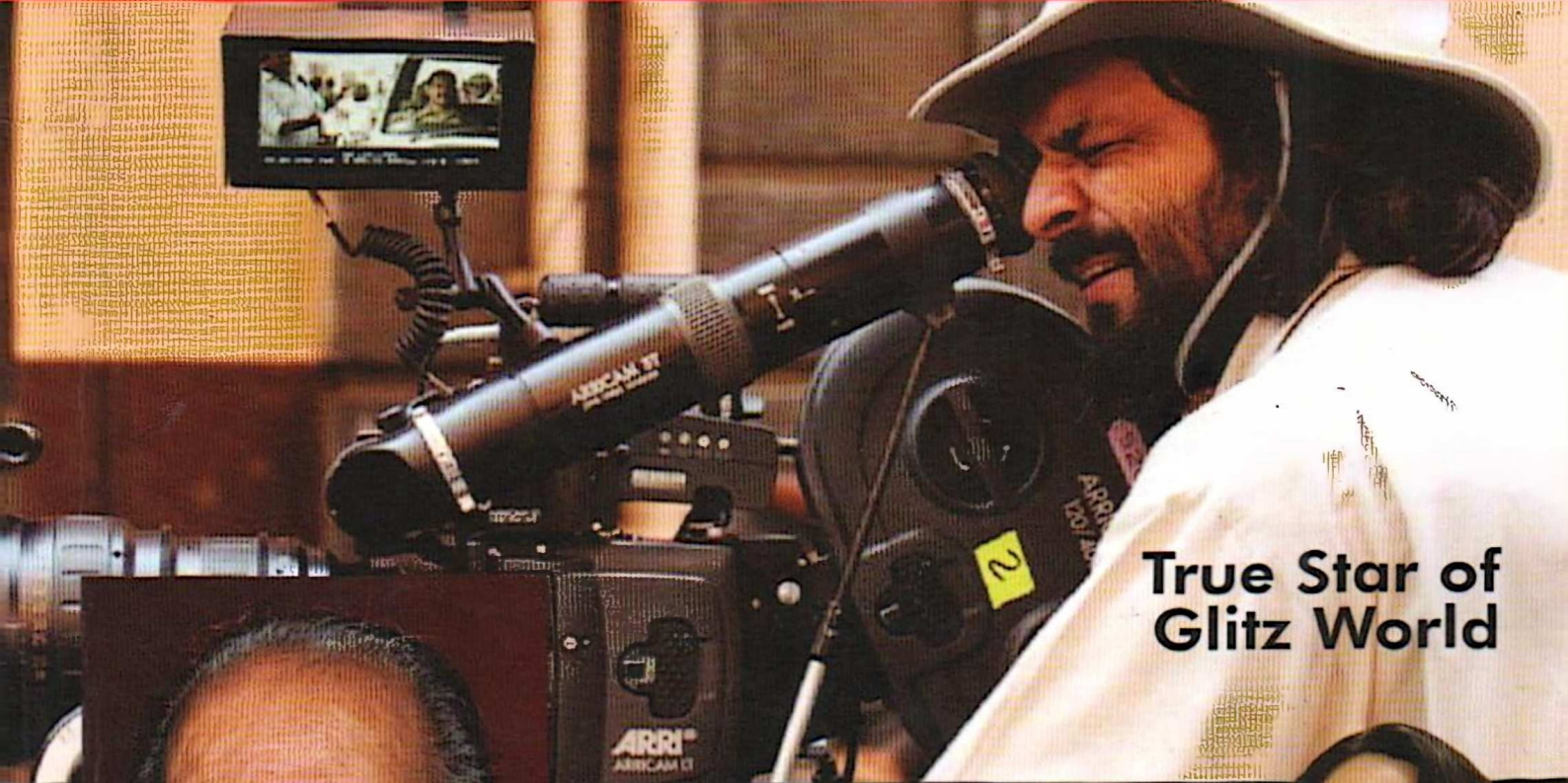


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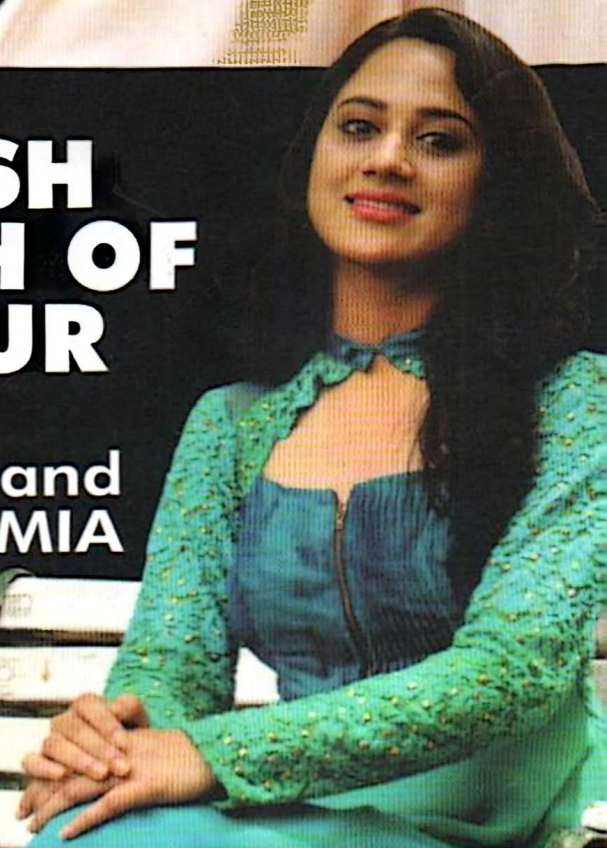


**True Star of
Glitz World**



**AADARSH
PURUSH OF
CHEMBUR**

**Bold and
Beautiful MIA**

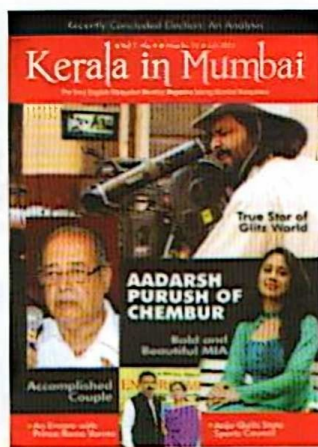


**Accomplished
Couple**



■ **An Encore with
Prince Rama Varma**

■ **Anju Quits State
Sports Council**



EDITORIAL

05 Need of Caesar's Wife

SCIENCE

13 TIFAC perspective of blue sky research Dr A P Jayaraman

POLITICS

36 A peep into the results of the five states' assembly elections P R Krishnan

ARTICLES

21 The Art of enhancing of efficiency in work
Prof Dr John Mathews Vazhappilly

29 SOF Olympiads world's biggest Olympiads Dr Suresh Nair

45 Malayali nurses face big crisis Biju Cherian

MEMOIRS

16 The Puttu story K R Narayanan

40 Towards a clean and green Mumbai V Balachandran

PERSONALITIES

07 Comrade R S Naman Parur S Ganesan

11 Accomplished couple V N Gopalakrishnan

26 K U Mohanan Usha R. Menon

31 Anand Neelakantan Sriprakash Menon

FEATURES

48 Mumbai News Digest KIM News Bureau

59 Guptakashi Kunnam Vishnu

64 Health & Beauty Dr (Major) Nalini Janardhanan

70 Movie World - Bold & Beautiful - Mia Podmokumar

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NEED OF CAESAR'S WIFE

We are not against removing people with negative traits, or their services terminated before the allotted period is completed. However, when the person concerned is non-controversial and services are satisfactory though not exceptional, he or she is expected to complete his/her terms. Since independence, this practice was followed in letter and spirit unless those persons bring disrepute to the body he heads.

When Janata Party ascended the throne of power in the general elections after emergency having been lifted, the Morarji Desai government dismissed all state governors earlier appointed by the Indira Gandhi government though many of them did not complete their tenure. Cases were filed in courts, Supreme Court ruled that the appointing authority had every right to withdraw them. Though Janata Party had a huge majority, it did not run its full period and when Indira returned with a similar huge majority she replicated what Janata Party did to her. She humorously stated that she learned it from her predecessors. Tit for Tat!

Now whenever a government of a party or alliance changes, this exercise is being replicated without fail. When Modi Government took over, public ire rose when the government appointed Gajendra Chauhan alias Yudhishtir of old Mahabharat as Chairman of Film and Television Institute of India. Then the entire students boycotted the classes for a couple of months. The film industry stood behind them in solidarity. Recently Chetan Chauhan, former cricketer, was appointed Chairman of National Institute of Fashion Technology. An entertaining decision!

In Kerala, secretaries of several departments got shuffled when LDF formed government. There was a complete overhauling in State Police. DGP T P Sen Kumar was replaced by Loknath Behera IPS, forcing Senkumar to approach the Administrative Tribunal.

The Anju George episode created tremors in Kerala. Hers was not a political appointment. Yet the present minister of Sports is said to have insulted her when she made a courtesy call. It created a hue and cry in the state. Minister could have avoided that bitter episode.

Dr Manmohan Singh brought Raghuram Rajan who was doing well in US in the academic field, as Governor of Reserve Bank of India on a five year term. The changes he brought in the country were well appreciated by all who made their mark in Indian industry. When Rajan was contemplating a likely second term, Dr Subramanian Swamy fired the first salvo. Dispirited, Rajan opened his mind and said he would return to the academics once he lay down the office. Swamy followed it up by attacking Chief Economic Advisor Arvind Subramanian and Economic Affairs Secretary Shaktikanta Das, people who generally do not speak to the media on personal matters. Now Prime Minister Narendra Modi indirectly asked Swamy to keep his mouth shut.

For want of space, we do not want bring in more names. Insult to reputed personalities occupying important positions would discourage other people to take up new assignments in India for fear of staining their images. If such a situation happens, it would indeed be bad for a resurging India.

Indian administrative system has evolved with political representatives of the people in law making bodies, bureaucrats, and many other bodies specially constituted. It is also recognised that government of state or union cannot delve into all possible aspects of administrative systems that would bring new ideas and activities for the betterment of people. They have to depend on experts to bring solutions.

It is time to stop this kind of appointments of personal or political favourites in key positions. In all appoints, the authorities should ensure that the person/s chosen are apolitical, well qualified, experienced and also mentally balanced. Moreover, the integrity of the chosen person should be above suspicion. They should also ensure that public money is not meant for squandering and not for personal aggrandisement.

Thought provoking article by Manasi

The article by Manasi, June 2016, 'Illogical Traditions to Be Retained?' was indeed thought provoking. It revolves around God, Temple, Women, and Tradition and questions the need for restricting entry of women (of certain age) into the temple based on upholding the age old tradition.

A tradition is defined as an inherited, established or customary pattern of thought or action; a belief or custom thus handed down. In a changing social scenario where men and women are equal entitling them to enjoy same constitutional rights, why the traditional barrier block entry of women into the temple, a dwelling place of the deity worshipped. If tradition forms a part of our culture, our cultural countenance has changed; and continue to change by absorbing fads, fashions and values of different cultures facilitating access to modern life with liberal ways and effortless ease to carry on.

Who are the guardians of tradition? What are their real objectives in safeguarding the tradition when erudite female force effectively raises their genuine demands of entry into the temple of God? God is our creation; temples and tabernacles are built by us. God does not practice gender discrimination. It is the individual with vested interests engage in discrimination to retain and sustain their power and fortunes against a silent majority. History had taught us that cultures change, civilizations disintegrate and mankind move evolving and embracing new traditions.

If we consider an individual as a living temple of God and pursue spiritual evolution, the temples made by men with bricks, stones and mortar are only a reminder of the past glory. They stand as a monument and an expression of human thought and effort without any impact on the individual soul, which is a part of the ultimate spirit.

Aath maiya devatha: Sarva sarvamatmanya vasthitham?

"All Gods are even the Self: all rests on the Self."
(Manusmriti xii,119)

*Jose Chemmassery
Chembur*

I wish to congratulate Mansi for her above article in the June issue. It was bold, thought provoking and timely even though debatable. I suggest she should read the article by famous writer Sugathakumari in Mathrubhumi. Mansi will get answer to several valid questions raised by her in the article. I also thank "Kerala in Mumbai" for publishing this article.

*Unny Damodaran
Mulund*

Transitions of local names

Maamallapuram, popularly known as Mahabalipuram, is a famous tourist spot near Chennai, the capital of Tamilnadu.

Emperor Mahendravarman, of the Pallava dynasty, who ruled the South India with Kanchipuram as his capital in the 7th century AD, was a great patron of art and sculpture. He built seven rock temples out of which only one remains at Maamallapuram for us to see and admire. The rest have been eroded by the sea over the centuries.

Those days, there was a Chinese wrestler who went round challenging wrestlers from various countries for a bout and defeating all of them. At last he came to Kanchipuram where prince Narasimhavarman, the only son of emperor Mahendravarman, took up the challenge and defeated the Chinese in a wrestling bout. Highly pleased, the emperor decorated the prince with the title Maamalla meaning great wrestler. In appreciation, he also named his pet project, the city of rock temples, after his favourite son as Maamallapuram.

The name has degenerated to Mahabalipuram though neither the place nor the sculpture has anything to do with the demon king Mahabali.

*Rukmini Venugopa
Andheri*

Printers Devil

In our last issue, in a note under the title MOTHER'S INFLUENCE, written by Rukmini Venugopal the words 'sangeetham' and 'sangedham', were erroneously written 'sadangeetham' and 'sandagedham' respectively. The error is regretted.

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

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Comrade R. S. NAMAN

THE AADARSH PURUSHA OF CHEMBUR

“Aadarsh” in recent times has become a dirty word, thanks to the babu-politician nexus who have gang raped the concept. Yet mercifully, it still retains its original flavour sanctity and ideology in Chembur- one of Mumbai's suburbs... Adarsh Vidyalyaya founded by a few Communist Party workers and activists with leftist leanings- all of them ideologists and visionaries- in the late 50's of the last century lives upto the name and spirit and conducts itself a role model in education, worthy of emulation.



Parur S. Ganesan

■ R.Sahasranaman, abbreviated to R.S.Naman and “Chaathu” to his childhood peers, associated with the movement right from conception and now the President of the

School since 1993 for over 23 years is the main force behind preserving the ideology with no dilution or alteration. He ensures that the adarsh spirit is always up in the affairs of the school.

Naman, the last but one of 13 siblings of his father, hails from North Parur, a town in the erstwhile Princely State of Travancore and now a part of Greater Cochin. Like all his six senior brothers, penury drove Naman to Bombay, the City of Gold at the age of 16 even as he had written his Matriculation examination, results yet to come and he not quite confident about the outcome. Naman's father, a second generation migrant from Tamil Nadu, had a flourishing textile business running two shops in the town, then referred to as “piece goods” shop. One of his employees whom he trusted in the business cheated him by misappropriating Rs.18000/- in or around 1925 and vanished which totally shattered him financially and drove him to the ground. He later managed to get the job of an administrative clerk (Karyasthan) of a Namboodiri land lord and the salary thereof was so meager he was not even able to meet the family needs and often resorted to borrowings.



Very often Naman like his brothers had to skip the classes in the school or pay fine for defaulting the monthly fee of Rs.3/- in those days.

Naman landed in Bombay in 1952, with an empty pocket, but full of dreams and the only asset he carried with him was saturated Marxian concepts which

he had acquired during the school days from Comrades who were aplenty in his town and enjoyed preaching the same. It did not take him long to identify birds of the same leftist feathers in Bombay and he plunged himself to his political ideology and taking the same to the street.



The Samyukta Maharashtra agitation was then gaining strength and momentum and Naman was not the one to ignore it. He deeply involved himself with the movement and was severely injured in a lathi charge in Kamghar Maidan where the Police mercilessly hit him severely.

Initially he stayed along with his brothers in a rented apartment in Sindhi Society, Chembur and later moved along with them to Rajeswari Building in Chembur when they formed a Co-operative Housing society. With the knowledge of typing and shorthand he had already learnt during school days, it did not take him much long to get an employment in the city as his basic skills of stenography and typing were in great demand. His first employment was as a stenographer in Sundardas Saw Mills followed by International Produce Corporation and Bombay Export Corporation, owned and run by the veteran bureaucrat of Raj era, Mr.S.A.Venkataraman ICS who later fell into disgrace thanks to the corrupt business practices of his wife. Then he shifted his jobs quite frequently- ACC, James Finlay, Indian Arts Emporium and Marketing and Advertising Agency (MAA). He later joined Aiyer's Advertising, LP Aiyers and International Advertising & Marketing- all owned by Aiyers. These employments opened his eyes and kicked his conscience as never before- how unethically organizations were conducting business and exploiting the innocent public! By now he had become a Union activist and had been

regularly attending several study classes which infused in him the communist ideology (in those days the united CPI). As an activist attending several of such Marxism courses of CPI, Naman came into close contact with leaders and luminaries of the Party like Comrade A.K.Gopalan (AKG), EMS Namboodiripad (EMS), Ramamoorthy, Ranadive, K.Damodaran, S.S.Mirajkar and Ahilya Rangekar. Naman recollects with sweet nostalgia that in 1967 when he got married in his home town Parur, the wedding was attended by AKG and EMS (then Chief Minister of Kerala a second time)... something which became a talk of the town !

The ongoings in the Aiyer's Advertising were suffocating and even as Naman shared his feelings with a few of his colleagues, one fine morning 14 of them (including Mr.Walter Saldanha who later became a Celebrity in the Ad world) were sacked for indiscipline and questioning the Management. These 14 joined together, pooled their salaries and

in 1971
up with
their
unenvial
capital a
agency- Ch
Advertising.
(ESOP-even in
70's!) Naman of co
one of the Founder

Members and a share holder became Media Controller. Over a period of time he became the Media Director and continued in the Agency until 1995, when he voluntarily retired. During this period Chaitra was taken over by Le Brunnett of America and the agency came to be known as Chaitra Leo Brunnett.

Even as these job hops were taking place, Naman empowered himself by attending the evening/morning college. He completed his Intermediate and I (Hons) through K.C.College and in 1968 took his M.A.degree in Economics and Statistics from the University of Bombay.

The Samyukta Maharashtra agitation was then gaining strength and momentum and Naman was not the one to ignore it. He deeply involved himself with the movement and was severely injured in a lathi charge in Kamghar

Maidan where the Police mercilessly hit him severely on his sensitive (private) part. He was to be arrested and a warrant had been issued. The Police was on the chase. Naman went underground. One of his close friends harboured him for several days avoiding police attention.

There is something unique about the migrant Tamil Brahmin community. Living in cluster houses called "agraharams", right from childhood they are inducted into community services and selfless participation in public affairs which develops leadership qualities and management skills. It also enabled the development of an incredible capacity and confidence in them to handle many issues at a time without confusion or nervousness to perfection. Naman who hailed from an agraharam in Parur had acquired this unique quality. In 1954, even when he was job hopping, attending morning/evening classes and study classes of the CPI and yet struggling for survival, he along with a number of Comrades, progressive and socially committed Keralites (then known as Fellow Travellers), of Chembur set up the Chembur Malayalee Samajam. This soon evolved into Kerala Education Society under whose banner Adarsh Vidyalaya was started. Later it merged with Kerala People's Education Society (KPES) in 1961. Most of those who involved on this were hard core party workers and Comrades- all committed to the cause deep into the heart and with missionary zeal. Now most of them are no more and hardly a few in their late 80's are now living.* In 1962 KPES

The deceased include M.C.V. Menon (a freedom fighter who was in jail with AKG) T.R. Bolan, M.N. Krishnan, A.K. Nair, C.C. Ouseph, Ratnakar, A.L. Raghavan, Prof. Kumaran, ISCUS Thomas, Shreedharan Nair, Ashokan, Ashtan Namboodiri, R. Sitaraman (Naman's brother), A.K. Nair, C.P. Varkey, Com. M. Paramu, Sewri Kumaran, K.N. Krishnan, V.T. Hydrose, Madhavan Nair, Koran Master, K. Sreedhara Menon (Shreeman) to name a few

Those living now are K.P. Vasudeva, KVS Namboodiri, H.V. Hariharan, P.R. Gopinath, K.M. Achuthan, M.A. Karthikeyan, P. Vasievan, and Arjuna Menon, K.Rajan, and P.V. Ramakrishnan most of them even now actively involved and associated with school affairs.

started Adarsh Vidyalaya in Tilak Nagar (then known as Township colony) of Chembur in an open theatre space with 27 students. Later due to the sustained efforts of various Malayalee organizations, activists and with the active support received from the then Defence Minister Shri.V K Krishna Menon, Maharashtra Housing Board allotted a piece of land in Shell Colony on lease with permission to construct a school. The students of the school were mostly children of the low income group industrial workers, residing near about. Over the last 50 years the number of students and teachers of the School have grown tremendously, yet the basic philosophy of serving the economically weak, poor and down trodden has not changed.

The School now boasts of classes from Nursery to 10th standard with about 4000 students and 100 members of staff. The usable built up area of the School is about 60,000 sq.ft with a playground and also a multipurpose hall measuring 12,000 sq ft.

Smruti Irani, the Minister of HRD in Delhi, who is also in charge of education should take a leaf out of the School's philosophy and functioning. Long before the much publicized and yet rarely implemented RTE of the Government, Adarsh Vidyalaya, on its own had adopted and has been practicing it for over fifty golden years. 55% of the students are drawn from slums/chawls; 51 % of the pupils' parents are illiterate; 53% are SC/ST/Neo Buddhists and an equal number religious minority. Income wise 59% of the students fall below Rs.3000/- per month, 38% income



between Rs.3000/- to Rs.6000/- and only 3% above Rs.6000/-. Females constitute 47% of the students. Admission to the School is on first come first served basis; there are neither donations nor capitation fee linked to admission. Students are not required to pay any fee to the School at all and education is provided to them free. Eligibility is determined only on the basis of qualifying age. Every day nearly 200 students are provided free mid day meal in hygienic surroundings. Most importantly, the salaries of teachers are always disbursed on time through cheques on the specified dates! The entire focus of the School is student centric. For the last five years, the School has achieved 100% success in SSC results, notwithstanding the composition of the student community. (In the latest year however the result was 99.2%)

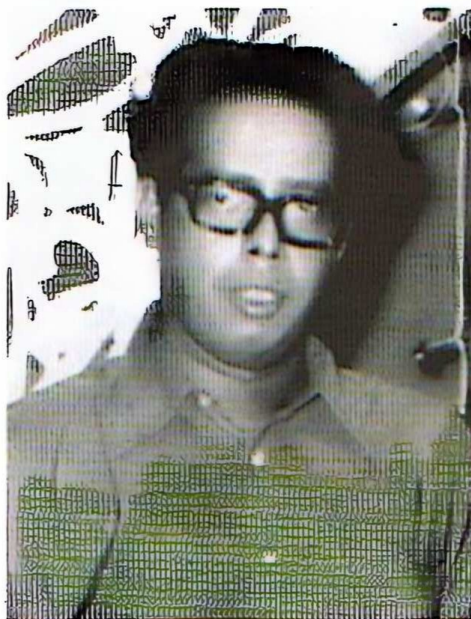
The intervention of the School is not confined to education. The School has been performing beyond education into humanitarian areas too. One such activity which brought laurels to the School was its handling nearly 40,000 evacuees from Kuwait in 1990. They were accommodated in the School premises for weeks and all facilities including food were provided to them until the then Prime Minister V P Singh organized their transportation to their home States- a step lauded by many State Governments, Social Organisations like TISS and even the Chief Minister and Ministers of Kerala complimenting the School.

The Government of Kerala has been supporting the School in its own ways. It donated three buses including one in 1990 from Kerala State Road Transport Corporation's fleet for the use of the School children which are even now in operation, retaining and displaying the KSRTC logo on Mumbai roads !.

With the brain totally indoctrinated to Marxian principles and the real red Communist blood running all his veins for over 80 years, money was always lack luster for Naman. His mission has always been to serve the community with particular reference to the weak, the down trodden, the underdogs and the deprived. So much so, in 1980, when consequent of Chaitra's take over by Brunnett, Naman received an unimaginable amount as the compensation value of the original shares held by him in his name, he donated out of this an amount of Rs.30 lakhs to *Udavum Karangal*, a Chennai based NGO for deprived orphans. "Why



Adarsh Vidyalaya, Chembur



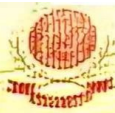
R S Naman - then and now

should I need so much money?... it has come on its own just like that.... Not with my efforts", he told his understanding wife and children who fully endorsed his views. He also brought a piece of land in a prime locality of Coimbatore and donated it to construct a Memorial in the name of veteran Comrade EMS. Naman is also actively involved with several philanthropic activities and has made substantial contributions to renowned institutions dealing with Terminal Cancer and Leprosy eradication and for the slum rehabilitation scheme of TPS III in Bandra.

Believing that it is the empty stomach that makes all politics, Naman

ensures that those around him do not starve for want of money. On the salary day of every month Naman used to call his driver's wife to a kirana shop in Chembur and bought for her family all the provisions and other items like toiletries through for a month and paid the bill directly to the shop. The balance of the salary he gave to the driver who could do whatever he wants to do with the money.... but the family was never allowed to starve.

Naman is blessed with a daughter and a son and both of them live in America. His school going grandson is making waves in the literary field among Asian Indians. ■



प्रवर्तन निदेशालय
राजस्व विभाग, वित्त मंत्रालय, भारत सरकार
Directorate of Enforcement
Department of Revenue, Ministry of Finance, Government of India



Mr. Joseph George receiving the Award from Mr. Jayant Sinha, Hon'ble Minister of State, Government of India.



Joseph George and Ancy Joseph

Accomplished ED official and KV teacher receive national recognition

The services of Mr. Joseph George, an Assistant Director with the Enforcement Directorate (ED), Mumbai and Mrs. Ancy Joseph, a TGT (Maths.) teacher of the Kendriya Vidyalaya, IIT Powai have been recognized and felicitated separately by their respective Departments for the excellent services rendered by them. Mr. Joseph George has been presented with the National Award for his meritorious service and outstanding performance by the

Enforcement Directorate, Department of Revenue, Ministry of Finance, Government of India on the occasion of the Enforcement Foundation Day celebration held at New Delhi on April 30, 2016, whereas Mrs. Ancy Joseph had been presented with the KVS National Incentive Award by the Ministry of Human Resources Development, Government of India on the occasion of KVS Foundation Day celebration held at New Delhi on December 15, 2015.

Mr. Joseph George has put in 30

years of service with the Enforcement Directorate in various places including Mumbai, Trivandrum, Goa, Chennai and Nagpur, out of which, 23 years were in Mumbai. Assistant Director of the Enforcement Directorate since 2011, he is being promoted as Deputy Director. Currently, he deals with Foreign Exchange related crimes and also money laundering crimes under the provisions of Foreign Exchange Management Act (FEMA) and Prevention of Money Laundering Act (PMLA) respectively. Mr. Joseph is involved in the collection of intelligence and investigation leading to the prosecution of the guilty. He received the National Award from Mr. Jayant Sinha, Hon'ble Minister of State, Ministry of Finance, Government of India.

Mrs. Ancy Joseph has been serving as TGT (Maths.) teacher at Kendriya Vidyalaya, Powai since 1996. Prior to that, she served at the Kendriya Vidyalaya, Colaba for 8 years. In the year 2012 she received the Regional Incentive Award. Both Mr. and Mrs. Joseph George are hailing from Muttar village in Kuttanadu Taluk, Alleppey

District, Kerala. They studied at St. George High School, Muttar and St. Berchman's College, Changanacherry. While Mr. Joseph is a post-graduate in Mathematics (M.Sc), his counterpart is a post-graduate (M.Sc) in Physics, both passed out from the illustrious St. Berchman's College, Changanacherry.

Both Mr. and Mrs. Joseph George are hailing from Muttar village in Kuttanadu Taluk, Alleppey District, Kerala. They studied at St. George High School, Muttar and St. Berchman's College, Changanacherry. While Mr. Joseph is a post-graduate in Mathematics (M.Sc), his counterpart is a post-graduate (M.Sc) in Physics, both passed out from the illustrious St. Berchman's College, Changanacherry.

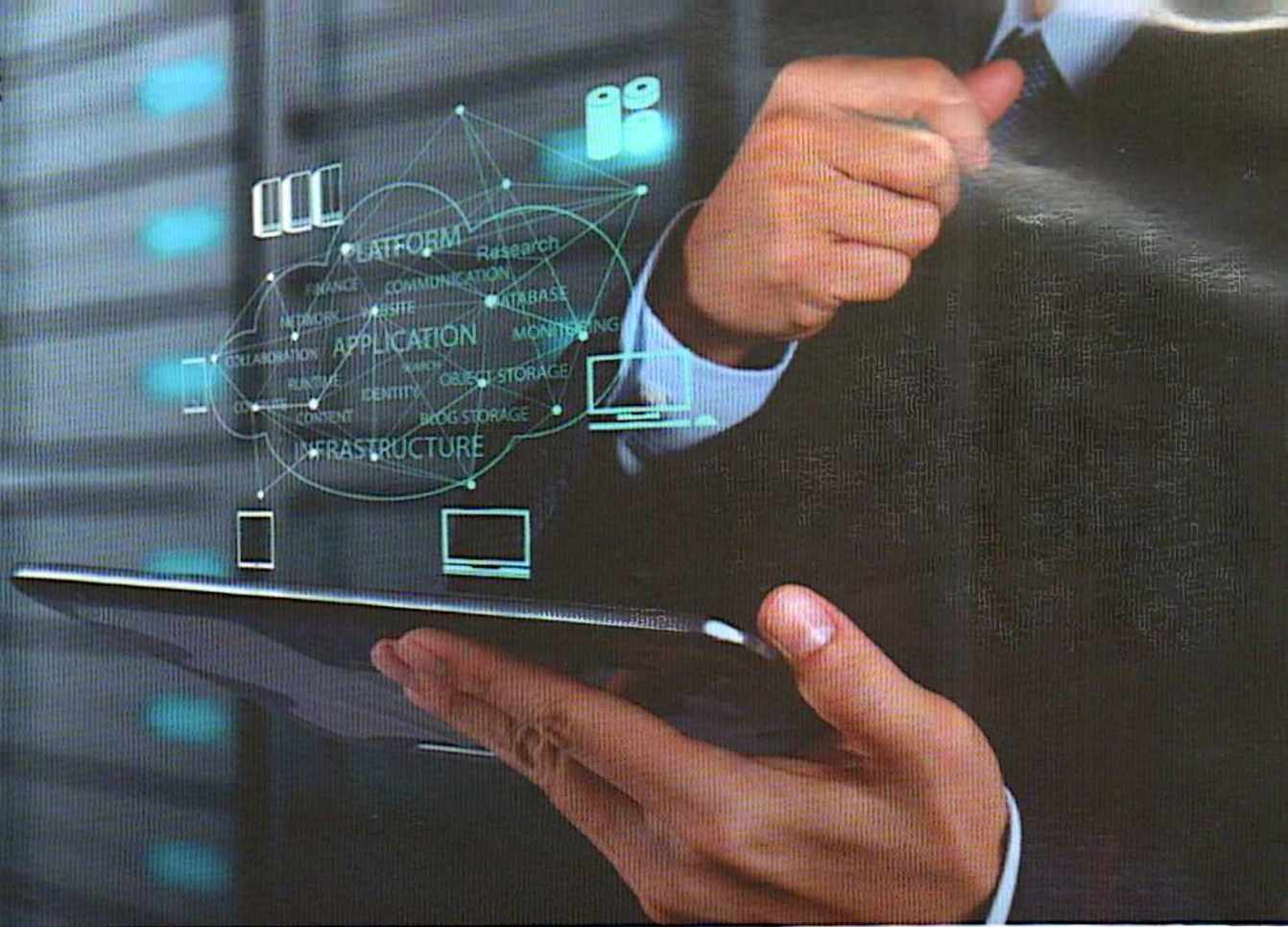
Mrs. Ancy's parents were also teachers, who retired as Head Master and Head Mistress. Mr. Joseph's father had served as a Village Extension Officer, whereas his mother is a housewife.

