

Kerala in Mumbai

The Only English/Malayalam Monthly Magazine linking Mumbai Malayalees

■ Vol. 6 No. 6 ■ Price Rs. 70 ■ September 2015

- Onam in Mumbai
- Talented Singer
- NORKA Roots

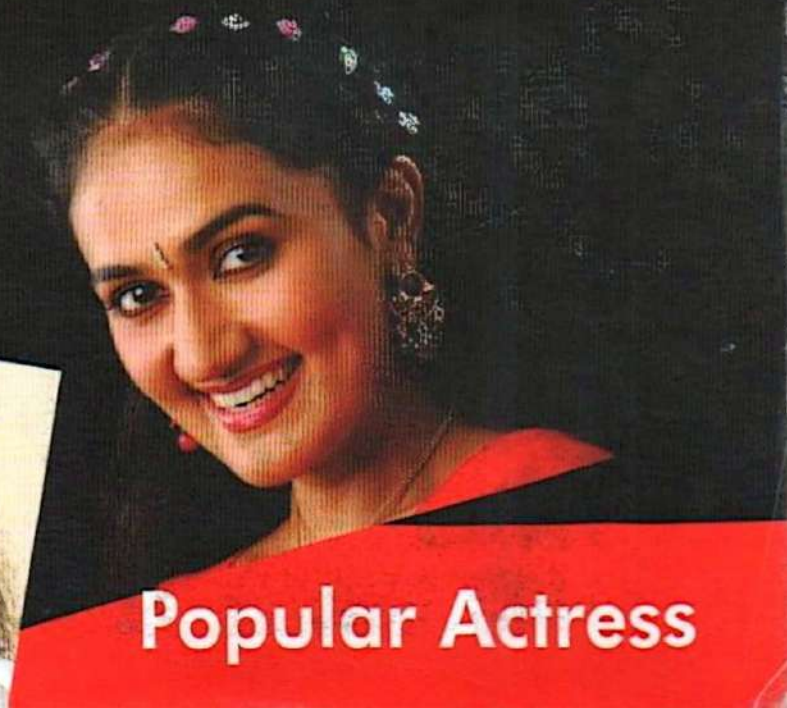
CIVIC CAUSES CHAMPION

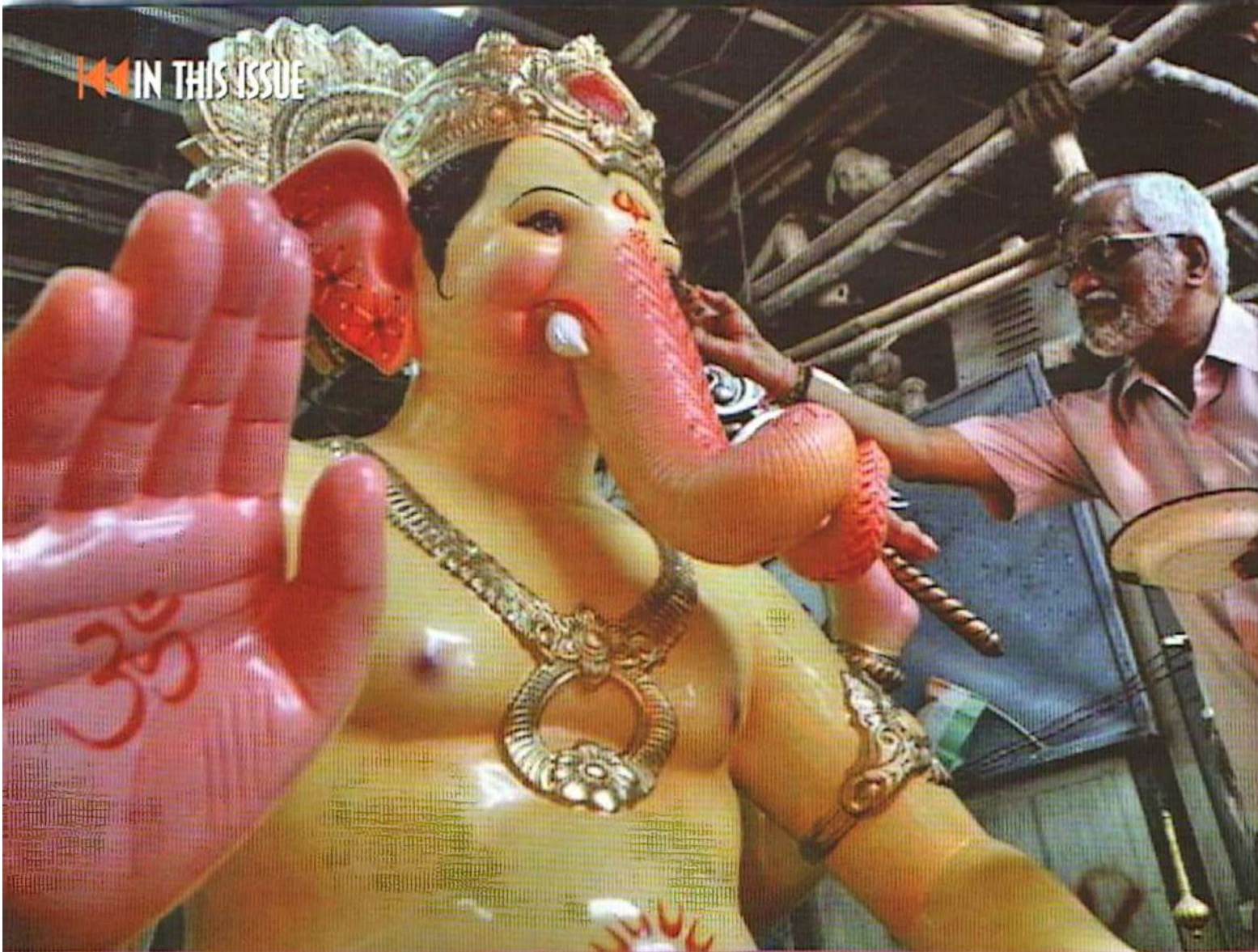


Passionate
Dancer



Popular Actress





- 05** Editorial
Nehru's line grows longer
- 07** Cover story
Sabu Daniel
Lakshmi Venkatachalam
- 12** Onam in Mumbai
KIM news Bureau
- 16** Searching for the Past
K R Narayanan
- 19** Makers of Modern Kerala
AK Gopalan
V N Gopalakrishnan
- 22** Artiste of the Month
Jayasree Mohandas
Lakshmi V
- 25** Passionate Commitment
to life
Dr John Mathews Vazhappilly
- 28** Dr APJ Abdul Kalam
Dr A P Jayaraman
- 35** Malayali Institutions of Mumbai
Borivli Malayali Samajam
- 45** Mumbai News Digest
KIM News Bureau
- 68** Interview
Anu Joseph
Padma Kumar
- 70** Malayalam Movie World
KIM Bureau

Publisher, Printer, Managing Editor
P V Vijay Kumar

Executive Editor
K V Satyanath

Feature Editor
Lakshmi Venkatachalam

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

Marketing Manager
Ms Asha Soman
Mob: 08108771247

Office Administration
Neetu Thomas
Sneha Sashidharan

Bureau Chief -Thane Region
Rajan V Nair
Mob: 9004972655

Consulting Creative Director
Shankar S Bhogwekar

Designer
Sudhakaran K M

Photographer
Mangesh U Borade
Mob: 08691902124

Advertisement & Marketing
T R Raghunandan
(Kochi - 09847169725)

Production & Logistics
K V Prabhakaran

Owner

Vibrant Printing & Publishing Pvt. Ltd

Place of Publication
B-105, Twin Arcade, Military Road
Marol, Andheri (E), Mumbai-400 059.
Tel: 022-29209959

Printing Press
Sharprints, 13/679, Sardar Nagar 1,
Sion-Koliwada, Mumbai-400 022.

Email: keralainmumbai@gmail.com
Website: www.keralainmumbai.com

Views and opinions expressed in Kerala in Mumbai are not necessarily those of Vibrant Printing & Publishing Pvt. Ltd. VPPPL does not take the responsibility for returning unsolicited material sent without due postal stamps for return postage. No part of Kerala in Mumbai can be reproduced without prior permission of the publisher. VPPPL reserves the right to use the information published here in any manner whatsoever.

vibrant
Printing & Publishing Pvt Ltd

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

Nehru's line grows longer

Emperor Akbar once asked his courtiers to make the line he drew on a plank smaller without erasing it and the courtiers were flummoxed. Then Birbal came forward and drew a longer line beside the earlier one to make the emperor's line smaller. The recent performance of our representatives in Indian parliament reminded us of this. Even after six decades of independence, we are grateful to our first prime minister and his compatriots for nurturing India into a successful democracy. Most of the countries that was freed from the alien powers around that period did not succeed in reinforcing freedom under their influence and they are mostly free countries on paper.

Nehru was an aristocrat but a democrat at heart. The debates in the upper and lower houses were then seen healthy debates even during allegations of corruption and nepotism. Two cases come to mind; the jeep scandal involving V K Krishna Menon and the LIC scandal involving Jagdish Mundra and indirectly minister for finance T T Krishnamachari. Nehru had enormous faith in Menon and Achari and yet, Menon had to cease to be the Indian High Commissioner to Britain and Achari had to relinquish his position as minister. Yet, during the debates none barring his son in law Feroz Gandhi raised high decibels in the house because the entire house had faith in Nehru's inherent character. Nehru was later lauded when he introduced then opposition leader Atal Bihari Vajpayee as 'future Prime Minister of India' to a delegation in New York. (Did he foresee that chance for Vajpayee?). Every opposition leader worth their name respected him for his integrity.

Can any one member from the present lot claim his character and charisma to stand alone and tall to be counted? In the entire monsoon season, tallest among them all, Narendra Modi did not utter a word in the house even though he was present in the Parliament House during the continuous pandemonium nor did he take any initiative to control the proceedings in the house by reining at least his side. It takes two hands to clap, we are told. The oldest party, Congress did not have enough strength in Madhya Pradesh and Rajasthan houses to force the chief ministers of those states to resign for the LaMo and Vyapam issues and demanded the ruling party to sack them and demand the resignation of Sushma Swaraj for her private intervention, without involving neither her own ministry nor the PMO, in getting Lalit Modi's travel papers issued by the government of UK. The main opposition Congress miserably failed in their mission but succeeded in chocking the neck of the House. The ruling party also failed to get a single bill passed during the session. By throwing hammer and tongs, the media had a field day and the visual channels minted money from advertisers. The real losers were the ordinary Indians who looked forward to their representatives for some sensible action.

The only lesson India learnt from these activities is what one should not do in public, in the strongest manner. The act of our representatives was deplorable and it would be extremely difficult to visualise a worse performance from them. Probably our power of visualisation is weak. They may have mightier techniques concealed under their vest.

Indian Parliament never touched the nadir of this kind during the last six decades of its existence. We are ought to have ashamed to send these representatives to that august house to legislate and bring prospective measures for a prosperous nation with unchallengeable moralistic aura. Once we used to believe that the world looks up to India for guidance but now we realise that they look down on us with astonishment. Our members of parliament spent crores of rupees to get elected to serve us. By fighting elections they did not become poorer but the other way. Yes, we understand that they recover the money spent in elections in shortest of times but let them sit at home and enjoy the fruits of power once they elect their government, instead of wasting crores of rupees in sessions that bear no fruit. It is important not to lose even if we do not make profit.

It was shocking to see Congress VP Rahul Gandhi asking Sushma to reveal the amount she received from LaMo. Had he been sure of money transferring hands, he should have revealed the quantum. It was all the more unbelievable the BJP stalwarts in the Union cabinet asking Rahul to read the Nehruvian legacy and seeking clarifications from mother about his roots. Quite deplorable!

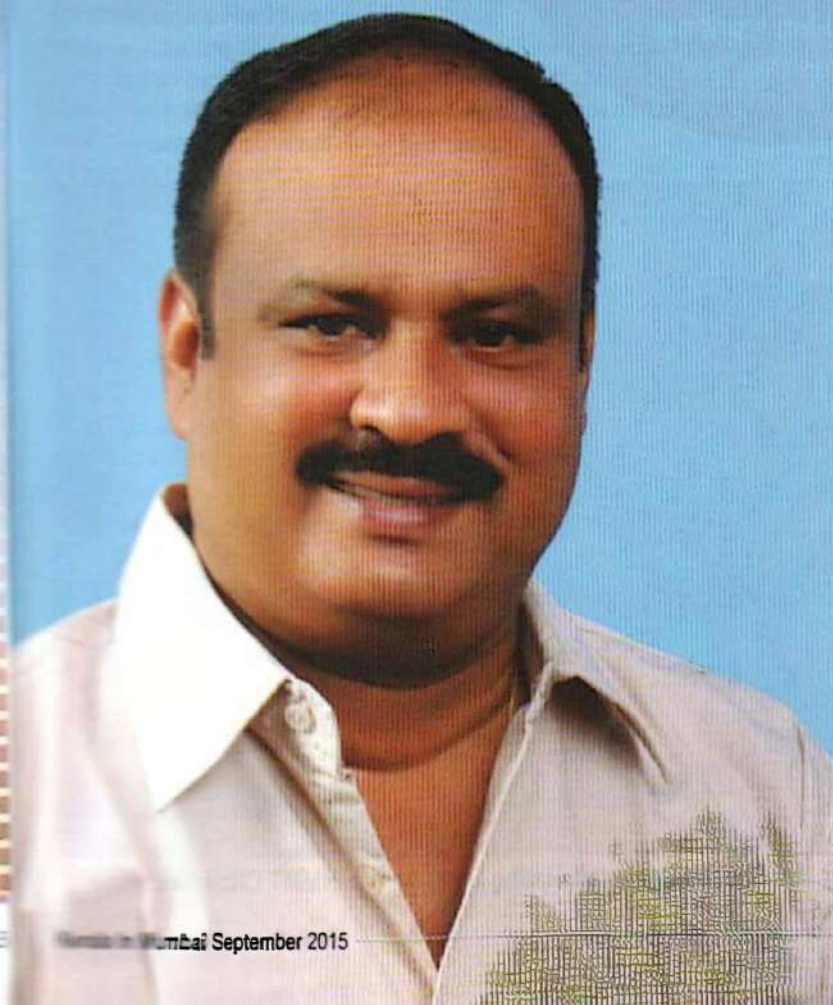
We urge our voters not to physically harm our representatives when they visit us seeking our support to go to parliament next time because they do not know any other livelihood. As Jesus famously said, "God, please forgive them since they do not know what they have done"

We used to say very proudly that we drew many points from the unwritten constitution of Britain, the mother of Parliamentary Democracy. It is sad that our representatives did not notice that the British Parliament has not been disrupted even once; even during Profumo sex scandal, its biggest ever. British MPs have to visit their Indian counterparts to learn it, like the Bhutanese learnt recently.



SABU DANIEL

CHAMPION OF CIVIC CAUSES



Navi Mumbai has emerged as a well-planned city with an increasing population, big agricultural produce market, modern IT parks and huge housing complexes. It has educational institutions imparting quality technical and medical education and a proposed airport, making it a place of strategic importance. It is heartening to note that a Mumbai Malayalee Sabu Daniel, has an important role in its development.



Sabu Daniel taking charge as Chairman of NMMT with Mayor Sudhakar Sonawane, Netra Shirke, Corporator Dr. Nath, Ashok Gurkh

"If we improve our services, increase the frequency of buses, and have them run in many routes, then people would automatically opt for them. So a public awareness must be inculcated in their minds about the efficiency of the Transport Committee and I am working towards this goal."

concentrate on setting up clean bus stops, well maintained buses, ladies' safety and hygienic toilets. At present the Transport Committee is running at a loss. I assure you that give me three months' time and I will make it a profitable business," Sabu Daniel says confidently. "I have also plan to make the people choose public transport system. If we improve our services, increase the frequency of buses, and have them run in many



Lakshmi Venkatachalam

■ For twenty years Sabu Daniel had been Corporator of Navi Mumbai Municipal Corporation and now he has been elected as

Chairman Navi Mumbai Municipal Transport (NMMT). It is the transport wing of Navi Mumbai Municipal Corporation, which operates bus services in Navi Mumbai. Its buses serve the entire Navi Mumbai city as well as to certain parts of Mumbai, Thane, Kalyan, Dombivli, Badlapur, Talaja, Panvel and Uran. NMMT has been operating in Navi Mumbai since 1996.

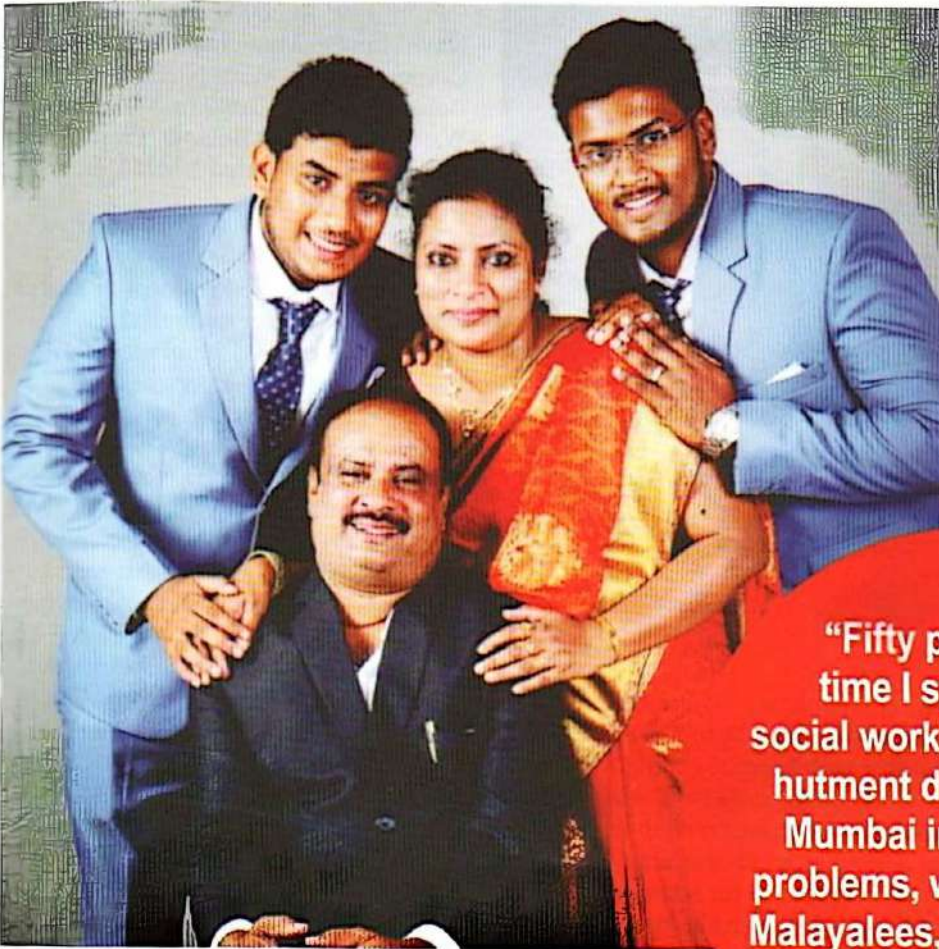
As of 2014, NMMT operates 395 buses within Navi Mumbai, as well as into Mumbai, Thane, Kalyan-Dombivli, Uran and Panvel. Paper tickets are valid only for single journey. Commuters also have the option to buy monthly and quarterly passes. Students get discounts on monthly and quarterly passes and senior citizens get discount on weekly, fortnightly, monthly and quarterly passes.

