai and Kalyan began the battle for the YFL 2015 cup. As was the case for most games of the day, the finals too turned out to be one peach of a match and it went right down to penalty shootouts. Spectators were too animated with the kind of performance that was on display. In a moment of awe, Kalyan struck gold by striking a wonderful goal of their final penalty shootout. The crowd ruptured in volumes and Kalyan emerged as the Winners of the YFL 2015. They had defeated Powai who by then had successfully made their mark and won a lot of respect because of some consistent display of top

level football.

The Event ended at 7 pm with the presentation ceremony graced by many senior officials from Sree Narayana Mandira Samiti.

The following players were felicitated for outperforming on the day:

Man of the Series, Ashwin from Airoli (struck 4 goals in the day) was felicitated with the Man of the Series trophy by N S Salim Kumar, General Secretary Sree Narayana Mandira Samiti.

Hot star of the day, Sunil from Sporting Powai FC was felicitated with a medal by M G Raghavan Zonal Secretary Sree Narayana Mandira Samiti Zone 1

Best Goal Keeper, Ashiq from Kalyan Chekavarzz was felicitated with a Football by Sasi Damodaran, Zonal Secretary Sree Narayana Mandira Samiti Zone 5

All the captains were honored for their valuable participation in YFL with a medal each by M G Raghavan Zonal Secretary Sree Narayana Mandira Samiti Zone 1, K K Susmeran Zonal Secretary Sree Narayana Mandira Samiti Zone 2 and V K Hiralal Treasurer, Sree Narayana Mandira Samiti.

The runners - up trophy was presented to Powai captain Sunil by N Mohandas Vice-Chairman Sree Narayana Mandira Samiti. And finally the proud moment for which everyone was waiting, the winner's trophy was presented to Kalyan captain Shine by M I Damodaran, Chairman Sree Narayana Mandira Samiti.



# Kerala in Mumbai

**LINKING MUMBAI MALAYALEES**

Email: [keralainmumbai@gmail.com](mailto:keralainmumbai@gmail.com)

Website: [keralaimumbai.com](http://keralaimumbai.com)

— 98201 10509 —