Both Mr. and Mrs. Joseph George are residents of Powai for more than two decades. They have two children. While the elder son Tony Joseph, who has done his B.Tech (Electronics & Telecommunication) from Fr. Agnel Engineering College, Vashi and served in Infosys Technologies Ltd for more than 4 years as a Technical Analyst has now completed his Masters Course in Information Systems (MIS) from New York Stern University, USA. He is due to join at M/s. Amazon Inc. at Seattle, USA as a Senior Programme Manager. The younger son of the couple has completed his B.Tech (Mechanical) from Don Bosco Engineering College, Mumbai and getting ready to pursue Masters Course in Engineering Management (MEM) from the North Eastern University, Boston. The accomplished couple had recently visited New York to attend the Convocation of their elder son.

- V N Gopalakrishnan



Mrs. Ancy Joseph receiving KVS National Incentive Award



Pure Science in Technology

TIFAC PERSPECTIVE OF BLUE SKY RESEARCH

India Vision 2020 was a brave new attempt of development strategies as envisioned by Dr A P J Abdul Kalam with a team of 500 experts coordinated by Y S Rajan.



Dr A P Jayarman

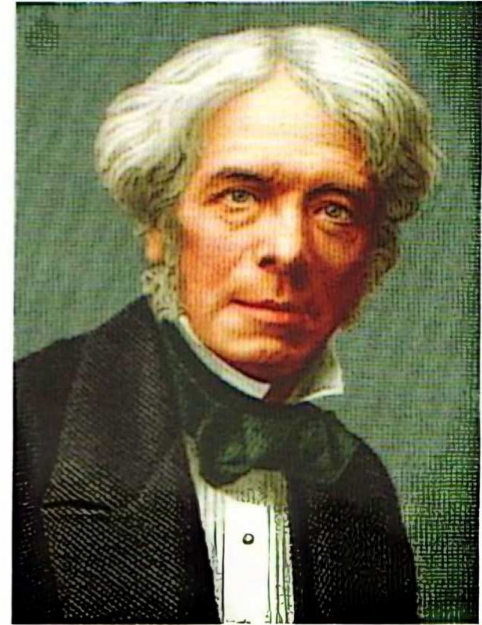
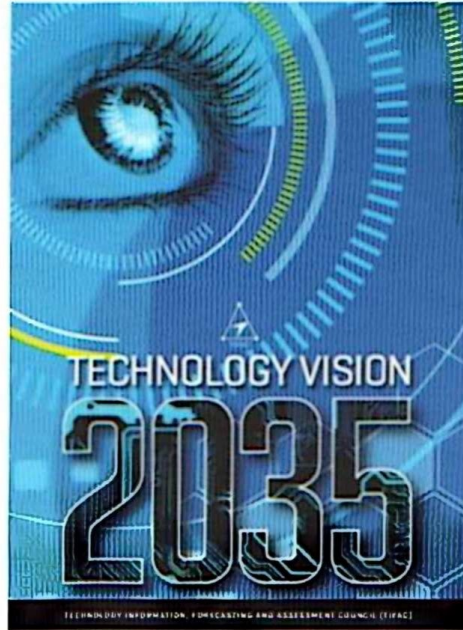
■ The great expectation was to transform the nation into a developed country by 2020 in five areas of agriculture, infrastructure, education and health, ICT and Critical Technologies. It originated from Technology Information Forecasting and Assessment council-TIFAC- of the Department of Science and technology. We have just four years to go to the end of that vision. The visionary is no more and the vision has blurred. We still have miles to go to our development goal.

Now we have a transformative Technology Vision 2035 wrapped in technoscience on the development horizon under the mentorship of Dr Anil Kakodkar and the leadership of Dr Prabhat Ranjan from the Think tank TIFAC team. This massive exercise of scenario creation and brain dancing spanning over three years with direct inputs from over 5000 experts and with indirect inputs from another 20,000 specialists has brought out a seminal document which captures a snapshot of Technological India in 2035. We need to understand it, appreciate it and align ourselves to the many interesting points made in that flagship document.

At first blush TV-2035 has higher resolution and greater depth. It is technology intensive and deals with

twelve sectors Education, Medical Sciences and Healthcare, Food and Agriculture, Water, Energy, Environment, Habitat, Transportation, Infrastructure, Manufacturing, Materials, Information and Communication Technology. Education has been decoupled from Health sector which has been expanded into Medical sciences and healthcare. Transportation is disengaged from infrastructure for closer analysis and new sectors were brought into focus.

Definitive impact of technology on scientific research is discernible in this decisive document and should engage the attention of science managers as the turn to technology is on. This opens a new window to technoscience. Also to be expected is a more meaningful



conversation between the publics and those developing the technology.

Blue Sky research

Scientific research in domains where its immediate application is not luminously obvious goes by the odd name Blue Sky Research (BSR). It is the purest of pure scientific quest driven by unalloyed curiosity and is the pursuit of “useless” knowledge by indulgent ivory tower scientists. It has many aliases like basic research, research without a goal and bottom-up research. Why is the sky blue? Is an archetypal question of BSR.

There is a stale legend attributed to physicist Michael Faraday who discovered electromagnetism. When British Prime Minister Disraeli asked him, “What use is all this?” an unflappable Faraday responded “What use is a new born baby? Someday, Sir, you may find a way to tax it.” As a science storyteller I have narrated this to many students with telling effect to drive home the utility and beauty of good science questions peppering it further with Edison effect.

BSR is best illustrated in contrast with applied research or agenda driven science which is top-down and problem directed. Frown lines appear promptly as risk-averse fund donors of commercial and venture capitalistic hue recall their pet parameter of return on investment. People's Science

Movements in India were also hostile to BSR as they advocated appropriate and relevant technologies. Public Research Rupee is hard to find for this because value for money is not evident at first sight. Unanticipated outcomes resulting in major breakthroughs are often cited in defense of BSR.

The beautiful minds that created the draft of Technology Vision 2035 were

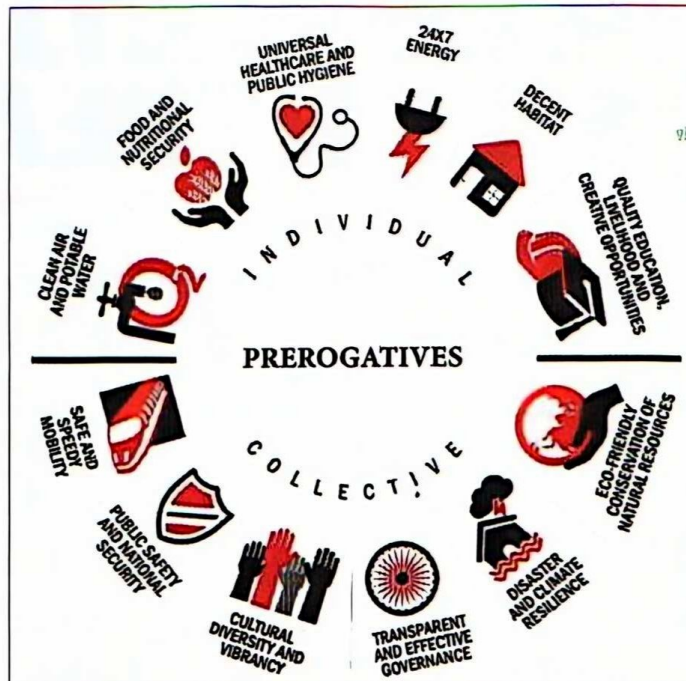
Indians today and hooks on to the needs of Indians in 2035.”

Health

Healthcare sector vision brings to mind the Einsteinian dictum “Concern for man and his fate must be the chief endeavor of all scientific activity. Never forget this in the midst of equations and graphs.”

In this sector admittedly where the desired outcome has not been achieved or to borrow the metaphor of TV2035 the figurative India horse was only walking, intensive and extensive introduction of advanced technology is sine qua non. Prophylactic, promotive restorative and rehabilitative technologies have to be massively deployed. BSR has been distinctly highlighted in four areas namely Gene manipulation in geriatrics, neo eugenics to combat rare diseases, organ regeneration and bioscanning for multiple pathogen burden. There are eleven future technologies expected to be functional by 2035 and the BSR is dovetailed to those

technologies. Personalized medicine, Digital Health delivery, Brain Computer Interface, Synthetic Biology, Next generation genomics, Wearable devices, Bio-printing and regenerative Medicine, Optogenetics, Robotic surgical system, and Controlled drug delivery and Smart Assistive devices are the titles of technologies in the market place. BSR



not blue sky thinking when they recognized and identified pure research areas. The analytical framework and the sociological underpinnings and technological assessments create necessary and sufficient boundary conditions to stray into the tempting unknown unknowns. “The vision is anchored in the aspirations of the

also addresses the issue of a Greying India in 2035. This ought to be music to the ears of biological scientists to be in the vanguard of cutting edge research.

Habitat

Another sector where BSR ideas have been presented is that of Habitat. Daunting challenges have to be encountered here. With the number of cities having one plus million population poised to rise from 53 to 68 by 2030 and with an estimated demand of 690 million square metres by 2035 Habitat management is a formidable task. The present urban and rural housing shortage is at 18.8 Million and 47.4 million respectively and superimposed on that is the expected heavy demand of 40 million by 2035.

Against this grim background the need for BSR has been proposed in six domains namely housing to adapt to unexpected situations such as changing climates, earthquakes, cyclones and fire, interactive building interiors with touchscreen, building as living organisms, city beneath a city or a desert, cement and water free concept and even the exotic exploration of habitation on the Moon and under the sea.

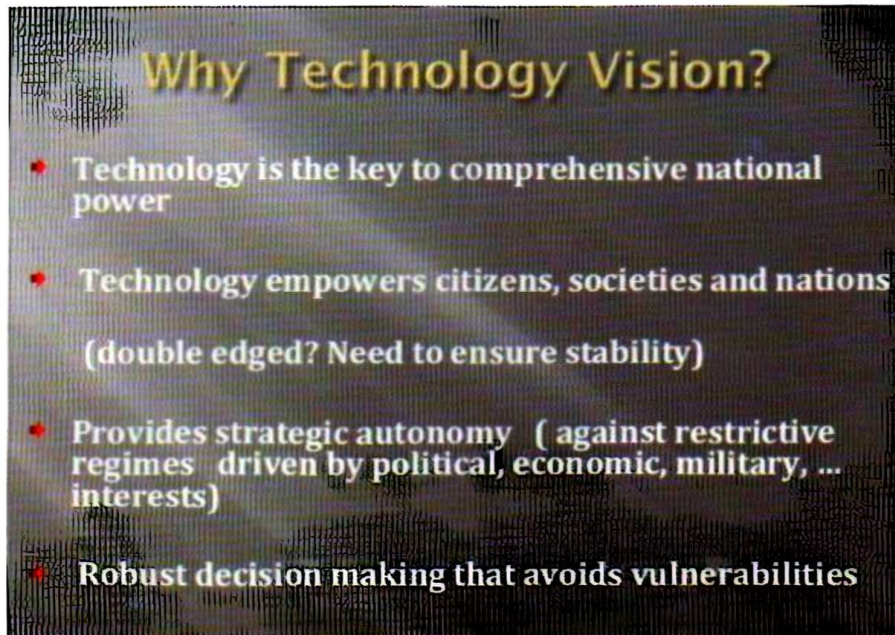
Information and Communication Technology

In this sector where the vision is to jettison paper totally and to create a paperless 2035 across all activities and services over a wide range of application areas without physical computers, BSR finds dominant positioning. There are eight selected domains namely Machines/robots to connect all personal and emotional needs, Inter-planetary communications systems, 3D telepresence, Sensing devices to be able to feel the product on internet before buying it, Intelligent vehicles to detect emergency situations and take over the control, Virtual Courts and Digital Evidence, Complex

real time dynamic disaster management response systems and 3D holographic displays with foldable screens. This is in coherent synergy with the technology intensive nature of application areas including Quantum computing, IC manufacturing, Speech technologies, mechatronics, Cloud Computing, Image processing, media and entertainment, Artificial Intelligence, Decision, Control and Security Systems and photovoltaic cells.

Water and Wastewater technology

Water and waste water technology



often treated as an orphan sector has received the attention it richly deserves. It has a cryptic but dense vision statement- *Water security for all: More from less for more-*. Future research areas have been indicated in this sector. It is a mix of problem solving type and some tending to pale BSR. Water quality problems facing our country with 19 states affected by fluoride, 16 states by nitrate, 12 states by salinity and 7 states by arsenic is a dismal picture.

Future Technologies indicated provide a glimpse of the scientific and technical human resources needed by this sunrise industry.

Smart leak detection system, Smart monitoring, energy storage and technologies to increase efficiency of cooling towers and boilers, Water purification technologies based on in-situ treatment, biomimetic, novel materials and ultra-sound, Recycling and reuse technologies for zero

discharge, Harnessing atmospheric moisture, Seismic tomography for investigating rigidity of rocks and understanding lithological characteristics for construction of dams, reservoirs and tunnels, Ground penetration radar to detect ground water surface and water contamination, Climate resilient cropping system, Geo-synthetic and poly-fibre for canal lining, Trenchless technologies for water infrastructure.

Immersion vibratory roller compactor concrete.

Non-contact sensors to measure water level across the depth and width of the river.

Robust, tamper-proof and reliable water meters that can be clamped without any plumbing. Agriculture in the sea to grow plants, like sea weeds to yield edible components which can source micronutrients.

Microbial Fuel Cell that generates electricity through the metabolic activity of electrochemically active bacteria using wastewater as substrate.

Development of net water positive materials for water purification.

New generation of reverse osmosis membranes like Graphene that work on the basis of chemical engineering and rely less on energy to push water molecules across them.

Hydro-fracturing during floods to maximize the water recharge.

Scientific India

Driven by legitimate technological optimism, TV2035 presents Techno India twenty years hence and the great role pure science has to play in the realization of technoscience. Science and technology are at best arts of the solubles but politics is the art of the possible. It is significant to quote Dr Kakodkar from the preamble: "It is imperative that we embark upon an exercise to explore technological possibilities to attain our development goals taking into account new opportunities that we have in the emerging knowledge economy era." ■

THE PUTTU STORY

Puttu is the most original dish of Kerala while most of other breakfast dishes like Idli, Dosa etc are all borrowed from our neighbouring state. What makes Puttu most desirable is the grated coconut separating the pieces while giving it a sweet edge. Like Malayali merging with the mainstream wherever he goes, Puttu also easily merges with a number of curries without any difference between vegetarian and non-vegetarian items.

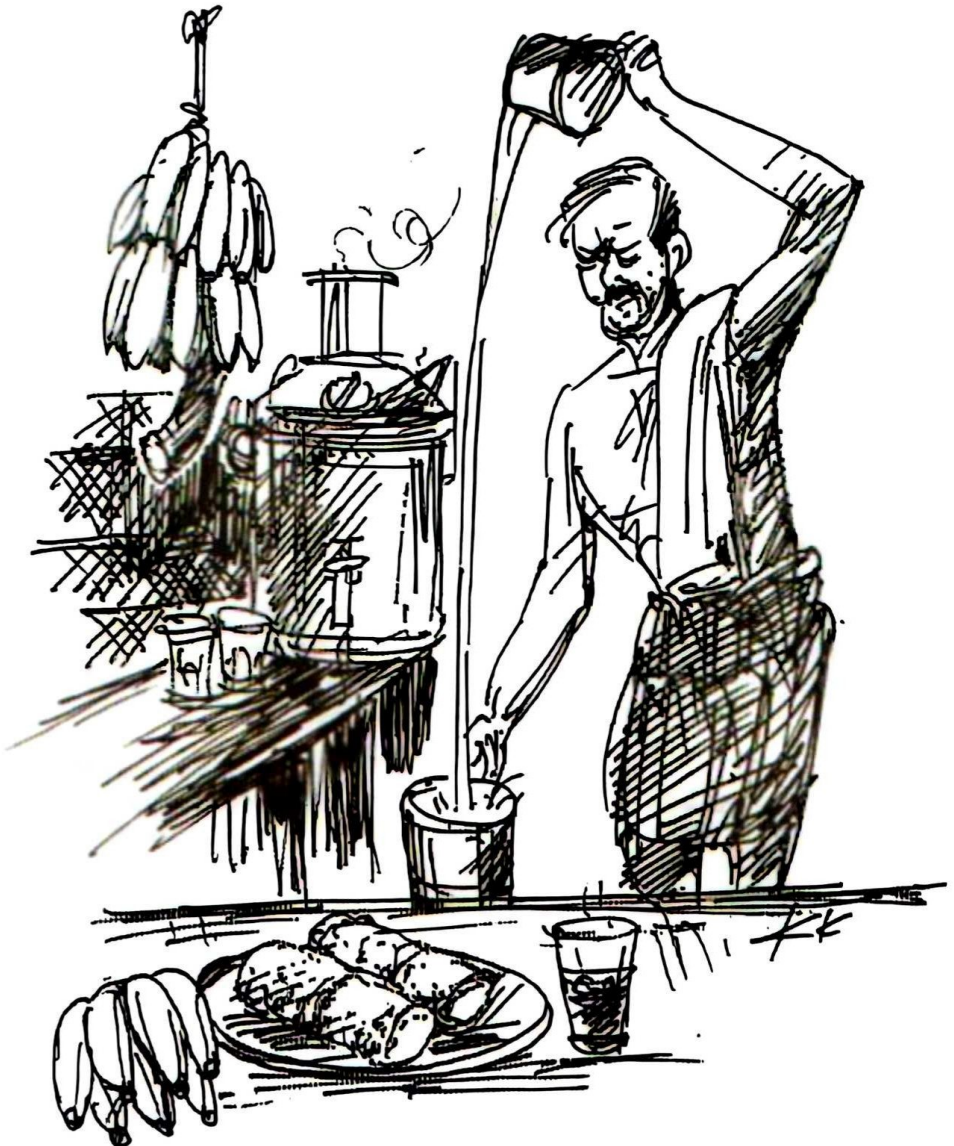


K R NARAYANAN

■ Many years after my retirement, I happened to bump into an elderly gentleman at Mumbai's domestic airport. This person came close to me and enquired if I could recognize him. I took a close look; but could not place him. He smiled and said, ".....I remember you very much. I cannot forget our trip to Kerala, when we were in service, and the excellent *Puttu* you fed me there." I could place him immediately. It was none but a very senior bureaucrat, of a Government I was working for. His words brought back memories of our hunt for the Malayalee dish called *Puttu* and my obsession for it.

Being a traditional Malayalee, I am very much obsessed with the typical Malayalee breakfast, ever since I was a small child. Though I may not go as far back as the good old "*Kanji*", *Payaru* and *Pappadam* and the like of our ancestors, I always love the conventional *Puttu* a steamed food item made of ground rice and shredded coconut. *Puttu* and *Kadala curry* of my home town Irinjalakuda - was a food I would never miss, whenever I went there. Somehow or other, someone had planted a belief in my brain that dosa, idly, uppuma and similar south Indian dishes were not *sensu stricto* Malayalee food and were imported to our home state from Tamil, Kannada or Tulu speaking world. But *Puttu*, made of coconut and rice, on the other hand, was the 'the real Malayalee or *Naadan* breakfast.

Coconuts used to grow in abundance in our village in those days, and consequently, coconut kernel, (sliced or grated), coconut cream and coconut milk were all very widely used in all the dishes for thickening and flavoring. Kerala's long coastline, the



then perennial rivers and backwater networks, contributed to the growth of coconut trees at that time. Therefore, Kerala breakfast, invariably, showed a rich variety of dishes made from rice flour, and coconuts.

During my childhood, I used to be told that this white cylindrical food item called *Puttu*, had some advantages from the health point of view. Also, it could go well with spicy curries of Chick-Pea/Bengal Gram - locally

known as *Kadala Curry*- and also with sweet sugary Sauce, small *Palenkodan* or *Mysore Poovan* or any other banana variety. As the times changed, *Puttu* diversified into many colors, due to changes in the color of the rice, and flavors due to changes in the variations in the proportion of its ingredients. Such diversifications were seen even in the size and proportions of its cylindrical shape. I have heard that, in 2006, the students of the Oriental school of Hotel



Management in Wayanad in north Kerala, made a ten foot long *Puttu*. They are said to have cooked the giant *Puttu* in a specially designed 12-foot-long aluminum mould, using 20 coconuts and 26 kg of powdered rice. It is said to have taken about one and a half hours to cook this giant *Puttu*. How many people feasted on it and how they ate it, I would not know.

Whatever may the developments be, I was so obsessed with this classic breakfast that I used to compel my wife to prepare this favorite of mine, off and on, even when we were living in the remote coastal areas of Western India. Though she did her best, with the available raw materials, the *Poott* she made would never compare with those made by the Malayalee friends and hoteliers of my home town. There was a reason for this. My taste-buds were used to the standards of Kochu Govindan Nair of our Standard Hotel or the Colombo Hotel of our good old

Jose, or Aniyam or his father Velu Nair's thatched tea shop in southern Irinjalakuda.

I was a bit lucky, during my tenure with a government department in Western India, as it involved frequent travels to Kerala. This enabled me to indulge in my favorite breakfast somewhat frequently. The tea shops with thatched roofs and walls in the



rural Kerala were my favorite haunts, whenever I went there. With great pride, I used to share my culinary thrills, with my colleagues and


sometimes even with the IAS bosses.

Once, I was called upon to accompany a very senior non-Malayalee bureaucrat on an official trip to Kerala. Thanks to some friends/batch mates of the "boss", we were treated with great warmth and put up in a posh guest-house in a major town there. As we were settling down, may be on hearing my *Puttu* stories, the boss told me that he would like to have only *Puttu* for the breakfast the next morning.

Quite contrary to the Sahebs of his tribe, this officer was very gentle and sober and above all, a pure vegetarian and a teetotaler as well. He never asked for premium whiskeys, exotic preparations of shrimp, lobster or shell fish or expensive stay and massages in the resorts. As he could not speak Malayalam, he entrusted me with the arrangements for his food.

Next morning, when we sat for breakfast, we were surprised when we were asked to choose from a western menu, with absolutely no Malayalee dishes. The boss was disappointed. I became impatient and called the manager and informed him that we had asked for traditional food, as we had been eating western food wherever we went in India and abroad. His reply was very unique: "*Ividatthe saaranmaarellaam saayippinte breakfast aanu kadhikkaaru...athukondu athu mathrame ivide undaakkaarullo*". (The Sahebs here take only westerners' breakfast and hence we prepare only that.)

The boss realized the situation and whispered in my ears that we better move to an ordinary Malayalee hotel and try our luck. As we were moving out of the dining hall, a bearer came running mumbling some excuses. We ignored and brushed aside the bearer and rushed to a small thatched eating house in the next lane to fill us up with our favorite *Puttu*, *Kadala Curry* and *Palenkodan* bananas. We did not forget to book our menu for the next two days' breakfast as well. ■



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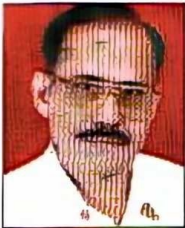
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NAVAJYOTHI SREE KARUNAKARA GURU SEER OF UNPARALLELED WISDOM

The teachings of Karunakara Guru focus on the visionary spiritual experiences. They deal with the questions of spiritual evolution, spiritual hierarchies, cosmic time order, astral pollution, soul transmigration, karma, and spiritual intervention in the evolution of human civilization.



V N Gopalakrishnan

■ Karunakara Guru also known as Navajyothi Sree Karunakara Guru was a seer of matchless insight and spiritual realization. He could dip into the past, see the present and foresee the future. The fundamental focus of his teaching, the spiritual practices and material activities that he initiated are aimed at nurturing and nourishing a life culture and life style agreeable to natural environment and positive human development. He founded a universal spiritual path based on the oneness of God and in the fulfillment of the wishes of the great rishis, sages and prophets of yore.

Karunakara Guru founded Santhigiri Ashram (Santhigiri means 'the hill where the priest resided') at Pothencode near Thiruvananthapuram. The Ashram is emerging as the global capital of spirituality where people belonging to all walks of life arrive despite religious, racial, gender and ideological differences. They are attracted towards the new doctrine and path enunciated by Karunakara Guru to humanity. However, he did not subscribe to any orthodox religious beliefs.

The teachings of Karunakara Guru focus on the visionary spiritual experiences. They deal with the questions of spiritual evolution, spiritual hierarchies, cosmic time order, astral pollution, soul transmigration, karma, and spiritual



Karunakara Guru with President Pratibha Patil

intervention in the evolution of human civilization. Path of the Guru can be referred to as *Jnana Margam* (Path of Knowledge) founded on the esoteric principles of Sanatana Dharma.

Karunakara Guru recognized family as the basic unit of the society. There is

a *Grihasthasrama Sangham* (Society of householders) in the Ashram and the members meet periodically to discuss issues related to family relations and the duties of the family to society. *Viswa Samskarika Navodhana Kendram* (VSNK) is the cultural wing that seeks

to propagate the message of the Guru for spiritual and cultural renaissance in the world.

Santhimahima is the wing of boys and youth and is dedicated to spread awareness of Dharma among them. It aims at instilling values in youth and preparing them for a meaningful and responsible life. *Gurukanti* is a centre to make children in the age group of 5 to 13 aware of the values of love and compassion and encourage their talents.

Karunakara Guru's life spanned over 72



Santigiri Ashram

years which became the basis of *Gurumargam*, the new spiritual path. *Gurumahima* is a unit for the character formation of women based on the teachings of the Guru.

Mathrumandalam is focused on the empowerment of women. He believed that the material and spiritual well-being of women are the foundation for a good society.

There are various units for the women such as weaving, cutting and stitching, curry powder making, printing press, dairy farming and flower gardening, coir factory, oil mill and agricultural division. Members of the Santhigiri community are conscious of the harmful effects of global warming, climate change, use of pesticides and artificial food processing methods. Methods of bio-farming in agriculture have been followed there. Plants are preserved and while cutting even the branch of a tree, permission of the tree is sought in a spiritual way. The dairy provides raw materials for biogas. Vegetable and other bio-wastes along with cow dung are being used to produce manure.

In the field of healthcare and medical treatment, Santhigiri Ashram has made commendable progress. It runs hospitals and Panchakarma centres in Kerala and outside. The pharmaceutical centre produces around 500 medicines and part of the raw materials come from the herbal gardens. '*Karunyam*' is one of the several healthcare programmes launched by the Ashram. Mobile clinics are also being launched to reach medical assistance to the doorsteps of the poor in the villages and cities.

Santhigiri Ashram runs schools and medical colleges (*Ayurveda* and *Siddha*). It is also engaged in social and scientific research and has been recognized by the Ministry of Science & Technology, Government of India. *Santhigiri Research Journal* is a journal of spirituality and science published by the Ashram. The publishing wing brings out a spiritual monthly titled *Santhigiri Adhyatmika Masika* and an occasional newspaper titled *Ummiinthankam*. Several books on spirituality have also been brought out. The healthcare division also brings out

a magazine titled *Arogyapadmam* and an online newsletter called *Siddhavani*.

Karunakara Guru was born to Kochu Govindan and Karthyayani on September 1, 1927 in Chittekad House at Chandiroor, Chertala in Alleppey dist. His mother had many visionary experiences during her pregnancy and is said to have 'seen' celestial beings and people professing different faiths bowing before her. His father died when the child was only nine months and hence he spent the early years at his mother's home.

The child was calm and meditative and started receiving spiritual experiences of envisioning an effulgence and the face of Lord Krishna in its midst and he was in constant communion with it. He mumbled a few words only when prompted by this figure and was mistaken to be mute.



Parnasala in 1968

Due to this, he was not sent to the school. The bright light started fading and disappeared completely when he reached nine years and started speaking normally.

Even as a child, he maintained utmost cleanliness, austerity and regular prayers. When he was 10 years, elders in the family got his mother remarried and he subsequently moved to his stepfather's house in the nearby village. He was not at peace at his new home and when he was 14 years old, he left home to lead a monastic life. He became an inmate of the Advaita Ashram, a branch of Sivagiri Mutt in Aluva founded by Sree Narayana Guru, the social reformer and spiritual personality. He spent the next 17 years at various branches of Sivagiri Mutt undertaking a variety of duties and

responsibilities. The young and compassionate ascetic attracted the attention of devotees on account of his soulful prayers. Devotees believed that Karunakara Guru was a messenger of God and acknowledged their faith in his philosophy: ('Word is Truth, Truth is Guru, and Guru is God'). While the Guru received enormous love and respect from the common devotees, he faced hostility and harassment from certain quarters.

Finally, Karunakara Guru left Sivagiri Mutt and moved to a hut on a nearby hill in 1957. This spot came to be called 'Santhigiri' where people flocked in increasing numbers after finding that even chronic ailments were cured by receiving holy ash and holy water from the Guru. During this period, the Guru accompanied Khureshia Fakir, a Sufi saint and his mentor on spiritual

wanderings. In 1968, following a visionary directive, Guru moved to Pothencode where he had put up a thatched hut on a small piece of land donated by a well-wisher. This hut became the foundation of Santhigiri Ashram today.

Karunakara Guru spent several years in intense meditation and prayers, undergoing severe physical hardships while receiving visionary experiences. He became a source of solace to the devotees who gathered at his new abode. On September 20, 1973 the truth behind the Guru's birth and mission as well as his

spiritual status were shown to the disciples.

During the realisation of the Guru's Supreme spiritual status, his followers adopted a worship system based on faith in One Universal God, the Brahman. They accepted the Path of Guru (*Guru Margam*) reposing complete faith in him. The doors of Santhigiri Ashram were open to all and the Guru spent hours meeting devotees with their personal and family problems. The Guru left his physical form and merged in '*Adisankalpam*' (the Plane of Primordial Consciousness) on May 6, 1999. The Guru's body was placed in the one room '*Parnasala*' (hermitage) which had been his living place for many years.

Followers raised *Parnasala* as a monument and it has become a cynosure for spiritual aspirants and tourists. It has

a height of 91 ft. and a width of 84 ft. in the shape of a full bloomed lotus in pure white marble. The foundation stone for the *Parnasala* was placed by Sishyapoojitha Amritha Jnana Thapaswini, the principal disciple and spiritual successor on November 17, 1999. She is the 'Gurusthaneeya' (Guru Apparent) of the Santhigiri Order and she has conceived the shape and structure of the *Parnasala*.

Nearly 100,000 sq. ft. of the milky white marble specially mined at Makrana in Rajasthan was transported to Santhigiri Ashram. The *Parnasala* consists of 21 marble overlaid petals supported on 21 pillars. While 12 petals, signifying the 12 zodiac divisions, are located in the upper layer, nine petals, signifying the 9 planets, unfold in the lower layer. Similarly, there are nine inner and 12 outer pillars. There is a passage for the movement of devotees between the inner and outer pillars.