NMMT Chairman

"I have certain targets in mind, to improve the Transport System in Navi Mumbai," he says. "My team will



Raigad Collector Mrs Sheetal Ugale felicitating Sabu Daniel, NMMT Chairman.



Sabu Daniel with his wife Binu, and sons Sanu and Sinu.

routes, then people would automatically opt for them. So a public awareness must be inculcated in their minds about the efficiency of the Transport Committee and I am working towards this goal."

Before becoming Chairman Sabu Daniel was member of NMMT and he took charge as NMMT Chairman on August 6.

Navi Mumbai has been ranked as the third cleanest city in India in the Government's Swachh Bharat Campaign. Sabu Daniel is happy that he has also been a part of this project in Navi Mumbai.

It was in the early 90's that Sabu Daniel shifted to New Bombay as it was then called, from Chembur. Then Belapur and its vicinity were undeveloped. The area of Navi Mumbai extends from Airoli to Vashi where development

with completed housings, basic infrastructure etc but Nerul, Belapur were still undeveloped yet showing promises of emerging as successful nodes in the future.

When Navi Mumbai Corporation was

"Fifty percent of my time I spend in doing social work and helping the hutment dwellers of Navi Mumbai in solving their problems, whether they are Malayalees, Maharashtrians or from any other state."

set up, Sabu Daniel stood for elections and won. In fact he has been winning continuously and that he is the longest standing Corporator for twenty years is no mean achievement, before becoming Chairman recently.

Corporator

As a Corporator, Sabu Daniel has worked relentlessly to improve the living conditions in Navi Mumbai and played an important part in its development. He was part of the team led by Ganesh Naik and Sanjeev Naik that purchased the Morbhe Dam - the main source of

drinking water for residents of

Navi Mumbai. Navi Mumbai is one of the few Municipal

Corporations having its own 24X7 drinking water supply.

The Municipal Hospital in Vashi, STP plants in every node, dumping grounds at

Turbhe, Sabu Daniel has a hand in several projects in Navi Mumbai.

Today Navi Mumbai has been developed as an environment friendly, beautifully landscaped area with parks, gardens and promenades along waterfronts, while preserving the



Tree Plantation at CBD, Belapur.



Distribution of books

mountainous terrain, lakes and green spaces covering nearly half of its total area.

“Fifty percent of my time I spend in doing social work and helping the hutment dwellers of Navi Mumbai in solving their problems, whether they are Malayalees, Maharashtrians or from any other state. I have helped many Malayalees who have come to Mumbai and did not know whom to turn to,” he says.

Sabu Daniel is the Chairman of Mata Mission Centre that provides help to AIDS patients and poor needy patients. It also provides ambulance service to poor people since the last 15 years. Through his Mata Mission Centre he has given financial assistance to poor Malayalees for medical treatments and educational purposes.

Sabu Daniel feels strongly about the administration of minority educational institutes especially, the Malayalee institutions. Though a certain percentage of seats is reserved for Malayalees, he is unhappy that they are not allotted to them but sold out to other candidates who give money and buy the seats.

“I am going to fight against this now,” he says. “The reason for this unfortunate state of affairs is due to lack of unity among Malayalees.”

Sabu Daniel hails from Pandalam and did his schooling at Edappon in Pandalam and Pre Degree from NSS College Pandalam. His father, late Daniel was in textiles and agriculture business and his mother Aliyamma lives in Kerala. He has one brother and three sisters.

After completing his Pre Degree examination Sabu Daniel came to Mumbai with hope of getting a job in the Gulf and to go there. But this did not happen and he took up a job in Mumbai. He worked as an accountant with Prabhu Aras & Co for some years and then as Tax consultant with E A Patil & Co. From 1995 he started his own business as a Civil Electrical Contractor and real estate investment services. While being employed he completed his graduation in Commerce and Masters in Public Administration.



**Sabu Daniel with
Lakshmi Venkatachalam of KIM**

From 1995 to 2000 he represented Navi Mumbai Municipal Corporation as Corporator from Ward No 20 in CBD Belapur and from 2000 to 2005 from Ward No 13, CBD Belapur. From 2005 to 2015 he represented NMMC as Corporator (NOM).

Social Activities

Sabu Daniel is the President of Kairal CBD and Organizer umbrella organization of Navi Mumbai Malayale associations, Founder president of Navaratri Utsav Mandal, patron member of New Bombay Cultural Centre, Executive Committee member of YMCA, CBD and Advisor to Sarvajani Ganesh Utsav Mandal CBD Belapur. He is also member of Ayyappa Mission Vashi, and Sree Narayana Organisation in Navi Mumbai.

He is Council Member of Marthoma Church Mumbai Diocese comprising of Maharashtra, Goa and Gujarat and member of Marthoma Church in Vashi. He is very active in the Church's charitable activities especially its charity work at Nava Jeevan Society an NGO in Murbad. He is also the Working President of Maharashtra Malayalee Christian Association that helps in childrens' education and offers assistance to many an organization for orphans in Maharashtra.

Awards and Recognitions

Sabu Daniel has received a lot of awards and recognitions. Apart from the Best Corporator Award for the year 2001 from NMMC, he has received Seva Bhushan Award from Rashtriya Seva Dal, Rashtriya Ratan Award from Global Economic Council New Delhi, Rashtriya Shiromani Award from Indo - Thai at Bangkok, and others.

As a politician currently Sabu Daniel is Taluka President of NCP in Belapur. Earlier he has been Chief Whip of Congress party NMMC, General Secretary of Maharashtra Pradesh Minority Cell, and Vice President of Youth Congress Navi Mumbai.

Family

Sabu Daniel's wife Binu hails from Kottarakkara and she did her education there. Her parents are the late Thankachan and Kunjuamma. She came to Mumbai after her marriage to Sabu Daniel in 1991.

They have two sons Sanu and Sinu both of them doing their graduation course in the third and second year respectively. ■



ONAM

IN MUMBAI

Mumbai Malayalees celebrate Thiruvonam not just on a single day but many times on several Sundays through their associations.

In Mumbai Onam is celebrated not just on Thiruvonam day in the Malayalam month of Chingam. Almost all Mumbai Malayalee Samajams celebrate Onam before or after the day of Onam. Since community Onam celebrations are held on Sundays for maximum member participation, several Sundays before and after the day of Onam is set apart for the Onasadya and celebrations.

Stretching from Colaba to Dahisar and all parts of Thane, Bhayander, Navi Mumbai, Panvel, all Malayalee Associations have their Onaghoshangal. Dombivli heads the list with its maximum number of Malayalee

population. Pookkalamalsaram, kaikottikali, classical and folk songs and dances, vallamkali pattu, short plays and skits, musical programmes - these are a few of the programmes presented by the Samajams and associations. Meritorious students who have cleared SSC and HSC board examinations are felicitated, senior members are honoured and personalities in their associations who have achieved something are also recognized. The traditional Onasadya is the highpoint of the functions.

All these activities bring about a sense of joy among the Mumbai Malayalees and a feeling of return to their roots.

They provide a welcome break from the year long routine when everyone is tied to his or her work routine and renews the sense of bonding among them.

A typical Onam function would start with pookkalam drawing and keeping the nirapara, to be followed by lighting of the traditional lamp, then Maveli varavelpu and after the formal speeches by the chief guest and office bearers, the cultural programmes would follow. Some organisations would present Malayalam plays; for instance two years back, Kandivli Malayalee Samajam presented Sunayana Arts' 'kattukuthira' directed by P C Cheria, last year Keraleeya Mahila Samithi presented

another Malayalam play, East Kalyan Malayalee Association presented KVS Nelluvai's Alagapuri which was enacted by Malayalam Mission students.

During Chembur Malayalee Samajam's Onam several senior founder members, some of whom had retired to Kerala, were invited and felicitated. It was a nostalgic moment for them. Similarly Bombay Keraleeya Samajam in Matunga organizes

one of the grandest Onam celebrations even today. Being one of the oldest Samajams, in the fifties and sixties Onam was a great celebration looked forward to by members and arrangements would be organised well in advance. Senior lady members recall how they used to practise kaikottikali, prepare pickles etc and discuss on floral decorations days before the actual function.

Nowadays, Onam has become a platform for children to showcase their talents. Almost all associations have drawing and painting competitions, handwriting and essay writing competitions for children and young boys and girls and they are encouraged to show their creative talents. Kaikottikali competitions and even traditional fashion parades are organized by women members.



All these activities make the community come closer and forge strong ties of friendship and camaraderie.

Charity during Onam

Nowadays, the Samajams have increased their activities to not just having a good time. It is a wrong notion to comment that Associations only spurge money during Onam.

During the Onam celebrations they do some charity work and help the less fortunate people around them without any distinction of community. This is a healthy trend and it needs to be encouraged. Where thousands of rupees are spent on food and cultural programmes, several associations have kept apart a portion of money to help accident victims, sick people and poor school students. Many associations donate in cash and kind to inmates of orphanages, old age homes, hospitals as part of their Onam celebrations. They feed onasadya to poor street children as well as orphans. Every year the Andheri West Malayalee Samajam help the inmates of Vimala Dermatology Centre and orphans during Onam. Lake City Malayalee, Goregaon Malayali Samajam and other organizations / association provide free onasadya to

All these activities bring about a sense of joy among the Mumbai Malayalees and a feeling of return to their roots. They provide a welcome break from the year long routine when everyone is tied to his or her work routine and renews the sense of bonding among them.



orphans in their areas and several other samajams engage in poor feeding and educational and medical aid to deserving people as part of their Onam celebrations. The Nair Welfare Associations also provide the traditional onasadya to poor people of the area and financial assistance to them during Onam functions.

Some associations conduct medical check up and treatment camps, some organize blood donation drives during Onam.

This year Kharghar Malayalee Association has decided to spend a day with cancer patients and look into their needs during this Onam. The Dombivili Keraleeya Samajam has come forward and distributed the money set apart for Onam to the victims who lost their houses when their building in Thakurli collapsed.

Onam and youth participation

There was a time when the younger generation distanced itself from these celebrations. But today we are seeing a reverse trend. In some instances, the youngsters themselves are coming forward with their ideas in a few organizations and taking the lead in organising the celebrations.

An example of this is the Onam celebrations at Hiranandani Keraleite Associaton last year where the youth took the initiative and conducted a beautiful well organized Onam 2014. Similarly the YUVA wing of SNMS actively participates in the Onam functions. Kalyan Eparchy Youth Wing is another organization under the Kalyan Diocese which holds Onam celebrations every year with skits, tug of war competitions and both indoors and out doors sports activities. The Jesus Ever Rolling Trophy and Shield are presented to the winning groups of sports and games competitions that are conducted by the Youth Eparchy.

However, there should be more participation among Malayalee youth in the Onam celebrations. In many Samajams, seniors are still running the

show. They should, on the other hand encourage the younger generation to take the lead and organise programmes according to their tastes.

Onam and Vanitha Vibhagam

The role of vanitha wing in the Onam celebrations cannot be overlooked. In the fifties and sixties, Bombay Keraleeya Mahila Samithi used to prepare traditional onam items and sell it before Onam. Even now womens' Wing of several Samajams organise Onachanda and sell the items for onasadya in their premises. This is of

great help to working women who need not go to the market to buy the products but can get them in their area.

Onachanda is organised by samajams at Mira Road, Vashi, Vikhroli, CBD Belapur, Panvel and many other suburbs in Mumbai and nodes in Navi Mumbai.

A Secular Festival

Not only Hindu samajams celebrate Onam in Mumbai but also Churches of several denominations, Kerala Catholic Association, Kerala Christian Council and many other associations celebrate

Onam for it is the common Kerala festival.

Onam has become so famous in Mumbai that the Southern cell of political parties celebrate Onam for Malayalees with traditional arts of Kerala being performed on that day.

Popularity of Pookkalam

Pookkalam is an important aspect of Onam. Mega pookkalam with colourful flowers are decorated and displayed at Thane, Nerul and Panvel railway stations which have received appreciation from commuters. Pookkalamamsarams are held by several samajams.

Public Holiday For Onam

There are more than 30 lakh Malayalees in Mumbai. And Onam is a well known festival among non Malayalees as well. But still the Government has not declared Thiruvonam day as a public holiday. It will be an acknowledgement of Mumbai Malayalees and their contribution to this metropolis if Onam was considered a public holiday in Maharashtra.

The message of Onam is the message of equality and happiness. By celebrating it every year we bring our innate sense of equality and tolerance into this land where we are spending our lives and earning our bread. ■



Pookkalam is an important aspect of Onam. Mega pookkalam with colourful flowers are decorated and displayed at Thane, Nerul and Panvel railway stations.

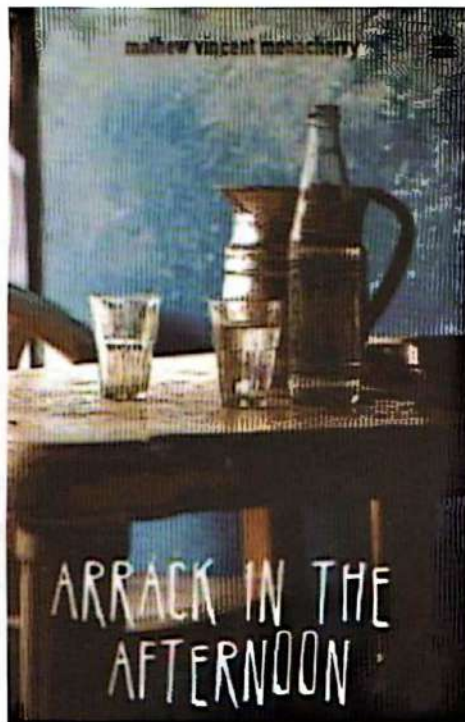
SEARCHING FOR THE PAST



K. R. NARAYANAN

Mumbai has been a home for migrated Keralites from the early decades of the 20th century itself. Three or more generations of Malayalees have lived, thrived and died here. The later generations have been born and brought up here.

After a gap of about five decades, I returned to the Maximum City to live here once again. I always cherished the memories of my happy younger days' life here. Learning the science of the oceans under a great scientist at the Taraporewala Aquarium on the Marine Drive, mastering seamanship and navigation on board the mini-ships off and along the Sassoon Docks, under a Naval Captain, manoeuvring the speedy dug-outs and studying the modus of the societal development of the coastal inhabitants in the villages of Versova and Satpati and the like appear like some pleasant dreams of the past. I had earned many friendly colleagues, contemporaries and friends in the city and invariably meet them even now, whenever possible. These friends still consider me as an old *Mumbaikar*. This was, perhaps, because my good old scientist-teacher used to refer to me as the "*Goregaon cha mulga*" (the boy from Goregaon), during my training under him. These companions and colleagues and the good old Mumbai city help me a lot to revive the memories of those happy days in this city.



Most of my seniors and friends of yore have turned grey now and had almost confined themselves to their homes, except for some occasional societal or organizational activities. An elder cousin of mine once asked me:

"You have been writing all these years; why don't you write for us in Mumbai as well?" Some of his friends were too happy to publish whatever I wrote and I went on writing for them.

A well-experienced elderly journalist-writer, who had known my early works for a reputed weekly of Kerala found me out and very happily involved me with his own literary activities. Thus, I too became a part of the so called Malayalee Diaspora of this Metropolis.

The Malayalees had lesser organized activities in my younger days and were also scattered in the erstwhile Bombay. As most of the eastern parts and the Navi Mumbai had not come up then, many of them were mostly the residents of western parts of the city. These Keralites met in the Cinema Halls on holidays and Sundays to watch black and white Malayalam movies. (I was familiar with many south Indians through an old cinema talkies called Topiwala in Goregaon in those days). They also met in the halls staging Malayalee dramas and also in Malayalee hotels/restaurants to eat "*Naadan Bhakshanam*". Once or twice in a year they got together to celebrate Onam or Vishu. They

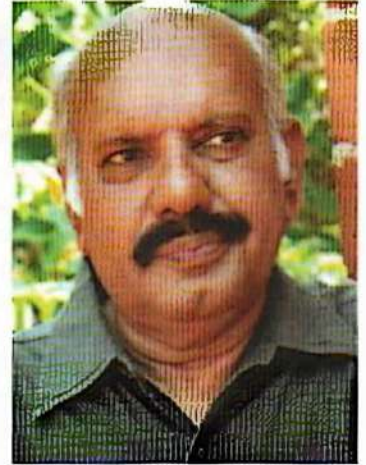
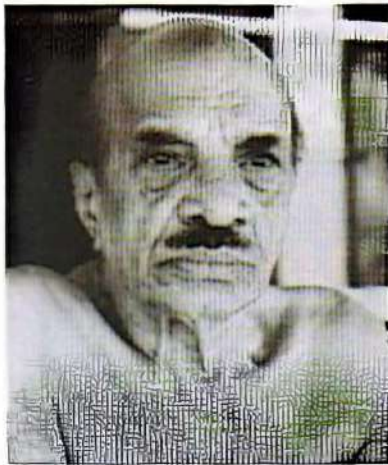
sometimes staged Malayalam dramas or brought professional drama troupes from Kerala for their entertainment. May be all these enabled them to remain linked with other Malayalees and overcome their nostalgia for their "Nadu".

In spite of all these, they always were obsessed with their jobs/work and the travels to the work place and back the next day. Obviously, it was for the job/work they had come here travelling about two thousand kilometres from their far flung homes. The schedules for the next day's travel to the work place and back home always used to hang like a Damocles' sword in their minds. This continues to be so even today, and travel remains the great component (or is it a constraint?) of

Malayalee. No doubt, they enjoy the beauty of the back-waters, coconut groves, the mountains, the greenery and the like. Nothing more. No sentiments nor nostalgia! "Very difficult people to interact" said one of them about the present people over there. "Do they not have some courtesy to say "hello?" asked yet another.

They grew up in Mumbai, studied through English and/or the local language, married here and took the brides/bridegrooms from any region, community, religion or cast. All these resulted in yet another varied generation of Malayalees, who found it difficult to speak their mother tongue properly or to get along with their original way of life. All these Malayalees remained here as *sensu stricto* Mumbaikars. My return

Malayalam writing in Mumbai and other cities. They felt it was true that there was a period of enhanced literary activity in Delhi in the sixties and seventies. Some of the writers passed away and others moved to other places and the prominence of Delhi has gradually ebbed out. What was more important at that time was - one of them pointed out the Delhi writers had the patronage of a great personality, a renowned cartoonist and a vibrant journalist all put together - Shankar (Shankara Pillai of the Shankar's Weekly). Shankar encouraged them, nursed them and his clout in the higher circles (even up to the then Prime Minister) helped them to leap to great heights. Their writings coupled with the clout of their patron worked well. The



living in this huge city.

The youngsters of those days have now grown old, retired and started involving themselves more and more with the social, cultural and even religious activities, as they do not have to go to their places of work. A great majority of them do not want to go back to their villages in Kerala after retirement. Everyone has his own reasons for that. They had, in the course of time, got acclimatized to the *Mumbai life* and transformed themselves into real *Mumbai Kars*. (In many of the cases, nothing is left for them in the so called home town but for sentiments or nostalgia). Today, they have more time at their disposal. Yet, their outputs in social, economic or cultural areas have been limited, perhaps, due to their age-induced lethargy.

To their dismay, their children and grandchildren do not have much sentimental attachment to Kerala, as they were born, brought up, educated and married in Mumbai. All they have is a tourist interest, like any non-

was to such a community of Mumbai-Malayalees.

During a get-together, a friendly journalist told me that the local vernacular writers are not much recognized in their own home state, unlike those of New Delhi. This feeling, it appears, was reflected in the talks and writings of some literary figures of Kerala, who visit the city sometime or other, to participate in some cultural, literary, or social functions of the local Malayalees. Some of them, he said, were very blunt to go the extent of speaking in the public forums that the city did not have any good Malayalam writers. He seems to have presented some statistical and literary data and exhorted the Mumbai Malayalees to learn a lesson or two from Kerala or New Delhi, where the great writers created marvels and milestones in Malayalam writing. This was a bit too much for the left out creed of Malayalees of Mumbai.

I enquired with some persons, who were well-read and well-informed about

printers and publishers knew them, the critics knew them, the journalistic world knew them, literary organizations knew them, and hence the readers too knew them. It was only a repetition of the story of Malayali writers in the Madras City of yore. The good old Madras dominated the "*Marunadan Sahithyam*"; thanks to some prominent personalities and eminent civil servants from Malabar region in the then Madras Presidency. Calcutta too followed suit with some prominent literature friendly powerful Malayalees at the helm.

This made me look at the Maximum City from an altogether different angle. To my dismay, I could trace out that some very famous writers in Malayalam had their early experiences in Mumbai and these experiences have reflected in their early works. Bombay was a very wide canvas for some others. The late Shri P K Ravindranath, a very senior journalist of Mumbai, who knew and handled both English and Malayalam literature equally well for about six decades, once pointed out in one of his



migrated Keralites from the early decades of the 20th century itself. Three or more generations of Malayalees have lived here, thrived here and died here. The later generations have been born and brought up here. These new generations have lost many of the Malayali aspects, traits and characteristics. The language may be one of such losses to the younger generation Malayalees. The present generations of Malayalees of Mumbai may have problems in expressing in their mother tongue. (In many cases, Malayalam is seldom spoken even in their homes). But their undying sentiments about their parental home state do come out in any language they think or write. A golden example is Mathew Vincent Menachery, a younger generation Malayalee writer, who has beautifully brought this out in his English fiction titled "Arrack in the Afternoon". ■

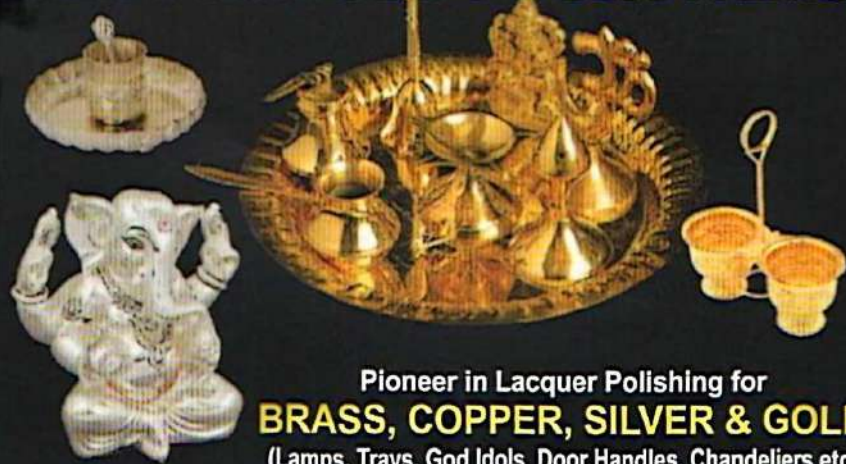
speeches that Vaikkam Mohamad Basheer did some of his early contributions from the Mohamadali Street in the Fort area. Similarly, S K Pottekkat created much of his early fictions, while he was in the then Bombay. Again, Mumbai's own Novelist M P Narayana Pillai too did a substantial contribution to the *Novel Sahithyam* in Malayalam from here. Sarala Rama Varma, Madhavi Kutty, Pamman, Sethu, and the like too had their share in writing Malayalam from Mumbai. No one has ever said that these writings from Mumbai were inferior. Of late, some new generation story writers, novelists and critics of Mumbai too have risen to some degree of prominence. Novelist Balakrishnan, Manasi, Krishnakumar, Radhakrishnan, Meghanadan, Girijavallabhan, Suresh Varma, Rosily and the like belong to this category. But, unfortunately, connoisseurs sitting far away from Mumbai feel whatever is written here is substandard. I often wonder if they expect Mumbai Malayalees to write about the rural mysticism, love and disappointment, oppression in the agriculture or fisheries sectors, tribal exploitations and the like, sitting in a metropolis like Mumbai. How can anyone write about something one does not experience?

Mumbai (unlike the other major metros of the country) has had its own peculiar constraints. In the first instance it is an amorphous metropolis with a scattered population of varied ethnic groups. Unlike the other cities, people here do not have much free time, as most of their time is spent in the far away work places and the travels thereto and back. (A rough estimate indicates that a Malayalee in Mumbai travels at least 80 Km. per day in the local trains and buses for his work alone that too at odd times!).

A Sunday or a holiday is very

precious for a Mumbaikar and hence he has to utilize these days with utmost discretion. In view of these, I do accept, the scope of their diversifying into creative literary works may be limited, when compared to other cities of India. (In any case, it has no comparison at all with the conditions of Kerala or Delhi) Mumbai has been a home for

GET PERMANENT POLISH FOR YOUR OLD POOJA ITEMS



Pioneer in Lacquer Polishing for **BRASS, COPPER, SILVER & GOLD** (Lamps, Trays, God Idols, Door Handles, Chandeliers etc)

Specialists in Antique Lacquering, S.Steel Polishing can be done. Electric Bulbs can be fitted in all type of Lamps & Samias. **SPECIALISTS IN POLISHING KERALA LAMPS. LIFE TIME GUARANTEED POLISH**

Now there is ultimate & permanent solution to this problem **PICK UP & DELIVERY FREE**

God Idols can be polished in Brass, Copper, Gold, Silver & Antique **MORE THAN 1, 50,000 SATISFIED CUSTOMERS IN MUMBAI** INSPECTION AT YOUR PLACE FREE OF COST

Please Visit or Call: **S.RAMAKRISHNA** (8.00 am to 8.00 pm.)

No.2, Kiran Bldg., Ground Floor, Near Murugan Temple, Chedda Nagar, Chembur (W), Mumbai 400089. **9821418929, 9167314911, 25253106, 25255630**



A K GOPALAN

A COMMUNIST WHO LIVED WITH THE MASSES



Ayillyath Kuttiari Gopalan, popularly known as A K Gopalan or AKG, was a mass leader of the Communist movement in India and a dedicated soldier of the freedom struggle against British rule. His contribution to the growth of a militant peasant movement in the northern region of Kerala is legendary.



W N Gopalakrishnan

■ AKG was a Communist who lived with the masses and was a constant source of inspiration for the comrades. His steadfast commitment to the toiling masses earned

him the name General of the Poor. He served as the leader of the Opposition since the first Lok Sabha in 1952. His interventions in the Parliament espousing people's issues were unique events in Parliamentary history.

AKG was one of the leading figures

in the Guruvayur Satyagraha. He led the Hunger march from Kannur to Madras against poverty and unemployment under the British rule. He also played a significant role in the Paliyam struggle in Kochi and in the struggle of the Harijans for their right of the way in Kandoth in Kannur. He along with P Krishna Pillai organized the first trade union of workers in the Kozhikode-Feroke region. The authorities put him behind bars hoping that he could be silenced but he organized struggles inside the prison as well.

AKG was born in a feudal Nair

family of Ayillyath Kuttiari in the Makrery village near Peralasseri in Kannur on October 1, 1904. His father and brother were active in the community and took interest in social reform and education. This influenced AKG's interest in public life from an early age. Though he did not complete his formal education, he started out life as a primary school teacher in Tellichery. He taught for seven years and was drawn to the Freedom Movement. Resigning his job in 1930, he took part in the Salt Satyagraha and was imprisoned. He also participated in the Khilafat Movement which

transformed him into a full-time social and political worker.

In 1927 he joined the Indian National Congress and began playing an active role in the Khadi Movement and upliftment of Harijans. Mahatma Gandhi embarked on his famous Dandi March, stimulating Congress workers all over the country. In Kerala, a *jatha* was taken out from Kozhikode to Payyannur under the leadership of K Kelappan, also known as 'Kerala



Gandhi'. Receptions were organised along the route. AKG organised a mass *jatha* at a place called Chovva which was a stimulating experience. In 1930 he went secretly from Kozhikode to Kannur to offer Salt Satyagraha. But he was arrested and jailed the same day. Coming out of the jail, AKG devoted himself to the Congress movement - travelling to distant villages, picketing shops selling imported cloth, and addressing meetings. He walked 25-30 miles every day, going without food for days while spreading the message of freedom and hoisting the national flag in far flung places.

It was at this time that the Congress decided to start a struggle against untouchability and other social evils. At the Kerala Pradesh Congress Committee (KPCC) meeting, K Kelappan moved a resolution on starting a temple entry Satyagraha. Some Congressmen argued that it would divert attention away from the political struggle. But AKG fully backed the resolution. He was elected Captain of the Satyagraha volunteers. He led a march of Harijans on a public road at a place called Kandoth near Payyannur. As he led the procession, a mob of men and women brutally beat him up till he became unconscious.

Soon AKG plunged into the Guruvayur temple entry Satyagraha, leading a group of volunteers on foot all the way from Kannur to Guruvayur. On the way, they addressed several public meetings. Volunteers from all over Kerala set up camps at the temple gates. The Guruvayur Satyagraha had a

massive impact throughout India. But the temple owners remained unmoved. When the Satyagraha started waning, Kelappan began a fast to force the opening of the temple. It had a nationwide impact and AKG was

imprisonment. To protest against the unbearable treatment, AKG went on a fast. Finally, he was transferred to Vellore jail and was released at the end of 1933. It was in Vellore jail that AKG began to lose interest in Gandhian method of Satyagraha and *Ahimsa*. There were many others thinking along these lines and they were to form the Congress Socialist Party (CSP) in Kerala after 1934.

Over the next few years, AKG participated in almost every strike that took place in Kerala, be they cotton, coir, beedi, tile, soap, or municipal service. There was not a single industry where the socialists were not involved in organising the workers and AKG was in the forefront.

Leaders in the Congress Socialist Party saw AKG's work among peasants and workers as part of the struggle against British rule. AKG played a leading role in the massive *jatha* through Kerala and then crossed over to Madras. He was arrested for the fourth time and put in the Trichinapalli jail. For a while, he had left the Congress Socialist Party but on being released from jail, he rejoined the party and participated in the struggle against the rulers of Travancore. In 1937 AKG led the hunger march from Malabar to Madras and the Malabar *Jatha* in support of the movement for responsible government in Travancore.

As a member of the AICC, AKG attended the Haripura and Tripura sessions of the Indian National Congress. Following the Tripura session, he worked for three months in

AKG walked 25-30 miles every day, going without food for days while spreading the message of freedom and hoisting the national flag in far flung places.



Bombay where he spent a lot of time with leaders of the Communist Party of India, and participated in workers rallies. In 1939, the Communist Party of India was formed in Kerala and he joined the Party.

When World War II broke out, AKG was abroad. He had gone to meet Malayali workers in Ceylon, Singapore, Malaya and Burma. He came back just in time to attend the AICC session in Wardha. He returned to Malabar but since summons were pending against him, he was sent to work in Tamil Nadu. He worked among Southern Railway workers in Trichinapalli and also organised secret meetings and study classes. For over a year he remained underground till he was arrested on March 24, 1941 and was sent to the detentue camp in Vellore jail. On the night of September 25, 1941, AKG and few other jail mates chiselled a hole through the wall of their cell and managed to escape and remained at large till the end of the war in 1945.

There was an upsurge against British domination on the eve of the World War II and AKG was arrested again and was behind bars. On the occasion of the Independence Day, the Madras government released all the political prisoners including E M Sankaran Namboothiripad. However, the police refused to withdraw charges against AKG. He was alone, inside the jail, unable to celebrate the freedom. The next morning, he walked the length of the jail compound carrying a national flag that he had kept with him. The flag was hoisted from the roof where all the prisoners had gathered and AKG spoke to them the meaning of freedom. As a result of popular demand, he was released on October 24, 1947

Since it was unsafe to remain in Kerala, he went to North India, and did a variety of jobs in Kanpur while continuing with underground Communist Party work. He returned to Malabar when the elections were announced and he was the Party's candidate in Calicut. As a result of anti-Communist propaganda by the Congress at the time, he was defeated. But within five years, he trounced the Congress and elected to the Parliament in the first general elections. He was later elected as an MP for 5 consecutive terms.

In 1951 he was elected as the national President of Kisan Sabha in



AKG and Samar Mukherjee

It was in Vellore jail that AKG began to lose interest in Gandhian method of Satyagraha and Ahimsa. There were many others thinking along these lines and they were to form the Congress Socialist Party (CSP) in Kerala after 1934.

the Kolkatta Conference. In almost all the peasant struggles in the country, AKG was very active. In the Maha Gujarat struggle, he was arrested and expelled from Punjab for participating in the struggle against water cess. In 1960, he led the Peasant march from Kasargod to Thiruvananthapuram. His struggle against the eviction of farmers in Idukki is famous. Similar struggles against evictions of farmers in Churuli-Keerithode and Kottiyur are also significant. AKG was active in all the struggles including the Punnapra-Vayalar struggle, the beedi workers strike, the peasant revolt in Chirakkal.

AKG played an important role in the formation of Indian Coffee House, a worker co-operative initiative. He organized the sacked employees of Coffee Houses of the Coffee Board in the late 1950s. This has been well documented in the Malayalam book titled *Coffee Housinte Katha* by Nadakkal Parameswaran Pillai. Shaji N Karun, film director produced a documentary film titled *AKG - Athijeevanathinte Kanalvazhikal* which was released in August 2008. Some of the other books and articles on AKG are: *A K Gopalan: From Satygrahi to Revolutionary* by Manini Chatterjee; *In Memory of A.K. Gopalan* by B.T. Ranadive; *Remembrance: A K Gopalan* by Ganashakti Newsmagazine; *Fresh faces make prediction impossible* by K. P Pushparaj. His other works in Malayalam include *For Land, Around the World, Work in Parliament*, and *Collected Speeches*. His autobiography *In the Cause of the People* has been translated into many languages.

When China waged a war on India in 1962, AKG along with EMS and other Indian Communists requested both nations to discuss and settle the matter peacefully. But the leadership of the party denounced this and supported the Government. Many leaders of the left group including AKG were arrested and imprisoned in 1962 branding as agents of China. EMS, General Secretary of the Communist Party condemned the government for attacking the left leaders in the pretext of the war. He quit the Party post and supported the left group. He faced disciplinary action from the right wing leadership. Subsequently, the left group formed a new Party known as Communist Party of India (Marxist) and AKG joined the new breakaway faction.

When AKG was imprisoned for participating in the Mudavanamugal struggle for distribution of surplus land, he took up the argument himself and got his release. Government passed a law under the Constitution of India for extending the imprisonment of those taken into preventive custody. AKG was in jail and he approached the Supreme Court pointing out that the new legislation was in violation of the fundamental rights enshrined in the Constitution. This case became a landmark in the constitutional and legal history of India. Despite his failing health, he took active part in the protest against Emergency in 1975 and his end came on March 22, 1977. ■



JAYASREE MOHANDAS

NEVER TOO LATE TO LEARN

Age is no barrier if one has the passion for a particular thing. Kathakali artiste Jayasree Mohandas is an example of this.

Lakshmi

Her eyes light up and there is energy in her voice as Jayasree Mohandas speaks about Kathakali which she started learning late in her life. And it is this enthusiasm which shows promise of her becoming a veteran in her field in the near future. As she says, "Youth is not a phase of life, it is a state of mind. People grow old only by deserting their ideals"

As a child Jayasree Mohandas grew up in that haven of Kathakali performances in Irinjalakuda and the dance form had always fascinated her. Even as a child she loved to watch those performances at the temple festivals with great enthusiasm. Moreover her house was close to Unnayi Warriar Smaraka Kala Nilayam, a well-known institute teaching Kathakali and she loved to watch the students learning



Jayasree as Draupadi

there.

She never thought in those days that she will also perform this dance form.

Like any other traditional Malayalee girl, Jayasree grew up in Irinjalakuda in a joint family. Her father the late Krishnankutty worked in a ship. She lived with her mother Saraswathi at their ancestral house with uncles, aunts, cousins etc. She did her schooling at Nadavaramba her native place in Irinjalakuda and BCom at St Joseph's College in the town.

Jayasree got married in 1991 and came to Mumbai.

During her school and college days she had participated in cultural programmes of dance and songs but she never learnt any classical dance or music in a traditional way. Yet she had always nurtured a deep love for music

and dance and felt an immense sense of calm when she listened to melodious tunes and rhythmic steps.

With marriage came responsibilities and she was busy in her domestic world. Jayasree's husband Mohandas K V works for Mazagaon Docks Ltd and they have a son Amit who has just passed his Degree course in Mechanical Engineering.

When Amit passed his Std X and entered college, Jayasree found she had time on her hands and she wanted to do something on her own. Always having an interest in kathakali she decided to learn this classical dance form.

She joined Kalakshetram in Dombivli five years back at the age of 42 under the renowned Kalamandalam Kalasri C Gopalakrishnan. "My first cousin in Kerala who was a bank officer learnt kathakali at the age of forty and even now, though retired from the bank, gives performances. He was my inspiration," she says. "I felt I could also learn kathakali and age would not be a barrier."