At the heart of the *Parnasala* is a cubicle in the shape of a lotus bud, which is carved out of teak wood and has the inner walls encased in brass plates. The Guru's sacred body has been placed in a marble casket inside this wooden sanctum sanctorum. A life-size image of the Guru, sculpted in gold, has been placed in the sanctum atop a platform made of black granite. Eleven steps, also made of black granite, lead to the platform.

The construction work of the *Parnasala* took ten years uninterruptedly, backed by the abundant prayers and support of the Guru's disciples and followers including Shri K R Narayanan, former President of India. A lamp lit by the Guru has been kept burning inside the *Parnasala*, which symbolises the message of universal peace and spirituality propagated through a Guru-Sishya order.

The *Parnasala* was dedicated to humanity by Smt Pratibha Devisingh Patil, President of India on August 13, 2010. Speaking on the occasion, the President described Navajyothi Sree Karunakara Guru as a great visionary who believed in a casteless society based on strong family values. The President also inaugurated a month-long Parnasala Dedication Celebration. An 'International Conference on Global Warming, Climate Change, Sustainable Development and Secular Spirituality' was inaugurated by Nobel Peace Laureate Mr. José, President of East Timor. The *Parnasala* was opened to all



for prayers and contemplation' on September 12, 2010 and the Day of the Supreme Light ('Prakashathinte Divasam') was celebrated to coincide with the 84th birthday of Karunakara Guru.

It has been revealed that the Guru continues to be present as 'Nava Oli' (New Light and Sound), protecting and nurturing all. The birthday of the Guru (*Navapoojitham*) on September 1, and the day of merger of Guru with the eternal consciousness (*Nava Oli*

Jyotirdinam) on May 6 are being celebrated by the devotees. Santhigiri Ashram is the perfect place to understand the spiritual path of Navajyothi Sree Karunakara Guru. The simplicity of life and a natural way of living, loving and caring of nature and the eco-friendly development of the physical environment speak of the Ashram's significance and contribution in guiding society in a new path of development. (Courtesy: Internet). ■



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Part 2

CREATIVE WORK

THE ART OF ENHANCING EFFICIENCY IN WORK



Prof. Dr. John Mathews Vazhappilly

■ Nature follows the law of least effort. Nature's intelligence functions with effortless ease and abandoned care-freeness. Grass does not try to grow, it just grows. Flowers just bloom. Fish do not struggle to swim, as we do, they just glide away. The earth hurtles through space with no noise and with great ease. Stars glitter and sparkle naturally. Work should be like a baby's smile, natural, spontaneous and full of fun. If you want to be efficient in your work, stay in part a child, with the spontaneity, creativity and inventiveness that characterize children.

Works as Play

Edison, a man who recorded 1,093 patents in his lifetime, ranging from the phonograph, the incandescent light bulb and the microphone to the movies, had this to say about his brilliant career at the end of his life, "I never did a day's work in my life: it was all fun."

Many of the executives behave as if they were the General Manager of the Universe. An inflated ego leads to a great waste of energy. We spend a lot of energy in upholding our own personalities. We become imprisoned within the cocoon of our tags, titles and designations. We tend to forget that all these trappings of power are insignificant. These are just labels that define our role in the theatre of an

organization. The Managing Director is playing his role just as the telephone operator is playing hers... To be egoistically and obsessively caught up in a role is to forget that work is play. At play you are not a personality, but a significant presence. A personality is rigid and stiff like a mask. A presence is creative, joyful, playful and dynamic. Just think of the greatest presences this world has seen : Buddha, Jesus, Krishna, Gandhi. They never took

their body, their education and their recreation, their love and their religion. They hardly know which is which. They simply pursue their vision of excellence and grace in whatever they do, leaving others to decide whether they are working or playing. To them, they are always doing both.

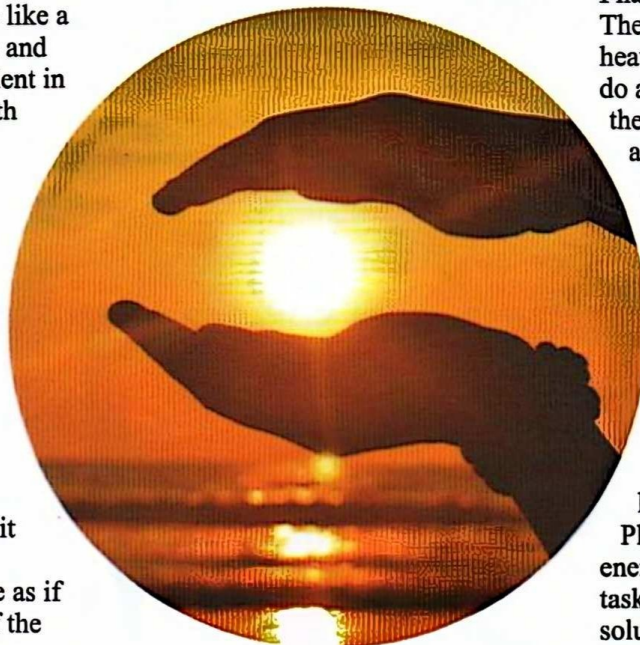
Work becomes play when it is an extension and expression of your natural aptitudes and capacities. Mark Twain once observed : "What work I have done I have done because it has been play." The men who groan and sweat under the heavy burden of work can never hope to do anything great. How can they, when their hearts are in a ferment of revolt against what their hands are doing? A salubrious climate of commitment, passion, enthusiasm and light - heartedness is essential for the flowers of excellence to bloom and blossom.

Work when it is made fun gets done with greater ease. Even serious tasks can be undertaken in a light -hearted, spontaneous way. Serious tasks do not mean that you have to put on a somber expression.

Play is a state of mind that brings new energy and fresh inventiveness to the task at hand and sparks creative solutions. If you enjoy what you are doing, you may work long hours, but it won't seem like work at all. It will seem like play. Thomas Carlyle used to plead : Oh, give me the man who sings at his work.

Work as Worship

Leave this chanting and singing and telling of beads!



themselves seriously. Their work was just play. Their whole being radiated sublime playfulness.

The person who is a master in the art of living makes little distinction between their work and their play, their labour and their leisure, their mind and

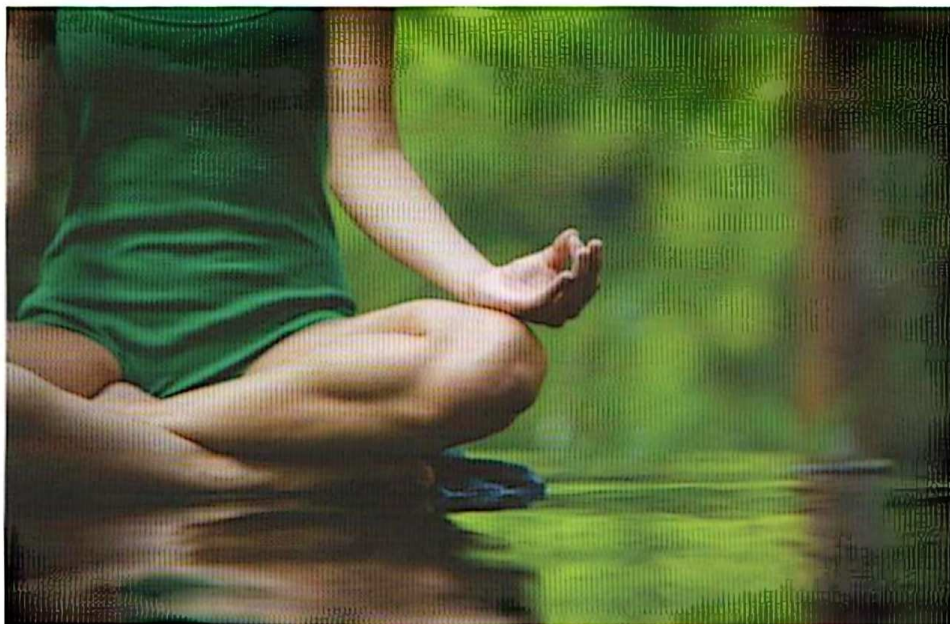
Whom dost
thou worship in
this lonely dark
corner

of a temple
with doors all shut?
Open thine eyes
and see thy God is
not before thee!

He is there
where the tiller is
tilling the hard
ground

and where the
pathmaker is
breaking stones.

-Tagore
(Geetanjali)



one is reminded of
the profound
observation of the
celebrated
cardiologist Dr.
Devi Shetty :

As a surgeon,
before I start the
operation, I pray to
God and do the
operation in His
name. Success and
failure are not
because of me. It
may be through me.
As one becomes
more successful,
one is surrounded
by more
uncertainties.

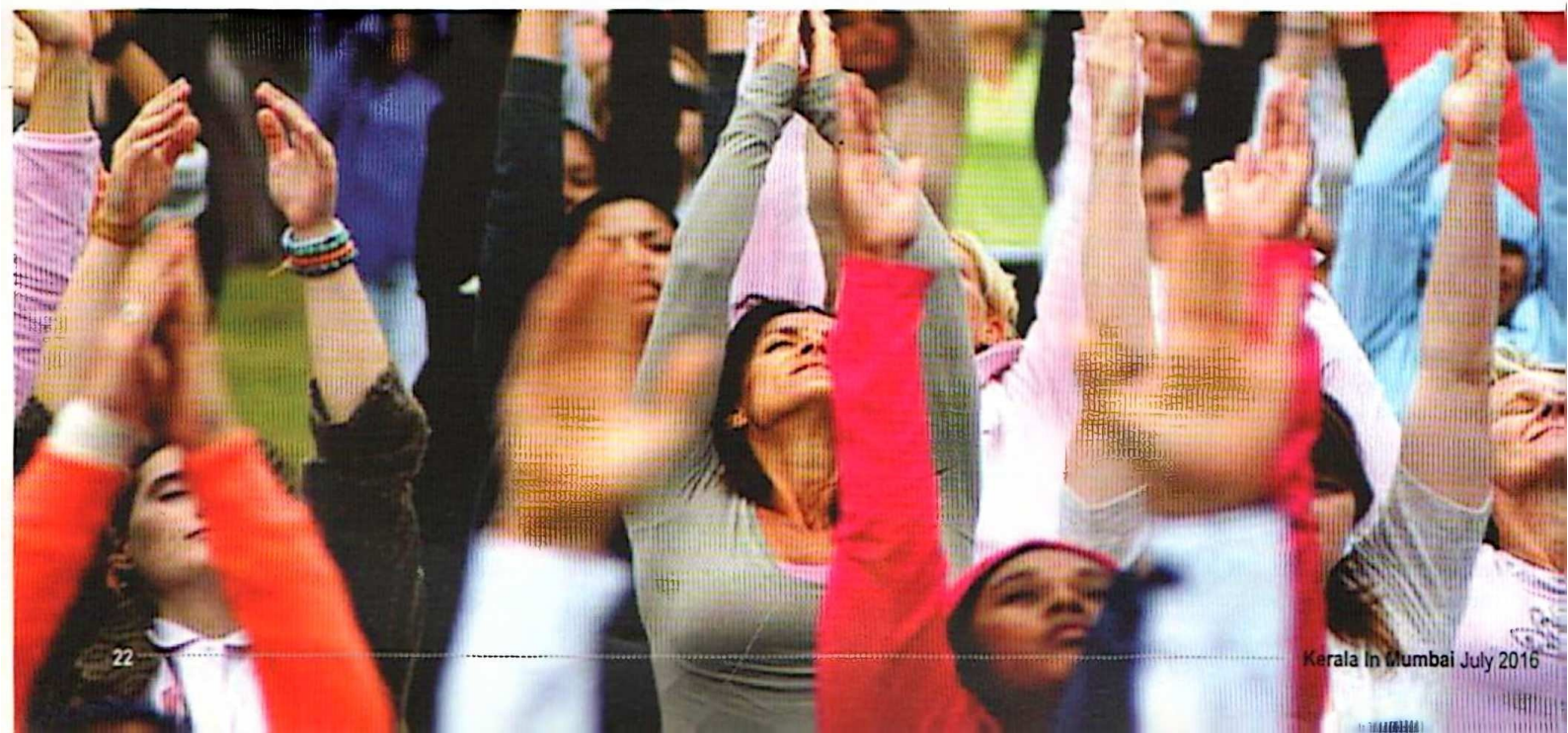
The statement-
work is worship-is
not just a pious platitude. For the
morally and spiritually sensitive it is a
philosophy of life that animator all their
actions. The highest levels of
performance come to people who
consecrate their works to the Divine.
Such persons are usually more centered,
intuitive, creative and meditative. To
work with purpose and purity is to
connect with the divine. There is no
hierarchy in the divine work: the
manual and the mental are equally
important. Be sure that in the divine
plan the brick layer and the big
architect, the great professor and the
insignificant peon are equally
important. All that we do is a part of
the divine symphony. Work then as if
you are a part of a divine orchestra.
Every small note of your work
contributes to the fashioning of the
cosmic, divine music. In this context

**Work becomes play
when it is an extension
and expression of your
natural aptitudes and
capacities. Mark Twain
once observed : "What
work I have done I have
done because it has
been play." The men
who groan and sweat
under the heavy burden
of work can never hope
to do anything great.**

When we take more responsibilities on
our shoulders, we get more stressed.
Instead, if we hand over all the
responsibilities to Him and work in His
name we can do a wonderful job.

It is the purity of your motive and the
excellence of your work that transmute a
piece of work into a masterpiece of
Divine Worship. One has to reappraise
one's motives in performing a particular
task. One has to bring one's motives
into alignment with one's clear
conscience. As long as you feel you are
serving others, you do the job well.
When you are concerned only with
helping yourself, you do it less well.
This is a law as inexorable as gravity.

It is the intention which makes the
work noble and sublime. Duties in life
are like marble, canvas, and stone.
Marble becomes valuable because of the
image given to it by the sculptor; canvas





is ennobled by the picture of the artist; and stone is glorified by the pattern of the architect. So it is with our works. The intention gives them value as the image gives the marble value.

If you happen to be a waitress working in a restaurant, then pray love and health over each meal as you serve it. If you are a taxi driver, then silently turn your taxi into a holy sanctuary where everyone who rides with you is in a place of peace and spiritual solace.

You can spread your spirituality and sacredness no matter how mundane your daily job may seem. Every action of your life touches on some chord that will vibrate in eternity. Thomas Carlyle, the great thinker of the 19th century, endorses the nobility, sublimity and sanctity of all human works :

All true work is sacred; in all true work, were it but true hand-labor, there is something of divineness. Labor, wide as the Earth, has its summit in Heaven. Sweat of the brow; and up from that to sweat of the brain, sweat of the heart; which includes all Kepler calculations, Newton meditations, all sciences, all spoken epics, all acted heroisms, martyrdoms up to that "Agony of bloody sweat," which all men have called divine! Oh, brother' if this is not "worship," then, I say, the more pity for worship, for this is the noblest thing yet

discovered under God's sky! Who art thou that complainest of thy life of toil? Complain not. Wondrous is the strength of cheerfulness.

There is the well-known medieval story of the monk who prayed for many years for a vision of the Blessed Virgin Mary. One day, while he was praying in his cell, the vision appeared. At that moment the monastery bell rang, signaling the hour when the poor were fed at the monastery gate. It was his

in oneself; the quality where one is selfless and at the same time committed; where one is able to convert his business into a holy shrine and not a holy shrine into a business.

The Art of Reducing Fatigue and Enhancing Efficiency in your Work.

Fatigue



Psychiatrists declare that most of our fatigue derives from our mental and emotional attitudes. One of England's most distinguished psychiatrists, J. A. Hadfield, says in his book *The Psychology of Power*: "the greater part of the fatigue from which we suffer is of mental origin; in fact, exhaustion

duty to serve them the food. In a terrible quandary the monk left his cell and went to his work. When, several hours later, he returned, the vision was still there and said to him, "If you had stayed, I must have fled."

The true purpose of all human activity and creative works lies in man's unceasing impulse to embody outside himself the divine and spiritual element within. One's effort becomes divine when one tries to bring in a new quality

of purely physical origin is rare". Boredom, resentment, a feeling of not being appreciated, a feeling of futility, hurry, anxiety, worrythose are the emotional factors that exhaust the sitting worker, make him susceptible to colds, reduce his output, and send him home with a nervous headache. Yes, we get tired because our emotions produce nervous tensions in the body. For instance, walking with a stupid, nagging wife or husband for half a mile can be

more fatiguing than walking ten miles with an adoring sweet heart.

■ **Beating Fatigue through Rest and Relaxation:** Relax in odd moments. Let your body go limp like an old sock. Learn to relax as a cat does. You can relax in odd moments, almost anywhere you are. Only don't make an effort to relax. Relaxation is the absence of all tension and effort. Think ease and relaxation. Begin by thinking relaxation of the muscles of your eyes and your face, saying over and over: "Let go ... let go ... let go and relax." Feel the energy flowing out of your facial muscles to the centre of your body. Think of yourself as free from tension as a baby.

■ **Churchill's Secret:**

During the Second World War, Winston Churchill, in his late sixties and early seventies, was able to work sixteen hours a day, year after year, directing the war efforts of the British Empire. A phenomenal record. His secret? He worked in bed each morning until eleven o'clock, reading papers, dictating orders, making telephone calls, and holding

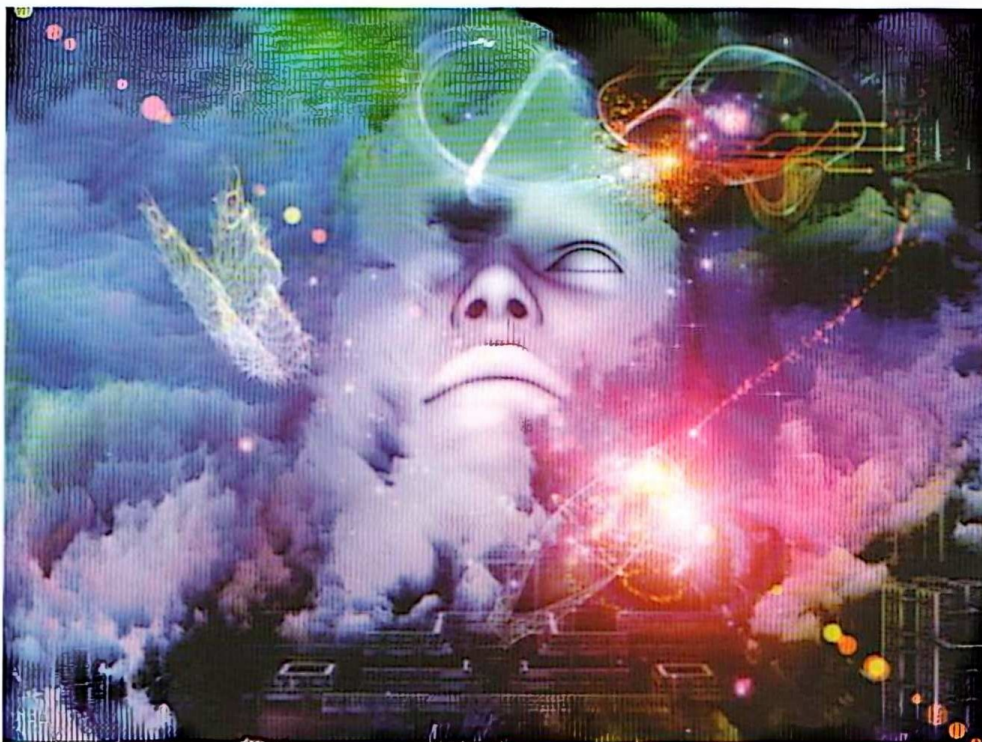
important conferences. After lunch, he went to bed once more and slept for an hour. In the evening he went to bed once more and slept for two hours before having dinner at eight. He didn't cure fatigue. He didn't have to cure it. He prevented it. Because he rested frequently, he was able to work on, fresh and fit, until long past midnight.

■ **Rockefeller's Nap:** The original John D. Rockefeller made two extraordinary records. He accumulated the greatest fortune the world had ever seen up to that time and he also lived to be ninety-eight. How did he do it? The chief reason, of course, was because he had inherited a tendency to live long. Another reason was his habit of taking

a half-hour nap in his office every noon. He would lie down on his office couch and not even the President of the United States could get John D. on the phone while he was having his snooze!

The Art of Boosting your Energy

■ **Order:** Alexander Pope wrote: Order is Heaven's first law. Order ought to be the first law of an effective executive. A person with his desk piled high with papers on various matters will find his work much easier and more accurate if he clears that desk of all but the immediate problem on hand. It is the number-one step towards efficiency.



The true purpose of all human activity and creative works lies in man's unceasing impulse to embody outside himself the divine and spiritual element within. One's effort becomes divine when one tries to bring in a new quality in oneself; the quality where one is selfless and at the same time committed; where one is able to convert his business into a holy shrine and not a holy shrine into a business.

■ **Soothe the Nerves :** Dale Carnegie gives a technique that help you remain fresh and energetic. An upright chair is the best for relaxing. Sit upright in the chair like a seated Egyptian statue, and let your hands rest, palms down, on the top of your thighs. Now, slowly tense the toes then let them relax. Tense the muscles in your legs and let them relax. Do this slowly upward, with all the muscles of your body, until you get to the neck. Then let your head roll around heavily, as though it were a football. Keep saying to your muscles "Let go...let go..."

Quiet your nerves with slow, steady breathing. Breathe from deep down. The yogis of India were right: rhythmical breathing is one of the best

methods ever discovered for soothing the nerves. Think of the wrinkles and frowns in your face, and smooth them all out. Loosen up the worry-creases you feel between your brows, and at the sides of your mouth. Do this twice a day, and maybe you won't have to go to a beauty parlour to get a massage. Maybe the line will disappear from the inside out!

■ **The Less Egoistic, the More**

Energetic: You can think of your physical body as a device for controlling energy: it can generate, store, and expend energy. Attention to the ego consumes the greatest amount of energy. When your internal reference point is the ego, when you seek power and control over other people or seek approval from others, you spend energy in a wasteful way. Most of our energy goes into upholding our importance.... If we were capable of losing some of that importance, two extraordinary things would happen to us. One, we would free our energy from trying to maintain the illusory idea of our grandeur; and two, we would provide ourselves with enough energy to catch a glimpse of the actual grandeur of the universe. ■

BE YOURSELF



Jose Chemmassery

■ What a simple, sober and sympathetic statement or advice that is, “Be Yourself!” It can be an admonition when charged, “Behave Yourself”.

When one hears and listens to this statement, the immediate response and reaction can be a change in the perception of the Self. A lingering doubt about the “I” being incoherent, incomplete or inchoate may ensue. One may feel he is not wholesome and complete. Then commences search for the Self in the “I”.

Self is not self supporting but unstable and wandering and always yearns for comparison to derive satisfaction. Physical and financial attributes and possessions like wealth, health, position, and power are present there for comparison and deliberation. Achievements and failures loom large on the mental horizon. Generally inclined to focus on the failures and opportunities lost, one becomes upset, pensive, jittery, sad and angry at the state of affairs one is facing situations confronting the life. This brooding and unhappy situation if persists for long over a period may transform the person to mentally wreck, unstable, anxious and depressed individual.

What does the comprehensive and wholesome Self denote? Does it reflect a fully satisfied person in whatever

condition or situation he is placed in? Is the satisfaction physical, mental and spiritual or the entire combination thereof?

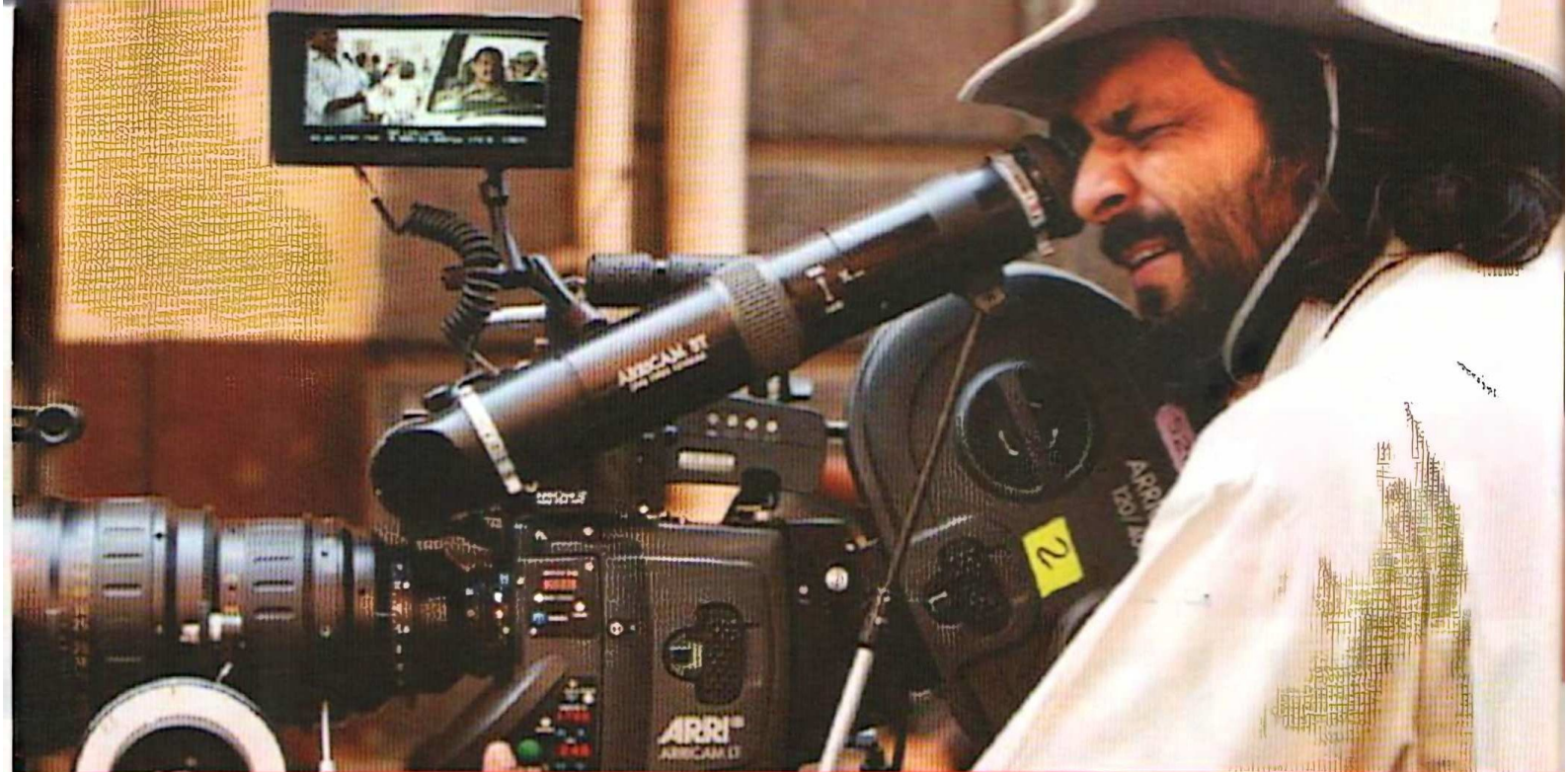
A greedy and hungry looking person can never be contented and satisfied individual. A Judas, Shylock or Cassius is hiding and lurking to emerge and establish in life if one is not in control of the self. If we do not rein in /chain our thoughts, our actions may lead us into peril and dangerous perdition.

When we lead our thoughts on the noble souls who have impressed us, influenced and impacted our lives, we observe something unique and special in their lives. Congruity of thoughts, words and actions and integrity emanating from their mission envelope their personality and aura. These traits enhance their charismatic value and their genuine presence appeals to the masses ever in need of guidance and instructions to overcome their bovine disposition. A great man or superman, they make out of their simple and contented life. Their line of thinking, words and actions are singular, straight, unwavering firmly based in truth. We call them Mahatmas or Great souls like Buddha, the enlightened, Jesus Christ the saviour of mankind and Mahatma Gandhi, the apostle of non violence and peace. Their teachings are awakening calls to mankind groping in darkness of ignorance. Pursuit of truth, love, peace and kindness are the cardinal tenets they followed and supported their faith, mission and life.

Desire and greed are causes of misery in life. The old adage, “Forsake all, you shall find all; Leave your desires, you shall find rest” is relevant to emulate even now.

Any organism or living being yearns to transform their existence to a more refined and purified life in the future. Evolution and innovation are the basic attributes of a living being. Almost every religion believe and profess a life after death and hereafter existence. Death as we perceive is only shedding the gross body after accomplishing its purpose of existence in this terra firma. The purpose is to guide the soul within to eternal life. The soul craves to take a refined spiritual life to meet and unite with the eternal Almighty. A resurrection to life eternal; a union of jivatma with the Paramatma is the ultimate truth.

The Self is always evolving and existentially dynamic; hence can never be in a dormant or static state. Therefore one can attune oneself to achieve greater glory by practicing the eternal values of truth, love, peace and kindness. Practicing these eternal values in life, we can call BEHAVE YOURSELF. This can transform a good man to a better person which is the objective of our existence. “DO UNTO OTHERS WHAT YOU LIKE OTHERS DO UNTO YOU” is the commandment, obeying of which can lead us to peace and harmony the essentials of spiritual progress and evolution of SELF. ■



K U MOHANAN THE TRUE STAR IN THE WORLD OF GLITZ

K U Mohanan is the most sought after cinematographer who also has innumerable advertisements to his credit. Almost all the commercials one sees of well-known brands in India have been cinematographed by him.



Usha. R. Menon

■ The brightest star in the night sky does not shine consciously to attract attention. Attention is naturally drawn towards it due to its innate quality of being the brightest, as the world looks on.

Nothing can change this uniqueness. This is the thought that invades one's mind as one interacts with K U Mohanan, the top notch, virtuoso cinematographer of Indian cinema. He is well known for his cinematography in movies like Don, Talaash, We are family, Miss Lovely...the list goes on.

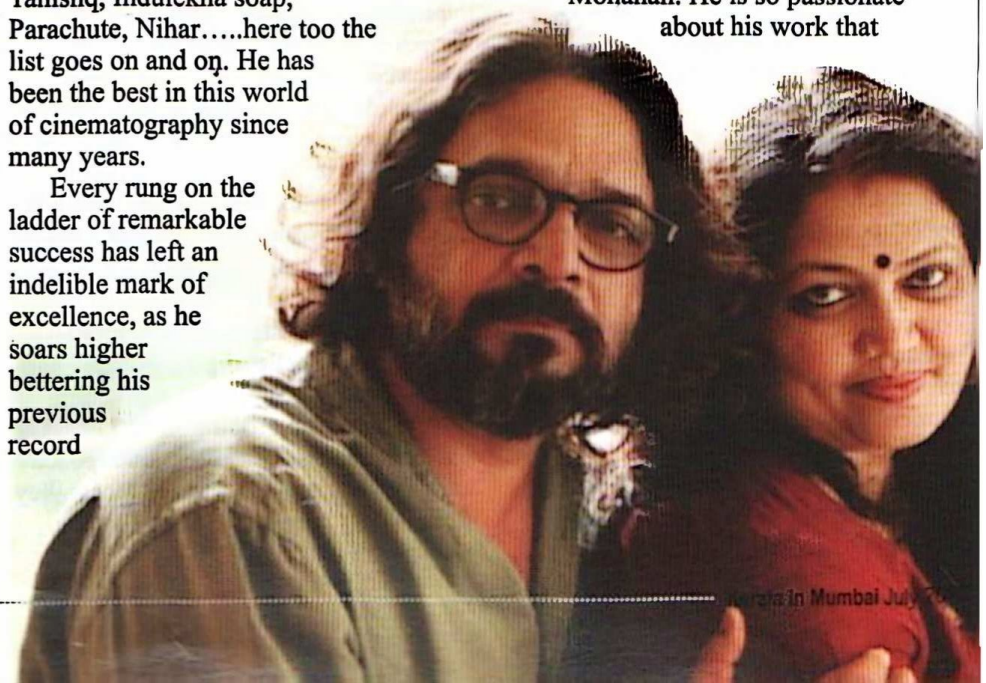
K U Mohanan is the most sought after cinematographer who also has innumerable advertisements to his credit. Almost all the commercials one sees of well-known brands in India have been cinematographed by him. The

advertisement done for The Kerala Tourism Development Corporation steals the heart of anyone with an eye for Nature's beauty that is in abundance in our God's Own Country. Kalyan, Tanishq, Indulekha soap, Parachute, Nihar.....here too the list goes on and on. He has been the best in this world of cinematography since many years.

Every rung on the ladder of remarkable success has left an indelible mark of excellence, as he soars higher bettering his previous record

and pursuing his goal that he visualises for himself.

The most unassuming, simple and modest person, unaffected by his aura of success and fame - that is K U Mohanan. He is so passionate about his work that





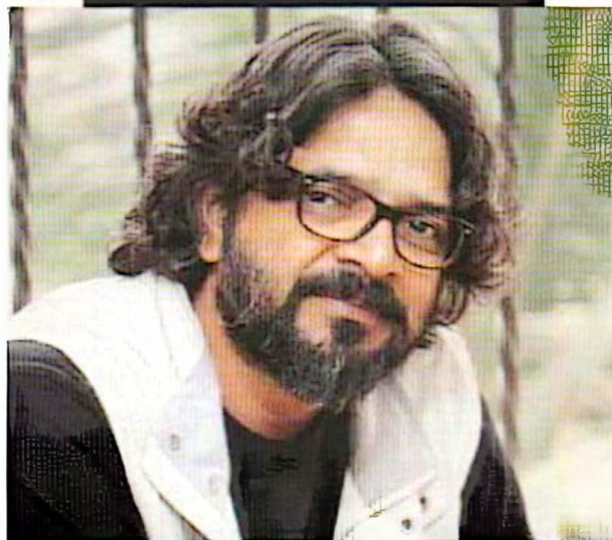
nothing else seems to matter. It was Mani Kaul who gave him his first feature film 'Naukar Ki Kameez' which was widely acclaimed, followed by *Lagaan* which was partly done by him. *Miss Lovely* and *Celluloid Man* (a documentary) added more feathers to his cap. *Miss Lovely* was appreciated at the Cannes Film Festival and he was nominated for the best cinematographer for this movie too besides *Don* and *Talaash* at the Filmfare Awards. The perfection in his work caught the attention of Farhan Akhtar who approached him to create *Don* with him.

Payyan (Lad) from Payyannur

K U Mohanan was born on 23rd August 1960 and is the third of the six siblings born to Kozhukandathil Uttamandil Madhavi and Paranthatta Govinda Poduval. His father was a 'Kolkali singer and he too sang Kolkali songs as a small boy. He was good at drawing too. He reminisces his childhood in a joint family with cousins, uncles, aunts and grandparents living together. The feudal system prevailed then with the family owning acres and acres of land, a system that is hard to come by in the present scenario.

Mohanan hails from Payyannur, North Kerala, well known for its temple folk art. Right from his childhood he was fascinated by the hues and colours of the *Theyyam*, the *Kathakali* and other art forms

At this point he got a passage to the world of cinema, thanks to P K Nair who set up The National Film Archive. This gave the ordinary people access to the world classics. Mohanan gives credit of getting acquainted to good cinema to his association with veterans of the field.



associated with the temple festivities in Payyannur. He would spend hours watching the artists applying their make-up (*chamayam*). Later as a youth when his friend Salaam gifted him a camera too, it was these art forms that were first absorbed by the passionate photographer. This passion did not go well with the orthodox family members as the trend then was to secure a 'government job' and then settle down in life. Mohanan says appearing for bank tests or PSC tests never appealed to him, neither did he have any clear idea about his actual ambition in life.

Education

Mohanan went to Muchilot School for his primary education and completed his schooling from Govt. High School, Payyanur. He graduated in English Literature from Payyanur College. He participated actively in competitions and bagged many awards in the

University Arts Festivals. He had a stint at teaching too at Cherusseri College where he taught English for some time. He also conducted many seminars and symposia on world literature along with his friends.

Doorway to the world of cinema

It was at this point he got a passage to the world of cinema, thanks to P K Nair who set up The National Film Archive. This gave the ordinary people access to the world classics. Mohanan gives credit of getting acquainted to good cinema to his association

with C H Surendran Nambiar and C H Mohanan Good movies from different parts of the world were screened across the state in all the main towns. The Sarga Film Society headed by Shri Ramachandran opened up this galaxy of world classics in Payyannur. Mohanan speaks with nostalgia of those days when youngsters, passionate about cinema would sit together to discuss and analyse these classics.

It was Shri Ramakrishnan who told him about The Film and Television Institute of India in Pune. He applied for admission there, cracked the entrance examination and joined the course in cinematography. His documentary on the *Theyyam* and temple folk art in Kerala won accolades at the Institute.

He continued to make documentaries and then moved on to advertisements. He has been the Numero Uno in this field till date, and now continues his journey to give the cinegoers of this country the best in the form of visual delight. He has worked with all the lead super stars in the tinsel town of India. His astounding cinematography in *Don* with King Khan in the lead was well acclaimed in Bollywood. He cherishes his moments with super stars like Amitabh Bachchan, Shah Rukh Khan, Aamir Khan and all the prominent ones of this glamour world and is also appreciative of their passion and sincerity to the nitty gritty of film making. Presently he has wrapped up his work on '*Raees*' a Shah Rukh Khan crowd puller to be released in January 2017.

His family

Mohanan's wife Beena is a freelance journalist for well-known publications. His daughter Malavika Mohanan is an upcoming actress in the south.

Malavika, 'the Pattam Pole girl'



made her debut in the Malayalam film world as the lead character in *Pattam Pole*, a romance with Dulqer Salman and has also acted in '*Nirnayakam*' a movie about a social issue with Asaf Ali, Ali Abraham and Nedumudi Venu. She is now working in a Kannada movie *Naan Mattum Varalakshmi*. There are a few more Kannada movies in the pipe line. She has also modelled in a few commercials like Honda bikes, Nirmal coconut oil, Amazon, Big Bazaar and so on.

Malavika completed her schooling in Dr S Radhakrishnan Vidyalaya, Malad, Mumbai and went on to complete her graduation in Mass Media from Wilson College, Mumbai.

Aditya, younger to Malavika, is a college student. He is the lead guitarist with Killchain, a band, and has varied interests from martial arts to Hindustani classical music to archaeology which he plans to take up for higher studies.

Mohanan lives with his family in Malad, western suburbs of Mumbai.

His philosophy of life

One aspect about Mohanan that strikes a chord in your heart is his Unpretentious,

unassuming and ingenuous approach to life. He does not believe wealth accumulation as the criteria of success. He believes- Enjoy what you are doing, and be passionate about it. Better your best effort and work your way up with fervour and sincerity. Success will be yours. Your work will decide your worth and you will get the support you need as you surge up in life.

Heard songs are sweet, those unheard sweeter....seen movies pictorial and the yet to be seen ones more picturesque ... for the eyes of the passionate cinegoers as they realise that a movie is not just about the actors, directors and songs alone. It is a collaborative piece of art. An actor changes his roles, the director calls his shots and THEN THE CAMERA ROLLS..... ■

Movies cinematographed by Mohanan

- Noukar ki kameez
- Aaja Nachle
- We are family
- DON
- Talaash
- John and Jane (documentary)
- Samay; when time strikes
- Freaky Chakra
- Rooms of Shadow and light
- The Magnificent Ruin
- Aadhi haqeeqat, aadhi Fasana
- Agnivarsha; the fire and the rain
- Majuben Truck Driver
- Shayanam (Malayalam) in 2001
- Raees (to be released in 2017 JAN)

SOF OLYMPIADS WORLD'S BIGGEST OLYMPIADS !!



Dr. Suresh Nair

■ Science Olympiad Foundation, New Delhi is a registered not-for-profit organization. It has been conducting Olympiad exams since the past 20 years. It is

established/supported by leading Academicians, Scientists & Judiciary. The main objective of the foundation is to promote Competitive Excellence among school students. It works with School authorities, parents & students. Students from all categories of schools - private, public and govt. schools participate in these Olympiads.

SOF Conducts following 6 Olympiad Exams for School students:

National Cyber Olympiad (NCO):

Tests students on their IT / Hardware & software knowledge/ Analytical reasoning. Students from classes 2 to 12 may appear in NCO. It is a two level Olympiad. First level conducted in respective schools. Second level conducted at over 500 centers finalized by SOF. Second level for students from classes 3 to 12.

National Science Olympiad (NSO):

Students from classes 1 to 12 may

appear in NSO. Tests students in General Science/ Physics / Chemistry/ Biology/ Logical Reasoning as per curriculum of CBSE / State Boards. It is a two level Olympiad. First level conducted in respective schools. Second level conducted at over 500 centers finalized by SOF. Second level for students from classes 3 to 12

International Mathematics Olympiad (IMO):

Students from classes 1 to 12 may appear in IMO. Tests students in mathematical and numerical ability of curriculum prescribed by CBSE / State Boards. It is a two level Olympiad. First level conducted in respective schools. Second level conducted at over 500 centers finalized by SOF. Second level for students from classes 3 to 12.

International English Olympiad (IEO):

IEO conducted in partnership with The British Council. It tests students in curriculum prescribed by CBSE / State Boards/ Spoken & Written English. Single level Olympiad conducted in respective schools. Students from classes 1 to 12 may participate in IEO. All participants awarded certificates by British Council. Students from classes 1 to 12 may appear for this Olympiad.

International Sports Knowledge Olympiad (ISKO):

ISKO launched in 2016-17. ISKO conducted in partnership with Star Sports. Tests students in Sports & General Knowledge. Single level Olympiad conducted in respective schools. Students from classes 1 to 10 may participate. All participants will be awarded certificates by Star Sports. Select Zonal winners get opportunity to appear in special program on STAR SPORTS TV Channel.

International Company Secretaries Olympiad (ICSO):

ICSO launched in 2016-17. ICSO conducted in partnership with The Institute of Company Secretaries of India (ICSI) Ministry of Corporate Affairs, Govt. of India. Tests students in Reasoning, Law, Economics & Commerce. Students from Science, Commerce & Humanities may appear in the ICSO. Single level Olympiad conducted in respective schools. Students from classes 11 & 12 may appear in ICSO. All participants will be awarded certificates by The Institute of Company Secretaries of India.

Coverage Academic Year,

2015-16: Registrations received from over 1400 cities.

More than 34000 schools registered for the 4 Olympiads. Millions of



Award winning students at the function

assessments conducted during 2015-16. Registrations received from 22 Countries across the globe.

About Exams: Exams are conducted at two Levels to maintain competitiveness.

Top 5-6% students of level 1 qualify for level 2 exam. IEO, ISKO & ICSO are single level Olympiads.

Partnership: Following Organizations partner SOF for the Olympiads: The British Council (BC), Ministry of Corporate Affairs, Govt. of India through The Institute of Company Secretaries of India.(ICSI) and Star Sports.

Rewards And Recognitions

2016-17: Awards, felicitations & Scholarships worth Rs. Fourteen Crores. Over Eight lakhs Awards for top performing Students, Teachers & Principals. Each participating student gets a personalized performance analysis report of past 7 years and a participation certificate. Performance Excellence Awards to International, State & School Toppers. International, State, City and school rank for each student.

Gold, Silver and Bronze medals for top 3 rank holders from each class section-wise. Special awards for toppers from each state & class exam wise. Scholarship schemes for meritorious and deserving students. Detailed performance analysis report to each participating school.

Awards for Students in Olympiad Exams

International Winning Students

Class 1 - 12

1st Prize Rs 50000/+ Gold medal + Merit Certificate **59 nos.**
 2nd Prize Rs 25000/+ Silver medal + Merit Certificate **59 nos.**
 3rd Prize Rs 10000/+ Bronze medal + Merit Certificate **59 nos.**

Additional cash awards for winners of ICSO.

Zonal/State Winning Students

Classes 1 - 12

1st Prize Gold Medal + Rs. 5000/+ Merit Certificates - 1180 nos.
 2nd Prize Silver Medal + Rs. 2500/+ Merit Certificate - 1180 nos.
 3rd Prize Bronze Medal + Rs. 1000/+ M. Certificate - 1180 nos.
 Rank 4 - 10 Gifts worth Rs. 1000/+



Dr. Suresh Nair has been awarded by Science Olympiad Foundation, in recognition of the services rendered by him towards promotion of Science, Maths, I T and English Olympiads.

Merit Certificates - 8260 nos.
 + Medal of Excellence
 Rank 11-25 Medal of Excellence + Merit Certificate - 17700 nos.
 Select ISKO winners get an opportunity to appear in a special program on STAR SPORTS TV Channel.

School Winning Students

Classes 1 -12

■ Top 3 rank holders from each class and each exam awarded Gold, Silver & Bronze Medals .
 ■ Medals awarded to students from each section.
 ■ Student Performance Report (SPR) for each participating.

Scholarships

1) GCSS Girl Child Scholarship Scheme-300 Nos.

■ Education scholarships provided by SOF to girl children.
 ■ 300 academically inclined girls from economically weaker section given an annual scholarship.
 ■ Rs. 5000/ scholarship to each selected girl to assist her complete her education.
 ■ Girls selected based on recommendations sent by Schools.

2) S.E.E Scholarship for Excellence in English 120 Nos.

■ 120 students across the country awarded a Scholarship of Rs. 5000/ each.
 ■ Students selected on the basis of their performance in previous year's Final Exams and IEO exam.
 ■ Students are selected from recommendations sent by Schools.

■ Scholarship run in partnership with The British Council.

3) AES Academic Excellence Scholarship- 160 Nos.

AES promotes & encourages all round academic development .
 ■ Under AES, Students scoring highest marks in any 3 Olympiads are given a scholarship.
 ■ Students from class 3 to class 10 are selected under AES.
 ■ 8 students / Zone selected total of 160 students awarded the AES.
 ■ Winners are awarded Rs. 5000/ & a trophy each.

Olympiad Schedule for 2016-17: (Schools can select any one date)

International Sports Knowledge Olympiad (ISKO):Sept 15th & Oct 4th
 International Company Secretaries Olympiad (ICSO): Sept 15th & Oct 4th
 National Cyber Olympiad (NCO): Oct 13th & Oct 20th
 National Science Olympiad (NSO): Nov 15th & Nov 24th
 International Mathematics Olympiad (IMO): Dec 1st & Dec 12th
 International English Olympiad (IEO): Jan 19th & Jan 31st 2017 ■

- Author, Dr. Suresh Nair is the Principal of Vivek Vidyalaya and Junior College, Goregaon and is also the Cordinator of SOF Olympiads since 1999. This article intended to give an insight into various Olympiads to the students who are planning for different competitive examinations. For more details, please contact: Dr. Suresh Nair on 9867 16 36 96 or csnair64@gmail.com or visit : www.sofworld.org

"WRITING FOR ME IS A QUEST"

ANAND NEELAKANTAN

Anand is one of the emerging writers and has been writing for Hindi TV shows besides book. This Tripoonithura (near Kochi) born writer is the youngest son of L Neelakantan and D Chellammal. After completing his schooling from Fact High School, Eloor, he did his BTech from Government Engineering College in 1996.



Sriprakash Menon

■ Anand is employed with the Indian Oil Corporation Ltd., since 1999. He moved to Mumbai in 2015 and is staying with his family comprising his wife

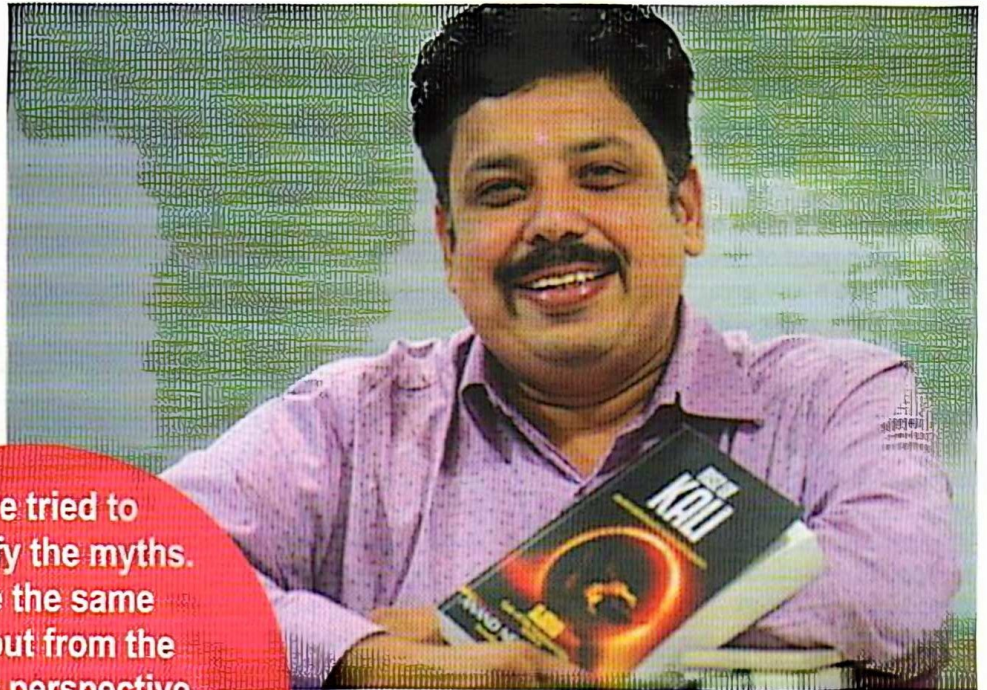
Aparna, daughter Ananya and son Abhinav besides his pet dog Jackie the Blackie. Before moving in to Navi Mumbai he lived in Kochi, Allapuzha, Thrissur, Kozhikode, Malappuram, Kannur, Bengaluru and Belagavi.

In a candid chat, the young writer talks about his works to Sriprakash Menon

Can you tell us about your writing career? What was the response to your books in the market.

■ I have written 3 books, Asura, tale of the Vanquished which is Ramayana from Ravana's view point. This book remains a best seller even in its fifth year of publication. The book has been translated into more than 15 Indian and foreign languages. The book has been a best seller in all languages including in the audio book format and also in Malayalam. *Ravanan Parajitharude Gatha* has been published by Mathrubhumi Books and is in 4th edition in 6 months. Asura was shortlisted for Crossword book awards in 2013.

My second book was Ajaya, Roll of the Dice, the first part of Duryodhana Mahabharata. This book



I have tried to demystify the myths. I write the same story, but from the opposite perspective. I believe that makes the reader to get an all round appreciation of our epics.

was a best seller, in number 1 position across all charts for 16 continuous weeks since

its release by superstar couple Nagarjuna and Amala at Hyderabad in December 2013. This book also was shortlisted for Crossword award in 2014. Ajaya has been translated into 8 languages so far and the book will be released in all the languages like Asura. Audio version has also come out and in e book category it has been one of the highest sellers in Amazon.

The concluding part of Ajaya series, Rise of Kali was released in July 2015 and met with similar success. This book was launched on July 28, 2015

again by Telugu superstar couple Nagarjuna and Amala. Mathrubhumi is releasing Duryodhana Mahabharatam during Onam this year. E books are available and audio is about to be launched for this book.

Why are your writings radically different from the more popular accepted versions of mythical characters?

■ I have tried to demystify the myths. I write the same story, but from the opposite perspective. I believe that makes the reader to get an all round appreciation of our epics.

Which stories fascinate you and which is your favourite work?

■ As a writer there are no stories that do not fascinate me. My favourite work is of course Mahabharata followed by Ramayana.



Book release by Nagarjuna and Amala

Faith and devotions are destinations for some. For me, the journey is more beautiful than the destination.

Your rational approach and logical explanation is it more of a scholastic approach devoid of devotion and faith ?

■ There are many great writers, philosophers and gurus who write beautifully with devotion and faith. If I write like them, I will be just adding my own pale effort to the huge corpus of literature. Writing for me is a quest. The moment faith comes in it, the quest ends. Faith and devotions are destinations for some. For me, the journey is more beautiful than the destination.

Is writing in mother tongue easier for telling stories or you prefer English for a wider audience ?

■ Malayalam is my preferred language. In an interview given to Mathrubhumi a few months back, I had detailed my struggles to master English. Mastering is a wrong word, it is rather learning English. I read my first English Novel outside my school syllabus at the age of 16. Coming from a typical rural back ground of Kerala, where even an attempt to speak English would be met with derision from the friends, learning English was a tough task. I did my Engineering and later Certified Petroleum Manager course, which are purely technical subjects. I do not have any training in writing nor did I have any exposure to literature except for the habit of avid reading. I eat, live and breathe books.

Writing in English was a painful and conscious choice for wider audience. I would prefer to write in

Malayalam any day, but even after reasonably good success, I doubt whether any publisher in Malayalam would publish my original Malayalam novel or short stories.

My only published Malayalam works are in Hasya Kairali and Tic Tic a few satire stories, some parody songs and some cartoons in Boobanum Moliyum many years back.

People have stopped reading books, is it because of internet and other electronic devices distracting them ?

■ I think that is just a perception. The number of books being sold are increasing every year. People who are distracted with electronic devices are the people who rarely had the passion to read books. Indian publishing Industry is more than 10 times the size it was a decade back

Why is cinema still popular against a novel or literary work ?

■ Cinema is for collective enjoyment where as a novel is for solitary reflection. Always, things we do collectively will be more popular than solitary works. Why is music more popular than sculpture or painting? People can enjoy music as a group or when they are alone. It is very difficult to enjoy a sculpture in a group.

How would you compare regional literature with works in English ?

■ My exposure to regional literature is restricted to

Malayalam and the works that get translated to Malayalam.

In Malayalam, there are works that are deep, soulful and melancholic. They are great literature, but anything else get branded as thrash. In English, there is a space for all genres. Most of the great Malayalam books have a common running thread in them. There are honourable exceptions, but the books mostly deal with a village, characters in that village, a crumbling family, meaninglessness of life, a struggling hero who is crushed by fate etc. Exceptional works are there in this category.

But writers of all other genres like satire, thrillers, horror, romance, fantasy etc are painted as pulp fiction writers. A Malayalee will shy away from seeing many award films, but for him to read a book, the book should have won an award or two. So talented writers tend to write same kind of books and Oru Deshathinte Katha, Avakashikal or Kayar gets rehased in every generation. Even established writers are scared to experiment.

In English, there is space for every

type of literature. Had George R R Martin lived in Kerala, we might have branded the creator of Game of Thrones as another Painkili writer or Ma writer.

Left governments and literature have a unique relation, do you think it is a myth ?

■ I believe any literature promoted by government would look like propaganda. That is true irrespective of whether the government is left, right or any shade in between.

What do you think are the challenges for the new left government in Kerala ?

■ Changing the work culture of the people will be the greatest challenge. An old man in my village used to say, one can know whether a place is good by

straight to your face, totally TRP oriented and formula driven. If Valmiki was writing for TV, he would have been forced to cut the entire Sundara Kanda as in this Rama, the hero is not doing much. TV would have forced Valmiki to write Rama jumping to Lanka instead of Hanuman, burning down Lanka and coming back at least seven times before the actual Rama and Ravana war starts. There is nothing wrong with the Hindi TV particularly. It is more colourfully true about Malayalam TV too. TV works on formula and no one knows what that formula is.

Why is work on Indian TV so shallow ? Is it for mass consumption ?

many factors, sometimes even bizarre factors like the colour of the heroine's dress. For any other form of storytelling, there is no live feedback loop.

Even for a drama or performing art, even if the artist knows the feedback live, he cannot improvise or change it more than certain extent. A film will be praised or thrashed only after it is released. Same is the case with a novel. The director or story teller is under no pressure to change the story in between. In TV, there is a continuous feedback loop, a skewed one at that which kills the story. So no one knows what is working, it is a huge trial and error method, with someone striking pot luck once in a while. The digging for gold goes on, often on viewer's expense.

Are you planning to write for Malayalam cinema ?

■ I am working with Siddharth Bharatan for a film. The pre production work is going on. I am also writing for a Tamil film.

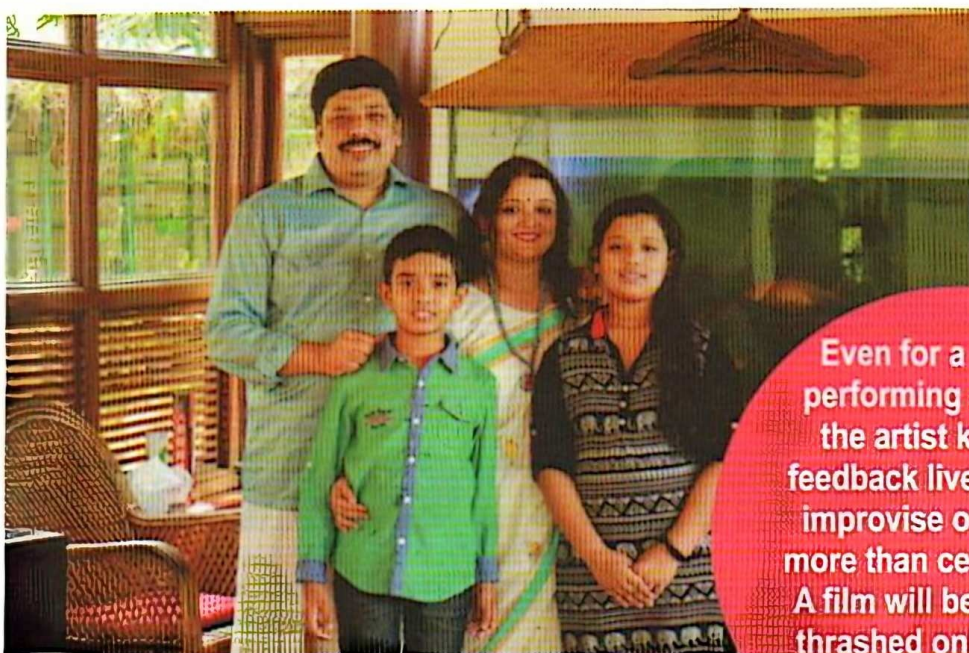
What is your next major novel going to be ?

■ The next one is a huge project in association with a big name in the film Industry. The announcement will be coming soon and until it is officially announced, I do not want to give the name away. I will only say that it is based on a film that is one of the greatest hits in Indian film history.

Even for a drama or performing art, even if the artist knows the feedback live, he cannot improvise or change it more than certain extent. A film will be praised or thrashed only after it is released. Same is the case with a novel.

After ONV, now Kavalam Narayana Panicker has left a huge void in the cultural life of Kerala ? Comment on his contribution to stage especially Sanskrit theatre?

■ Kavalam Sir's commitment to his art is unparalleled. He proved the classics can be taken to masses. He brought Mohanlal to the stage so that it would attract even the viewers who are not connoisseurs of Sanskrit dramas. Bhasa is the greatest dramatist who ever lived. I would any day rate Bhasa above Kalidasa or Shakespeare. Kavalam brought Bhasa's dramas to the stage for the modern audience. Even if time forgets all his stellar contributions, this generation would always be thankful to Kavalam Sir for his great contribution. ■



Anand with family

looking at the roads in that place. We used to laugh, thinking the man was senile. Now, thinking back, his words make sense. Broader roads are an indication of the willingness of the people to sacrifice personal comfort for common good, to think far ahead and be prepared. I am not saying we Malayalees are selfish. We are selfish collectively and generous individually. So we do not give two inches for the Gail gas line to go through our compound even while knowing that it would trigger a developmental revolution in Kerala. Changing this narrow mindedness of our people would be the greatest challenge.

Describe your experiences while writing for Hindi TV ?

■ TV caters for the mass audience. There is no layering in TV writing. It is

■ There are good products for mass consumption. Mass consumption as such is not a dirty thing. The problem is when a few people think that they know what is that the mass consumes and try to dump down thrash. TV is the cheapest means of entertainment. For a vast majority of people, films have become - elitist. A family of five or six will have to spend Rs 1500 on a film outing, even if they let go the overpriced pop corn and multiple times heated stale samosa.

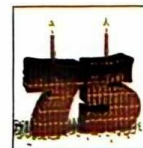
TV provides entertainment for the whole family for two or three hundred rupees a month, 24 hours. Now, people watch TV when they want, but TRP or BAARC calculations depend on hardly 10000 feedback boxes in a country having 40 crore screens. The TRP of a serial may fall or rise depending on



75th BIRTHDAY CELEBRATIONS OF Dr GOPAKUMAR G. NAIR



Dr Gopakumar Nair lighting the lamp along with family members



Dr. Gopakumar G Nair a veteran of Indian Pharmaceutical Industry and founder and director of Gopakumar Nair Associates

celebrated his 75th birthday in a grand scale along with his friends and family members at Nirmala hall, Thakur Complex, Kandivili East on 11th June 2016.

Dr. Nair, a Ph.D. holder from NCL-Pune, has been an integral part of Pharma industry for over 40 years. During this time he has served many positions in Indian Drug Manufacturers Association and was the President of IDMA in 1999-2000. In 2002, he founded Gopakumar Nair Associates, an Intellectual Property Boutique firm and related LPO/KPO by name Gnanlex Hermeneutics Pvt Ltd. He is also graduated in Law from Mumbai University in 2008. Dr. Nair is associated with Bharat Education Society from late 60's and is holding the position as President since 1990. He



was also the Founder Vice-President of Kandivili Malayali Samaj and currently the President of Malayalee Welfare Association, Thakur Complex.

The birthday function was a cultural melange from start to finish. The eventful morning featured beautiful renditions of Ghazal classics by Ms. Anjana Sarmalkar, Mohinyattam - a south Indian classical dance by the disciples of Smt. Geeta Vijayshankar and Kathak dance by Miss. Devika Rajesh.

The function was attended by Family members and eminent personalities from various fields including Dr. Ashwini Nangia, Director of NCL Pune; Dr. A.V Rama Rao, CMD of Avra Laboratories Pvt. Ltd.; Dr, Abraham Patani, Chairman of Inga Laboratories Pvt. Ltd.; Mr.R.Ramakrishna, Director of Alivira Animal Health Ltd.; Mrs. Indira Sunderarajan, MD of Ultramarine & Pigments Ltd.; Mr. Manish Gupta, MD of Sequent Scientific Ltd.; Mr. Narendra Mairpady, Director of Sequent Scientific Ltd.; Mr. Satish Varma, Director of Fermenta Biotech Ltd.; Dr. Raman P. Yadav, Professor of MGM Institute of Health Sciences; Mr. Daara Patel, Secretary-General of IDMA, Mr. Pratap Nair Director of FEI Cargo, Mr. Vijaykumar of Kerala in Mumbai, Mr. Unni Variath popular Malayalam writer and many others. The celebration was followed by Kerala-style Plantain Leaf Lunch.



Felicitation by Dr Patani and other friends



Dr Nair with Pratap Nair and Vijaykumar

Dr Nair with his family members



A PEEP INTO THE RESULTS OF THE FIVE STATES' ASSEMBLY ELECTIONS

Veteran Trade Union Leader P R Krishnan analyses the results to the five state assemblies for which election was held in May 2016.