Every Sunday she travels from



As Kunti

Andheri to Dombivli to learn from her Guru. "My classmates may be younger than me but I am learning along with them and I enjoy doing it." She enjoys every moment of her classes and does not mind the long distance or scoldings from her Guru. "I owe a lot to my teacher Gopalakrishnan Sir. He is a patient teacher but would not allow compromise and expects perfection. I am blessed to learn from such a master. I consider appreciation from my teacher for my performances as my greatest award."

Within a short span of five years, Jayasree has performed on several stages, mainly female roles. Jayasree did her purappadu arangettam in 2011 after one year and now she gives performances with her Guru and other senior artistes. She considers her solo performance as Poothana in *Poothana Moksham* as a significant milestone in her dancing career. It was staged during

"My passion and enthusiasm for kathakali made me learn this dance form. For me Kathakali is a complete art form: it has dance, mime, music, rhythm, craft work, (make up), facial expressions etc. I consider all art forms divine and a homage to God."

Jayasree during her
Purappadu Arangettam





Jayasree as Poothana



Jayasree with her husband Mohandas and son Amit

Ninad Concert Series World Dance Day at Vile Parle, commemorating seven classical dances of India. Another significant performance was during Sopanam festival where she played the role of Sudeshna in *Keechaka vadham* along with veteran artistes from Kerala

as well as Mumbai. She has performed along with her teacher and other students under Kalaksetram banner on several stages in Mumbai and its suburbs and also in Guruvayur, Irinjalakuda and other places in Kerala. She played the role of Draupadi in Kalakhetram's *Kalyana Sougandhikam* and *Duryodhana vadham*, as Kunti in *Bakavadham*, as Brahmana patni in *Santhanagopalam* etc. Jayasree's first performance was as Tara in *Balivadham* performed in their ancestral Trippayyattimurti temple in Nadavaramba.

"I owe my success to the encouragement I have received from my husband when I joined dance class at a late age."

"My passion and enthusiasm for kathakali made me learn this dance form. For me Kathakali is a complete art form: it has dance, mime, music, rhythm, craft work, (make up), facial expressions etc. I consider all art forms divine and a homage to God," says this passionate artiste.

Jayasree's son is very interested in kathakali and enjoys knowing more about this traditional art form. "He is my first critic" says Jayasree.

"I owe the success I have had, to my teacher and my co dancers like Renjish Nair, Priya Namboodiri and so many others. I want to learn more intricate steps. I also want to learn and perform as long as I can. I believe that to give up one's passion for what we love is like committing suicide," concludes Jayasree. ■



PUSHPAM SILKS WEDDING SAREES

D. S. CUTPIECE & R. M. SHOPPING

HANDLOOM TEXTILES

RAMRAJ DHOTI, MUNDUKAL, READYMADE SHIRTS,
VELCRO DHOTI WITH POCKETS AVAILABLE

രാമരാജ് ദോത്തി, മുണ്ടുകൾ, റെഡിമെയ്ഡ് ഷർട്ടുകൾ
"ഓട്ടിച്ചോ കെട്ടിക്കോ വെൽക്രോ ദോത്തി പോക്കറ്റ് ഉൾപ്പെടെ"
ഫാക്ടറി വിലയിൽ ലഭിക്കുന്നതാണ്

No. 2, Matunga Mansion, Opp. Post Office, Bhandarkar Road,
Matunga (C.R), Mumbai - 400 019.
Tel: 2418 1025, 2410 5293, Mob: 98920 67581

A PASSIONATE COMMITMENT TOWARDS LIFE

Passion is the fire, the intense desire, the strength of conviction and the push and pull that sustain the discipline to achieve your vision.



Prof. Dr. John Mathews Vazhappilly

■ Passion arises when our goals match with our talents and aptitudes. The fire of passion burns within us when we are possessed by a central purpose in life. In the absence of great purposes, the void in our hearts is filled with the sound and fury of a thousand noises that prevent us from finding our unique voice.

When your work and play, your life and love revolve around your life vision - you have got passion. Passion is the fuel at the heart of vision and discipline. It energizes your life and gives you drive. This fire of passion comes from within the forge of your soul. When you are passionate about a cause, a person, an ideal, a consuming dream, it becomes so compelling and absorbing that you could hardly think of anything else.

Passion comes from the heart and is manifest as enthusiasm, excitement, optimism, resoluteness, commitment, courage, perseverance and persistence. It believes in creating opportunities for itself. Passion does not believe in being a victim of circumstances. Passion makes you not a victim, but a victor.

The Greek Philosophy in general and Socrates in particular insisted, "know

thy self, control thy self, give thy self". This Greek maxim is exquisitely sequenced and profoundly wise. One's talent, one's mission in life is usually discovered more than it is invented. This alignment of one's talent with one's vocation in life is essential for the smooth flow of one's creative energies. This insight is corroborated by Stephen Covey in his book, *The Eighth Habit* : If you can hire people whose passion intersects with job, they won't require any supervision at all. They will manage themselves better.

Passionate commitment, an infinite capacity for taking pains, seems to be the secret of all men of great accomplishments. Bertrand Russell, a versatile genius, speaks about three of the great passions that have animated his life : Three passions have governed my life; the longing for love, the search for knowledge and Unbearable pity for the suffering of (humankind). Love brings ecstasy and relieves loneliness... With equal passion I have sought knowledge... Love and knowledge led upwards to the heavens. But always pity brought me back to earth. Cries of pain reverberated in my heart, of children in famine, of victims tortured, and of old people left helpless. I long to alleviate the evil, but I cannot and I too suffer. This has been my life. I found it worth living.

The Essence of Commitment

Commitment ! What an effective, robust ward, and how indispensably necessary! Commitment brings forth precious treasures which bring perennial joy to the human heart. Commitment imparts strength to weakness and opens the doors of affluence to the impoverished. It infuses fertility into the barren desert and lets the sweetest fruits and flowers come up and flourish in the desert air where once thorns and thistles thrived.

A sense of deep, sincere and passionate commitment to a goal strengthens our will, disciplines the squad of our unruly impulses and reinforces our resoluteness to work hard for the desired and cherished goal. A distinct purpose and a definite goal can be a source of motivation and inspiration. You give the best of your energies for it; your entire attention is focused on it; you are obsessed with the actualization of this goal; your intellect is sharpened; your will is charged with greater power and force, and as a consequence you perform your tasks and exercise your responsibilities with increased efficiency and enhanced dedication and commitment.

Until one is committed, there is hesitancy and the tendency to draw back. When you are committed the

whole universe comes to your aid. The universe orchestrates all positive forces in your favour. The moment you are passionately committed to your mission, the providence moves too. All sorts of things occur to help one that would never otherwise have occurred. Listen to Einstein, who had a tremendous passion for science, music and human happiness : Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.

Enthusiasm the Elixir of Passionate Commitment

Enthusiasm comes from the Greek and it means "God within us" In a deeper sense the word has a mystical aura about it. It is the divine energy, the 'Elan Vital' of French philosopher, Henri-Bergson, that animates and energizes our attitudes and activities. Enthusiasm is the elixir for creative and effective life.

Enthusiastic people love what they do, regardless of reward or recognition. Enthusiastic people live in the present : They don't waste tears on "might-have-beens." They turn the tears into blood and sweat as they pursue "what can be". Enthusiastic people live passionately, intensely and wholeheartedly. For them the air is crisp and fresh and clear as crystal. The sky becomes a sea of incredible blue. The world is full of wonder and excitement to them. They find pleasure in the fragrance of a rose, the crude drawing of a child, the enchanting beauty of rainbow. It is this inexhaustible enthusiasm for life that puts a sparkle in our eyes, a glow on our face, a lift in our steps and smoothes the creases of our souls.

Enthusiasm is the mainspring of what is called force of character and the

sustaining power of all great actions and accomplishments Andrew Carnegie who was passionately committed to his business enterprises speaks about the need for hundred percent dedication in one's life : The average person puts only 25% of his energy and ability into his work. The world takes off its hat to those who put in more than 50% of their capacity, and stands on its head for those few and far between souls who devote 100%.

Enthusiasm is an infectious trait. An enthusiastic person easily infuses his enthusiasm into all those he comes into contact with. An enthusiastic executive is a human dynamo who electrifies his whole organization. He radiates confidence, courage, optimism and strength to his colleagues and associates, his friends and acquaintances. Thereby, he boosts their morale and raises the level of their motivation and thus ignites in them an

Enthusiastic people live passionately, intensely and wholeheartedly. For them the air is crisp and fresh and clear as crystal. The sky becomes a sea of incredible blue. The world is full of wonder and excitement to them. They find pleasure in the fragrance of a rose, the crude drawing of a child, the enchanting beauty of rainbow.

urge and a drive to give their best to the organization.

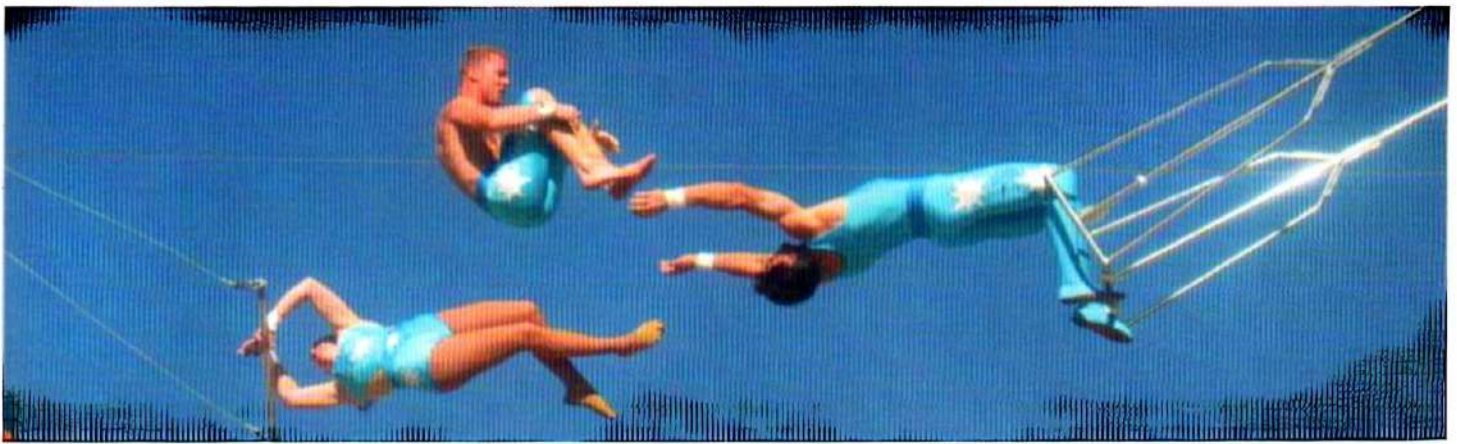
The Secret of Cultivating Enthusiasm

Here is good news for those to whom passionate commitment does not come naturally : it can be cultivated. At first you must consciously cultivate this spirit of enthusiasm. Put your heart and soul into your appreciation of people and events and things. Do this at first in you home, with your parents, wife, children and servants, then at your work place, and in your social circles, and you will be surprised how quickly it will become second nature to you. You will find yourself living in a vibrant, gracious and enthusiastic world, for your enthusiasm and dynamism will be reflected back to you from the persons to whom you give it.

Every child comes into this world with eyes wide open, eyes dilating with enthusiastic wonder. Look at the delight and excitement of an infant at the jingle of keys or the scurrying of a beetle. It is this childlike thrill that gives enthusiastic people such a youthful air, whatever their age. At 90 the world-famous cellist, Pablo Casals, would start his day by playing Bach. As the music streamed through his old, gnarled fingers, his stooped shoulders would straighten up and there would be a glow in his eyes. Music for Casals was an elixir that made life a never ending adventure.

Youth exemplifies enthusiasm. The life of a young man is an adventure; he is widening his dominions; he is conquering his kingdom. He has a great thirst for knowledge. His intellect is stimulated and his will enthused. He is passionate about his convictions, his heroes, his freedom. Lucky is the man who can carry some of the freshness an inquisitiveness and simplicity of youth into his later years, who can have the passionate heart of a youth below a man's mature head. Beethoven experienced something of this youthful





passion even in his old age. Beethoven observed :

From the glow of enthusiasm I let the melody escape. I pursue it. Breathless I catch up with it. It files again, it disappears, it plunges into a chaos of diverse emotions. I catch it again, I seize it, I embrace it with delight... I multiply it by modulations, and at last I triumph in the first theme. There is the whole symphony.

When Joseph Haydn was criticized for the 'gaiety' of his church music, he said : When I think of God, my heart is so

filled with joy that the notes fly off as from a spindle.' It is much easier to do great and heroic deeds in moments of enthusiasm and passionate commitment than to drag on from day to day when the glow is over. Don't let your fire go out of your life. Don't let the hero in your soul perish. Check the road you have traversed and the nature of your battle. The world you aspired for can be won. It exists, it is real, it is possible, it is yours.

Robert Louis Stevenson was ill for a long time and mostly confined to bed.

Nevertheless, Stevenson was excited to be alive and so could write simple verses that have sung themselves across the years such as :

The children sing in far Japan,
The children sing in Spain,
The organ and the organ man
Are singing in the rain.

Of course, this is the greatest secret not only to be thrilled and excited on a glorious sunny day but also to be able to sing and dance in the rain and to remain calm and serene even in the heart of a storm. ■

www.aryavaidyasala.com

Wish you a
Happy Onam

Kottakkal
ayurveda



A Century Old Legacy of
HEALING AND COMPASSION

AYURVEDA - THE AUTHENTIC WAY

	Vaidyaratnam P.S. Varier's	
	ARYA VAIDYA SALA (A CHARITABLE TRUST) KOTTAKKAL-676 503, KERALA	

Tel: 0483-2808000, 2742216, Fax:2742572, 2742210
E-mail: mail@aryavaidyasala.com / info@aryavaidyasala.com

► Ayurvedic Hospital & Research Centre at Kottakkal, Delhi, Aluva & Kochi ► Charitable Hospital at Kottakkal ► Panchakarma and Kerala Special Therapies ► Three GMP accredited factories manufacturing over 500 formulations ► 27 Branch Clinics, 1500 exclusive authorised dealers ► Herb gardens ► Centre for Medicinal Plants Research-A centre of Excellence in Research ► Germ Plasm Bank ► AYUSH and DSIR approved QC Laboratory ► Major Research Programmes in collaboration with AYUSH, ICMR, DST, MAHE, BHU, IIT and DAE ► Publication Department ► Vaidyaratnam P.S. Varier Museum ► Support to VPSV Ayurveda College at Kottakkal ► PSV Natyasangham for nurturing Kathakali

MORE THAN A CENTURY OF SERVICE TO HUMANITY



KALAM'S VERASATILIST LEGACY AND NEOTECHNOLOGY LEADERSHIP



Dr A P Jayaraman

■ Avul Pakir Jainulabdeen Kalam Abdul held the highest office of the president of our country from 2002 to 2007. In 2002, National Democratic Alliance helped him

win the presidential election. He appeared as the right man at the right time with the right qualities for the politically right. He was not a Vice president promotee to the Presidency.

He was our first Scientist President. On July 27, 2015, he suffered a heart attack while lecturing at the Indian Institute of Management, Shillong and passed away. A grateful nation paid glowing tributes and gave a tearful farewell. Prime Minister Narendra Modi remarked "Dr. Kalam was a great scientist who contributed immensely in the field of science and technology as well as space."

US president Barack Obama described him as a "scientist and a statesman". Kalam enjoyed nationwide popularity as people's president continued his mass appeal post presidency. As we recollect our sober thoughts in tranquillity stripped of emotions we may create a true image of a human being hyped by mass media which created a blindingly dazzling halo around him.

Platonic Model

It is a romantic Platonic dream of having philosopher kings as rulers of his Utopian city-state of Kallipolis. Since then we are witness to varying mixtures of physical science and political science in world polity. In the US, where lawyers dominate presidency, there have been presidents who had been scientists or engineers. Thomas Jefferson was a scientist: Herbert Hoover and Jimmy Carter were engineers. Americans privately dismiss

scientists as impractical and elitist even while publicly paying lip service to them. They glorify their pro-science political scientist presidents. In China, President Hu Jintao and Premier Wen Jiabao are professional engineers and we find strong identity of technology and science in the power centre of politbureau.

Great Red Spot

I am now irresistibly attracted to the small red dot island nation of Singapore. Staying in and visiting Singapore for a decade I am singularly impressed with its prosperity and modernity. I am also intimately aware of its world-leading programs in next generation science education and mathematics that nation is relentlessly prosecuting. Their present president, Tony Tan holds a Ph.D. in Applied Mathematics. The Confucian cultural entities including Singapore and China stand in the top positions of Program International Students

Assessment.

Engineering scientist

In India, Kalam stands out luminously unique as the first scientist-engineer-president although presidency here is substantially ceremonial. Direct presidential intervention or involvement to produce intended effects is not possible in our democratic parliamentary system although. Yet he too concentrated his attention on education and interaction with school teachers and students. He seems to have been driven by a private grandiose dream to be ahead of China which is immersed in science and technology.

Kalam was a physicist-aeronautical engineer first acting as a science administrator and adviser for nearly four decades. We may objectively look at his role as science advisor manager.

Science advice to government in India is left to the individual opinions of visible scientists. Jawaharlal Nehru made an effort and failed to bring three academies of science in India. We have three presidents for three separate academies and advisors are cherry-picked outside the academies.

Science background

Kalam took his first degree in Physics from St Joseph's College Thiruchirappilly in 1954 and six years later he graduated in aerospace engineering from the Madras Institute of Technology both in Tamilnadu. His entry into the arena of scientific research was without any foreign degrees or diplomas. He was truly a domestic product. An engineer is an employable scientist and a scientist is an unemployable engineer.