P.R. Krishnan

■ The results to the five state assembly elections held in April-May were out on 19th May. The states which

went on to poll were Assam, West Bengal, Tamil Nadu, Pondicherry and Kerala. In these, the West Bengal has gone the Trinamool way. Assam has changed the route and embraced BJP. Tamil Nadu has retained AIADMK. Pondicherry has brought back the Congress to power. Kerala has once again voted Left Democratic Front to power. Here are the details in respect of elections in each of these five states. In that series we will begin with West Bengal first and come to Kerala last.

West Bengal

The outcome of the poll to this assembly shows that the Mamata Bannerjee-led Trinamool Congress has retained power in West Bengal with increased strength. In the 294 member state assembly, Didi's Trinamool Congress has won 211 seats. Though the left front led by Communist Party of India (Marxist) had fought the election in this state in adjustment with Indian National Congress, the front could make no progress. In fact the left front got lesser seats this time than what it had in 2011. The front this time could get only 32 seats as against 46 it had in the previous assembly. The Congress has improved its position in this poll with 44 seats. The Congress bettered its status because of the adjustment with the left front. The share of left front constituent's seats is: CPI (M) 26, CPI 1, RSP 3, Forward Block of India 2 and one independent, supported by left front. The BJP has won 6 seats and the Gorkha Jana Mukti Morcha got 3 seats. The results show that the Sharda Chit



Mamata Bannerjee

Fund Scam and corruption charges surfaced in the Fly-over tragedy which claimed 26 lives, have not made any erosion in the electoral support base of the Mamata Bannerjee-led Trinamool Congress. It is however worth noting that a former minister of Didi's cabinet, Madan Mitra and the main accused in the Sharada Chit Fund Scam who contested the election from jail has been defeated. Six of Didi's cabinet ministers are amongst other leaders of Trinamool Congress who got defeated in the contest. These 6 ministers are: Manish Gupta, Krishnanendu Narayan Chaudhari, Savitri Mitra, Chandrima Bhattacharya, Shankar Chakrawarty and Shyamaprasad Mukherjee. Out of the 32 seats won by the left front, 12 are from Trinamool Congress. Mamata Bannerjee has thus become the

Chief Minister of West Bengal a second time. Her swearing in ceremony took place on 27th May before the state governor Kesarinath Tripathi. There are 4 members including chief minister in her new ministry. The oath taking function was a star studded ceremony. The new ministry has got seven Muslims one Christian and 3 women. The ceremony was attended by Bhutan prime minister Tshering Tobgay, Bangladesh industries minister Amir Hossain Amu, union finance minister Arun Jaiteley, Uttar Pradesh chief minister Akhilesh Yadav, Bihar chief minister Nitish Kumar, Delhi chief minister Aravind Kejariwal, JKD chief Lalu Prasad Yadav, former J&K chief minister Farook Abdulla and

several other leaders. However the entire opposition including Congress and BJI boycotted the function in protest against growing atrocities against their supporters. It could thus be said that the Trinamool Congress has got consolidated its position in West Bengal. It was a six phased election schedule in this eastern state beginning from first week of April and ending on 5th May.

Assam

The three party alliances headed by BJP has trounced the Congress Party and ousted it from power. The new ruling alliance partners in this north eastern state are BJP, Assam Gana Parishad (AGP) and Bodoland Peoples Front (BPF). This three party front contested the poll as constituents of National Democratic Alliance (NDA) in the state. In the 126 seats Assam state assembly, the NDA has



Sarbananda Sonowal

Tamil Nadu

The result to this 232 strong member state assembly has brought J Jayalalithaa led All India Anna Dravida Munnetra Kazhagam (AIADMK) to power once again. The AIADMK has won 133 seats. The Karunanidhi led Dravida Munnetra Kazhagam (DMK) front could get 98 seats. For DMK, this is a big jump from last time. Pattalimakkal Kakshi and Indian Union Muslim League could win one seat each. One seat has gone to an independent. The DMK led front comprised of Congress and Indian Union Muslim League. In that Congress won 8 seats. Though AIADMK has retained power, Amma's party has lost 16 seats this time. In the previous assembly Amma had a strength of 150 MLAs. The left front in this state drew a blank this time. In the previous assembly the CPI had seats in the assembly. Sadly this is the first time



J. Jayalalithaa

in the history of Tamil Nadu that its state assembly remains unrepresented by the left parties. The swearing in ceremony of Jayalalithaa took place on 23rd May before governor K Rosaiya in

the Madras University Shadapiti Auditorium. Her cabinet comprises of 32 ministers. This is the 6th occasion that Jayalalithaa has become chief minister of Tamil Nadu. Immediately after assuming power, Amma drew straight to the secretariat and held the first meeting of her new cabinet. In that she announced 6 major decisions as per the AIADMK's election manifesto. These are (1) writing off agricultural debts and loans of farmers upto March 2016 amounting to Rs. 5780 crore, (2) One coin of 10 gram gold free of cost for the marriages of women in the families of weaker sections of the society, (3) One hundred unit of electricity free to handloom weavers, (4) 200 unit free electricity for weavers of mechanized handloom weavers. (5) A reduction of two hours in business hours in wine shops and (6) closure of 500 liquor shops. The closure of liquor shops is claimed to be towards total prohibition in the state.

grabbed 86 seats. The Congress could secure only 27 seats. The All India United Democratic Front (AIUDF) got one seat. This party had an alliance with RJD and Janata Dal (U). But these parties could not win any seat. Three seats have gone to others. The third front comprising of left parties could not get any seat. The peculiarity of this state is that 34 percent of its population is Muslims. A substantial number of them are migrants from Bangladesh. The new chief minister of the 3 party alliance Sarbananda Sonowal who has been sworn in on 24th May was a minister of the union cabinet of Prime minister Narendra Modi. He is the 14th Chief Minister of this state. He was one of the leaders of Assam Gana Parishad but had migrated to BJP. That is how he had got a birth in Modi cabinet. The BJP had fielded him as the leader of the NDA's election campaign. The Congress thought that it would once again emerge victorious in the poll. It therefore made no attempt to have electoral alliance with any of the Assam based regional parties this time. Not only that but this grand old party made the four time chief minister Tarun Gogoy in charge of election campaign. But the party failed miserably. It is significant to note that the BJP had only 5 seats in the last assembly. It is from that meagre 5

MLAs that this party has now captured power in the state. Certainly the strategy adopted by that party has brought dividends for it. The swearing in ceremony of the new chief minister Sarbananda Sonowal and his 12 member cabinet members took place before governor B.P. Acharya on 24th May. It was attended by prime minister Narendra Modi, BJP president Amit Shah, former Dy. Prime minister and senior BJP leader L.K. Advani, 13 union ministers, and chief minister of the 14 states under BJP rule.

Pondicherry



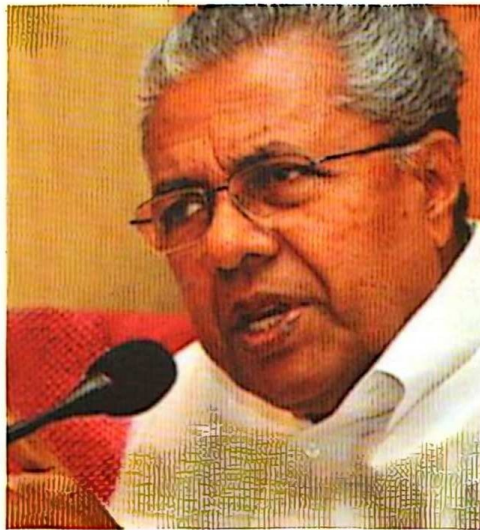
V Narayanaswami

Amongst the 5 states which went on poll, the tiny state of Pondicherry in South India was the only state which rendered relief to the Congress. This is a union territory with 30 seats. Here, the Congress fought election in alliance with DMK. Hence the Congress could score victory in 17 seats and oust the Jayalalithaa led AIADMK from power. Amma's party could get only 4 seats. NRC party got 8 seats. Amongst the winners, there is one independent. Though the total number of seats was only 30, there were 344 candidates in the field as contestants. In that lot 19 were independents. What is surprising is that though the results were out on 19th May, it took 18 full days for the Congress to form its ministry. Even then it could not pick up a suitable candidate for chief ministership from amongst the 17 MLAs who won the election. This was because of rampant groupism and quarrels within the party. Finally the Congress has installed V Narayanaswami, a non-MLA as chief minister. He was a union cabinet minister earlier in the UPA government. The oath taking ceremony of Narayanaswami as new chief minister of Pondicherry and other 5 cabinet ministers took place on 6th June before the newly appointed lieutenant governor Kiran Bedi.

Kerala

Now we come to Kerala. Outwitting all the claims made by the Congress led United Democratic Front (UDF) and its chief minister Oommen Chandy, the people have given wholehearted backing to the CPI (M) led Left Democratic Front (LDF) through their verdict in this election. As a matter of fact almost all the pre-poll and exit poll surveys had forecast overwhelming majority for the LDF. As it happened for the UPA government at the centre in the general election in 2 years ago, the people in Kerala were thoroughly fed up with the UDF dispensation. Besides as in the case of the Manmohan Singh government in the centre, the UDF government in Kerala was deeply involved in scams and anti people measures. Therefore as rightly forecast by leading media agencies, the Congress led dispensation has been shown its door in this election. The verdict in favour of LDF was unambiguous and overwhelming. In that it has got 91 seats in the 140 member state assembly. Prominent amongst the losers in this election from the UDF list are 4 cabinet ministers. They are excise minister K. Babu and backward community welfare minister P.K. Jayalakshmi, both Congress, RSP leader and labour minister Shibu Baby John and the Janata Dal (U) party leader and agriculture minister K P Mohanan. The speaker of the assembly N Sakthan, the Dy. speaker Paloli Ravi and the government chief whip Thomas Unniyadan, also met with defeat. Selvaraj an LDF MLA in 2011 who crossed over to UDF and who now contested as Congress candidate also tasted defeat. However a surprise win in this election as an independent was of P C George who was chief whip in the Oommen Chandy government. He had resigned from Kerala Congress (M) party earlier and won the election in Poonjar constituency with handsome majority. The total number of votes to the 14th state assembly of Kerala were 2.16 crore. This comprised of 1.35 crore women. Amongst the voters were 81,136 government employees. The number of candidates seeking entry to the state assembly was 1203. In that list were 109 ladies. The largest number of women candidates was from left and democratic front. A few were independents. The fact that there were 109 women candidates in the electoral battlefield was an indicator of the fact of advancement that the womenfolk have made in Kerala. However from the

female contestants only 8 could win. They are all from LDF. The UDF block has no women MLA in the assembly this time. The increase in the registered voters this time from 2011 was 28.71 lakh. Amongst the voters, there were 23,289 NRIs. The total number of polling booths in the state was 3142. In all, 25,808 electronic machines were put in operation for the electoral process. The ballot papers contained photos of the contesting candidates and their symbols. The poll percentage this time was 77.35. This is 2.23 percent more than the votes polled in the last election held in 2011. This was 75.12% then. As in the past, this time also, there was big flow of black money and liquor in the election field. The report till 14th May showed that the police have recovered Rs. 22.99 crore. This was meant for



Pinarayi Vijayan

bribing the voters. A Congress candidate from Pattaambi constituency was seen handing over currency notes to a voter and police have registered a case against him. A pleasant incidence reported on the election day was that the governor of the state had cast his vote in this election. This is for the first time such an incidence has occurred in the history of Kerala. The credit in that behalf goes to governor P Sathasivam. Justice Sathasivam and his wife Smt Saraswati cast their votes at the Jawahar Nagar L P School polling booth in Vittiurkavu constituency in Trivandrum district. The BJP has for the first time opened its account in the Kerala assembly. Its nominee O Rajagopal, a senior leader, has won from Nemam constituency. The BJP entered the battle field with a 12 party alliance. One amongst these 12 parties was Vellappally Natesan led SNDP Yogam. Vellappally for that purpose had formed a new party

christened Bhartiya Jana Dharma Sena (BJDS) with his son Thushar Vellappa as chairperson of that party. The constituents of this BJP led 12 party front claimed that they are a part of National Democratic Alliance (NDA). They fielded candidates in all constituencies. The BJDS share in that lot was 28. But none except O Rajagopal from the NDA could win any seat. He said that his victory became possible because of UDF support. The BJP's propaganda team for the election included almost all top leaders of that party. The Prime Minister Narendra Modi made 3 trips to the state and addressed 7 rallies in different parts of Kerala to canvas votes for his party and the BJP led National Democratic Alliance partners. The BJP president Amit Shah and 12 of the union cabinet ministers were also in the field to canvas support for that party. The team of central ministers included home minister Rajnath Singh, finance minister Arun Jaiteley, foreign minister Sushma Swaraj, parliamentary affairs minister Venkaiya Naidu, transport minister Nithin Gadkari and human resources development minister Smriti Irani. In addition, top leaders of RSS and BJP including Mohan Bhagwat did their best to mobilize support. In the spirited speeches and propaganda, these leaders lost no chance in launching ferocious attacks against communists and creating venomous communal polarization. In that the prime minister went to the extent of comparing Kerala to African nation Somalia. Modi's discovery was that Kerala is much behind Somalia in the matter of development. The party position in the 140 member state assembly is LDF 91, UDF 47, BJP-1, Independent 1. In that the CPI (M) has 58, CPI (M) supported independents 5, CPI 19. Janata Dal (S) 3, NCP 2, Congress (S) 1, CMP 1, RSP (Lenin) 1 and Kerala Congress (B) 1 = 91. The UDF position is Congress 22, Muslim League 18, and Kerala Congress (M) 6, Kerala Congress (Jacob) 1 = 47. BJP 1 and independent 1. The swearing in ceremony of the new ministry headed by CPI (M) leader Pinarayi Vijayan took place before the governor P Sathasivam on 25th May. It was in the Central Stadium at Trivandrum. The cabinet comprises of 19 members including the chief minister. Amongst them are 2 women. It could thus be said that the victory for LDF is for a corruption free secular Kerala and for speedy development of the state. ■

SOYA CHUNKS MASALA

Preparation Method

Soak the soya chunks in hot water for around 15 minutes. Squeeze out the water and clean the soya chunks and drain out excess water if any. You can cut the chunks into curry sized pieces. Heat 2 tbsp oil in a pan and splutter mustard seeds. Add coconut pieces and sauté till, it turns brown. Add ginger and garlic and sauté well. Add sliced onions and sauté till the onions are translucent. Add green chillies, curry leaves and tomatoes and sauté till the tomatoes are cooked properly. Add Soya chunks along with salt and 1 tbsp of turmeric cover and cook for 5 minutes on low flame. Add chilli powder, pepper powder, coriander powder, garam masala and stir well till all the masala is fully coated on the soya pieces. Add soya sauce and stir well for another 5 minutes. Serve along with Chapati/Malabar parotta.

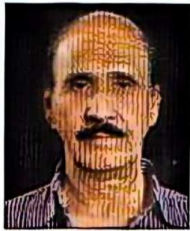
Ingredients

Soya Chunks (small pieces)	-1 cup
Garam Masala	-1tbsp
Red Chilli Powder	-1tbsp
Turmeric Powder	- ½ tbsp
Pepper Powder	- ½ tbsp
Coriander Powder	-1 tbsp
Soya Sauce	-2 tbsp
Onion (Sliced)	-1 cup
Tomato (Sliced)	-1 cup
Green Chillies (Slit)	- 2
Ginger (sliced)	-1tbsp
Garlic (sliced)	-2 tbsp
Curry leaves	- a sprig
Oil	-2 tbsp
Mustard Seeds	- ½ tbsp
Salt	-as required
Coconut (small pieces)	-¼ cup



By Asha Soman

TOWARDS A CLEAN AND GREEN MUMBAI



V Balachandran

■ The transfer to H-West Ward meant much relief from fighting the monster of slum encroachments with demolition squads, and attendance at courts it entailed. At

the time I took charge in 1985, the Mayor announced a programme for a 'Clean Mumbai, Green Mumbai'. I took up this work with great enthusiasm and turned my attention to the parks and playgrounds.

The Municipal gardens were in a state of neglect. I realised that much could be accomplished with the co-operation of the private sector companies and the people of the area concerned. The Rahejas voluntarily agreed to help in the maintenance and development of four parks viz. Sadhu Vaswani, Vishnu Kadam, the Lions' Juhu Park and the Rotarians' Park. The other groups that came to my help and support were Hiranandani, Leela and Patel the last in regard to the Bandra Talao.

The maintenance of several playgrounds and open grounds was also taken up.

All these efforts at beautification of the area under my Zone gave me much satisfaction. Road widening was also a part of the development programme, and my efforts were well appreciated by all.

Come September The Religious Festivals

The seven-day-long Mount Mary Festival held in Bandra every year in September attracts thousands from all parts of the City and even outside. The residents of the area, however, were unhappy with the noise and nuisance created by the festival. They went to court and secured an order to the effect that the BMC should ensure that the residents were in no way affected. As the senior officer of the ward, I had to carry out the court order. I saw to it that the revelry ended every day by mid-night and the entry of people was suitably restricted. I had the assistance of the police and the co-operation of the Mount Mary Church authorities. The festival



Mrs Jaya Bachchan felicitating Balachandran for the development activities carried out in Bandra

ended peacefully eliciting praise from the people and the authorities concerned.

More responsibility

I was transferred to the 'D' Ward consisting of Nana Chowk, Chowpatty and Malabar Hill. Known as it was as a VIP ward, I concentrated on the beautification of the area. The ward was kept clean by removing all garbage, preventing flooding of low lying areas when there was high tide and ensuring that the drains allowed free flow of sewage. Yet, with all my efforts to keep my ward clean, I had to face a nasty situation. Some Youth Congress volunteers wanted me to visit the August Kranti Maidan where some garbage had collected. When I went to the site, I saw the garbage heap. Immediately, I got in touch with the conservancy staff and ordered that the garbage be removed immediately. When I was talking over the phone, some rowdy elements filled my official car with the garbage. It was an insult to me and I made no effort to conceal my anger.

The incident happened in the presence of a Minister of State. I learnt later that a rival faction in the Youth Congress that was against the MOS was behind this mischievous action. I left it at that.

My conscientious work did not go without a reward. My ward was declared as the best maintained one in 1990, and I was adjudged as the best Public Relations Officer in the campaign 'Clean Mumbai, Green Mumbai'.

Though not connected with my official work, I would like to share with my readers the joy I felt on a particular occasion. The Indian Airlines invited me to join the VIPs on the inaugural flight of their plane from Mumbai to Kozhikode. On arrival at Kozhikode, a lot was taken to find out the luckiest of the passengers on the maiden visit. I was declared the winner and I carried home at Mankada the gift of a Hendez colour television set.

One step backward, two steps forward

One's official career, like the course of love, does not always run smooth. On April 6, 1990, at a meeting of Deputy Municipal Commissioners and departmental heads, the then Commissioner, Mr. S. S. Tinaikar announced that I was being transferred to M East ward with immediate effect as ordered by the State Government. The ward was newly created by the bifurcation of ward M where I had worked during

1981 84 leading demolition squads and facing threats to life. I had shifted to the H-West ward after my return from leave and with the immense relief that I would be spared the agonies of living under the sword of Damocles. The announcement was not welcome to me at all.

Elections to the State Assembly had just then taken place. One of the new Cabinet Ministers, Mr Javed Khan, holding the portfolio of Housing and No. 2 in the Cabinet had been a Councilor of the Corporation from M East. One of his election promises to the people was that he would bring me back to the ward, which had its office at Trombay. He kept

caused by the retirement of one Mr P P Kandar. The post was to be eventually filled by a candidate selected by the Maharashtra Public Service Commission through the usual process of open competition. In fact, it had already selected one V S Jadhav but he could not take charge as a case was pending against him in the court. When he came to know of my appointment, he approached the High Court for a stay. The then Commissioner, Mr K Padmanabiah, sorted out the matter and cleared the legal hurdles to my appointment.

I had two extensions of my term in a temporary capacity. Then came the call

election rules were being violated by a political party. I visited the area for an on-the-spot inspection. I found about 100 boys putting up banners of a party in front of the polling booth. When I was discussing with my officers about the manner in which this should be prevented, one of the boys came close to me and pulled out my revolver attached to my waist. Fortunately, it did not fall as I had tied it fast. Even today I shudder to think of the explosive situation that would have ensued if the revolver had fallen to the ground.

August to November, 1992. This is the (religious) festival season in Mumbai - Ganesh Chaturthi, Navaratri, Sri Krishna Janmashtami, Diwali (Naraka Chaturdasi and Lakshmi Puja).

The Ganesh Utsav had an added significance in 1992 it was the centenary year of the public celebration of the festival initiated by the patriot scholar Lokamanya Bal Gangadhar Tilak (1856 1920). I was the co-ordinator of the Corporation's Sarvajanic Centenary Ganesh Mahotsav Committee as Deputy Municipal Commissioner in charge of festivities. Our task was to ensure that the popular 10-day celebration, which involved processions and immersion of Ganapati idols (small and giant-sized) in tanks and the sea, was conducted peacefully. Among the steps we took were:

1. Increase the immersion points from two (Dadar-Chowpathy and Girgaum-Chowpathy) to 66 covering the suburbs.
2. Cleaning and deepening of tanks.
3. Lighting the suburban roads through which the processions passed.
4. Abolishing the entry fee to Ganesh pandals.
5. Banning playing of musical instruments such as the Banjo.

The festival passed off peacefully, eliciting appreciation from the people and the press.

Then came Navaratri. Restricting the 'Dandiya Raas' (dancing with sticks that clashed) up to mid-night was effective.

In connection with Diwali, studies were undertaken to find out how best the noise of the exploding crackers could be minimized. The bursting of crackers between 11 p. m. and 6 a. m. was banned, as the studies showed that the noise and explosions caused itching, tension, depression and insomnia. Not a totally noiseless Diwali but certainly a joyful one with no harm to the health of the people was gone through.

Post-Babri Mosque Riots

December, 1992. The demolition of the Babri Mosque at Ayodhya on



Atal Behari Vajpayee presents an award to Balachandran for the work done for the beautification of Bandra

his promise no doubt but he would not have known that I had become a sacrificial goat. All my efforts to avoid the transfer were of no avail. Fortunately, I had only a short one year second innings before I was posted to G North ward, the Dadar area.

I launched on a cleanliness drive at Shivaji Park and the Dadar Beach. This earned the appreciation of Shiv Sena which had a dominant presence in the ward area. I got the hawkers of Tulsi Pipe Road and Ranade Road removed with the support and co-operation of Mr Manohar Joshi who represented Dadar in the State Assembly and was the Leader of the Opposition.

As Dy. Civic Chief

Dadar was to become the springboard for me to occupy one of the high positions in the Corporation hierarchy viz. Deputy Municipal Commissioner of Zone III Bandra Division. I assumed charge of the office on October 22, 1991. The spring was exciting but some anxious moments were to follow. All these when Shiv Sena was ruling the Corporation.

My appointment was for six months on an ad hoc basis to fill in the vacancy

for an interview on December 8, 1992 from the MPSC. I was in two minds whether to respond or not. On the advice of friends and well-wishers, I decided to compete for the post; there were 42 other candidates in the fray. The interview lasted an hour. I gathered up my courage and told the Commission: "I am already a Deputy Municipal Commissioner. I have only one and a half years to retire. In case the MPSC does not recommend my name, I will have no alternative but to opt for voluntary retirement and leave Mumbai forever."

Confirmed

For a month there was no news from the Commission. At the end, to my great relief, I was informed that I had been recommended for the post by the Commission. I continued in the post after confirmation.

From a height

February, 1992. Electioneering for the Municipal Corporation was on. I was the Observer for my Zone III, Bandra division. Though the division, by and large, was peaceful, there were complaints from Kherwadi that the

December 6, 1992 caused ripples of reaction in different parts of the country and Mumbai was, perhaps, the worst affected by communal riots. In Radhabai Chawl in and around Jogeshwari, with a population of 5000, predominantly Muslim, six persons were burnt alive and 371 Hindu families were terrorised into vacating their dwellings to live elsewhere. These vacated dwellings were occupied by anti-social elements. Relief camps were set up for the riot-affected families at the Ganesh Municipal Maidan. Even when peace was restored, these families were not willing to return to their old dwellings. I was not in favour of their continuance in the temporary relief camps as that would mean acquiescing in a communal divide. I did everything possible to provide for their security, and persuade them to go back to their dwellings they had deserted out of fear. I went by the municipal records to restore to each family its old dwelling which had been locked earlier after driving out the unlawful occupant. All civic services were restored, including water supply, and communal harmony was promoted. I was personally satisfied that I could do my bit to bring peace to a riot-torn area and kindle the light of joy in the minds of the affected people.

I had a brush with the underworld dons also such as Rajan Nair and

Varadaraja Mudaliar. They were a law unto themselves. I do not wish to go into detail here as I have written a separate 132-page book in Malayalam entitled 'Bombay Adholakam' (2003). An interesting episode is that one of them assured me of his protection when I had trouble with goonda elements following slum demolitions in Chembur.

In August, 1994, I had an unusual experience of being questioned by the police in connection with a murder case. Unfortunately, the victim was one of my good friends. On August 25, my friend Ramdas Nayak, the President of the BJP in Mumbai, died following a murderous assault. The police wanted to know who were all the persons-builders, hoteliers etc against whom Ramdas had complained to the civic authorities. I had no knowledge about the matter. Though I could not help the police in any way, I was very sad that my friend met with a tragic end. One senior C. B. I. Officer, Mr Kapoor, came to me directly from Delhi to enquire about certain complaints that a mosque was coming up at the Perry Cross Road, Off Hill Road, Bandra and that the BMC Officials were supporting it. I directed the official to the Ward Officer concerned.

Last day in office a shock

Three decades had passed since I joined the BMC on April 20, 1964. On

November 1, 1994, at 58, I had to retire from service. My official life was hectic eventful and, in my view, purposeful. I engaged myself in both constructive and destructive activities which brought me both bouquets and brickbats. All that I can claim is that, in whatever I did, I was earnest, sincere and conscientious. For eight years, from 1976 to 84, much of my time was devoted to slum-clearance involving demolition of illegal structures and removal of unauthorized hawkers from public places. In carrying out these official operations, I was not insensitive to the human suffering so caused. I did everything possible to rehabilitate the affected people.

In the second phase of my career in the southern wards of the Corporation, I could contribute a little towards the improvement of Mumbai by way of road development, maintenance of hygienic conditions and keeping a close watch on parks and playgrounds. I could also provide timely help and assistance to the people in Jogeshwari affected by communal riots in December, 1992.

Even before I left Chembur for Bandra, on February 26, 1984, the Greater Bombay Citizens' Vigilance Committee, headed by Dr Rashmi Mayur, a well known activist in the promotion of citizens' welfare, felicitated me for my 'sincere efforts' in performing my duties 'without fear or favour'. ■



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AN ENCORE WITH PRINCE RAMA VARMA



Lakshmy Menon

■ Students of veteran vocalist and Guru, Smt. Prasanna Varrier, had the enviable opportunity of attending a music workshop by the eminent Carnatic musician Aswathi

Tirunal Rama Varma. Prince Rama Varma, as he is popularly known, is widely recognized as a vocalist, Veena exponent, musicologist, teacher, writer and orator. He regularly gives concerts and conducts music workshops in India, and has performed in several countries across the globe. Rama Varma is a member of the royal family of Travancore, Kerala, and organizes an annual 10-day music festival at the Trivandrum Kuthiramalika palace that attracts music aficionados from all over the world. Videos of his concerts, lectures and music lessons, which are uploaded on the YouTube channel Musiquebox, have created a sensation among music lovers. Interestingly, Smt. Prasanna Varrier recognized the talent of this versatile artiste well before the advent of YouTube, and has been regularly organizing his workshops and classes in Mumbai for several years.

In his workshops and classes, Rama Varma teaches compositions of well-known composers such as the Trinity, Swati Tirunal, Annamacharya and his own Guru Dr M Balamuralikrishna, and compositions of lesser-known



composers such as Prayaga Rangadasa, M D Ramanathan and Yedla Ramadasa with equal passion and dedication. His uniquely effective teaching methodology is characterized by a balance of perfectionism (ensuring that everyone gets every note right) and infinite patience (repeating the same phrases and getting the students to repeat them too till they get it right). These facets were amply displayed at the Mumbai workshop.

The Raga that was delineated in the

workshop was Valachi/Valaji, whose Hindustani equivalent is Kalavati. The lesson started with a brisk swaram exercise a trademark of Rama Varma's classes - which gave the students a feel of the Raga. Following this, he taught the song "Shri Gayatri Devi Sanatani", a Sanskrit composition on Goddess Gayatri by Ogirala Veeraraghava Sarma. Rama Varmagave a little background information about this composer from Andhra Pradesh. He was an Upasaka of Gayatri Devi, and performed penance for many years, assuming the "spiritual name" of Gnananada Teertha - and growing a long beard, as Rama Varma pointed out with his characteristic sense of humour.

Varma brought the beautiful lyrics to life by explaining the meaning of every word. Indeed, he remarked that by the end of the workshop the students would be able to sing the song without looking at their notes - and he really made it happen. The affable Guru wrapped up the session by distributing chocolates, much to the delight of the younger participants! Renowned Ghazal and playback singers, Roop Kumar and Sunali Rathod, also participated in the event. The workshop was truly an experience to cherish for all the students. ■



MALAYALI NURSES FACE BIG CRISIS



Biju Cherian

■ According to the Indian Nursing Council, there are 20 lakh registered nurses in India of which 18 lakh are from Kerala. As for the Malayalis, for the past five decades, the nursing

profession has been considered to be the route to greener pastures. Ask any nursing student or professional why she opted to study nursing, and the answer rarely varies. "You can always get a job once you have studied nursing, unlike other courses. It is more or less guaranteed," is the popular refrain. The desire to care for people or look after the sick is not heard about too often, though it exists in the popular imagination and folk-lore.

In the earlier days, this profession was dominated by women from Christian communities, but now Hindu women and Muslim men also form a sizeable part. As a matter of fact, about 75% of all Malayalis have at least one nurse in their family.

As far as India is concerned, only Malayalis have given the finest theoretical and practical training to its nurses even if there is no value for their specialisation. This is because hospitals are filled with diploma holders forcing a post graduate and a Bachelor of Nursing to join at the same designation and at almost the same starting salary. Besides Malayali nurses have to struggle under the pressure of being good and obedient on the job and for the family, without complaints, more than her counterparts from elsewhere in India.

Of course, there is educational empowerment because of the number of colleges, but they have created aspirations. Moreover, nurses are leaving India because it is getting near impossible to manage the workload. In a 90-100 bed general ward, two to three nurses are on a duty shift. Private nursing jobs may pay more but there is no job security. Several private

hospitals sign on staff nurses without an appointment letter, pay them no salary for the first one-and-a-half years on the grounds of enabling them to gain experience and handle sophisticated equipment, and demand resignations if they get pregnant.