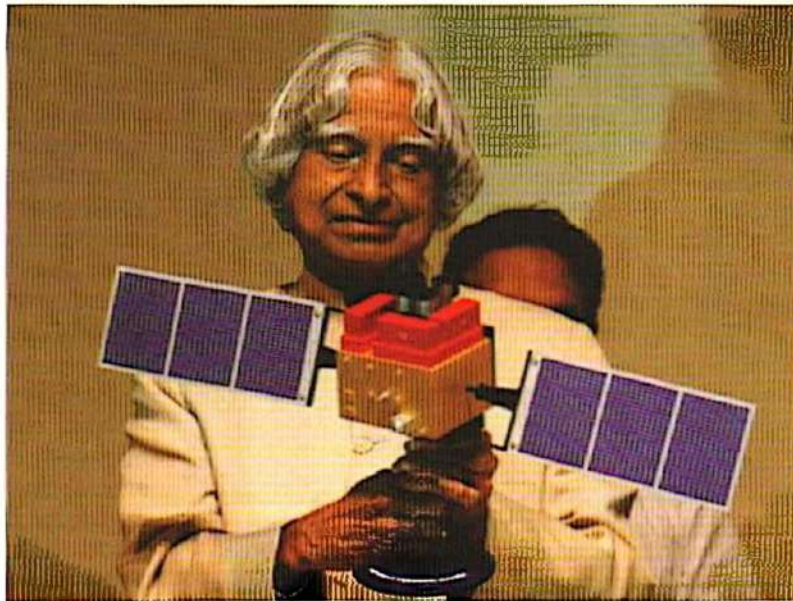
His high soaring hope of becoming a fighter pilot in Indian Air Force crashed miserably when he missed out on a spot. Kalam joined the Defense Research and Development Organization as a senior scientific assistant. He started his career by designing a small helicopter. He also took up work on an expandable rocket project in 1965 which later got nod from the Government.

In 1969, Kalam was transferred to the Indian Space Research Organization where he was the project director of Satellite Launch Vehicle which deployed the *Rohini* satellite in near-earth orbit in July 1980. Returning to the DRDO as director in 1982, he implemented the Integrated Guided Missile Development Program. He then became the senior scientific adviser to India's defense minister in 1992.

He was involved in our nuclear tests and missile programs, earning him the moniker of "Missile Man". His technical work is classified and is not in public domain and he emerges as the icon of military industrial complex. He was the Chief Project Coordinator sharing the status with Dr.R.Chidambaram.

Legacy

Kalam leaves behind a kaleidoscopic



legacy laced with science, engineering, technology and developmental economics. What will be the verdict of Indian history of science and technology on him? Will he be reckoned and recorded as a distinguished world class physicist? If we go by the standard criteria of the number of research papers published in peer reviewed primary research journals, citation indices or patents in public domain, he may not measure up. Although his numerous academic accolades include honorary doctorates from 40-odd universities, he never worked for his Ph.D.

The 500 trillion dollar scientific research industry is driven by team efforts. A recent research paper published from CERN's ATLAS

laboratory had 2932 authors!

Kalam led a team that created the Kalam-Raju cardiac stent during 1994-96. This low-cost high value stent has been fitted to many needy patients. This team also produced Kalam-Raju tablet for widespread affordable use in our schools. He had initiated the use of carbon-carbon and carbon-polymer materials for production of floor reaction orthosis calipers which has reduced the weight of the caliper to 1/10th of the original weight during 1995-96. Career scientific officers in Government service with comparable seniority in several science and technology departments can claim credit to similar or greater accomplishments. Spin off technologies become orphan too often because generators move on to mainstream work lest they should be left out.

Neutrino Champion

The irrepressible physicist in him urged him to wade through the troubled waters of India-based Neutrino Observatory. Against the vociferous protests of environmental groups, he started his advocacy. "We believe that the neutrino is our mode of access to some of the most unimaginable technologies, and therefore India is poised to take its rightful place at the helm of neutrino research. For example, the particle detectors developed for the neutrino experiment can also be

used to detect the photons in positron emission tomography which is used to identify cancerous tumours." Physicist Kalam explained the particle neutrino and described India's past contributions in the field recalling that some of the first atmospheric neutrinos were discovered at the Kolar Gold Fields mine.

Missing Royal Touch

Like physicists M.G.K Menon and C.N.R Rao, aeronautical engineer Narasimha Roddam and engineers R. Mashelkar and M.M Sharma, Kalam did not belong to the Indian elite Fellows of the Royal Society fraternity. But he received the Royal Society's King Charles II Medal, which is "awarded to foreign heads of state or government

who have made an outstanding contribution to furthering scientific research in their country”.

As Chairman of Technology Information, Forecasting and Assessment Council, Kalam configured the Technology Vision 2020 with the help of 500 experts giving a road map for transforming India from developing status to a developed nation. Here we find him as a long range thinker and an incubator of seminal ideas.

Kalam recalled that he had learned the elements of leadership from three great teachers namely Vikram Sarabhai, Satish Dhawan and Brahm Prakash. I had the official privilege of working with all the three of them and have glimpses of their leadership styles.

Sarabhai Model

Sarabhai obtained his Ph.D from Cambridge and is a famed institution builder including the first Indian Institute of Management at Ahmedabad. Sarabhai's personality radiated a broad spectrum of interests as a creative scientist, a forward looking industrialist and a pioneering management educator. His predecessor, Homi Bhabha was carrying on the tradition of pure technocracy in atomic energy and space sectors. Sarabhai introduced IIM graduates into science sectors creating Program Analysis Groups. Kalam was privy to the nuts and bolts of Sarabhai style of induction of management. Management is the fine art of getting work done from others.

We find the classical full blown flowering of this tradition in Kalam's orchestrated technology management of Pokhran 11 seamlessly coordinating massive independent strategic organizations leading them. Beyond technical administration and engineering management, we find his visionary Sarabhai type leadership. The last act of Kalam was to address the graduates of the IIM Shillong.

Dhawan Model

Dhawan had three bachelor degrees in physics, mathematics and mechanical engineering, two Masters Degrees in mathematics and aerospace engineering and two PhDs in mathematics and aerospace engineering from California Institute of Technology. When Dhawan was the Chairman of Indian Space Research Organization and Kalam was SLV director, the mission failed to launch the satellite into orbit and plunged into the Bay of Bengal. Kalam knew that there was a leakage of the

fuel of the system and hoping that excess fuel would achieve the objective went ahead and failed. Dhawan owned up the failure but articulated his trust in Kalam. Next mission was a success. Dhawan asked Kalam to attend the media meet without his presence. When the team failed, he took the blame. But when the team succeeded, he redirected the success to his team. This leadership quality is ingrained in Kalam.

Brahm Model

Brahm Prakash is a renowned metallurgist with Ph.D and D.Sc from the Massachusetts Institute of Technology and is an engineering scientist. Kalam imbibed many of his professional skills in inter disciplinary domains of material science from his interactions with him. This mentoring enabled him to appreciate the role of teams in scientific and technological enterprises.

The Indian research enterprise is already vast, whether measured in people, publications or patents. It can be managed only by creating, activating and nurturing teams. Gone are the days of solo glory of Sir C.V.Raman discovering his effect with equipment costing just a few thousands of rupees.

In the Integrated Guided Missile Development Programme, Kalam integrated the vision of Prof. Sarabhai and the mission of Prof. Dhawan by adapting the high technology setting of Dr. Brahm Prakash's space research initiatives.

Technology Manager

Management styles come in a broad spectrum from autocratic, consultative, paternalistic, persuasive, chaotic, Laissez-faire and situational. If we look at technology leadership styles we have a set of six, namely, directive, authoritative, affiliative, participative, pace setting and mentoring. What suits blue ocean research will not fit applied research. Engineering demands yet another pattern and technology missions have different demands.

Technology is the result of group activity. Management of utilization of technology for human advantage is called technology management. "The tree of technology management, if carefully tended, bears the fruits of an adaptive infrastructure: technology empowering institutions, the generation of technical skills among people and, finally, self-reliance of the nation and improvement in the quality of life of its citizenry,"

Kalam Style

There are two management orientations: primal, which values an economic employee, and rational, which values an organizational employee. Kalam's concept of management is woven around an employee who is a technology person. The primal management school recognizes people for their initiative and independence, while the rational management acknowledges them for their dependability and commitment. "I value them for their inter-dependence," wrote Kalam in his book 'Wings of Fire'. According to him, the primal manager champions independent enterprise while the rational manager serves co-operation. "I moot inter-dependent joint ventures, getting the force together, networking people, resources, time schedules, costs, and so on."

Success in science and technology leadership is crafted by a broad repertoire of styles and by its use in right time at the right place with right human and physical resources, and in right sequence. Kalam was there at the right time at the right places with right leadership style deploying it like an enlightened engineer. He was an illustrious versatilist educating the generalist and the specialist at once with graceful ease.


A Russellian Good Life

Kalam will be remembered long for his sweet reasonableness, amiable agreeableness and managerial excellence in leading teams in mission mode. His life is pre-eminently eligible as the perfect good life prescribed by Bertrand Russell- "A good life is one inspired by love and guided by knowledge." Managerial leadership involves mentoring and the large number and stature of mentees Kalam nurtured embodies the quintessential mentor. Even his last moments were spent imparting his managerial knowledge and wisdom to B-school students.

Kalam was a very warm and lovable human being with admirable leadership qualities. On the evening of July 27, 2015 at the auditorium of IIM Shillong, the majestic figure of a magnificent man fell down and failed to stand up. The quote from Shakespeare rushes in "His life was gentle, and the elements so mixed in him that Nature might stand up And say to all the world, "This was a man" ■

DHYAN CHAND AWARD FOR TPP NAIR

With a professional career spanning about forty years, T Padmanabhan Nair well deserves the Government's Dhyan Chand lifetime Achievement Award for Sports. KERALA In MUMBAI featured this veteran sportsman in its December 2012 Issue "TPP NAIR - Forgotten"



Former national volleyball captain T P Padmanabhan Nair, has been selected by the Union Ministry of Sports for the prestigious Dhyan Chand Award. He has been chosen in recognition of his profound contributions to volleyball for a period of about forty years. Dhyan Chand Award is the highest sports award in the country given by the Central government for lifetime achievement in sports. The award carries a cash prize of Rs 5 lakh, a plaque and a scroll of honour.

Padmanabhan Nair has the distinction of being coach and captain of the Indian Volleyball team that played against Japan in the IV Asian Games at Jakarta Indonesia and won the silver medal for India in 1962.

Born in Cherukunnu in Kannur district in 1934, Nair is a deserving sportsman who has received this award at the age of 81 though he should have been bestowed with it much earlier due to his impressive sports records and achievements.

After completing his education Padmanabhan Nair joined the Indian Air Force at Chennai in 1951. In his school and college days he was a football and badminton player but he started playing volleyball when coach Joseph Vazhakulam spotted his talent after he joined the Air Force. His sports graph is impressive. Apart from being



TPP Nair receiving the Dhyan Chand Award from the President of India Pranab Mukherjee

Captain and Coach of Indian team at the IV Asiad played at Jakarta in 1962, where India won a Silver Medal, Padmanabhan Nair represented combined Services Team (Air Force, Navy and Army) at the National Championships from 1956 to 1962. He won National Volleyball Championships in 1957, 1960 and 1961. He represented India at the third Asiad played at Tokyo in 1958, where India won a Bronze Medal. He was Vice Captain of Indian team which toured Sri Lanka in 1959 and played all the test matches against Russia and was Captain of the Indian team against USSR team in 1960.

Padmanabhan Nair joined Indian Railways in 1960 and won National Volleyball Championship in 1961. While in the Railways, he played in several volleyball tournaments and later

coached the Railways men and women teams for tournaments in different cities till he retired in 1992.

Padmanabhan Nair attended the first coaching camp for coaches conducted by the Russian coach Pimenov at Patiala, qualified as a ranked coach and was recommended as Understudy Coach at Netaji Institute of Sports at Patiala. He was also Coach of Maharashtra Men and Women's team at the 1966 National Championship at Hyderabad. He acted as Liaison Officer to Saudi Arabia Volleyball Team at 9th Asiad, Delhi in 1982.

Currently he is settled at Mira Road in Mumbai with his wife Omana.

Former hockey player Romeo James and former Davis Cup captain Shiv Prakash Misra have also been recommended for the Dhyan Chand Award. ■



DEATH BY HANGING. DO WE NEED IT STILL?



P.R. Krishnan

■ Yakub Memon's was executed on July 31 for his role in the serial bomb blasts which shattered Mumbai, shook India and shocked the world on 12th March, 1993.

The punishment came 22 years and 4 months after the dastardly crime was committed. The bomb blasts in different parts of Mumbai had killed 257 persons and inflicted serious injuries to 713. The estimated loss was to the extent of Rs. 27 Crores. The places hit by 11 bombs blasts in Mumbai were Zaveri Bazar, Plaza Cinema, Century Bazar, Katha Bazar, Hotel Sea Rock, Sahar Air Port, Air India building, Hotel Juhu Centaur, Bombay Stock exchange, Passport office, Mandvi Corporation Bank - Masjid branch.

The bomb blasts carried out was to take revenge for the communal riots which took place in Mumbai and other parts of Maharashtra in December 1992 and January 1993 following destruction of Babri Masjid in Ayodhya. The death toll in those riots was 900 and injuries to 2036 people. Majority of those killed, injured and who lost properties were Muslims. This is revealed in part II of the Sri Krishna Commission report.

The prosecution charges against Memon were that (1) he took part in the

conspiracy to organise bomb blasts (2) bought and brought weapons from foreign countries through sea, (3) sent youths to Pakistan to get training in bomb blasts and weapons handling (4) bought and brought vehicles to keep bombs (5) had conspiratorial meetings with Dawood Ibrahim and Tiger Memon in Dubai before the bomb blasts and (7) acted as chief co-ordinator for all these heinous crimes.

The case trial against Memon took place before a specially constituted court under Terrorist and Disruptive Activities (Prevention) Act, better known as TADA court presided over by judge P.D. Kode. There were a total of 123 persons accused in the case. Amongst them, the TADA court after trial passed death penalty for 12 and 18 persons were sentenced to life. But in appeal, the Supreme Court commuted death penalty for 10 persons to life imprisonment. One of them died while in jail. Out of the 18 persons sentenced to life, the Supreme Court confirmed it in the case of 16 culprits. Bollywood star Sanjay Dutt was one of the accused in this case. He was awarded 6 year imprisonment by TADA court. But this was reduced to 5 years by the Supreme Court. The other accused persons are Dawood Ibrahim and Tiger Memon. Both these culprits are yet to be caught and brought to trial. Another man Yeda Yakub, one of the accused in the 1993 serial blasts of Mumbai and a close

aide of gangster Dawood Ibrahim and who escaped to Pakistan is reported to have died in Karachi on 6th August 2015.

The punishment meted out to Yakub Menon and the facts and circumstances relating to his trial have become a matter of big controversy throughout India and even abroad. In that, the hurry and the speed shown by the Supreme Court and the state and central administration for execution of the convict have become a hotly contested debate amongst legal luminaries. The argument is that the death sentence should have been stayed and the punishment ought to have been changed to life imprisonment. The grounds cited in support of their arguments are manifold.

For example they point out that in the Human Rights Resolution adopted by the United Nations Organization (UNO), there is a stipulation that mercy petitions of the condemned prisoners should be treated by the authorities patiently and sympathetically. They say that the question whether death sentences should be abolished or not, is a matter currently before the National Law Commission headed by Justice Ajit Prakash Shah. They further invite people's attention to the fact that from 2012 onwards there were no executions except that of the convict in the parliament attack case Afzal Guru and the 2008 November attack convict Ajmal Kasab. Here it is relevant to note that in among those

accused in Prime Minister Rajiv Gandhi case, three have been saved from the gallows and sentenced to life imprisonment. Similarly the two convicts Ravinder Palsingh and Phullur Singh who have been convicted in Punjab Chief minister Beant Singh case have also been saved from death and made to undergo life imprisonment. This happened because of the political backing they got while Yakub Memon did not have it. Another fact which has come to light in the background of Memon's case is that execution would not have been the punishment in several other cases if they had money to engage legal experts.

For example it may here be stated that in 2008 the Supreme Court had got split on the question of death penalty. In Swami Shradhanand v/s Karnataka, a two judge bench of the Supreme Court differed on death sentence. The trial court in that case had passed death punishment to the accused and the Karnataka High Court upheld that order. The Supreme Court in that case constituted a three judge bench. That larger bench also found no fault with the trial court and high court rulings but stayed death penalty. It happened so, because, there was conflict of opinion amongst the two judges bench of the Supreme Court. The three judge bench thereafter commuted the death sentence to life imprisonment in that case.

The two judge bench comprising of Justice A.R. Dave and Kurian Joseph in Yakub's case remained split on Yakub Memon's plea for stay on the death warrant on 28th July 2015. The observation of Justice Kurian Joseph was that the matter should have been placed before the same bench which dismissed Memon's review petition on April 9. That 3 judge bench consisted of Justice Chelameswar, Justice A.R. Dave and Justice Kurian Joseph. This difference between the judges arose because, subsequently on July 21 a three judge bench consisting of Chief Justice Dattu, Justice A.R. Dave and Justice T.S. Thakur had dismissed Yakub's curative petition on July 21.

Following Supreme Court refusal to stay the execution and rejection of mercy petition by President Pranab Mukherjee, a large number of prominent persons have come out openly for abolition of death penalty. They include politicians, retired Supreme Court and High Court judges and personalities from art, theatre, literature, film, and legal profession.

They have advanced (1) strong grounds for stay of execution of Yakub Memon, (2) commutation of his death penalty to life sentence, as well as (3) abolition of death sentence from the Indian Penal Code.

The sad part of the story is that the hurry and the speed with which the last day petitions were heard and disposed of by Supreme Court and the way the rejection of last mercy petition by the President and the circumstances in which the midnight petition was heard and finally disposed of by Supreme Court while the hanging arrangements for the convict were being readied in the Nagpur Jail. *

A very relevant fact in this connection is a report that appeared in 31st July news papers that Yakub Memon had



scripted a last minute appeal to the President and handed over the same to the man who was in charge of his solitary confinement cell at 11 pm on the previous day. But whether it reached anywhere or to anybody is not disclosed. The question simultaneously asked is why no anxiety is shown from the government side to prosecute those involved in the December 1992 and January 1993 communal riots in Mumbai indicted in the Sri Krishna Commission Report.

It is relevant to stress here that as per report of Amnesty International quoted in several news papers, 778 executions have taken place in 22 countries of the world in 2013 where as the number of executions in these very 22 countries for the year 2014 were 607. Amongst these, the highest number, 286, were in Iran, 90 in Saudi Arabia, 61 in Iraq and

35 in United States of America. According to this report of Amnesty International, 99 countries have abolished death penalty. Mostly these countries are in Western Europe and Americas. In some countries like Brazil, Chile, Kazakhstan death penalty can only be given under military law. This means that in majority of nations in the world death penalty is still in existence.

In view of these discussions it is difficult for this writer to agree to the proposition that death penalty be removed from the statute. Retention of this punishment will be a deterrent factor for those intending to commit heinous crimes in the society. Nevertheless I am also of the view that the Supreme Court should have stayed the death sentence of Yakub Memon till the issue was decided

by a 5 bench constitutional bench in view of the controversies involved in the case.