It isn't just West Asia that beckons the Malayali nurse. The first batch of Kerala nurses who went to Germany in the 1960s had the pioneers' advantage. Due to a shortage of trained healthcare workers in the Gulf Co-operation Council countries and Europe, women



As far as India is concerned, only Malayalis have given the finest theoretical and practical training to its nurses even if there is no value for their specialisation. This is because hospitals are filled with diploma holders forcing a post graduate and a Bachelor of Nursing to join at the same designation and at almost the same starting salary.

from Kerala, mostly Christians, have been training to emigrate there since the 1970s. Various factors, including the active aid of the church, helped Kerala nurses find jobs in countries like Italy, Germany and Austria in the early years. Later, when the United States framed immigration policies to bridge the shortage of nurses, Malayali nurses made the most of it. In India, the Malayali nurse is ubiquitous, from Delhi and Mumbai to small towns in Punjab and Uttarakhand. It is the remittances of these people that has kept the Kerala economy going all these years. Of course, there are amazing and inspiring stories of people who have transformed patchy and thatched village houses into fabulous villas. From nurses to doctors, a good number of old nurses are mothers and grandmothers of doctors and highly qualified professionals. Their

contribution to their families and the state's economy began from the early sixties. They went all over India and sent their hard earned money for the education of their younger brothers and sisters and improve the productivity of the small agriculture lands their fathers owned. As a matter of fact, Kerala's social and economic history can be divided into two, namely before the migration of nurses and after.

What has driven these women, and also a large number of men, to this profession is lack of opportunities in the state. Though it has a high rate of literacy and scores well on other indices of human development, Kerala has one of the highest rates of unemployment in the country, at 7.4 per cent, which is way above the national average of 2.3 per cent. According to the Kerala government's 2013 Economic Review, the number of unemployed people in the state stood at 3.7 million. The private sector has stayed out of Kerala, thanks to its militant trade unions. To meet the growing demand for nursing education, Kerala opened 219 institutes to offer a diploma in GNM and another 126 to offer a bachelor's degree, with the bulk of the 13,705 seats falling in the private sector, according to Indian Nursing Council.

Many insist the infrastructure and faculty outside Kerala are not up to the mark, yet still private institutes have made a killing. This is because, students who do not have sufficient marks to enter government nursing colleges, where admission is tough and highly priced, opt for these private institutes. It is usually at this stage that youngsters incur their first round of debt. The fees for a three-year diploma at private colleges works out to at least a couple of lakhs, while a 4-year BSc can cost up to Rs 5 lakh, including the usual "donation", intimidating sums when your father works as a porter or driver. Despite the assumption of guarantee of a job at the end of the course, it is well known that entry-level pay for nurses in hospitals is low and insufficient to repay the education loans. A substantial portion of these loans ends up becoming non-performing assets. Salaries in private hospitals are really low, despite protests and recommendations by government-appointed committees. Government hospitals offer better remuneration, but vacancies are limited. Thus, nurses have to look outside the country for better opportunities since the pay is higher.

The average Malayali is no longer enamoured by this profession because there is a feeling on the part of nurses of being neglected and unwanted in our country. Nurses feel that they are being taken for granted and not appreciated for their valuable services.

At Sir Ganga Ram Hospital in Delhi, 80 per cent of the nurses are Malayalis. What helps them get recruited is their reputation for being well-trained, tenacious and willing to work hard. Their superior skills come from the high literacy rate and better education. Besides, they know how to keep calm in times of crisis. Malayali nurses traverse thousands of kilometres and then survive in alien cities mainly due to a strong social network. Malayali nurses tend to live together, which provides a support system for the newcomers. The referral system helps them get jobs. Many use it as a launch pad to go abroad, which is often the ultimate aim and the perceived solution to their indebtedness. The other push factor is the better quality of life abroad, especially at work, where they are treated with respect and courtesy.

An exact figure of the number of Kerala nurses working abroad is difficult to come by. But various studies have indicated that around 60,000 Indian nurses, of whom those from Kerala form the majority, were working in West Asia in 2006, while over 14,000 had cleared their certificates to leave for the United States, Canada, England and Australia in 2003.

Now, many countries, including those in West Asia, have tightened their criteria for recruitment. Candidates now need to clear each country's entrance exam. This was not the case earlier. Recruiters are also no longer interested in candidates who have only a diploma and prefer those who have completed three years in accredited hospitals.

In recent times, countries like Canada and New Zealand, which offer permanent residence, have become attractive options, especially for nurses who have a few years' work experience. It is the best option since it allows family emigration. Consultants point

out that migration to Canada requires you to show at least Rs 6 lakh in your bank account, which puts the option out of reach for many. This is what makes risky destinations like Iraq and Libya, which are desperate for skilled human resources in sectors like healthcare, more feasible options. To go to other countries, one needs to clear entrance exams, which are very tough, but Iraq does not have one. And they are willing to recruit nurses with only two years' experience, instead of the usual three years. Many recruiting agencies that facilitate employment abroad also ask for hefty sums, or "service charge" as they are called. Kuwait commands one of the highest service charges because of the attractive remuneration. Delhi has become a hub of these "consultancies", mostly run by Malayalis.

Things are now changing. The average Malayali is no longer enamoured by this profession because there is a feeling on the part of nurses of being neglected and unwanted in our country. Nurses feel that they are being taken for granted and not appreciated for their valuable services. The neglect has come about because there has been an oversupply of professionals in comparison to the demand. A lot of the girls belonging to the economically weaker section took to this profession as a means of earning a livelihood. But the health system itself in our country has been in a weak state and did not have adequate of vacancies to absorb all these professionals.

The nursing community is the last link between the pharmaceutical industry and the patients. It is the nurses that administer medicines and take care of the patients round the clock. It is they who are the first to know the results of any drug, equipment or procedure. Therefore, it is not a healthy sign that this community remains neglected, or feel they are neglected. They have to be strengthened physically, morally, professionally and economically.

Already, there are signs that Malayali girls do not want to take up nursing as a profession. They do not want to become the Florence Nightingales and Mother Teresas of the 21st century. There are reports of institutes stating that there is a gradual decline in the demand for nursing seats and even colleges being shut down due to lack of students. This trend has to be arrested if this country has to progress in the health sector. ■

NIDHI AND DEEPIKA CHARMING DANCERS

Abhinaya Institute of Research and Fine Arts (Vasai) presented the Bharata natyam debut performance by charming danseuse Nidhi Chirravuri, at Bhandari Kshatriya Samaj auditorium in Vasai and by Deepika Venkatesh, at Prabodhankar Thackeray auditorium in Borivali. The performances were noteworthy for the expressional quality and the command over the technique of Bharata Natyam.

Both dancers are disciples of accomplished exponent of Bharata natyam Dr Chitra Vishwanathan and P.E. Vishwanathan. Both have been learning dance from a tender age. Nidhi has also performed along with famous actress and dancer Sudha Chandran in



Nidhi Chirravuri



Deepika Venkatesh

Malaysia and other countries. Nidhi has participated in several ballets presented by the Abhinaya Insitute.

Nidhi is studying in the 8th standard in Notre Dame School in Vasai and also keenly interested in sports besides being a top ranker. Both of them commenced the performance with the traditional invocatory numbers, followed with the Alarippu that introduced the audience to the basic movements in the Bharata natyam style.

The Kalyani Jatiswaram formed a fine synthesis between music and melody and dance. Nidhi

scored well in the Idadu Padam on Lord Shiva that portrayed the lord of Lords and Maheshwara that controls and maintains creation, preservation and destruction.

Deepika scored well in Mahadeva Shiva Shambo on Lord Shiva that portrayed the lord of Lords and Maheshwara that controls and maintains creation, preservation and destruction. The numbers pertaining to Yasoda and Krishna and the Meera Bhajan were pleasing for their sincere depictions. The concluding numbers were the intricate Thillana and the snake dance known as Pambati Natanam that showcased the typical flexible snake movements which is not easy to perform..

Both dancers received fine orchestral support from Guru Dr Chitra Vishwanathan on the nattuvangam, commendable vocal support by P.E. Vishwanathan and the well knit orchestral team. They danced with lot of enthusiasm and zeal and should continue to do so in order to become a top performer.

By Guru Vijay Shanker

Free Book Distribution by Hill Garden Ayyappa Bhakta Sangha

■ Hill Garden Ayyappa Bakta Sangam (HGABS) is one of such groups which believes that they owe a lot to the community around them and always take some initiatives to discharge their social responsibilities. As a part of such activities, they are associated with the Municipal School in Kokanipada in Manpada area of Thane and are working for better education for the students of this school.

This school is in the adivasi area and most of the students there are from economically lower income group. Since last seven years, HGABS is distributing the complete set of note books to each and every student of this school. One of the teacher Mrs. Rekha Bhamre from the school highlighted that this was not a distribution of only note books like it is done in many places. She told that the representatives of HGABS visit the school at the beginning of the academic year, ask them to give the class-wise requirement of the specific books like four line books, square-line books, double-line books, drawing books, long-books, Anklipis (the basic books of alphabets and numerals), etc, then prepare the required no. of sets and then distribute them. Due to this, the students get their exact requirements fulfilled at the begining of the year itself and need not worry about it thereafter. The function of such note book distribution for the academic year 2016-17 was held on 18th June 2016 in the school and around 2500 notebooks of various types were distributed amongst 160 students from 1st to 8th standard. HGABS feels that the staff of this school is also enthusiastic and dedicated and takes all efforts for the education of the students from such area.



Headmistress Mrs. Rekha Bhamre addressing the students.



Federal Bank Senior Manager Mrs. Madhuri Sajnekar distributing book to the student.



Hill Garden Ayyappa Bhakta Sangam members with the students



Talented Singers of Mumbai enlivens folk songs

■ Twenty two singers of Mumbai came face to face to decide the best singer among them in a reality show organised by Aamchi Mumbai. Well known music maestros Kavalam Sreekumar, Puthusseri Janardhanan and actress and danseuse Uttara Unni were the judges. Thavam Gramavedi members gave them rhythmic and instrumental support. Rahul Muraleedharan started the contest followed by 66 years old Ramachandran in his own manner enthralling the audience with his Tamil folklore. Nine year old Vaishakh and 11 year old Pranav based their songs with typical rural fervour. Sraddha and Divya Vijayan who were side tracked narrowly last time also participated. All judges praised the participants for their intrinsic talent and said folk songs would not have another deserving stage. The programme came to a close by five in the evening. The next contest would be on August 14.



Reality show Judge Kavalam Sreekumar lighting the lamp. Panvel Malayali Samajam ruling members Sunny and Hariharan, E.P. Vasu, Goodwin Sunil Kumar, Bimal Roy (Central Railway), Uthara Unni and Puthusseri Janardhanan.

Matrimony.com released

■ In a glittering ceremony held at Gokulam Park Hotel, Kochi, President of All India Malayali Association (AIMA) released a collection of short stories titled Matrimony.com written by Venu Kodanad. The book is published by Pambungal publications. Besides the author, AIMA Chairman Babu Panicker (Delhi), General Secretary P N Sreekumar (Chennai), Vice President R S Pillai (Hyderabad) and editor of Malayali World Mohan Kandathil (Mumbai) were present.

AIMA's national meet concluded

■ The national organisation of Pravasi Malayali Associations, All India Malayali Associations, concluded its annual meet in Kochi. On May 28, national executive meeting and on May 29, national delegates were held. National president Gokulam Gopalan presided. Delegates from Andhra Pradesh, Assam, Bihar, Delhi, Goa, Gujarat, Haryana, Jharkhand, Karnataka, Madhyapradesh, Maharashtra, Meghalaya, Nagaland, Odisha, Punjab, Rajasthan, Tamilnadu, Telengana, Uttar Pradesh, Uttarakhand, West Bengal etc participated. The existing projects like Cancer Treatment assistance,

environment protection, organ donation etc would continue. For pravasis, cultural contests and learning of mother tongue would be held. Bhanuprakash, winner of Akshara Mudra Award was felicitated. The award will be presented to him in July in Kozhikode. Kumbalangaad Unnikrishnan (Tamilnadu), Ravindran Poyilur (Keralam), K R Manoj (Rajasthan), T K Rajan (Karnataka) and P N Umesh (Bihar) were elected National Vice President, National Secretary and Committee members respectively. National General Secretary welcomed the delegates and Ajikumar Medayil proposed a vote of thanks.

Palghar District on the road to development

■ The newly constituted Palghar district is on the road to development, declared Member of Parliament Chintaman Vanka. He was addressing a concluding meet 'Vikas Parva' organised by Uttamkumar, President of BJP President of Vasai, on the second anniversary of Modi government. Palghar district is shaped out of the Vasai Taluka and its suburbs including the backward areas and areas touching the Arabian Sea. A blueprint for development was submitted to the government. A four lane road and 18 overbridges were already been sanctioned. An escalator in the railway station is also included. In the meet, George Ookken, Hemendra Mehta, Hareshwar Naik, Harindra Patil, Ramanuj and R P Singh participated.



Star Festival

■ Movie Magic Film Academy jointly with KNR Today Online Life Streaming Channel in association with Malayala Chalachitra Souhruda VEDI organised a Padmabhushan Prem Nazir Film & Award Nite on May 28 at Mundayad Indoor Stadium Kannur. Actor Premkumar, Producer P V Gangadharan and singer Devanand presented the awards. 'Manjurukum Kaalam' (Mazhavil Manorama) won the award for the best serial and Manoj Paravur (popular actor), 'Karyam Nissaram' of Kairali won awards for Anish (actor),

Anu Joseph (actress), 'Ente pennu' of (Mazhavil Manorama) won award for director Sreejit Paleri, and Jishin Mohan for Villain. Young talent singer award went to Reshma Menon.

Jury consisted of Capt Raju, director Mohan Kupleri, screenplay writer Shatrughnan, and Film Academy MD Shahul Hameed. It is for the first time Prem Nazir Award is being handed over in Kannur. Kollam Scorpion presented the cultural shows.

Devanand, Reshma Menon, Aniyappan, Biju Chalakkudi, Kalabhavan Sudhi, Lakshmi Sudhi, Vinod Chalakkudi et al participated in the cultural extravaganza.

Dance/Music Classes

■ After the summer vacations, Lalitha Kalalayam Fine Arts Akademi reopened its classes in music and dances from June 12. Admissions for new batches Bharathanatyam, Kathakali, Mohiniattam, Mrudangam, Carnatic music, Veena, chenda, table, piano etc also started. Interested people may contact 0251-2480686/9821227219.

Rithuranga

Meethi Desai, disciple of well known Mohiniattam danseuse, choreographer and Sangeetha Nataka Akademi award Guru Mandakini Trivedi, will present 'Rithuranga' on July 15 at 6.30 pm in NCPA Research Centre. Sivaprasad will provide vocal and Kalasri Nambissai will provide instrumental support.



Reshma Menon receiving Award from Actor Premkumar



Roseline's Tribute to Poet Cherian Andrews

■ V S Andrews Foundation (Ernakulam, Kerala) organised the 100th Birth Anniversary Celebrations of poet Cherian Andrews in a unique and befitting way at the Changampuzha Park in Edapally on April 30th with the release of JK Roseline's third book of poems known as "The Guiding Lights".

On this occasion about 15 Malayalam poets were felicitated in the presence of dignitaries like Justice K Sukumaran Nair, Justice MK Hariharan Nair, Editor Francis Perumana who is also the secretary of the Andrews Foundation; Dramatist and writer AK Pudusherry. Justice Sukumaran Nair praised the poetic excellence of JK Roseline and said that it was the most befitting tribute to her uncle Cherian Andrews. He also spoke about his wonderful experience of having posted in Mumbai and living in the posh locality of Malabar Hill.

While welcoming the guests, poet JK Roseline who is also an accomplished journalist said, "As the granddaughter of VS Andrews and the



niece of Cherian Andrews. I take this responsibility of taking the legacy forward in promoting poets and poetry, particularly among children and youth. I also would like to express my heartfelt gratitude to all the dignitaries for having spent their valuable time on this solemn

occasion".

The highlight of the event was the conferring of the VS Andrews award to singer Zero Babu who incidentally is the first Muslim singer to be honoured with this outstanding and prestigious award.



Centenary of Gurustavam celebrated

■ The centenary celebrations of Gurustavam written by poet Kumaran Asan about Sree Narayana Guru concluded at Guru Centre of Thane Unit of Sree Narayana Mandira Samiti.

Corporator Manoj Shinde inaugurated the seminar on Gurustavam, led by P P Sadasivan. K Rajan, M I Damodaran, N Mohandas, K Natarajan, M G Raghavan, V V Muralidharan et al

spoke on the occasion. Adv Sahadevan, N K Babu, N S Rajan, P K Divakaran, Preethi Umesh, V N Pavithran and Prameela Surendran participated in the seminar. Soon classes on Gurustavam and Daivasakam would be commenced, according to Unit Secretary V V Muralidharan.

Family Get-together and Birthday Celebrations

■ Mulund Kerala Samajam organised a Family Get-together of the Managing Committee members along with the 81st birthday celebrations of its president Shri K Gopalan Nair on June 6, 2016 in Sitara Hotel. Shri Gopalan Nair who is also president of Keraleeya Kendra Sanghatana and his wife were felicitated. Vice President Oommen Michael, Secretaries CKK Poduval and E Ramachandran, committee members Sujatha Nair, Santha Vasudevan and A Radhakrishnan et al spoke on the occasion.



Birthday celebration of Gopalan Nair



Video Release

■ A video titled 'Innalaye Thedi' (In search of Yesterday), directed by Aravindan Nelluvai and produced by Sailaja Nambissan for Children's Films, was released at Avanengad Vishnu Maya Temple. It is the video version of a children's movie. President of Kerala Jyotisha Parishad Adv A U Raghuraman Panicker presented a copy of this video to music maestro Vidyadharan Master.

Film director Babu Narayanan, Yajnacharya Kizhakkedath Madhavan Namboothiri, chief associate director Ravi Vasudev, director Aravindan Nelluvai et al were present during the release.

The movie is made with the objective of sending a message to the children of new generations about the importance of nature, water and generations. All schools in Kerala will receive copies of the film through Children's Film Clubs. Workshops for story writing, screenplay and direction could be held for schools



Music maestro Vidyadharan Master releasing the Video



and interested schools could inform their likely participation through phone number 97473

68106.

T G Ravi has done the main character. Aparna Balamurali, Kiranraj, Habib Khan, Mini Arun, Ramadevi et al are doing important roles in this movie. KVS Nelluvai is the assistant director of the movie. He is also doing an important role.

Ramayana masam

■ Gurudeva Mahadeva Temple of Nerul Gurudevagiri will observe Ramayana masam from July 16 to August 16. There will be Mahagana-pathi Homam, Ramayanam recitation, Bhagavathiseva, annadanam etc. On July 24th Samootha Mahamrityunjaya Homam and August 14th Sarvaiswarya pooja will be held. On Karkitaka Vavu Day, there will be arrangement to pay obeisance to the departed soul. For details, contact 27724095 or 2771 8280.



Book distribution by Bombay Keraleeya Samiti, Malad



Kalashri Nambisan accompanied on Edakka with Vocalist Madhavan Namboothiri for Mohiniattam Legend Dr. Neena Prasad's recital at Karnataka Sangh Hall, Matunga.

Literary Workshop

■ Pratiksha Trust organises a literary workshop on September 24 at Vasai. It will be inaugurated by well known writer V R Sudhish. Some of writers from Kerala are also expected to attend the workshop. To make this workshop a success, several committees are formed under Rajendran Kuttoor, Jose Mandi and K B Said Muhammad. Those who wants to attend this workshop may contact 9323528198.

Srimad Bhagavatha Saptha Yagnam

■ Ayyappa Temple Bhayander is organizing their 2nd Srimad Bhagavatha Saptha Yagnam from August 28 th to September 4 th at the temple premises from 6.30 am to 6.30 pm. Bhagavatha gaayaga ratnam-Kizhakkedam Brahmasree Harinarayanan Namboodiri is the "Yagnayacharyan". There will be special offerings and pujas during this period. Those interested in participating can contact on +91(22)-28164800.

Marriage meet

■ Kharghar Nair Service Society, Navi Mumbai is conducting their 10 th Marriage meet for their members on 15 th August at Sree Siddhi Marriage Hall, Sector 12, Kharghar from 10 am to 1 pm. Those who are interested in registering their names may contact on +919892710542.

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Golden Jubilee of Marriage

■ Popular businessman and social activist from Mulund M.G.A. Menon and Smt. Indira A. Menon celebrated their Golden Jubilee of Marriage in a glittering ceremony at Bhakta Sangham Hall, Mulund (W) on Sunday the 12 th June. Many prominent Mumbai Malayalees including Swami Krishnananda Saraswathi of Ramagiri Ashram, Lion Kumaran Nair, V.G. Nair of VGN Jewellers, S.R. Pillai, Prince Vaidyan, Sreekanth Nair, Harikumar of Thane Nair Welfare Association etc attended the event.



Swami Krishnananda Saraswathi lighting the lamp

Anniversary and Onaghosham

■ Nair Welfare Association, Dombivli is conducting their anniversary and Onaghosham on Sunday the 26th September at Varadh Siddhivinayak Seva Mandal Hall, Dombivli (E) from 9 am onwards with various cultural events and onasadya. The cultural programs will be presented by members of cultural wing of the association. For more details contact on +919324284932 or you can also mail on nwa.nair@gmail.com.



New Branch of Akbar Travels at Dombivli

■ Akbar Travels of India has opened their 100 th branch at Dombivli. Benazer Abdul Nazar daughter of Abdul Nazar, Chairman and Managing Director of Akbar Travels inaugurated the branch. They are dealing with airline ticket booking, holiday package, hotel booking, rent-a-car, bus tickets, visa, passport, tour package, cruise, forex, insurance etc. The new branch is located at Manpada Road, Dombivli (E).

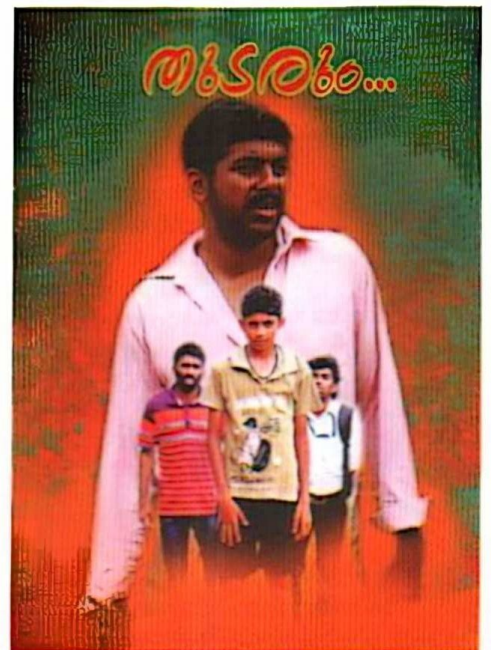
Benazer Abdul Nazar
inaugurating the office



Bangur Nagar Ayyappa Temple celebrated the 'Kiratha Shiva Pratishthadinam'

Screening of Malayalam Short Film "Thudarum"

■ Thudarum, the best Malayalam short film selected by the film festival held at Goa was screened on 25th June 2016 at the auditorium of Kerala House Vashi, Navi Mumbai from 7 pm onwards. Kerala Sangeeta Nakataka Academy-western zone organized the screening. The film is being presented by Janakeeya Chalachitra Vedi, Mumbai and directed by Kannan Thattayil. Mumbai Malayalam drama artists Ashish Abraham, Sukesh Pookulangara, Sreejith Mohan are the lead actors of this short film.



ANJU QUILTS STATE SPORTS COUNCIL

Since Pinarayi Vijayan's government ascended the throne, the first bombshell came from his cabinet minister E P Jayarajan. When The Greatest Mohammed Ali died, he commended that Ali brought several medals for Kerala. Every thinking Keralite had a chance to laugh heartily for a couple of days. This prompted everyone think the minister now onwards would think thrice before he opened his mouth. They were totally wrong. The Minister thought much more than that!

Anju Bobby George the much celebrated sportsperson of Kerala was appointed by the previous government as President of Sports Council of Kerala. This was totally a apolitical appointment. Anju and her colleagues in the Council had thought of resurge the sports field of Kerala. She is employed in Bengaluru and the head office of Sports Council is in Thiruvananthapuram. This fact was known to everyone and every travel of hers to and from Bengaluru would cost the Council some money and the Government had provisions for air travel for her.

It is now become a practice for all appointees of previous governments to visit the appropriate minister when the government takes over. So Anju and her VP Ibrahim Kutty went to meet her minister Jayarajan. This visit paved way for looming storm. They were not



welcomed by the minister by a friendly smile but with unusual barrage of hot words. Anju and her companion had to seek cover elsewhere and they went to the Chief Minister Pinarayi Vijayan. He welcomed them and tried to pacify them by friendly words. This prompted Anju to write an open letter through the media.

We bring to you the full version of the letter, translated into English and you draw your own conclusions.

“Throw me out, but don't disgrace” - Anju Bobby George

When a new government takes over, there can be change of policies and accordingly there could be changes in bureaucracy. Giving due credentials to the system prevailing in our state, I say I am not prepared to resign from my post of President of Sports Council in a disgraceful and discredited manner. I can proudly state that I never once sought short cuts to success. I have not committed any corruption even worth of a paisa. If my services are not required, please openly say so, I shall resign but if I am disgraced by spreading nonexistent canards, I have to react.

Our Council Vice President Ibrahim

Kutty and I had a number of files with us when we went to meet for the first time the new sports minister, E P Jayarajan. All that we did, proposed to do in due course of time and projects needing governmental support were all detailed in those files. However we needn't take them out. As soon as we introduced ourselves, the minister crudely responded, “You are all nominated. None from the sports field! He was not even prepared to listen to n reply refuting his comments. When the minister talked, he did not seem to be aware of the presence of Indian Hockey caption P R Sreejesh, former Indian volleyball player Tom Joseph, former athlete Preeja Sreedharan etc were Council members.

His next question was with whose permission the Council President travelled in aeroplanes and he threatened to withdraw it using his powers. When he asked if the six member council decided the travel plans, I answered that it was based on a government order. Then Secretary of Sports and Secretary of Finance of the last government had approved the air flights based on an order issued by the previous LDF government, I pointed out. I also told him that during the last six months, I have spent only Rs.40,000 and asked

him if this was a huge amount. "You did not expect me to occupy this position. I have full powers to cancel it," he reiterated.

He had a letter from a Handball coach seeking a favourable transfer. He wanted us to cancel all the transfers forthwith. He was not prepared to listen when we pointed out that his transfer could be allowed on humanitarian grounds but cancelling all transfers would be not in the interest of the trainees. "I don't want to hear. You are all corrupt," was his stand. It was clear that this blame game had other connotations.

When it was evident that my remaining there would not be of any use, I went and met the Chief Minister. He was told about our bitter experiences and allegations raised against us. He looked very tired after a long meeting. Yet, he listened to all our complaints with a smile. "We know you Anju and your family and we have no negative opinion about you," he said. This statement gave me a lot of relief. His approach had all the considerations that a sportsperson deserved.

My humble opinion is that nobody should mix politics in sports. I did not take up this position as a politician. I accepted this position only after long loving persuasion though I earlier expressed my non-interest. My only consideration was only to contribute our personal experiences so that the young generation could benefit out of it. In that direction, we did take some initiative also.

However, we are deeply disappointed with the approach of our Sports minister. He should not have behaved the way he did to an Olympian. Not even his subordinates would have accepted it. I am repeating. If I am not needed, say so openly but do not discredit me. A sportsperson who felt pride while watching the tricolour fluttering over various fora across the world, does not deserve this treatment."

However, Chief Minister Pinarayi Vijayan defended his Sports Minister saying that the latter did not disgrace Anju Bobby George. There was nothing disgraceful if the minister enquired about the air travel expenses. He was replying to the questions raised in a press meet later. The previous government had granted certain facilities and the minister expressed his disagreement, that was all, Vijayan said. "When Anju came to me, I made her understand the purpose of Jayarajan's



questioning. We never treated her position politically. When this was clarified, she left amicably. He also clarified that Anju did not make any complaints to him against Jayarajan.

Jayarajan also said that he did not behave with her causing disgrace to her.

The proposal allowing the President of Sports Council to travel by flight was mooted by the previous left government. Then sports secretary and now private secretary to CM, M Sivasankar and then finance secretary K M Abraham had signed the orders granting this privilege.

Anju, however, was not agreeable to his clarification. She therefore wrote another open letter to Minister of Sports E P Jayarajan. We reproduce her letter, again translated into English.

"Respected Sports Minister E P Jayarajan Sir,

I am writing this note to you with a complex mixture of relief, expectation and anxiety. Your words "Anju has not been blamed" give me relief.

"Corruption will not be tolerated" give expectation and our suspicion that the moves are in tune with interests of those eyeing our positions gives anxiety. We request you not to give those who sat in our positions for long periods an opportunity to laugh at us watching our crucifixion after a mere six months.

You told me about the allegation of corruption in Sports Council. I now feel that someone misguided you that it happened in my tenure. Probably that could have made you to react to me aggressively. Sir, you are right. I also hold the opinion that the allegation of corruption to be probed. It should however be not restricted to the last six

months alone. All the appointments, construction activities and other expenditures of the last ten years or beyond should be brought under the precinct of the probe. Adequate punishments are also to be ensured. The government, people in the sports field and sports administrative field should be brought under the purview of this enquiry. I assure you my complete support to all your encounters in this regard.

You are right, Sir. There are many undesirable systems prevailing in some field connected with the Sports Council. There are many ghost houses all across the state, standing as perpetual memorials of corruption indulged by the people entrusted with the task of motivating youngsters to face Olympics and similar world events. You should go and see the High Altitude Centre, Munnar, constructed only six years ago. You might wonder if it was constructed with bricks or with the minds baked in corrupt kilns. A seeping building and a concreted track looking like canal bund! Whoever conceptualised it, it is certain their corrupt abdomen would have been certainly filled in.

Do you remember a sports lottery conducted for development of sports? Out of the 24 crores collected, 22 crores were written off as expenditure. The remaining 2 crore is yet to reach the accounts of the Council. Is it not worth probing, Sir? Some won the bumper out of the lottery whose tickets carried my photo also. Multipurpose synthetic turf was projected as a gigantic work. There are many such turfs in Kerala, constructed at Rs 25 lakh each. Like the top of buildings, top concrete is painted with red! These sights pained me a lot. And I have seen many superior foreign training centres.

There was pilferage of e-mails from my office. I suspect some external forces attempted to penetrate our decisions to prepare for more corruptions. As soon as I discovered, I lodged complaints with cyber cell. This also to be probed, Sir! Though several people received lakhs of rupees for training abroad, have they fulfilled the conditions attached therein such as passing their examinations, extended free services to Kerala sports etc? They also should come under the purview of proposed probe.

Conversion of indoor stadia into wedding avenues, construction of swimming pool of Pirappancode, loss of Rs 25 lakhs incurred in making tracks in

Maharaja's College etc are some of the cases that I came to know about corruption. When we realise that there was corruption in providing food to the children, our state should bow its head with shame.

Observing these activities our minds were frozen and the decision to form a Sports Council Ethics Commission was taken by us. We brought corruption, harassment of sports persons, moral turpitude and other matters related to sports under the purview of this Commission. When we came to meet you that day we had all the papers related to it. However when we were subjected to your angry display, they became irrelevant.

I had initiated some changes in the existing unnecessary activities of the Council. Along with all our members we had even completed visits to some districts. Sports persons, trainers, office bearers, people's representatives were brought in to our discussions. After visiting the remaining districts also, we wanted to bring a total transformation in the administration of the Council. The above said corrupt practices were observed during these visits.

This is Olympics Year. Our Council member Sreejesh is the backbone of our hockey team. It is a proud moment for the Council. Though we allotted some funds for the house construction of Manuel Fredricks, our Olympics Hockey Winner, there are a few issues remaining. We request your immediate attention in this. May I remind you one more issue? There will be attempts to watch Olympics at the expenses of the government. Those of us who participated in Olympics by our sheer merit would not at any cost support them. During the time of last President, more than seven lakhs were spent only on travels. We had to strive very hard to get him to return the excess amount along with interest. I never felt anything worthwhile from there was ever emulated in Kerala by him.

I assume some people would have asked you what I, a resident of Bengaluru, could be doing in Sports Council. Air tickets for talented sports stars to participate in competitions, AC tickets in trains, Abdul Kalam Scholarships, elite training schemes, quality training kits, renewal of sports hostels, refresher courses for trainers, Sports Day etc are some of the things that we initiated. The recent state elections caused some delay in the administrative setup and that reduced

our speed of implementation.

All appointments in the sports field, including that of my brother, should be probed under some stain free persons like DGP of Vigilance Jacob Thomas. That is one of our demands. All appointments should be brought under State PSC. I am with you in this war against corruption.

Let me conclude this note after mentioning my air travels. It was a committee of which I am also a part that granted air travel to participants of priority sports. It is this Olympian who instilled self confidence among the upcoming sports stars, has been disgraced in the name of receiving Rs 40,000 in six months for air travels. Persons behind this accusation did consider the fact that it was under clear cut orders of the government. You must probe about the amount received by people of equivalent positions for travel expenses during the same period. Nevertheless I who took sports as a mission, do not want to stain my reputation for the sake of Rs 40,000. When I stood on the victory stand, I always remembered God who gave me my achievements and images on behalf of the one hundred crore people of this country. None who had filled his or her eyes with tears while looking at the tricolour flag cannot sell off his sports field for the sake of a few pennies.

In this life I cannot have any work behind God and my sports field. Therefore I am returning that amount of Rs 40,000. You should also realise that the position of President of Sports Council is without any remuneration.

With love,
Padmashri Anju Bobby George"

Since this letter needs no interpretation, we leave it as it is.

Hurt by allegations of corruption levelled against her by state Sports Minister E P Jayarajan, India's lone athletics World Championship medal winner Anju Bobby George on June 22 resigned as President of the Kerala Sports Council.

Announcing her decision to quit, the celebrated long-jumper said it was not proper to continue in the post after "allegations" and "misunderstandings" cropped up against her.

An emotional Anju also said, "anybody can kill sports but nobody can defeat a sports star".

Besides the iconic athlete, 13 other members of the council, including noted volleyball player Tom Jose, also resigned.

"It is not proper to continue even after hearing all these allegations. Me and my council members do not want to continue in the wake of such misunderstandings and allegations against us," Anju told a press meet in Thiruvananthapuram.

She declared the decision after an hour-long meeting at the Council headquarter in Thiruvananthapuram.

She said those who did not like her decision to form an ethics commission expose corruption and illegal dealings at the Council in the past were behind the cropping up of false allegations against her.

"I do not think the allegations had occurred due to any issue from the side of government or the Council. Those who fear the proposed ethics commission are the ones who are behind all this," she said without naming anybody.

"As a revenue official and an athlete who participated in a number of international competitions, I could easily find out many malpractices in the Sports Council, when I took charge. I think the problems began there," she alleged.

"Even my e-mail ID was hacked. In such circumstances me and my council members decided to form an ethics commission to expose the corruption, harassment and other illegal dealings there," the 39-year-old said.

Anju also said she had accepted the post of the Sports Council President, offered by the previous UDF government, thinking that it was her moral responsibility to serve sports sector in the home state.

Defending her brother, Ajith Markose's appointment in a high-paying post in the Council, she said he is an established coach having international license, certified by Athletics Federation of India.

"His appointment was a government decision and not by the council. Me and other council members just upheld it. In the wake of the present controversies, we also decided to resign the post," she said.

Anju also wanted a detailed probe into the affairs of the Sports Council in the last 10 years including that of the sports lottery.

After resignation

Since the resignation of Anju Bobby George from the post of President of Sports Council, the name of former council president T P Dasan is doing rounds to be the next person to head the organization. ■



ഗുപ്തകാശി



കുനം വിഷ്ണു

■ അല്പംകൂടി പോയപ്പോൾ ബസ്സ് വീണ്ടും നിന്നു. അത് ഗുപ്തകാശിയാണ്. ഞങ്ങൾ രാത്രി കൂടാൻ നിശ്ചയിച്ച സ്ഥലം. ശാന്തസുന്ദരമായ ഒരു കൊച്ചു നഗരം. നഗരമെന്നല്ല, സമുദ്രനിരപ്പിൽനിന്ന് ഏറെക്കുറെ നാലായിരത്തോളം അടി ഉയരത്തിൽ കിടക്കുന്ന അല്പം വലിയ ഒരു ഗ്രാമം എന്നു പറയുന്നതാവും കൂടുതൽ ശരി. ശിവഭക്തന്മാരെ സംബന്ധിച്ചിടത്തോളം വളരെ പ്രാധാന്യമുള്ള ഒരു സ്ഥലം. പഞ്ചകേദാരങ്ങളിൽ ഒന്നാണത്രെ ഗുപ്തകാശി. വാരാണസിയിലുള്ള സാക്ഷാൽ കാശിയെപ്പോലെ, ഉത്തരകാശിയെപ്പോലെയും തന്നെ പ്രാധാന്യമുള്ളതാണ് ഗുപ്തകാശിയും. വാരാണസിയിൽ വിശ്വനാഥദർശനം നൽകുന്ന അതേ പുണ്യഫലമാണ് ഇവിടെ ദർശനം നടത്തിയാലും ലഭിക്കുക എന്നാണ് വിശ്വാസം. ഇതിനു പിന്നിൽ ഒരു ഐതിഹ്യമുണ്ട്.

മഹാഭാരതയുദ്ധത്തിനുശേഷം പാണ്ഡവർ ഭ്രാന്തപുത്ര്യുടെയും ബന്ധുഹത്യയുടെയും ഗുരുഹത്യയുടെയും ബ്രഹ്മഹത്യയുടെയും മറ്റും പാപം കഴുകിക്കളയാനും പാപമോചനം ലഭിക്കുവാനും കാശിയിൽ പോയി ഗംഗാസ്നാനം ചെയ്ത് വിശ്വനാഥപൂജ ചെയ്യുവാനും തീർച്ചയാക്കി. അവരെല്ലാം കാശിയിലെത്തി ഗംഗാസ്നാനത്തിനിറങ്ങി. മഹാദേവന് പാണ്ഡവരുടെ ഗുരുഹത്യയും ബ്രഹ്മഹത്യയും മറ്റും, എന്തു കാരണം പറഞ്ഞാലും, സമ്മതമായിരുന്നില്ല. ശങ്കരഭഗവാൻ ഗീതോപദേശം മുഴുവനായും ഉൾക്കൊള്ളണം എന്നില്ലല്ലോ. എന്തായാലും പാണ്ഡവർ ഗംഗാസ്നാനം ചെയ്ത് എത്തുമ്പോഴേക്കും മഹാദേവൻ കാശിയിൽനിന്ന് ഓടിപ്പോയി, ഹിമാലയത്തിൽ പോയി കൂടി. ശിവൻ കാശിയിൽനിന്ന് പോയി ഒളിച്ചിരുന്ന സ്ഥലമാണത്രെ ഗുപ്തകാശി. ഗംഗാസ്നാനം കഴിഞ്ഞ് ക്ഷേത്രത്തിലെത്തിയപ്പോൾ, മഹാദേവനെ കാണാതെ

നിരാശരായ പാണ്ഡവർ തേടിത്തേടി ഗുപ്തകാശിയിലെത്തി. നന്ദിരുപമായ കാളയുടെ രൂപത്തിൽ മേഞ്ഞുനടക്കുന്ന ശിവനെ കണ്ടെത്തി. പിടിയ്ക്കപ്പെട്ടു എന്നറിഞ്ഞ ശിവൻ അവിടെനിന്ന് പിന്നെയും ഓടിപ്പോകാൻ നോക്കി. പിന്തുടർന്ന ഭീമൻ കാളയുടെ പുഞ്ഞമേൽ പിടിച്ചതും ശിവൻ ഭൂമിയിലേക്ക് അപ്രത്യക്ഷനായി. ഭീമനു കിട്ടിയ പുഞ്ഞയാണത്രെ കേദാർനാഥിലെ പ്രതിഷ്ഠ. പാണ്ഡവർ അവിടെയിരുന്ന് തപസ്സു തുടർന്നപ്പോൾ ശിവൻ പലയിടത്തായി അഞ്ചുഭാഗമായി ഭൂമിക്കു മുകളിൽ പ്രത്യക്ഷപ്പെട്ടെന്നാണ് ഐതിഹ്യം. പുഞ്ഞ കേദാറിൽ, മുഖം രൂപയാഗയിൽ, കൈകാലുകൾ തുംഗനാഥത്തിൽ, വയറും നാഭിയും മദ്ധ്യമഹേശ്വരിൽ, ജട (തല) കൽപ്പേശ്വരത്തും. ഇതെല്ലാം കേദാറിന്റെ സമീപപ്രദേശങ്ങളിലുള്ള ക്ഷേത്രങ്ങളാണ്. ഈ സ്ഥലങ്ങളിലെ ശിവക്ഷേത്രങ്ങളിൽ ഇന്നും ശിവനെ ഇപ്പറഞ്ഞ ഭാവങ്ങളിലാണ് ആരാധിക്കുന്നത്.

മന്ദാകിനീതീരത്താണ് ഗുപ്തകാശി. ഭാഗീരഥിയുടെ തീരത്താണ് ഉത്തരകാശി. ത്രിവേണിയിൽ ഗംഗയും യമുനയും അദ്യശ്യയായ സരസ്വതിയും സംഗമിച്ചതിനുശേഷം, പിന്നെയും കുറെകൂടി ഒഴുകിക്കഴിഞ്ഞശേഷം, ഉള്ള ഗംഗയുടെ തീരത്താണ് കാശി. ശിവഭഗവാൻ വാണരുളിയ സ്ഥലമായതിനാൽ ഗുപ്തകാശിയും സാക്ഷാൽ കാശിയെപ്പോലെ, പവിത്രവും ദിവ്യവുമാണെന്നും വിശ്വസിക്കപ്പെടുന്നു.

ആദ്യകാലത്ത് കാശിയിൽ അതിവിശാലമായ ഒരു മഹാക്ഷേത്രം ഉണ്ടായിരുന്നെന്നും ഹിന്ദുവിരോധിയായിരുന്ന മുഗൾ ചക്രവർത്തി ഓറംഗസേബ് അത് നശിപ്പിച്ച്, അവിടെ ഒരു പള്ളി പണിയിച്ച് കാശിയെ മുഹമ്മദാബാദ് എന്നു നാമകരണം ചെയ്ത് കാശിയെ ഒരു മുസ്ലിം നഗരമാക്കിയെന്നും പറയപ്പെടുന്നു. പിൻക്കാലത്ത് പണിതുയർത്തിയുള്ളതാണത്രെ ഇന്നു വാരാണസിയിൽ കാണുന്ന വിശ്വനാഥക്ഷേത്രം.



തപസ്സനുഷ്ഠിച്ചിരുന്ന പാർവതിയോട് മഹാദേവൻ വിവാഹാഭ്യർത്ഥന നടത്തിയത് ഗുപ്തകാശിയിൽവെച്ചായിരുന്നത്രെ. മന്ദാകിനിയും സോൻഗംഗ നദിയും കൂടിച്ചേരുന്ന ഇടത്തുള്ള ത്രഗുണിനാരായണം എന്ന ഗ്രാമത്തിൽവെച്ചാണത്രെ അവർ വിവാഹിതരായത്.

ഗുപ്തകാശിയിലെ പ്രധാന ആകർഷണം അവിടത്തെ വിശ്വനാഥക്ഷേത്രം തന്നെയാണ്. കേദാർനാഥക്ഷേത്രത്തിന്റെ തന്നെ മാതൃകയിലാണ് ഇവിടത്തെ ക്ഷേത്രവും. പശ്ചാത്തലത്തിൽ പച്ച പുതച്ചുകിടക്കുന്ന മലകൾ. കരിങ്കല്ലിലാണ് ക്ഷേത്രം പണിതിട്ടുള്ളത്. കട്ടിയും വാതിലുമെല്ലാം മരത്തിന്റെയും കയറിച്ചെല്ലുന്നത് ഒരു മണ്ഡപത്തിലേക്കാണ്. ക്ഷേത്രദാരത്തിനിരുപുറവും ദ്വാരപാലകരും കവാടത്തിനുമുകളിൽ ഭൈരവനുമുണ്ട്.

ശ്രീകോവിലിനു മുമ്പിലായി കൊക്കർണിപോലെ ഒരു ചെറിയ കുളമുണ്ട്. കരിങ്കല്ലിൽ അതിമനോഹരമായി പടുത്തു താഴ്ത്തി പടവുകളും വെച്ചിട്ടുണ്ട്. 'മണികർണ്ണികാ കുണ്ഡ' എന്നാണതിനു പേര്. പടവിനിരുവശത്തും ഓരോ പ്രതിമകളുണ്ട്. ഒന്ന് ഒരു പശുവിന്റെ മുഖവും (ഗോമുഖ്) മറ്റേത് ആനയുടെ മുഖവും. രണ്ടിൽനിന്നും നിരന്തരമായി കുളത്തിലേക്ക് വെള്ളം ചാടുന്നുണ്ട്. ഗോമുഖത്തു നിന്നുള്ളത് ഗംഗയും തുമ്പിക്കയ്യിൽ നിന്നുള്ളത് യമുനയും ആണെന്നാണ് വിശ്വാസം.

വിശ്വനാഥ ശ്രീകോവിലിനു വലത്തു ഭാഗത്തായി അർദ്ധമുനാരിശ്വരനും ഒരു ശ്രീകോവിലുണ്ട്. അതിനു മുന്നിൽ ഒരു നദിപ്രതിഷ്ഠയുമുണ്ട്. ശ്രീകോവിലിനകത്തായി ഐശ്വര്യസൂചകമായി സ്വസ്തിക വരച്ചു വെച്ചിട്ടുണ്ട്. അതു കൂടാതെ ഗുപ്തകാശിക്കു ചുറ്റുമായി ഒരുപാട് ശിവലിംഗങ്ങളുണ്ടത്രെ. അതിനാൽ അവിടെ ഒരു ചൊല്ലുണ്ട് - "ജിത്നേ പത്മർ ഉത്നേ ശങ്കർ." എന്നു വെച്ചാൽ "എത്ര കല്ലുണ്ടോ അത്രയും ശിവൻ" എന്നർത്ഥം.

മുന്നിലുള്ള മന്ദാകിനിയുടെ മറുകരയിലാണ് 'ഉഖി മഠ്.' ദക്ഷിണായനത്തിൽ കേദാർനാഥ് മഞ്ഞിൽ മുടപ്പെടുമ്പോൾ ദേവനെ ഉഖിമഠത്തിലേക്ക് കൊണ്ടുവരും. പിന്നെ ആറുമാസം അവിടെയാണ് കേദാരനാഥന്റെ പുജകൾ. ആ സമയത്ത്

പുജാവികൾ താമസിക്കുന്നത് ഗുപ്തകാശിയിലാണ്. അവിടെനിന്ന് രണ്ടു കിലോമീറ്ററത്തിലാണ് ഗാന്ധിസരോവർ എന്ന തടാകമഹാത്മഗാന്ധിയുടെ ചിതാഭസ്മം ഇവിടെണത്രെ നിമജ്ജനം ചെയ്തത്. നഗരത്തിൽനിന്നു കിലോമീറ്റർ അകലെയുള്ള രാംഗഡ് പുതുക്കുടത്താണത്രെ ശ്രീകൃഷ്ണപുത്രനായ അന്ധനും ബാണാസുരപുത്രി ഉഷയും തമ്മിലുപ്രണയകഥ നടന്നത്.

ഗുപ്തകാശിയിലായിരുന്നു ഞങ്ങൾ രാത്രി കഴിച്ചുകൂട്ടേണ്ടിയിരുന്നത്. പക്ഷെ ഞങ്ങളെ നിരാശപ്പെടുത്തിക്കൊണ്ട് അവിടെ ഹോട്ടലുകളെല്ലാം നിറഞ്ഞുകഴിഞ്ഞിരിക്കുക അവസാനം ഏതാനും കിലോമീറ്ററുകൾ അപ്പുറത്തുള്ള സീതാപ്പൂർ എന്ന ഗ്രാമത്തിൽ ഒരു ഹോട്ടലിൽ ഇടം കിട്ടാമെന്നായപ്പോൾ ഞങ്ങൾ അങ്ങോട്ടു പുറപ്പെട്ടു.

സീതാപ്പൂരിലെ ആ ഹോട്ടലിൽ ഞങ്ങൾ ചെക്കിൻ ചെയ്തു കഴിഞ്ഞപ്പോഴേക്കു രാത്രിയുടെ ഒന്നായാമം പകുതിയായി കഴിഞ്ഞിരുന്നു. ഞങ്ങളെ എത്തിയപ്പോൾ വൈദ്യുതി ഇല്ല. ആകപ്പാടെ ഇരുട്ടാണ്. വിളവെളുത്ത ഒരു അഷ്ടമിച്ചന്ദൻ ദയനീയമായ തരം നിലാവൊരുക്കി ദുർബ്ബലനായി പടിഞ്ഞാറു ഭാഗത്തേക്കു നീങ്ങിയിട്ടുണ്ട്. ഗുപ്തകാശി-ഗൗരുകുണ്ഡ പാതയുടെ വക്കിൽ നെഴൽപോലെ ഒരു ചെറിയ ഇരുനിലക്കെട്ടിടം. അതാണെന്തെങ്ങാണെന്ന് കണ്ടെത്തിയ ഹോട്ടൽ. അതിനെ ഹോട്ടലെന്നു പറയണോ ലോഡ്ജെന്നു പറയണോ എന്നു നിശ്ചയിച്ചുപറയണമെന്ന് എന്നുമാത്രം അറിയാം. മെഴുകുതിരിയുടെ ഒരു ടോർച്ചിന്റെയും സഹായത്താൽ സാധനങ്ങളെല്ലാം ഇറക്കി ഞങ്ങൾ അതാതു മുറികളിലേക്കും ഗണേശൻ അടുക്കലേക്കും കയറി.

ഹോ, എന്തൊരു തണുപ്പ്! ബസ്സിലുണ്ടായിരുന്നതിനേക്കാൾ എത്രയോ അധികമാണ് മുറിക്കുള്ളിലെ ശൈത്യം. സാധാരണ നിലയ്ക്ക് വൈകുന്നേരം കുളിക്കാതെ ഉറങ്ങാൻ ഞങ്ങൾ ആർക്കും വയ്യ, അതും പ്രത്യേകിച്ച് ഇത്രയധികം യാത്ര ചെയ്ത ശേഷം. ആ രാത്രിയിൽ ചൂടുവെള്ളം കിട്ടാൻ നിർവ്വാഹമില്ലെന്ന് കേട്ടപ്പോൾ, ആർക്കും കുളിക്കേണ്ട. സാരമില്ല, ആരും അ





പ്ലോഴേക്കും പ്രാതൽ തയ്യാർ. ആവി പറക്കുന്ന പൊങ്കലും ചായയും. പ്രാതൽ കഴിഞ്ഞ് പെട്ടികൾ വണ്ടിക്ക് മുകളിൽ കെട്ടാൻ തുടങ്ങിയപ്പോൾ, ശങ്കിച്ച് ശങ്കിച്ച് സൂര്യൻ പൊങ്ങാൻ തുടങ്ങി. വെയിലിനു ചൂട് എന്ന ഭാവം തന്നെയില്ല. അപ്പോഴാണ് ശ്രദ്ധിക്കുന്നത് പാതയിലെല്ലാം വാടിയ പുകൾ തലങ്ങും വിലങ്ങും കിടക്കുന്നു. അന്വേഷിച്ചപ്പോഴാണ് അറിയുന്നത്. ഇന്നലെ ഞങ്ങൾ വരുന്നതിനു ഏതാനും മണിക്കൂറുകൾക്കു മുമ്പാണ് കേദാരനാഥൻറെ ഘോഷയാത്ര അതുവഴി കടന്നുപോയത്. ഒക്ടോബർ മുതൽ ഏപ്രിൽ അവസാനംവരെയുള്ള അതിശൈത്യകാലത്ത് കേദാരപർവ്വതം മഞ്ഞിൽ മുടി കിടക്കുകയായിരിക്കും. അക്കാലത്ത് കേദാരനാഥനെ പുജാവശ്യങ്ങൾക്കായി ഉഖീമറിലേക്ക് കൊണ്ടുവരും എന്ന് മുമ്പേ പറഞ്ഞിട്ടുണ്ടല്ലോ. (ബാണാസൂരപുത്രിയായ ഉഷയുടെ കൊട്ടാരം അവിടെ ആയിരുന്നത്രെ. അതിനാൽ ആസ്ഥലത്തിന് ഉഷാമഠം എന്നു പേര് വന്നെന്നും അത് പ്രാദേശികഭാഷയിൽ

അത്ര വിയർത്തിട്ടുണ്ടാവില്ല. മേലൊക്കെ പൊടിയായി എന്നു പരിഭ്രമിക്കാനും ഇല്ല. ഞങ്ങൾ കമ്പിളിക്കുപ്പായം അഴിക്കുക കൂടി ചെയ്തില്ല.

ഒരു മണിക്കൂർ കഴിഞ്ഞപ്പോഴേക്കും ഞങ്ങൾ ആകാംക്ഷയോടെ കാത്തിരുന്ന ആ വിളി വന്നു, ഗണേശൻറെ. ആവി പറക്കുന്ന ചോറ്, രസം, അച്ചാർ, പപ്പടം. ഞങ്ങൾ ആർത്തിയോടെ ഭക്ഷിച്ചു. വേറെനാനും ചെയ്യാനില്ലാത്തതിനാൽ മുറികളിലേക്ക് മടങ്ങി. ജനലിൽക്കൂടി പുറത്തേക്കു നോക്കിയപ്പോൾ മങ്ങിയ നിലാവിൽ കുളിച്ചു തണുത്തു വിറച്ചുനിൽക്കുന്ന താഴ്വാരം. അകലേനിന്ന് ഏതോ ഒരു ജീവിയുടെ ശബ്ദം കേൾക്കുന്നുണ്ട്. ചില ഹോളിവുഡ് പ്രേതസിനിമകളിൽ കണ്ടു മറന്ന ഒരു രംഗം പോലെ, ഒരു മിസ്റ്റിക്ക് ഭാവത്തോടെ പ്രകൃതി നമ്മെ ഹിപ്നോട്ടൈസ് ചെയ്യാൻ ശ്രമിക്കുന്ന പോലെയാണ് എനിക്ക് തോന്നിയത്. ഞാൻ നേരെ രജായിക്കുള്ളിലേക്ക് നുണ്ടുകയറി.

കാലത്ത് എഴുന്നേറ്റു നോക്കുമ്പോൾ, ഇന്നലെത്തെ താഴ്വാരം അപ്രത്യക്ഷമായിരിക്കുന്നു. ശക്തമായ മുടൽമഞ്ഞു മാത്രം. എല്ലു കോച്ചുന്ന തണുപ്പ്. പല്ലു തേക്കാനും പ്രഭാത കർമ്മങ്ങൾക്കും ചുടുവെള്ളം കിട്ടിയേ മതിയാകൂ. ഹോട്ടൽ ബോയിയെ വിളിച്ച് ചുടുവെള്ളം തരാൻ പറഞ്ഞു. “കിത്നാ ബാൾട്ടി?” അവൻറെ ചോദ്യം. അന്നാട്ടിൽ ഹോട്ടലുകളിലൊന്നും ചുടുവെള്ളം സൗജന്യമായി കിട്ടില്ല. നാം വാങ്ങണം. ബക്കറ്റു കണക്കിലാണ് ചുടുവെള്ളം കിട്ടുക. ഓരോരുത്തരും അവനവൻറെ ആവശ്യംപോലെ ചുടുവെള്ളം വാങ്ങി കാര്യം സാധിച്ചു. ക്രമേണ മുടൽമഞ്ഞു നേർത്തുതുടങ്ങി. ഹോട്ടലിന്നു പിന്നിൽ (കിഴക്കുവശത്ത്) അഗാധമായ ഒക്കായാണ്. കൊക്കയ്ക്കപ്പുറം അംബര ചുംബിയായ ഒരു മല. നോക്കുമ്പോൾ മേലറ്റം കാണാനില്ല. അതാണ് നേരം ചുലർന്നിട്ടും വെയിൽ കാണാത്തത്.

ഉഖീമഠം ആയെന്നും പറയപ്പെടുന്നു.) കേദാരനാഥക്ഷേത്രം തുറക്കാറായാൽ അകമ്പടികളോടും വാദ്യഘോഷങ്ങളോടും ‘ജയ് ജയ് കേദാർനാഥ്’, ‘ഹർ ഹർമഹാദേവ്’ വിളികളോടും കൂടി ഘോഷയാത്രയായിട്ടാണ് കൊണ്ടുപോവുക. ആ ഘോഷയാത്രയാണ് ഇന്നലെ കടന്നുപോയത്. ഇന്ന് ഘോഷയാത്ര അവിടെ എത്തി. പിന്നെ പുനഃപ്രതിഷ്ഠ. അതിൻറെ പിറ്റേന്നാണ് ഭക്തർക്കായി നട തുറക്കുക. അതായത്, ഞങ്ങൾ ദർശനഭാഗ്യം കാത്തു കഴിയുന്ന നാളെ. കേദാർനാഥനെ ആദ്യദിവസംതന്നെ ദർശിക്കാൻ സാധിക്കുന്നത് മഹാഭാഗ്യമാണത്രെ. ■



സ്വബോധം



രാജേന്ദ്രൻ പടിയൂർ

കേവലം സ്വബോധപരിശുദ്ധാർത്ഥം
പരമാർത്ഥ ദർശനം പ്രാപിച്ചവർ
സംസാരത്രിഗുണങ്ങളെ ജയിച്ച്
ഗുണാദിതത്തെ സാക്ഷാത്കരിച്ചിടാം.

ചെയ്ത പാപഫലത്തിൻ
പങ്കനുഭവിക്കുമോയെന്ന
ഒറ്റചോദ്യം കളത്രപുത്രാദികൾ
ഒന്നോടെ നിഷേധിച്ചപ്പോൾ
കാട്ടാളാനാം! രത്നാകരൻ
കളങ്കമറ്റ മാമുനിയായത്
ജ്ഞാനജിജ്ഞാസുകൾക്ക്
അനുഗ്രഹമായിടുന്നു!

വിനയാതീതമാം ലാളിത്യം
വൈകുണ്ഠ സാപ്തിയേകിടും.
അദ്ധ്യാത്മികജ്ഞാനത്തിൽ ജഗത്തിന്
പ്രതിബന്ധം അഹങ്കാരമാണെന്നത് ഓർത്തിടും.



യാഥാർത്ഥ്യം



ബിന്ദു മനോജ്

ചിരകുവെച്ച സ്വപ്നങ്ങൾ
ചാരെ വന്നണയുമ്പോൾ
ചിതറിടാതെ കാണുവാൻ കണ്ണുകൾ.

തിരിച്ചറിഞ്ഞ സ്വപ്നങ്ങൾ
തിരികെ നൽകിടാൻ
തിരിയിട്ടുണർത്തിയ കണ്ണുകൾ

നിനച്ചിരിക്കാതെ
കൈവിട്ട സ്വപ്നങ്ങൾ
കണ്ണുനീറിനാൽ ഒളിപ്പിച്ചിടാൻ
ഇമയടച്ചിടുന്ന കണ്ണുകൾ

കൊതിച്ചതും വിധിച്ചതും
സ്വപ്നങ്ങളാക്കാനായി
നിരണഞ്ഞീടും കണ്ണുകൾ

മഴയും വെയിലും ഒന്നായ് കണ്ട്
സ്വപ്നങ്ങളല്ലെന്നു
തിരിച്ചറിവു തന്ന കണ്ണുകൾ

എഴുതിയാലും വായിച്ചാലും
തിരാത്ത താളുകളാൽ
നിറഞ്ഞിരിക്കുന്നതും
കരിയണഞ്ഞയീ കണ്ണുകളിൽ.



നാടകനടൻ ടി ഒ ജേക്കബ് ഓർമ്മയായി



കേരളീയസമാജം ഡോംബിംഗിലിയുടെ പഴയകാല നാടകപ്രവർത്തകരിൽ ശ്രദ്ധേയനായ കലാകാരനായിരുന്നു ജേക്കബ്.

പവിത്രൻ കണ്ണപുരം ഹാസ്യനടനെന്ന നിലയിൽ നാടകവേദിയിലെ നിറസാന്നിദ്ധ്യമായിരുന്നു. ഓണാഘോഷത്തിനും വാർഷികഘോഷത്തിനുമായി വർഷത്തിൽ രണ്ടു നാടകങ്ങൾ അവതരിപ്പിക്കുകയും നിരവധി കലാകാരന്മാരെ വളർത്തിയെടുക്കുകയും ചെയ്തിട്ടുള്ള സംഘടനയാണ് ഡോംബിംഗിലിയിലെ കേരളീയസമാജം. ബോംബെയിലെ പ്രശസ്തി നേടാൻ കഴിഞ്ഞില്ലെങ്കിലും ഡോംബിംഗിലി പോലുള്ള പ്രാന്തപ്രദേശങ്ങളിലെ മലയാളി സംഘടനകളിൽ നിറഞ്ഞു നിൽക്കുന്ന കലാകാരന്മാർ നിരവധിയാണ്. അനുകൂലമായ അവസരങ്ങൾ ലഭിക്കാത്തതുകൊണ്ടാണ് അങ്ങനെ സംഭവിക്കുന്നത്.

എന്നാൽ ആ അതിർവരമ്പ് ഭേദിക്കാൻ അവസരം ലഭിച്ച കലാകാരനായിരുന്നു ജേക്കബ്. സമാജത്തിന്റെ നാടകങ്ങൾക്കു പുറമെ കവിതാ തിയേറ്റേഴ്സ് (കവിതാ മോഹൻ), സൗപർണ്ണിക സൗഹൃദ കലാവേദി (എൻ രമണൻ), രാഗം തിയേറ്റേഴ്സ് ബോംബെ (അഗസ്റ്റിൻ ഫെർനാണ്ടസ്) എന്നീ നാടകസംഘങ്ങളുടെ നാടകങ്ങളിലും ജേക്കബ് അഭിനയിച്ചിരുന്നു. ശംഖനാദം, ഗാബ്രിയം, ഏഴു രാത്രികൾ, സമുദായം,



ഘോഷയാത്ര, പോയ ദിനങ്ങളേ വന്നിട്ടു പോകുമോ?, കല്ലു കൊണ്ടൊരു പെണ്ണ്, കിരാതീയം, അനുഷ്ഠാനം, തീർത്ഥാടനം തുടങ്ങി പതിനഞ്ചിലേറെ നാടകങ്ങളിൽ മിഴിവാർന്ന കഥാപാത്രങ്ങളെ സാക്ഷാത്കരിക്കുവാൻ ഇദ്ദേഹത്തിനു കഴിഞ്ഞു.