The body of Yakub Memon was laid to rest on Thursday the 30th July at the 150 year old Bada Qabrastan in Marine Lines. The young Yakub Memon was a much sought for Chartered Accountant before the serial bomb blasts were planned and executed. While in jail he took M A degree in English and political science. As per media reports 41,000 cops were on duty on his burial day. Amongst them were 8000 police women. In addition 3 companies of Rapid Action Force were in attention. Besides 300 Crime Branch personnel in plain clothes were placed on duty. The police report was that nearly 15000 people took part in the funeral ceremonies at the Quabrastan. ■



TRIBUTE TO A FATHER



Jyothish Prasad

■ K M Velayudhan and V R Rajakumari, parents of Jyothishprasad (social activist of a Public Charitable Trust based at Dahisar, Mumbai) will be celebrating their Golden Wedding

anniversary on 12th September 2015 at Kerala. Jyothishprasad says that he is fortunate to be the son of a Malayali Hindi Pandit, Hindi Pracharak, who has spread India's national language (Rashtra Basha) Hindi at his native place and is lovingly called as 'Hindi Mash'.

Velayudhan Mash is a native of Cranganore now called Kodungallur and studied at Boys' High School there. He also completed Praveen Certificate Course of Hindi Pracharana Sabha. He is also a recipient of the Government's monthly pension for Hindi Pracharana Sabha's members (Swatantra Samarasenani, Freedom Fighter). In the 1960's, Velayudhan started his teaching profession and through the Dakshina Bharata Hindi Pracharana Sabha, he relentlessly pursued his passion of teaching and spreading the national language to as many students. He travelled daily to various schools at Kottapuram, Mathilakam, S N Puram, Panangad, Mala, Paravur etc (Various places of Trichur and Ernakulam districts) to take special classes for Hindi. He was awarded certificates and medal by the Sabha for his contribution and achievement in spreading Hindi



K M Velayudhan

education in these regions.

At a time, when Hindi was little known in Kerala, Velayudhan founded "Janata Hindi Vidyalaya" which later had several branches in and around Kodungallur. He also taught Hindi at the Royal family of Kodungallur Kovilakam, Sri Kunjikutty Thampuratty Memorial Vidyapeedham in Sringapuram and for some time at KKTMM College, Pullut. He resigned from College, so that he could spend more time and concentrate on spreading our Rashtra Basha at school level to as many students as possible. He was in charge at Nalanda Tutorial for the division of Dakshina Bharata Hindi Pracharana Sabha.

Velayudhan Mash and Rajakumari have three sons; Raghuprasad (working at UAE), Jyothishprasad (working at Mumbai) and the youngest Thejeshprasad (self employed in Kerala). Velayudhan Nair is very fond of his two grandchildren: Rohit (pursuing Engineering) and Shreyas (studying in Standard I).

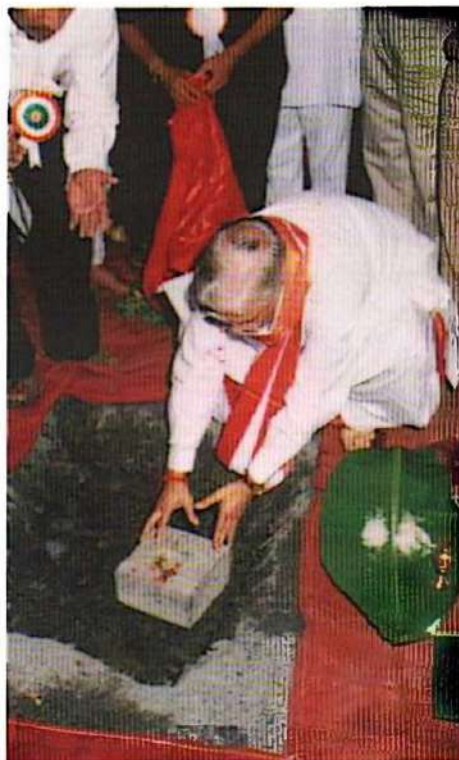
Hindi Mash has taught many students and his senior students approach him even now, requesting him to teach Hindi to their children and grandchildren. His three sons, who are now in their forties, are still familiar and popular among people as *Hindi Mash makkal* (children of Hindi mash). Jyothishprasad says, that in their native place, wherever they go, they meet many people whom they do not know but they are recognized as students of Mash and they ask 'how is our Hindi Mash and convey our regards to Mash'. He feels very happy and privileged to know that people still remember his father as Hindi Mash.

"My brothers and I are very fortunate and blessed to have such wonderful parents and we all are very proud of our 'Hindi Mash' and we wish our parents many more years of togetherness on the occasion of their golden jubilee," he says. "Taking his popularity further and forward, now his two grandchildren are also addressed as *perakuttikal* of Hindi Mash. We are sure that Rohit and Shreyas will also be experiencing the same privileged feeling as their parents feel, as they grow up," Jyothish Prasad adds.



BORIVLI MALAYALI SAMAJAM

The Borivli Malayali Samajam is one of the oldest samajams, in and around Mumbai and has come a long way since its inception on July 7, 1961 by a few Malayalee migrants and formally inaugurated by the late Defence Minister V K Krishna Menon, on December 2, 1961 . It has a history of its own , (when its membership fee was 25 paise in '60s!) down the memory lane of many super senior citizens who continue to be its life members and patrons even today. They are happy that their humble efforts to unite the Borivli Malayalees through a samajam and starting with its various activities like Onam program, literary groups , Library etc . have borne fruits and today after crossing its Golden jubilee year in 2011, as they proudly look back - it has a registered office premises of its own, a diagnostic Centre, a school which just received SSC Board Recognition and got its first batch of SSC students with 100% pass this year.



Then Minister Dr Murli Manohar Joshi laying foundation stone for VKKM School

BMS always had strong teams even when it changed hands over the years , on rotation of Management Committee members. The solidarity and commitment of its members are other factors for the successful survival of a samajam like BMS which has a huge number of membership today, with second and third generation as its members . The samajam has spread its wings to social commitments towards society as a whole as well , along with its dedication to the local Malayalees. That has helped in making a strong recognition of the BMS among local MLAs, Mayors, Municipal Corporators and other communities around Borivli, by way of supports to its activities.

The Samajam is registered under the Income- Tax Act 1961 and donations are exempt from Income-Tax under 80G . The present objectives of BMS are to promote education, provide medical relief, extend social service and to start and maintain institutions

for intellectual, cultural, physical and economic development to its members in particular and public in general. Medical check ups and Blood donation camps, awareness lectures on various topics like Cardiac health, Gynaecology etc are part of the objectives.

Inter-school competitions in essay and elocutions, painting, sports, folk dances for various age groups are conducted at regular intervals by BMS with increasing number of schools joining the events. Under the long 25 years Presidentship of AKG Nair, BMS has been blessed with various dignitaries' visits, it has organised speeches, seminars, musical nites, mimicry programs, staging of plays etc on various occasions.

Onam and New year cum Christmas celebrations are yearly programs. Members' children get an opportunity to showcase their talents in cultural activities. Senior citizens above seventy years who are members of BMS are honoured during Onam programmes. Meritorious students who are members' children in Std X and XII are offered scholarship amounts. Newly married couple during the year are introduced on stage.

BMS, apart from these yearly events,



Founder President of BMS KA Oomman being felicitated by current President Shriraj B Nair during golden Jubilee celebrations. M P Ramachandran of Jyothy Laboratories also in the picture.

celebrated two big events during its 50 successful years Silver Jubilee(1986) and Golden Jubilee (2011) apart from various events and celebrities gracing the occasions and blessing the activities and wishing further progress in its path of community and social services. Fund raising programs for office cum Ayurvedic dispensary, Diagnostic Centre and School building were other important events.

Dispensary was inaugurated in 1975 by the then President P.G John. In the same year a Ganamela by popular play back singer Jayachandran was also conducted as part of its 17th Anniversary celebrations. A special health check up programme by BMS by renowned Drs K.G. Nair and K R Shetty was attended by 225 people, in

1984. Fund raising event for Diagnostic Centre was a musical program by Dr K J Yesudas in 1986 and the Centre when ready in 1989, was inaugurated in the hands of none other than Padmashree Dr B K Goyal. Likewise Malayalam movie actors Prem Nazir, Mohanlal, Suresh Gopi and Jayram have given their support by gracing on various occasions for fund raising events for the Samajam's School.

The literary giant Thakazhi Sivasankaran Pillai was chief guest for Silver jubilee Program. Professor and Literary Critic Sukumar Azheekode was the chief guest for Onam Celebrations in 1987.

Retired Judge of Supreme court Justice V.K. Krishna Iyer gave the keynote address and K.P Unnikrishnan was the chief guest for V.K Krishna Menon Birth-centenary Memorial Lecture. BMS considers the V.K. Krishna Menon Academy as its highest achievement ; the foundation stone was laid by the then Hon'ble Union Minister for Human Resources Murli Manohar Joshi in the presence of Ram Naik, MP and the then Union Minister for Petroleum.

The Guest of Honour for the Golden Jubilee programme in 2011 was the first



BMS VK Krishna Menon School First SSC batch achievers with the Managing Committee of BMS.

President of BMS K.A. Ooman; other guests were Dr Shyam Agarwal and M P Ramachandran, CMD Jyothi Laboratories Ltd . During the event Excellence Awards were conferred to members of the Samajam who have contributed in various fields like Education, Literature, Sports, Social Service and Performing Arts . Teachers who completed 25 years of continuous service were also

felicitated during the occasion. BMS families and children staged a grand cultural programme in a professional manner, celebrating the Golden Jubilee. The Musical and Mimicry Nite was lead by Playback singer Biju Narayan and Durga Viswanath.

In the last four years apart from regular programmes, other prominent events by BMS were Cancer Awareness Seminar, visit to an Old Age Home - spending a day with inmates and donating cash, clothes and other necessary things to the Home. A Blood donation day, health



Current Secretary, President and Treasurer of BMS

Check up programme, Seminar on Gynaecology, an evening with senior members above sixty years - Sr Citizens' day - discussion cum talk and seeking their views / suggestions on various aspects of BMS, that could be considered for implementation.

The BMS headed by its current President Shriraj Nair and supported by Vice Presidents Anup Chalkaran and Augustine, Secretary Baburaj, Jt secretary Achuthan and Treasurer Damodaran is strong and committed with dedication to carry forward its objectives, achieve and fulfil the

Nair (President), Anup Chalakaran (Vice President), S Augustine (Vice President), J Baburaj (General Secretary), Venugopal Kartha (Joint Secretary Org), V Achutan (Joint Secretary Arts), PV Damodaran (Treasurer) and M Murlisankar (Jt Treasurer). Other Committee Members are K P Rajan, Mukundan Menon, Ashumol, K V Kartikeyan, Rupesh Panicker, R Vasu, M M Hamim, Rakhee Sunil, P K Ignatius, Sashidhar P Nair, K Rajagopalan Nair, Rakesh K Nair, Shyam P Nair, Dilish Nair, MP Balan Nair and K K Murleedharan. ■

dreams of its founder members and earlier Management Committees . The Vanitha vedi has been a great support to the Managing Committee in helping to conduct its events.

The present Management Committee is leading the Samajam to greater heights by embarking with innovative ideas to serve BMS members and families and the general public as a whole.

The current office bearers are Shriraj B



Dance programme by students of Manasi Nair's Tapasya School of Classical Dances during Onam 2015



JIGNESH NAIR

UPCOMING ENGINEER AND SINGER

Jignesh Nair is a talented young singer who wishes to carve a name for himself in the music field and work as an engineer.

Jignesh Nair is a young singer who is studying in his fourth year Engineering college but has earned a name for himself in Mumbai's music field as a talented young artiste.

Jignesh started learning Carnatic music under K P Mohandas (Nadam Mohan) when he was seven years old, his first Guru from whom he learnt the basics of Carnatic music. Currently he is learning under Ganabhusanam Prasanna Warriar.

He has also started learning Hindustani music under Smt. Shiuli Ghosh, and to play keyboard and guitar under Santosh



Shivan (Sreeragam School Of Music).

Awards

Jignesh won the First Prize at the Raagalaya Music Competition in 2005, First prize in Classical, Light music and Film Songs competitions for several years at Bassein Kerala Samajam in Vasai. He won the First Prize in Patriotic Singing Competition at Maharashtra English High School, First Prize in Romantic Music Competition at Vartak College and First Prize in Inter-College event Star Mumbai. He also won prizes in many school and college

events.

He has participated in Mumbai Masala on Asian TV Channel and sang for Malayalam and Tamil Dub of the Hindi movie 'Bhoothnath'. Currently he is singing for a Hindi music album.

"I believe one of my biggest achievements was receiving the trophy for first prize at the Raagalaya Music Awards from the hands ONV Kurup Sir and S. Janakiamma and also seeking their blessings. I would like to thank Vijaykumar Sir for giving us an opportunity to seek blessings of Sri Dakshinamurthy Swami and touch his feet," he says humbly.

"My ambition is to be a reputed musician in the field of music and learn more and more about music in the upcoming years. I also want to become a music Director. I owe all success in the field of music to my parents, Smt. Prasanna Warriar teacher, and all my friends for giving me tremendous support."

Jignesh is studying to be an engineer. "I wish to work for a reputed Multinational Company and wish to do Masters in Engineering from a reputed University," he adds.

Jignesh, started performing on stage from the age of 11. He prefers singing melodies and fast numbers on stage. He has been singing with many orchestra troops like Raagalaya, Sargam



"I believe one of my biggest achievements was receiving the trophy for first prize at the Raagalaya Music Awards from the hands ONV Kurup Sir and S. Janakiamma and also seeking their blessings. I would like to thank Vijaykumar Sir for giving us an opportunity to seek blessings of Sri Dakshinamurthy Swami and touch his feet,"

Melodies, Sreeragam Orchestra, Swarnavam Orchestra and Nadam Orchestra. He has been a lead singer of a Band named *Sevens*. He has been doing both film and devotional music programs and bhajans all over Mumbai and Gujarat.

Jignesh's father E V Prasannakumar hails from Ernakulum District and the family has been staying in Vasai for the past 25 years. Prasannakumar works with Air India as Senior Commercial Supervisor and is also a social worker and a Trade Union Leader of Indian Airlines (Air India) Employees, his mother Smithi Prasannakumar is a house-wife and brother Pragnin Nair works with Cognizant at Kakanad Cochin.

Jignesh completed his SSC from Maharashtra English High School in Vasai West, HSC from Vidhyavardhini's E S Andrades College of Science (Vartak College). Currently he is doing his Final year Mechanical Engineering from St John College of Engineering and Technology at Palghar.

His hobbies include social networking, playing cricket, playing keyboard and guitar. He is an active participant in the activities conducted by Nair Welfare Association (NWA) Vasai west and also Sabarigiri Ayyappa Seva Samiti (SASS) and Member of NWA Youth wing, SASS youth Wing. ■





NORKA ROOTS

Helping Keralites outside the State

Non Resident Keralites Affairs (NORKA) Department was set up in 1996 by the Government of Kerala when E K Nayanar was the Chief Minister to look into the welfare activities, redress grievances and safeguard the rights of marunadan and pravasi Malayalees. Since then, NORKA has been doing a vital role in the lives of NRKs, supporting them in times of need and lending them a helping hand in every possible means.

Norka-Roots is the field agency of the Department of NORKA, set up in 2002. It acts as an interface between the Non-Resident Keralites and the Government of Kerala and a forum for addressing the NRKs' problems, safeguarding their rights and rehabilitating the returnees. Chief Minister Oommen Chandy is the Chairman of Norka Roots.

Norka Roots' head office

is in Thiruvananthapuram and it has its Development offices in Delhi and Mumbai with satellite offices in Vadodara, Chennai, Bangalore and

Hyderabad. In Mumbai the office is situated at Vashi Kerala House. Ganesan Chettiar is the NRK Development officer in the rank of

Under Secretary to Government of Kerala and two Assistants H Manoj Kumar and K Bhadra Kumar.

A few months ago, NORKA Roots shot into fame when it co-ordinated the return of nurses and other Malayalees from war-torn Yemen. After the scam involving extortion of money from nurses by unscrupulous recruiting agencies for jobs of nurses abroad especially the Gulf Countries, NORKA roots has taken upon itself the task of recruitment of nurses for jobs abroad. This started in April 2015, and the company helps the prospective job seekers with registration and documentation work, up to the interview level for nurses' postings abroad. The first batch of nurses are getting



Development officer Ganesan Chettiar

ready to leave Indian shores soon.

In fact one of the main jobs of NORKA is recruitment of skilled workers to the Gulf nations, the USA, UK etc and offering skill upgradation development and pre - departure orientation training programmes for those going abroad on service contracts. Their job portal site is www.jobsnorka.gov.in and their website is www.norkaroots.net.

Assistance to NRKs

The Government has set up three schemes through which it provides financial assistance to pravasi Malayalees in their times of need: Santhwana, Karunyam and Chairman's Funds.

Santhwana is a distress relief Fund extending monetary help to NRK returnees who have lost their job or met with death outside India. Through this scheme, financial assistance is provided to NRK returnees having a minimum period of service of two years abroad or outside the State. It also includes the financial assistance to meet the medical expenses of the NRK or his/her

dependant family members and death assistance to the family members of the NRK, marriage expenses of the daughter of the NRK returnee and to buy artificial limbs, crèches, wheel chair or other aids to overcome the physical disability of the NRK or his or her dependant.

Karunyam scheme is to financially help the pravasi family to bring the dead body (if it is an untimely death abroad or within India) to Kerala. The Fund is constituted for extending financial assistance, subject to specified conditions by way of grant to legal Heirs of NRKs for repatriation by air or rail, in the most,economical manner/carrier available, mortal remains of the NRK who expired while abroad or in an Indian state outside Kerala. The deceased NRK must have a valid Indian passport and should have been legally residing/working in the foreign country. The assistance will normally be a one - time grant to meet the expenses connected with an event, and it will only be sanctioned as reimbursement after the original payment has been made by the applicant.

Similarly Chairman's Fund also provides monetary assistance to deserving NRKs. It covers those who could not be covered under Santhwana scheme.

The necessary documents for applying for these funds are available in the NORKA website and can be downloaded.

Certificates Attestation

NORKA Roots' Thiruvananthapuram, Ernakulam and Kozhikode offices are also authentication and attestation centres of educational certificates for job purposes in abroad. NORKA Roots provides Identity cards to non Keralites. And it provides insurance coverage at a nominal premium amount payable to the Government.

The basic purpose of all these welfare and social schemes is to help Malayalees who have left Kerala shores.

Address: NORKA ROOTS, Ground Floor, Kerala House, Plot NO 8, Sector 30 A, Vashi, Navi Mumbai 400 703. Ph: 022 27812129. ■

എല്ലാ കേരളീയർക്കും സമ്പൽ സമൃദ്ധമായ ഓണാശംസകൾ നേർന്നു കൊണ്ട്



വിജയൻ പിള്ള
രാജലക്ഷ്മി പിള്ള
വിജി പിള്ള
വിജേഷ് പിള്ള



VKE PLUMBING PVT. LTD.™

PLUMBING, FIRE FIGHTING CONTRACTORS • SANITARY ENGINEERS
(Corporate Member of Indian Plumbing Association)

E-5/006, Highland Park, Jai Shastri Nagar, Mulund (West), Mumbai - 400 082.
Ph: 2590 8528, 6526 1311 Fax: 022 2593 4054
E-mail : vke@vkeplumbing.com / vkeplumbing@rediffmail.com
Website : <http://www.vkeplumbing.com>

RAMAYANA AND MAHABHARATA

A COMPARATIVE STUDY

On the occasion of Ramayanamasam last month Unny Damodaran does a comparative study of two great Indian epics Ramayanam and Mahabharata.



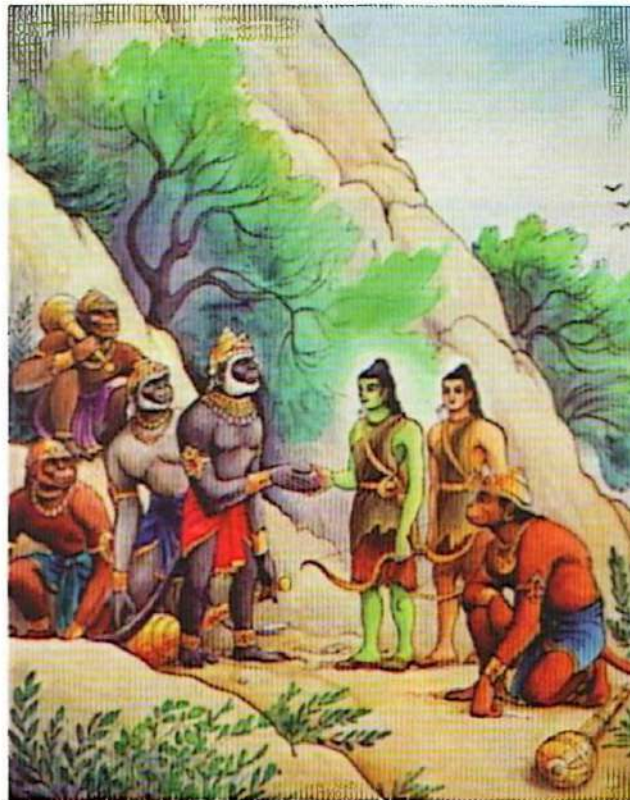
Unny Damodaran

■ Ramayana is the story of sacrifices whereas Mahabharata is the story of unfinished revenge. It is generally believed that in houses where Mahabharata is read, there will be no

harmony and revenge and quarrel will be prevailing. This could of course be a misconception. Ramayana has no doubt become a part and parcel of Hinduism and the epic itself plays a very important role in everybody's life. After lighting the lamp it is believed that one could predict the future by reading a particular page from Ramayana with a pure mind and pure body. Reciting verses from Ramayana on auspicious occasions for prosperity and by the side of a dead person for peace of the soul, is a common practice. The question arises why the popularity of Ramayana cannot be attributed to Mahabharata despite the fact that the original script of Mahabharata was prepared by Lord Ganesh himself. This is beyond anybody's comprehension.

Mahabharata is the story of two brothers' children fighting with each other for the sake of wealth and property. Ramayana teaches us the fact that if we are selfless instead of being selfish, we can avoid untoward incidents and happiness can be created in personal and social life. It is impossible for a man not to have ambition for greener pastures and it is still more difficult to relinquish the position already attained. This is what sage Vyasa sarcastically tells us by giving the example of Duryodhana. What has been described in Mahabharata as a dangerous situation has been clarified in Ramayana, suggesting suitable and immediate remedy for the possible situation which could have emanated from household quarrels and could have eventually endangered the entire country. Rama visualized this possible situation and managed to nip in the bud such

possibilities. Otherwise a Kurukshetra type war could have taken place in Ramayana also between brothers. If in Mahabharata the war was for capturing the kingdom/crown, what happened in Chitrakuta was a contrast as explained in Ramayana. People were overwhelmed by the arguments between Rama and Bharatha wherein both were avoiding taking over the King's role, Rama trying to pacify Bharatha and persuading him to take over the Kingdom whereas Bharatha making it categorically clear to his brother that he does not deserve it even in



the absence of Rama. However, as Bharatha was convinced that it was impossible to change the mindset of Rama, he reluctantly agreed to rule the country as a representative of Rama during the intervening period. That is why he insisted on his brother's footwear for worship before starting the proceedings. This shows his respect for his brother and a lesson for the laymen who do not hesitate to fight with one's own relatives as in Mahabharata for vested interest. Bharatha made it very clear that if his brother fails to return to

Ayodhya on the very date of completion of 14 years in forest, he will not hesitate to take own life.

It is apparent that Vyasa could not do full justice to the famous Bhagavad Gita couplets *Parithranaya Sadhoonam* in Mahabharata whereas Valmiki has been able to do so in Ramayana for obvious reasons. Rama was the embodiment of virtues and was particular about following Dharma at any cost and truly deserved the title *Maryadha Purushottam*. Now coming to the controversial

Agnipravesham where Sita was subjected to prove her chastity; it was not because he doubted her integrity but it was his duty as a King to respect the sentiments of even a washerman who was his subject. There is also a school of thought that Ravana could abduct only Mayasitha and the real Sita was hidden at a place not even known to Lakshmana. Remember *Rashonayakankondupoyathu mayaseetha, Lakshmidiviye undo mattarkum labhikkunnu*, the famous lines from Athyadhma Ramayana. It may appear to all concerned that Rama's treatment was merciless and cruel until they realise the above facts. Whatever events took place were already destined and preplanned. Even Manthara, Kaikeyi, Dasharata and all others were incidental characters and the ultimate aim of Rama was to kill Ravana and re-establish Dharma thereby by proving the Lord's words in Gita, true in spirit and implementation.

Even Ramayana would not have been born if Sita had not met Sage Valmiki in the forest and subsequently her giving birth to the twins Lava and Kusha under his care. The legend says that Sita herself had expressed a desire to go to the forest when she was in the family way and she knew exactly the purpose of Rama's incarnation. No doubt Sita is considered one among the famous *Panchakanya* along with Ahalya, Draupathi, Thara and Mandodhari.

Imagine the scene where the Pandavas miserably lost the dice game to the Kauravas following the crooked and

unscrupulous Shakuni's deceit and eventually had to mortgage themselves and witness the horrible scene of their wife Draupadi being humiliated by the merciless Dushasana, her modesty saved on time by Lord Krishna. The Pandavas who were described as heroes were helpless spectators in this case. The Kauravas had no respect for Krishna whatsoever. On the other hand in Ramayana Vibheeshana became a devotee of Rama despite being Ravana's brother, after failing to convince Ravana the need to restore Sita back to Rama and Kumbhakarna also unable to do so, before deciding to support his brother and eventually getting killed in the battle. An alliance took place between Rama and Sugreeva with an understanding that Rama will crown him as the king of Kishkinta instead of the ruthless Bali and in turn Sugreeva will help Rama to search for abducted Sita. Rama, if he wanted could have befriended Bali who was more powerful than not only Sugreeva but even Ravana.



was satisfied after he authored Ramayana, after completing Mahabharata Vyasa was rather depressed. He was psychologically satisfied only after creating Bhagavatham at the instance of sage Narada. Therefore, the fact remains that despite the presence of Krishna himself along with the great Dharmaputhra, Bhishmapitamaha and Vidhura, the very dharma lies hidden somewhere in Mahabharata. Competition, hatred, enmity, jealousy and revenge eventually leading to an inevitable war and sequences leading to that are

described in Mahabharata. But he chose to make Sugreeva his friend because he was following Dharma unlike Bali and Ravana who were after others' wives. From the above mentioned incidents, we can observe that Rama has been able to restore righteousness making *Parithranaya Sadhooam* true in spirit and implementation. That is what differentiates Ramayana from Mahabharata.

Our Guruji says that 'something good happen during adversity' and that is why Gita was probably born during war and not during peace! *Aadimasam* in Tamil Nadu and Karkitakam in Kerala are auspicious for reciting Ramayana in Hindu households and temples. In this Kaliyuga where every other man is becoming selfish and corrupt, let us resolve to change this once and for all.

Lord Krishna had to face a lot of difficulties to put into action what he quoted in Bhagavad Gita. While Valmiki

Let us read Mahabharata also but follow Ramayanam and Bhagavad Gita. ■

EUREKA FORBES
Your friend for life



**This Onam,
save up to ₹ 3000/-***

Exchange your old water purifier/vacuum cleaner for a Eureka Forbes' health solution.

*MRP (inclusive of all taxes) for 1 unit.
*Terms & Conditions Apply. Exchange offer is at the discretion of retailer.



Trendy Wet & Dry DX Vacuum Cleaner
MRP ₹9,999/-

13

Trendy Steel Vacuum Cleaner
MRP ₹7,499/-



XPert RO+UV+UF+TASTEGUARD Water Purifier
MRP ₹20,999/-

AQUAFLO DX UV Water Purifier
MRP ₹6,499/-



FORBES
Clean. Home. Healthy Family.

AquaSure
absolutely safe water

Bring home Eureka Forbes, the trust of over 1 crore healthy families.

Available at all leading consumer durable and appliance shops, modern retail outlets and shopping malls.

ARANGETTAM

Students of Angel Dance Class founded by Mrs Preetham Sebastian, disciple of Mrs Jayashree Nair of Upaasana Academy of Fine Arts Chembur performed their Bharatanatyam Arangettam on August 14 at SNTD Auditorium in Ghatkopar (W). The performers were Pooja Nair, Harshali Doke, Smruti Dhondge, Sushmitha Poojary, Varsha Manoharan and Vimitha Venugopal. They are the first batch of Mrs Preetham Sebastian's disciples performing their arangettam.

Preetham Sebastian, founder of Angel Dance classes, Vikhroli started learning Bharatanatyam under Smt. Jayashree Nair of Upaasana, along with her sister Princy at a very tender age. Both the sisters were active participants in dance programmes



Dancer Preetham Sebastian with her students during the performance

and ballets presented by Upaasana, including programmes for Doordarshan. She has also learned Mohiniattam from her Guru Jayashree Nair for a few years.

Though a working wife and mother (Preetham is employed with JSW steel of the Jindal group, in their commercial division), she has been conducting regular dance classes at Angel Dance class, Vikhroli, guided by her teacher Smt. Jayashree Nair.

The performers of the evening, all disciples of Preetham Sebastian, are either working professionals or college

students.

Kum Pooja Nair, daughter of Usha and Ravi Nair is a BMM graduate from the Somaiya college and is working as a H R Executive. A resident of Tagore Nagar, Vikhroli, she has been learning Bharatanatyam for nearly 10 years. Equally interested in sports, she has reached second place in Inter college Badminton.

Kum. Harshali is the daughter of Savita and Sanjay Narayan Doke, also from Tagore Nagar, Vikhroli. A first year student of commerce in Kelkar College, Harshali has been learning Bharatanatyam for several years. She has several certificates to her credit in Dance and Music and also in National level Abacus.

Kum. Smruti, daughter of Sunita and Sanjay Ramchandra Dhondge of Tagore Nagar, Vikhroli a Commerce graduate and is into the second year post graduation. She has been learning Bharatanatyam for nearly a decade. An avid Badminton player, Smruti is also proficient in Singing and Nail art.

Kum. Sushmitha, a resident of Dombivali is the daughter of Suma and Babu Annaya Poojary. A post graduate, with an M.Com from Mumbai University she is an accountant with a C A firm. She has been learning Bharatanatyam for nearly a decade. Sushmitha is a recipient of numerous awards and citations in various competitions in Dance, Drama as well as Rangoli.

Kum. Varsha daughter of Sheeja and Analiparambil Manoharan is a Second year B.Com student at the K J Somaiya college. A student of Bharatanatyam for more than eight years, she is also proficient in Drawing and Science competitions.

Kum. Vimitha is the daughter of Meera and P K Venugopal Krishnan of Tagore Nagar, Vikhroli. She has been a student of dance for more than 10 years. A graduate in Bio-technology and an Advance Diploma holder in Medical Laboratory Technology, Vimitha is currently employed at the Gebbs Health Care Solutions. In addition to Dancing, Singing, Drawing and Badminton are her other pursuits. ■

Wedding



Vishnu, son of Smt. Remadevi and Raghunandan, of Pazhayannur, (VKG Consultants Kochi and Kerala in Mumbai) married **Hima** (daughter of R Saraswathy Kutty and K S Krishna Warriar, Thiruvananthapuram) on August 17, 2015 at Souparnika Auditorium, Bypass Road, near Chottanikkara Devi Temple in Ernakulam, followed by Wedding Reception on August 19 at Abhishekham Convention Centre, Trippunithura



During the inauguration of Malayalotsavam.

Malayalotsavam in Mumbai

■ The fourth edition of Malayalotsavam was conducted by Malayala Bhasha Pracharana Sangham at Adarsha Vidyalaya Chembur. The objective of the event was 'Recover Malayalam in this great city of Mumbai'. It was inaugurated by Dr E K Godavarma Raja, Head of Department of Folklore at Calicut University. The event opened with a folk song presented by the young art wing of the Sangham. The only way to challenge the domination of modern culture was

to spread the message of the past through the teaching about our history to the younger generation, Dr Raja said. The survival of any language is only through its continuous use in the daily life. The decline of Sanskrit is due to this fact, he remarked. During the event the students, who successfully completed in Malayalam in SSC and HSC examinations, as an optional subject under the Maharashtra Board, were felicitated. The website of the Sangham was also inaugurated during

this function. Former Principal of Guruvayurappan College, Calicut Dr Rati Thampatty, Principal of Vivek Vidyalaya, Goregaon Dr Suresh Nair, Treasurer of Kerala Peoples Education Society K P Ramachandran, V V Francis, T K Baburaj and Adv Prema Menon addressed the gathering. Sangham President Bindu Jayan presided and General Secretary R D Harikumar welcomed the audience. Mission Convenor Ramachandran Mancharampath proposed a vote of thanks.

Future Activities: There will be competitions in drama, music etc. There

is a special category for people above forty years. Details will be available by the first week of September in the website of the Sangham. This year there will be special art and literary contests. In the latter, contests will be held in essay, story and poems at the higher level. On November 14, all 11 zones will conduct contest in drawing and the first and second place winners will be eligible to contest at the higher level.



Dr Suresh Nair, Principal Vivek Vidyalaya speaking at the event.



All Kathakars with Swami Krishnananda Saraswathi and Swami Dayananda Saraswathi.

Ramayanam in Ramadasa Ashram

■ For the first time in Maharashtra the Malayalam Adhyatma Ramayanam by Thunchathu Ezhuttachchan and the Marathi Bhavartha Ramayana by Eknath Maharaj were read and celebrated simultaneously at Sree Ramadasa Ashram, Ramagiri, Badlapur (W), under the guidance and blessings of Swami Krishnananda Saraswathi.

After the Sampurna Parayanam of Adhyatma Ramayanam and the Sree Rama Pattabisheka pooja, on 8th August, the Jyothi from the Rama Mandir was taken to the stage for the Lakshmana Shakti Karyakram. The kathakar was garlanded with the Tulasi mala that adorned the neck of idol of Neelakanta Gurupadar's idol. Grantha Pooja of the Bhavartha Ramayana was performed and Swami Krishnananda inaugurated the programme. The Bhavartha Ramayana was read the whole night, with explanations in Marathi and mahaprasadam was distributed to all. In future Ashram plans to make provisions for the study of both Malayalam and Marathi Ramayanam in the spirit of the Ashram's motto of *Vasudhaiva Kutumbakam* (World is One Family).



Keraleeya Mahila Samaj organised a pookkalamalsaram for its members as part of their Onam celebrations. Mrs Rama Nair and Mrs Susheela Kumar won the first prize and Mrs Sunanda Sivaram won the second prize winner. Keraleeya Mahila Samithi President Usha Nair presided over the event.

Kudumbasree products

■ Kudumbasree Unit of Mira Road Malayali Samajam, inaugurated the preparation of traditional onam items. The event started with preparation of banana chips. Kudumbasree sold these items to various Samajam and Kerala stores. The inaugural event took place at their Santhi Nagar Office. Senior volleyball champion and coach T P Padmanabhan Nair who has been bestowed with the Union Sports Ministry's Dhyan Chand Lifetime Achievement Award was felicitated during the inaugural event. President Sakaria Maleth and Vice President Shaji Abraham spoke on the occasion.



Members getting ready to prepare banana chips.



Laksharchana at Guru Maheshwara temple in Sakinaka on the conclusion of Ramayanamasam. Devotees participating in the same (below).



Free Medical Check up

■ To commemorate the first death anniversary of the Founder Chairman and Chairman Emiratus Dr K K Damodaran, Sree Narayana Mandira Samiti conducted a free medical camp on August 17 in Chembur. It was held with the initiative of Sree Narayana Guru College of Commerce and SNMS Youth Wing. The camp covered general medicine, dental, ophthalmology, ENT etc. The camp, held on Aug 17 and 18, was attended by hundreds of patients. Tata Institute of Social Sciences and Vasan Eye Care were also associated with this camp.

Advaita Deepika classes

■ SNMS is conducting Advaita Deepika classes on the fourth Sunday of every month at its Chembur complex where MC Dinakaran of Chinmaya Mission, speaker and spiritual discourse teacher, takes classes on Sree Narayana Guru's krithis. On the second Saturday of every month SNMS spiritual teacher Pavitrnan takes classes from 3 pm to 6 pm.

Niraputhari Puja

■ The Annual Niraputhari Festival was performed on August 22 at the Mira Road Ayyappa temple. The programme started with Sopana sangeetham by Achuta Marar at 7.15 am followed by Niraputhari puja. The new paddy spikes which were used during the puja were later distributed among the devotees present there.



During the book release.

Book release

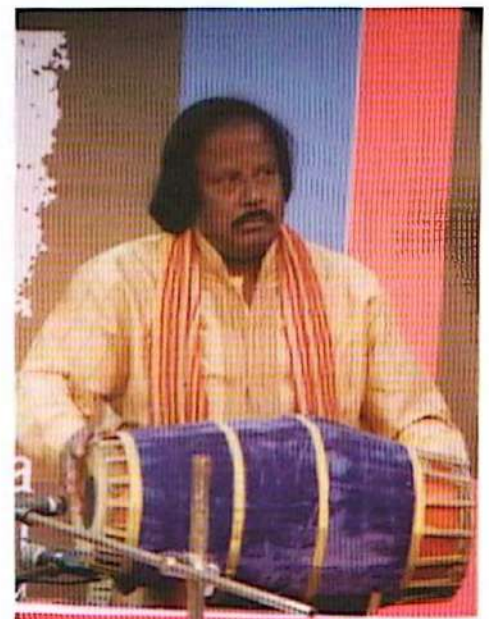
■ 'Chumar paranja kathakal' (Stories told by the wall), a collection of stories written by Mumbai based writer Govindan Unni was released on August 9 at V K Krishna Menon Academy, Borivli West. Adv Padma Divakar presided over the event in which fiction writer Babu Kuzhimattom was the Chief Guest and handed over the first copy to Col P R C Nair. K Rajan introduced the book while Meghanadan, Girijavallabhan, Unni Variath, Suresh Kumar Kottarakkara,

Rakhi Sunil and Dr Venugopal spoke on the occasion, Govindan Unni thanked them.