നാടകസംവിധാകരായ കവിതാ മോഹൻ, എൻ രമണൻ, കുട്ടൻ ചന്ദ്രാപ്പിനി, ശിവദാസ് കിഴത്താണി, പവിത്രൻ കണ്ണപുരം, രാമു കണ്ണൂർ, അഗസ്റ്റിൻ ഫർണാണ്ടസ് എന്നിവരുടെ കൂടെ അഭിനയിച്ചിട്ടുള്ള ഈ നടൻ

രാഗം തിയേറ്റേഴ്സ് അവതരിപ്പിച്ച തീർത്ഥാടനം എന്ന നാടകത്തിൽക്കൂടിയാണ് ബോംബെ നാടകവേദിയിൽ ശ്രദ്ധിക്കപ്പെട്ടത്. ഷൺമുഖാനന്ദ ഹാളിലും മറ്റിതര സ്ഥലങ്ങളിലുമായി നിരവധി വേദികളിൽ പ്രസ്തുത നാടകം അരങ്ങേറിയിരുന്നു. ഇതുവഴി പ്രശസ്തനടന്മാരായ പി സി ചെറിയാൻ, ബാലാജി, അഗസ്റ്റിൻ ഫർണാണ്ടസ്, കെ കെ ഉണ്ണി, കലാശ്രീ മേരി പോൾ, ജഗദാ ചന്ദ്രൻ, രമണീ മേനോൻ, രാജി നെടിയത്ത് തുടങ്ങിയ മുതിർന്ന കലാകാരന്മാരോടും കലാകാരികളോടും ഒത്ത് വേദികൾ പങ്കിടാനും ഇദ്ദേഹത്തിനു സാധിച്ചിരുന്നു. ചുരുക്കത്തിൽ മുൻമൈ മലയാള നാടകവേദിയുടെ സുവർണ്ണ കാലത്തുതന്നെ നാടകരംഗത്ത് കാലുറപ്പിക്കാൻ സാധിച്ചുവെന്നത് ഈ കലാകാരന്റെ ഭാഗ്യമോ നിയോഗമോ ആണെന്നു കരുതാം.

കൊട്ടാരക്കരയിലെ ഓയൂരിൽ കാക്കോട്ട് പുത്തൻ വീട്ടിൽ ഉമ്മൻ തോമസ്സിന്റെയും മറിയാമ്മ തോമസ്സിന്റെയും നാലാൺമക്കളിൽ ഇളയവനായി 1958 മാർച്ച് 26-നാണ് ജേക്കബ് ജനിച്ചത്. ഉപജീവനം തേടി എൺപതുകളിൽ മുൻമൈയിലെത്തിയ ജേക്കബ് സിവിൽ നിർമ്മാണ മേഖലയിൽ സുപ്രവൈസർ ആയാണ് ജീവിതമാർഗ്ഗം തേടിയത്. ഈ തിക്തമായ ജീവിതപ്രാരംഭങ്ങൾ ക്ലിടയിലാണ് നാടകപ്രവർത്തനങ്ങൾക്ക് ഇദ്ദേഹം സമയം കണ്ടെത്തിയത്.

പ്രതികൂല കാലാവസ്ഥയും കുറിനാധാനവും ശരീരത്തെ തളർത്തു ബോധം നാടകപ്രവർത്തനം ഇദ്ദേഹത്തിന് ഒരാശ്വാസവും ആവേശവും അതിലേറെ അപൂർവ ലഹരിയുമായിരുന്നു.

ജയനമ്മ ജേക്കബ്ബാണ് സഹധർമ്മിണി. ഏകമകൾ ജിൻസി. ജി ജി അബ്രഹാം മരുമകനും. പേരക്കിടാവ് അലീന ജി ജി. ശാരീരികാവശതകളും മഞ്ഞപ്പിത്തവും ബാധിച്ച് ചികിത്സയിലായിരുന്നു ഈ അമ്പത്തെട്ടുകാരൻ. കഴിഞ്ഞ മെയ് 25-ന് രാവിലെ ആ കലാകാരൻ രംഗമൊഴിഞ്ഞു. മലയാളി സമാജത്തിലെ പഴയ കലാകാരന്മാരെ അണി നിരത്തി ഒരു നാടകം അരതരിപ്പിക്കണമെന്ന തീവ്രമായ ആഗ്രഹം അദ്ദേഹത്തിനുണ്ടായിരുന്നു. ആ സഫലമാകാതെ പോയ ആഗ്രഹം ബാക്കിനിർത്തി കാലയവനികകുള്ളിൽ ആ കലാകാരൻ മരഞ്ഞു. ആ സ്മരണകൾക്കു മുമ്പിൽ ആദരാഞ്ജലികൾ അർപ്പിക്കുന്നു. ■



A scene from one of the drama



Dr. (Major) Nalini Janardhanan

■ Athlete's foot is a skin problem which is more common during rainy season. It is a fungal infection affecting the skin on the feet. The name Athlete's foot is because it is commonly

seen in athletes. It is contagious and if untreated, it may spread to toe nails, hands or other parts of body.

This fungal infection called Tinea Pedis is spread in two ways:-

- Direct contact with an infected person.
- By touching or walking on surfaces contaminated with the fungus like public toilets, public showers, locker room floors, gymnasium, dirty carpets and around public swimming pools.

Who all are at risk?

Persons at risk of getting this fungal infection are those:-

- Walking on damp floors of public places barefoot.
- Sharing socks, shoes or towels with

infected person.

- Having sweaty feet.
- Keeping feet wet for long periods of time especially after exposure to dirty water.
- Having minor injuries of skin or nail on foot.
- Wearing tight fitting poorly ventilated or closed toe shoes.
- Who work standing in water.

School children and athletes are more affected. Athletes' foot and other fungal infections or yeast infections of the feet are more common in diabetic patients.

Symptoms

A foul foot odor is a common symptom. Moisture in between the toes lead to this fungal infection. Other symptoms are:

- Itching, stinging and burning sensation in between toes and on soles of feet.
- Blisters on feet that itch.
- Reddish eruption that itches and burns.
- Cracking and peeling skin on feet

between toes and on soles.

- Dry skin on soles or sides of feet.
- Raw skin on feet.
- Skin becomes dry, flaky, red and scaly. There may be oozing or crusting blisters or swellings with watery discharge.
- If there is added bacterial infection due to raw skin or blisters, there may be foul smelling discharge or pus.
- Discoloured thick and crumbly toe nails.
- Toe nails that pull away from nail bed.

Treatment

If you notice any of these symptoms, consult a dermatologist and start treatment. The doctor may prescribe anti fungal medicines and ointments along with antibiotics if there is added bacterial infection. Long term treatment is required. After washing feet well, dry them before applying ointments or creams. If you scratch your feet and then touch other parts of body, the infection can spread. So avoid scratching the area. After touching the foot, wash your hands

ATHLETE'S FOOT



well with soap and warm water.

Prevention

- Wash your feet daily with soap and water. Dry them well especially between the toes.
- Dry your feet well after bath, with a dry towel.
- Always wash your feet well and dry them after washing after wading through stagnant and dirty water.
- Avoid getting drenched. Always carry umbrella.
- Bath rooms near gymnasium and public swimming pools, public bathrooms and public toilets should be cleaned well with anti septic lotion.
- Try not to keep your toe nails long during monsoon as long nails promote fungal infections if they get wet.

Socks

Socks should be dry and dusted with talcum powder or anti fungal powder before putting on. Always wear cotton socks only. Avoid nylon and synthetic socks which make your feet sweaty and smelly. Socks should be changed daily



and more frequently if wet or when your feet get sweaty. Dry your feet well before putting on socks. Don't share your socks with others.

Shoes

Avoid wearing leather, plastic or

canvas shoes during monsoon. It is better to wear slippers or sandals as they let your feet breathe. Wear open and simple foot wears and avoid fancy or tight foot wears. Shoes and socks should be of correct size. If they are small, they force your toes to bunch together leading to infections, blisters and corns. If you are wearing shoes for a long time, apply talcum powder or anti fungal powder on feet. Use two pairs of shoes in monsoon, wearing each pair on alternate days, to give your shoes time to dry out between use. Air out your feet when you are at home by going barefoot. If you get wet, remove your socks and shoes after reaching office. Dry your feet well and let your shoes dry well. Wear sandals (don't go barefoot) in public showers, around public swimming pools and other public places. Don't share your shoes, socks and towels with others.

- If you have any skin rashes on feet, consult a Dermatologist and start treatment.
- People with Diabetes should take special care of their feet. ■

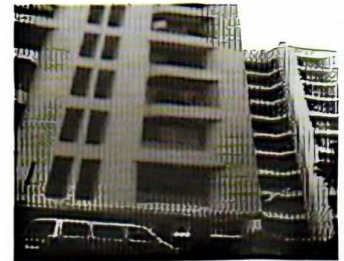
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HEPATITIS

Dr (Major) Nalini Janardhanan

28th of July is being observed as World Hepatitis Day every year and the theme for the global campaign this year is 'Elimination'. The member states of WHO (World Health Organisation) have decided to adopt an elimination strategy for Viral Hepatitis. So a global elimination movement known as 'No hep' will be launched with a goal to eliminate Hepatitis by 2030. Let us know about hepatitis.

What is Hepatitis?

Hepatitis is an inflammation of liver which can be self-limiting or which may progress to scarring (fibrosis), destruction of liver tissue and later cirrhosis or cancer of liver. The most common cause of hepatitis is Hepatitis Virus. Other causes are infections, toxic substances (eg: alcohol, some medicines), Auto

immune diseases etc.

Viral Hepatitis:

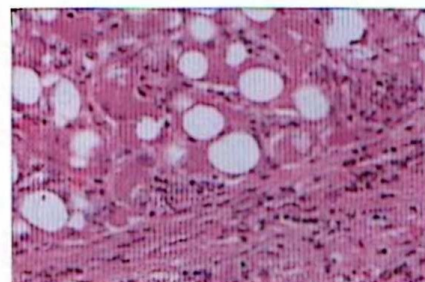
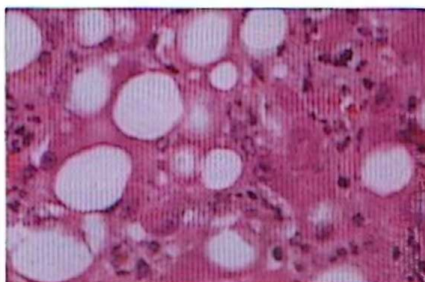
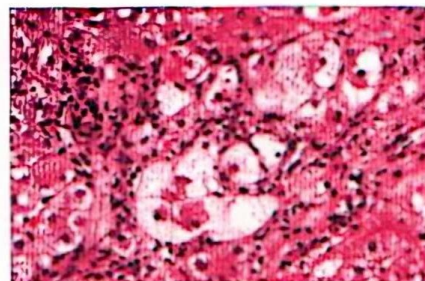
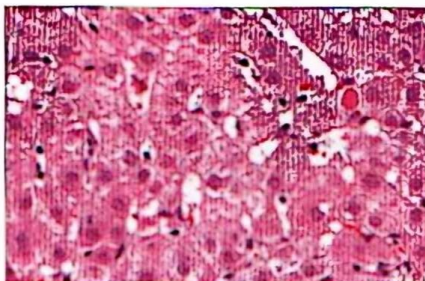
This is a common cause of jaundice. There are 5 types of viruses causing 5 different types of hepatitis- Hepatitis A, B, C, D and E viruses. Out of these hepatitis viruses A and E are spread through intake of contaminated food or water or both. Hepatitis viruses B, C and D are spread due to contact with infected body fluids like blood serum, saliva and semen.

Hepatitis A:

This infection spreads through consumption of contaminated food and water especially during monsoon when drinking water may get contaminated with dirty water or sewage. The infection may be mild in children but serious complications can develop in older people. Close contact with infected persons also may lead to infection.

Symptoms:

Nausea, vomiting, loose motions, pale stools, stomach ache, fatigue, fever with chills, lack of appetite, sore throat etc. There may be yellow colour of eye, skin and urine (Jaundice).



Prevention

- Maintain good personal hygiene.
- Drink only safe drinking water.
- Vaccination against Hepatitis A virus.

Hepatitis A and B are two different

diseases due to different viruses and different method of transmission. Jaundice may be a common symptom but if you are vaccinated against Hepatitis B you may not be protected against Hepatitis A.

Hepatitis B

This is transmitted from person to person due to two ways:

- Infected blood transfusion (through the use of unsterilised syringes, needles and medical instruments).
- Careless homo sexual and hetero sexual contact with an infected person.

Symptoms:

Loss of appetite, Flu like symptoms, nausea, chills and mild fever, fatigue, abdominal discomfort, body ache and headache followed by pale faeces, dark urine and jaundice.

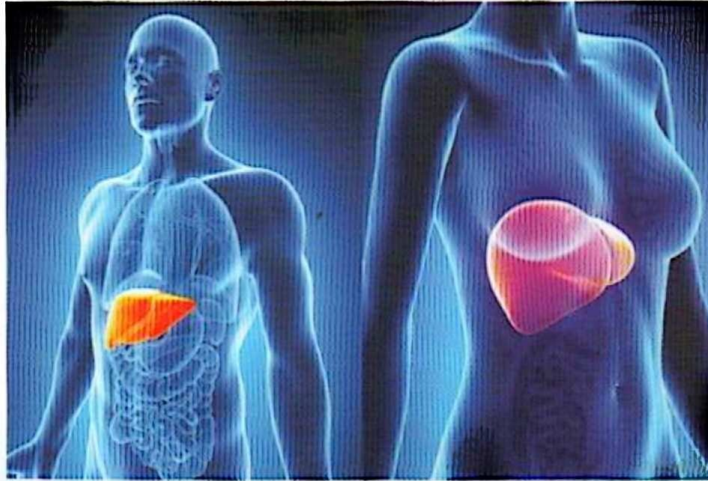
Prevention

- Strict HBS Ag screening of blood donors in blood banks.
- Don't accept blood from unknown persons and frequent blood donors.
- Persons who had jaundice 6 months back should not be allowed to donate blood.
- Sterilisation of instruments used for medical examination and treatment of medical and dental patients. It is better to use disposable needles and syringes.
- Wearing of gowns and masks by

medical and paramedical staff.

- Blood, faeces and urine of patients with jaundice should be safely disposed off.
- Practice of safe sex.
- Avoid multiple sex partners.
- Routine Hepatitis B Vaccination.

Complications of Hepatitis:



Hepatitis B and C can lead to serious health problems like long standing liver disease, cirrhosis, cancer of liver and liver failure (which may lead to collection of fluid in the abdomen, kidney failure, bleeding disorders, hepatic encephalopathy and cancer liver).

How to protect from Hepatitis

Hepatitis A and E

These are spread by poor food hygiene, unsafe drinking water and lack of hygiene and sanitation.

Protection

- Consume only clean food and clean water.
- Cook food well and eat it while it is hot.
- Avoid raw meat and raw shell fish.
- Wash well before peeling fruits and vegetables. Wash salads in clean water.
- Personal hygiene practices like regular hand washing. Wash your hands well with soap and water after using toilet, changing baby's diapers, before preparing food and before eating food.
- Drink only safe water (Boiled and cooled water or filtered water).
- Proper disposal of sewage.
- Routine vaccination.

Hepatitis B, C and D

These are spread by blood, semen and other body fluids.

Protection

- Use condoms during sex. Avoid multiple sex partners.
- Never share needles, razors or tooth brushes.
- If pregnant, discuss with your doctor about the prevention of disease transmission to your baby.
- Don't touch spilled blood.
- Ensure that only sterilised instruments are used for ear piercing and tattooing.
- Routine Vaccination.

Dramatist, poet Kavalam Narayana Panicker passed away

Renowned dramatist and poet Kavalam Narayana Panicker passed away on June 26. He was undergoing treatment for age-related ailments for quite sometime. He was 88.

A prolific writer and singer Kavalam, as he is known to the literary world, has penned more than 25 Malayalam plays. He explored the unique folk traditions in Kerala and incorporated them into the art forms he showcased. *Avanavan Kadamapa*, which was later made into a film by director G. Aravindan, *Daivathar*, *Saakshi* are some his prominent Malayalam plays.

Several plays were adapted from classical Sanskrit drama. Some of



the prominent works, which were staged include *Madhyamavyayogam* (1979), Kalidasa's *Vikramorvasiyam*

(1981, 1996), *Shakuntalam* (1982), *Karnabharam* (1984, 2001), Bhasa's *Uru Bhangam* (1988), *Swapnavasavadattam* and *Dootavakyam*.

He was honoured with Padma Bhushan in the year 2007. He won the Sangeet Natak Akademi award in 1983 and Sangeet Natak Fellowship in 2002. He bagged Kerala state film award for best lyrics in 1978 and 1982. He is the founder-director of the theatre troupe, 'Sopanam', which fomed 'Bhashabharati', a centre for performing arts and research based in state capital Thiruvananthapuram. Noted vocalist and carnatic music exponent Kavalam Sreekumar is his son.

SOBER FUN



Dr Sujatha Nair

■ Currently in society "fun" is associated with drinking and using.

Every occasion in most households is incomplete without opening the bottle.

By the time it reaches the stage of addiction drinking and using is no longer fun but is indulged in to keep away pain.

There would be a glass in hand or a nip hidden in the socks when going to watch a movie or a match or picnic . No meal is eaten in a restaurant that does not serve alcohol. A party that does not serve alcohol is not considered worth attending .

Years spend in keeping away pain and the old association of fun with drinking and using leads to a loop of wanting to experience the same feel of fun without alcohol . With this presumption the old hangouts like pubs and restaurants and clubs are frequented but without drinking . However , without intoxication these very places and the company of others who drink and use are not so attractive . The same

feel is not achieved which leads to disappointment . Frequenting the same places expecting a different result is the illusion and soon enough the person ends up drinking or using .

It is thus , very essential to include fun activities within the treatment program.

A voluntary system like ours promotes these very activities. Regular life does not only include work, study and family .. A very major part is time spent with oneself and entertainment .

Along with an inner transformation that is required to take place during residential rehabilitation treatment , new likes and hobbies and activities need to be adopted. Part of therapy should be to enable the client to experience that which seems like "normal" entertainment activities like going out for movies, meals , trekking, hiking, reading, art , music, karaoke .

When out on a movie with a client he shared that it was the first time in years that he had gone for a movie without being under the influence of alcohol or weed and that the realisation that he is having more fun without the substance was a revelation to him!

Likewise, another client of ours

who was addicted to heroin and socialising over alcohol in pubs as a way to socialise in the European country she came from , realised that " there is so many stuff to drink apart from alcohol"

For another client going on a picnic meant first filling the car trunk with booze the previous night making sure one would not fall short of liquor, the people and place is secondary. In the treatment process going on a picnic meant planning the place and the food to be taken or eaten.

Singing Karaoke would usually be in a Karaoke bar drunk or stoned and a lot of songs have associations with being intoxicated. In such a situation Karaoke singing in the treatment as fun.

Thus there is a perspective shift.

It is very essential for these practical experiences to be a part of the therapeutic residential rehabilitation treatment process. ■

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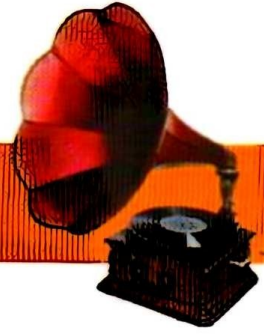
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നാടൻപാട്ടിന്റെ മടിശ്ശീല കിലുങ്ങുമ്മി...

Film: Babumon (1975)



Lyrics: Mankombu Gopalakrishnan Music: M S Viswanathan
Singer: K J Yesudas

Karthika



Mankombu Gopalakrishnan

നാടൻപാട്ടിന്റെ മടിശ്ശീല കിലുങ്ങുമ്മി
നാട്ടിൻപുറമൊരു യുവതി (നാടൻപാട്ടിന്റെ...)
അവളുടെ പ്രിയസഖി എനിക്കു നീയൊരു നവവധു } (2)
നമുക്കെന്നും മധുവിധു

(നാടൻപാട്ടിന്റെ...)

കാച്ചെണ്ണ തേച്ച നിൻ കാർകുന്തലത്തിന്റെ
കാറ്റോൽപോലുമെനിക്കുന്മാദം ഉള്ളിലുന്മാദം.. ഉം... ഉം... } (2)
തുളളിത്തുളുമ്പുംനിൻ യൗവനാംഗങ്ങളിൽ } (2)



M S Viswanathan

നുള്ളി നോവിക്കാൻ ആവേശം
എനിക്കാവേശം എനിക്കാവേശം (നാടൻപാട്ടിന്റെ...)

ഓർക്കാതെ ചിരിക്കും ചിലമ്പുമുത്തേ
നിന്റെ ഓട്ടുവള താമര കൈകളാലെ കൈകളാലെ.. ഉം... ഉം... } (2)
ഒരു നൂറുസ്വപ്നലത പടരും നിൻ മനസ്സിലെ } (2)

തളിർവെറ്റില നൂറു തേച്ചു തരു
തളിർവെറ്റില നൂറു തേച്ചു തരു (നാടൻകാറ്റിന്റെ...)



K J Yesudas

This film was produced by Chandamani films. S L Puram Sadanandan wrote its story, screenplay and dialogue while T Hariharan directed it. It had a number of songs all written by Mankombu. Besides Yesudas, other singers were Jayachandran, P Suseela and Vani Jayaram.

Main actors were Prem Nazir. Adoor Bhasi, Thikkurisi Sukumaran Nair, Jayabharathi, K P Ummer, T S Muthaih, Bahadur, Sankaradi, Srividya, Jose Prakash et al.



BOLD & BEAUTIFUL MIA

To the Malayali galaxy of Monisha, Urvashi, Shobhana et al, all having an unerasable Malayali look, is now promoted a new entity, Mia. She shares her views with Padmakumar of Kerala In Mumbai.

Q: There is novelty in your name; you carry only 'Mia' from 'Mamma Mia'.

A: Yes, for the time being. Mere Mia. No tail is attached now. To whichever language I may migrate, the name Mia would not pose any problem to anyone there. Not complicated at all. That is the positive aspect.

Q: Can you just elaborate your journey from your early releases to the recently released 'Pavada'?

A: My first film was 'Chettais'. It was a multi starrer with Biju Menon, Lal, Suresh Menon et al. The location consisted of a flat, a house and its surroundings. It was an interesting experience. It was followed by many other films. Among them were 'Mr Fraud' done with Mohan Lal, 'Salam Kashmir' with Jayaram, 'Pavada' and 'Anarkali' with Prithviraj, 'Vishuddhan' with Chackochan and some six Tamil films.

Q: Your heroes?

A: In my first film I had three heroes. Then Mohanlal Sir, Jayaramettan, Prithviraj, Govind Padmasurya, Chackochan (Kunchacko), Asif Ali and so on.

Q: You were not seen in new generation cinema. Are you avoiding them or they are avoiding you?

A: It's true I did not act in movies having the tag of new generation cinema. My film with Asif Ali, 'Hai I am Tony' was one but it was not noticed. Certain films will have that tag from the beginning and such films did not come my way. 'Vishuddhan' with Chackochan had a number of new

elements and then 'Pavada', 'Anarkali' ... Aren't they new gen movies?

Q: What are your primary considerations while selecting a character? The character, hero, banner, or director?

A: All these components are certainly important. Yet my first consideration is the character that I have to portray. My first consideration would be dimension of my character and how

are directed by new directors. In these cases we have no previous film to gauge their caliber. Then the matter of story and the character come. When the story is narrated we measure the confidence of the director. We look for the capability of the banner if it is capable of giving wide and good publicity before release. So far my estimation was right.

Q: Do you feel that the importance of female characters is diminishing?

A: No, I do not share that view. Since I am doing Tamil films now, I can state something related to them. My recently released film 'Orunaalkoottam' is now running well. There are three heroines in it. It has a female oriented subject. It is about marriage. For some reasons, three girls are not getting married. The film is getting good reviews. All leading characters are female. It shows all kinds of films are being made. The issue is how far the audience accepts them.

Q: Your friendships in movie world?

A: I do not have wide friendship. My notable friendships are with Govind Padmasurya and Bhavana.


Q: How do you look at gossips? Are you afraid of them?

A: Not at all. I do not mind them.

Q: Mia, you are very simple and beautiful by look. But are you bold?

A: I'm not always simple and beautiful. When someone betrays my trust, or make fool of me, I will become bold. I can react well. I can tolerate most of the things except cheating and fooling. So Mia is simple and also bold.

Mia and her elder sister were born in Dombivli. She also grew up there until she turned four. ■



My first consideration would be dimension of my character and how far it is important for the film.

far it is important for the film.

Director, hero etc all follow later. It is however slightly different for Tamil movies. I have done six

movies there. Four are released. Work of one is now over. Shooting of the last is still going on. Vijay Antony is the hero of that film. All these movies



MARUPADI

This film is being produced by Ashraf Bedi for Bedi Motion Pictures and is directed by V M Vinu. After a long gap of time, Rehman reappears in this film. The story is penned by Julaina Ashraf. The main locations are Kannur, Wynad, Kottayam and Kolkata.

A journalist goes after the genesis of a news that jolted the country and reaches into lives of a bank manager-Abi, his wife Sarah and daughter

Ria. The depth of pain and

punishment suffered by the innocents and their sacrifices, sustenance and sufferings thereon is the theme of the movie. The film approaches the legal system in a critical manner. It points out that the innocents continue to suffer and the culprits go on with their uninterrupted lives without any trace of remorse. Rehman, Bhama, Devan, Santhosh Kizhattur et al handle important roles.



DUM

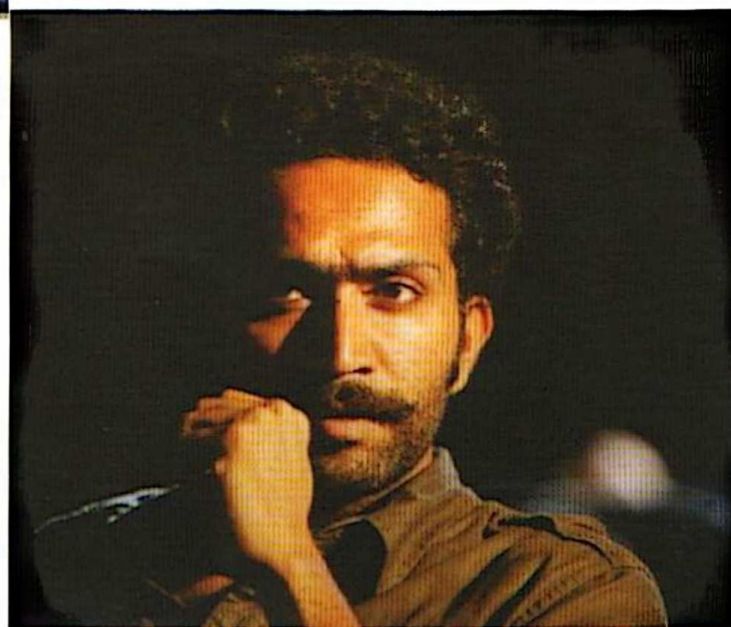
After a long time urban goondaism and police encounters are again highlighted. This film is based on such a plot. Anuram directs this film based on his own story. It is being shot in Thiruvananthapuram.

The story revolves around a merchant of spirit, Xavier, portrayed by Lal. It is an action thriller.

After a stint inside prison, Xavier is released and he captures all important liquor outlets in the city through auction and joins with Antony, leader of a five member group of goons. Shine Tom Chacko presents Antony. The villains are S I Kishore and Dattan, an old mate of Xavier. When Manoj Namboothiri IPS enters the scene, the movie takes a turn. Sreejith Ravi, Padmaraj Ratheesh, Shreetha Shivadas et al are also in the movie.

TIAN

After 'Amar Akbar Antony', Prithviraj and Indrajit are coming together in this film. It is directed by G N Krishnakumar and the main actors are Murali Gopi, Shine Tom Chacko, Ananya et al. Hanif Mohammed produces this film for Red Rose Creations. The main locations are Hyderabad, Mumbai, Pune and Nashik. A few prominent artistes from Bollywood also lend support. Its screenplay is prepared by Murali Gopi and Satish Kurup handles the camera.



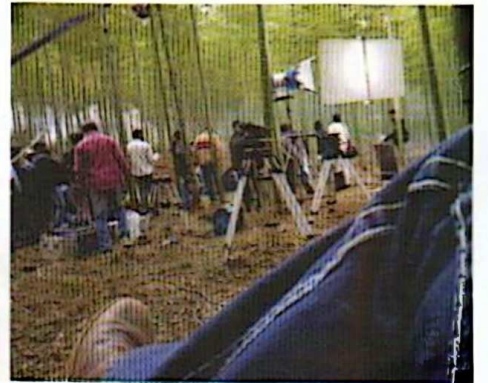
Location Raj

Who rules Malayalam film world? Though AMMA, FEFKA, MACTA etc are there to protect the actors and technicians, there are a few who without being much noticed keep the control in their palms. We may call them Location Managers. All location managers are not that bad as we presume here. Similarly all are that good too. Since we see good as well as bad people in every field, we may treat these people too in a similar manner.

It is not long ago that Malayalam cinema moved from the then Madras, now Chennai, to Kerala. Though the shootings were transplanted to Kerala more than forty years ago, post production works were still being done in Chennai only. Chitrangali Studio in Thiruvananthapuram, under the state government control, could extend help to certain extent. Now several studios came up in Ernakulam (For example, Mohanlal's Vismaya, Lal's Lal Studio, Mega Media etc), we reached a stage wherein one needed to go there only to release the film (satellite uploading). All these helped to reduce the cost film production. These location managers sprouted when the shootings were moved to Kerala.

Athirappalli-Vazhachal waterfalls are favourite locations for Bollywood and Mollywood. Perhaps more than Malayalam cinema, other language films must have been shot there. Mani Ratnam and many other directors exploited the scenic beauties of these locations for their films. Even today many Hindi epic serials are being shot there.

Today for one day's shooting, one has to pay Rs.15,000 and a few



affidavits to the Department of Forests. Yet some location managers are collecting Rs. 30,000 to Rs.35,000 from producers of Kerala. In that case, they must be collecting more than Rs.50,000 from producers of other states. If one dares to directly go and take permits, these location managers would arrange the local men to disturb the shooting schedules or influence some forest officers to raise minor objections and thus prevent shooting. When the shooting unit somehow manage to get the dates of the stars and technicians and the locations, their first attempt would be somehow to finish the work even at a

higher cost. In emergencies a ten thousand or fifteen thousand cannot be considered a huge amount. Compared to the film producers, the financial status of these managers is very high. It is for quite some time these exploitations cropped up to swallow the poor producers.

The conditions available in Ernakulam, the favourite locations of film folk, are a little worse. For places like Fort Kochi, Mattancheri etc, the producers have to please the local goons, then politicians, trade unions and then these local managers also. Though the necessary permissions could be obtained from government by paying meagre amounts, for satisfactory shooting they need support from the local people. Therefore no one attempts to bypass these obstacles. Even if one goes to Ottapalam, Wagamon or Kuttikkanam, one cannot miss this local mafia.

Now let us move to good aspects of some local managers. In Ottapalam, a local manager known by name 'Lungi Velappan' (he always wears lungi) is just opposite. He has acted with most of the super stars like Mammooty, Mohanlal et al. If the shooting is in Ottapalam, just meet Shri Lungi Velappan. He ensures everything goes smoothly. Nothing is beyond one's head. His passion for films makes him different. He loves films, not money.



Sweet revenge

■ It was rumoured that Jewel Mary refused to pair with Jayaram in 'Adupliyattam' because of repeated failures of Jayaram's films. Now the climate has changed. 'Adupliyattam' has now completed 50 days in theatres. The producers have made elaborate arrangements for a celebration party and they have invited Jewel Mary also. It is yet to be seen if she would attend the party.

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