Poetess Lakshmi Mumbai (Lakshmy Narayanan) and spiritual writer and preacher Sreedharan Valavara were felicitated on the occasion. In the poetry session, Ravi Variath, Madhu Nambiar, Jayan Thanima, Sumesh, Erumakkuzhi, Kochukunju Pillai and Lakshmi Mumbai presented their poems. Valsala was the presenter.

Mundoor Rajan of Pambungal Publications who organised the event welcomed the audience.

Award for Kalasree Nambisan



VRINDA PI
KERALA SANGEETHA AKADEMI AWARDS
LASHRI LALITHA KALALAYAM I

■ Kalashree Lalitha Kalalayam Nambisan has been selected for the Maddalam Kulapathi Thichoor Vasu Varier Award 2015. He will receive the award at the hands of well known Edakka Player Thichur Mohan on August 30 at Nelluvaya Muringatheri Mullakkal Bhagawathi Temple open auditorium. After the Award ceremony Kalasree Nambisan will perform his own musical creation Kshetra kala vadya Manjari a jugalbandhi with ten temple traditional musical instruments.



Pookkalam at Vasai Sabarigiri Ayyappa Temple

A Tribute to Kalaam

To pay homage to Dr. Abdul Kalam, one of the greatest and true Indian, Mahatma International School conducted a programme on July 30th, 2015, on the day of his funeral ceremony. This was conducted aiming the students so as to motivate them to get encouraged of his dedication towards work, and his utmost love for learning and imparting knowledge. The Principal, Mrs. Beena K Thambi, while addressing the students, very sadly recollected her first and the last meeting with Dr Abdul Kalam, along with her students, when she was working in Atomic Energy Central School. She remembered how simple a man he appeared in spite of adorning such a great post and how highly inspired and motivated the students were after meeting him. The Deputy CEO A L Tripathi said that Dr. Kalam had enthused millions of youth of our country and taught them to dream and aspire high. He added saying that his journey of life, rising up from a small and mediocre family to the top most scientist and then adorning the most prestigious position of being the 11th President of India is something which is a source of inspiration and awe to



Young students paying respects to the great teacher.

millions around the world. He further said that his life journey is synonym to fiery wings. The students of both the session, Primary and Secondary, paid floral tribute to the People's President. The programme ended by bidding a tearful farewell to the truest citizen, down to earth scientist, and the most loved President of India.

Pookkalam Malsaram

■ Panvel Malayalee Samajam is organising pookkalam malsaram on September 6th at 11 am at Phadke School Auditorium in Sector-6, New Panvel. There will be cash prize of Rs 15000, Rs 10,000 and Rs 5000 and trophy. There will also be five Consolation prizes of Rs 2000 each for five teams. The pookkalamalsaram is part of the Onam celebrations that will take place on October 4. For participation details contact Samajam office on 99200453287.

Skit contest

■ Bhasha Samrakshana Samiti (Council for Protection of Language) of Keraleeya Kendra Sanghatana is organising a contest in skits. All registered Malayalee organisations are eligible for participation. The skits should not exceed 40 minutes. A span of ten minutes each will be allowed to set the stage and to remove the set after the skit. This contest is aimed for those below 35 years. There is no restriction for skits as published or not, and previously presented or not. The first three skits adjudged as first, second and third will receive cash prizes as well as special mementos. There are awards for the best director, actor and actress. The last date for registration is September 6. For details, contact 98330 91803.



During the Independence Day celebrations at Holy Trinity School in Ghodbunder Road, Thane where Giant Central Committee Member, Upendra Menon was the Chief guest . Principal of the School, Chairman, Vice Chairman and others also in the picture.

Onaghosham

■ **Powai Kerala Samajam, Mumbai**
The Onaghosham of Kerala Samajam, Powai will be held at Jain Mandir Hall, Powai on September 27. Those interested in participating in cultural programme should register their names before September 5. For details contact President Venugopal on 9324004299/ 9920201299.

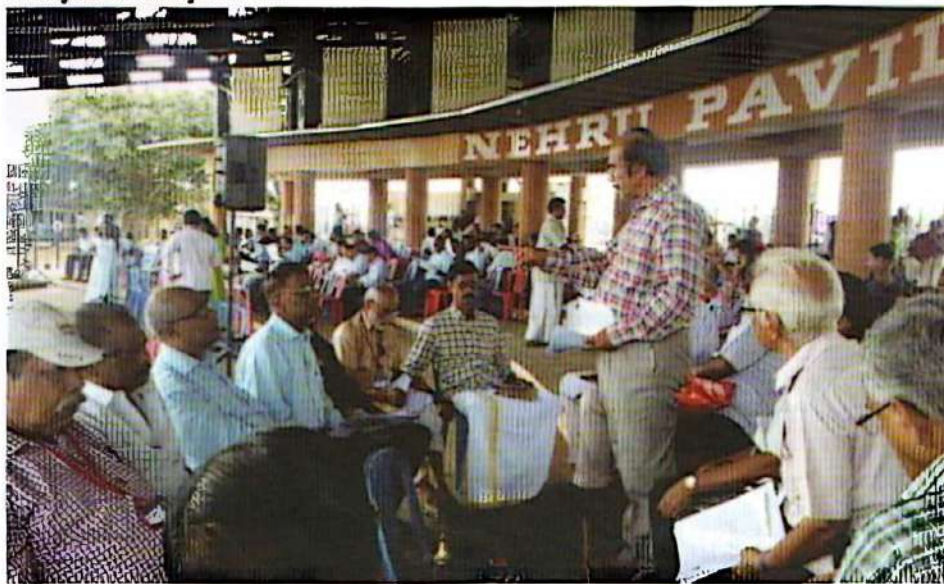
■ **Dahisar Malayali Samajam** will be celebrating its Onam as part of its year-long silver jubilee celebrations on October 11 at Dahisar Kashi Math Hall Sudhindra Nagar in Dahisar East. There will be cultural programmes, floral drawing competitions, quiz competitions and on the - spot surprise programmes for youngsters and elders concluding with Onasadya. As in previous years, top scorers of SSC and HSC students among members' children during the year 2014 2015 will be honoured with cash awards and merit certificates. The students should submit a true copy of their mark sheet at the Samajam's office on or before October 2. Also those wishing to take part in pookkalam malsaram and cultural programmes must register their names at the Samajam's office before October 2.

■ **Mulund Kerala Samajam**
Mulund Kerala Samajam will celebrate Onam on September 6 at Mulund Bhakta Sangham Temple Hall with variety entertainment programmes of music, dance, ganamela and kaikottikali, There will be a pookkalam malsaram in the morning and the programme will be inaugurated by Samajam President K. Gopalan. This year's K.M.Mathew Memorial award consisting of Rs 25,000/ cash award and memento will be bestowed on veteran social activist Kumaran Nair followed by Onasadya.

■ **Azad Nagar Malayali Samajam- Thane, Mumbai**
Azad Nagar Malayali Samajam Thane, will be organizing Onam celebrations from September 6 to 13. On the 6th there will be pookkalamalsaram, and cultural programmes with chakyar koothu on September 12 and Onasadya on September 13 according to ANMS General Secreatry Mohandas.



Members at AIMA Committee Meeting held on August 22 at Mira Road Malayalee Samajam Hall.



Fed 4 Giants International organised Multi Unit conference and Fed Council meeting at Boat jetty, Alleppey Jawahar pavilion and picnic in houseboats. Upendra menon Central committee member speaking on the Occassion in which 200 delegates attended.



Maha Bhagavati Seva at Vashi Vaikuntam Guruvayur temple on August 15.

■ Prateeksha Trust

Onaghosham of Prateeksha Trust Vasai will be held on September 12th at Sabarigiri Ayyapa Auditorium, Vasai with various cultural programmes and felicitation function, cultural meet etc.

■ Keraleeya Samajam Andheri (W)

Keraleeya Samajam Andheri (W) will organize their Onaghosham at St Antony's School Hall in Yari Road, Andheri (West) on September 6 from 9.30am. There will be staging of Malayalam drama 'Nattakam Nammude Nattu pachha' directed by Kannan Thattayil and written by Suresh Babu and presented by Malayala Bhasha Pracharana Sangham, Mumbai. Other programmes include dance performance by students of Prasanna Nambiar's 'Nriyaprabha', kaikottikkali by Samajam's Womens' Wing, Pinnal Thiruvathira by Womens' Group Goregaon, Mimicry by Rahul Ingle of Laughter Challenge fame, dance and musical instruments recital by members' children and Malayalam classes students and prize distribution.

Innovation Award



Dr Sanjith with his Award

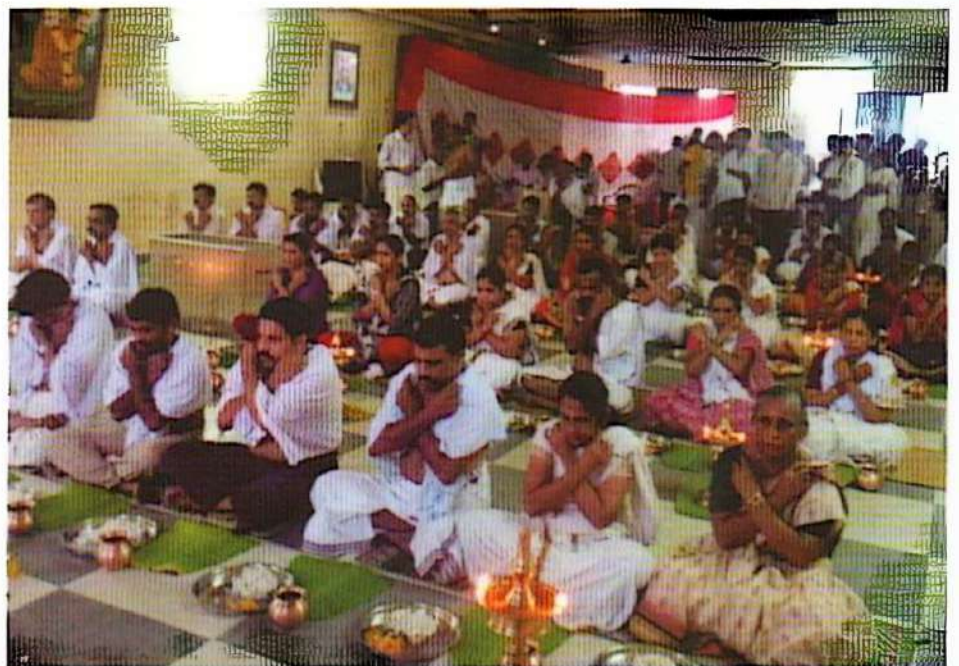
■ Dr.Sanjith Saseedharan is a Mumbai Malayali and has been educated throughout in Mumbai. With a brilliant academic record all through his academic career, he went on to specialize in Neuro intensive care and he is one of the rare European Diploma holders in Critical Care. Presently he is working as the ICU chief of Raheja Fortis, Mahim.

Dr.Sanjith's latest achievement is Medical's Innovation award. Among the 207 entries he won the Gold for this year's medical innovation for his nutrimon software which is an interactive software that plans, manages and monitors nutrition in the ICU. Medical Innovation awards is the most popular innovation awards in the health care industry.

Obituary



Sankaranarayanan Ramaiyer, aged 84, staying at Hill Garden Gulmohar Society, near Tikujiniwadi, Manpada, Thane-West passed away on August 5. He was the Guruswamy of Hill Garden Ayyappa Bhaktha Sangham members and has guided many devotees on their prigramages to Sabarimala. He is survived by his wife Seetalakshmi, daughter Uma Hariharan, son in law S Hariharan and grand daughter.



Devotees performing Karkitaka vavu bali rites at Guru Maheshwara temple in Saki Naka.



Pookkalam at Thane Railway Station

■ Thane Malayalees celebrated Onam in a Traditional way. All Thane Malayalee Association (ATMA) has prepared a 100 square feet pookkalam under the guidance of team captain Mr. Thilakan and team dedicated to Late Dr. Abdul Kalam. It was a pleasant surprise for the commuters at Thane Railway station and all were happy to click a picture with the pookkalam. As part of celebration they distributed 500 cups of Payasam, salt and sweet Banana chips to all the visitors and to passengers who were present at the Venue.



Sudev Nair being felicitated at Thane by ATMA Secretary Sashikumar Nair during the felicitation function held at Nair Welfare Association on August 28.

Sudev Nair Felicitated

■ Thane Nair Welfare association arranged felicitation of Sudev Nair the Best Actor Award winner of Kerala State at Nair Bhavan Srinagar on Thiruvonam day. Various organisations of Thane including Nair Welfare Association, Wagle Estate Malayali Association, Kanjurmarg Malayali Association, All Thane Malayali Association, Mumbai Malayali Samajam and Shiva Sena South Indian Cell felicitated Sudev. M Kumaran Nair, K R Harikumar, V Shreekanth Nair, V Sashidharan Nair, Sasikumar Nair, E R Sasikumar and Vivek Pillai representing various Samajams felicitated him and his parents.



Sudev Nair Felicitated: Kerala State Best actor Award winner Sudev Nair being felicitated by K R Harikumar of Thane Nair Welfare Association.

Borivli Malayali Samajam celebrated Onam

■ Borivli Malayali Samajam celebrated Onam on August 30 at V K Krishna Menon Academy Complex in Borivli West. T S Bhal IPS (Retd), Addl Director General of Police Maharashtra was the chief guest at the function. After lighting the lamp, and Maveli Varavelpu, the ladies' wing presented a graceful Kaikottikkali performance. There was a classical dance programme by students of Manasi Nair's Tapasya School of Classical Dances, cinematic dances and songs by members' children. P V Vijaykumar's Raagalaya Academy of Music presented a musical orchestra of melodious songs that enthralled the audience. The first batch of the Samajam's school, VK K Menon Academy's, Std X SSC students, were specially mentioned for securing cent percent pass. Scholarships were given to the highest scorer in SSC, HSC (in the Science, Commerce and Arts streams), and VKK Academy student during the year 2014- 2015 from among children of BMS members. Senior members, above the age of 70 who have not been earlier felicitated by the Samajam and newly married couples between the period September 2014 to August 2015 were also felicitated. The Samajam initiated an eye donation registration during the event and poet Lakshmi Mumbai spoke about the importance of donating one's eyes to light up another's life. The programme concluded with a grand Onasadya.



Dr T S Bhal IPS (retd.) speaking at the inauguration



Senior member AKG Nair being felicitated.



Kaikottikali by Vanitha members

Borivli Malayali Samajam celebrated Onam

■ Borivli Malayali Samajam celebrated Onam on August 30 at V K Krishna Menon Academy Complex in Borivli West. T S Bhal IPS (Retd), Addl Director General of Police Maharashtra was the chief guest at the function. After lighting the lamp, and Maveli Varavelpu, the ladies' wing presented a graceful Kaikottikkali performance. There was a classical dance programme by students of Manasi Nair's Tapasya School of Classical Dances, cinematic dances and songs by members' children. P V Vijaykumar's Raagalaya Academy of Music presented a musical orchestra of melodious songs that enthralled the audience. The first batch of the Samajam's school, VK K Menon Academy's, Std X SSC students, were specially mentioned for securing cent percent pass. Scholarships were given to the highest scorer in SSC, HSC (in the Science, Commerce and Arts streams), and VKK Academy student during the year 2014- 2015 from among children of BMS members. Senior members, above the age of 70 who have not been earlier felicitated by the Samajam and newly married couples between the period September 2014 to August 2015 were also felicitated. The Samajam initiated an eye donation registration during the event and poet Lakshmi Mumbai spoke about the importance of donating one's eyes to light up another's life. The programme concluded with a grand Onasadya.



Dr T S Bhal IPS (retd.) speaking at the inauguration



Senior member AKG Nair being felicitated.



Kaikottikkali by Vanitha members



BMS member Lakshmy Narayanan speaks on the value of Eye donation



Musical programme by Raagalaya Orchestra at BMS Onam celebration

AS Madhavan Felicitated

■ World Confederation of Warriors felicitated A.S.Madhavan, Managing Trustee of Warrier Foundation on the occasion of its inauguration of new building at Thirunavaya, Kerala and Universal Centre for Individual Integration UCII. He was felicitated by WCW's western region Chairman T.Vijayan Warrier, WCW Treasurer K.Appu Warrier and Kerala Region Secretary A.Rajagopal, General Secretary K.Suresh Warrier. A.S.Madhavan is a promoter member of World Confederation of Warriors.



A S Madhavan being felicitated by WCW



Onapookkalam at CST Railway Station by AMMA members

CD Release

■ Two music albums 'Hari Darshan' and 'Mahamantra' were released by Bhimadas Prabhuji Zonal Secretary and Temple Council Member of ISKCON at Gauranga Hall, ISKCON, Mumbai on August 29th. Music and concept of the albums are by Kudamaloor Janardanan, the famous flautist from Kerala, and the songs are sung by Hema Ravishankar. Produced by Hema's husband Ravishankar Gopalakrishnan, the CD is being distributed by ISKCON Television (India).

This album is a compilation of bhajans of Meera Bai, Sant Surdas, Shri Vallabhacharya and Shri Bhakti Vinoda Thakura.

The feel of this album is one of devotion and the renditions of the songs are unique with the single theme - Darshan of Hari!

Kudamaloor Janardanan, the main force behind the creation of these CDs, is a self-styled artiste, with several albums to his credits like Ganesha Murali, Gokula Murali, Swathi Murali, Keertana Murali, Kaivalya, etc.

Singer Hema started learning music, in Thrissur, at a very young age from her gurus Vaidyanatha Bhagavathar and later from Mangadu Natesan. A Civil Engineer by qualification, she has been pursuing music, as a passion, for over the last 15 years.

She still continues to learn Carnatic music under Smt. Prasanna Varrier who is a famous Carnatic musician, and music teacher in Mumbai and who has composed the music for Hema's debut album, 'Gokulam'.

Hema is also learning Hindustani classical music from a leading professional artist Ms. Amruta Kale, the daughter and student of the famous musician Pandit Raja Kale Saab.



Bhimadas Prabhuji releasing the Music Album with singer Hema Ravishankar



Hema Ravishankar with her teachers Prasanna Varrier, Amruta Kale and Kudamaloor Janardanan

Malayalam Devotional Album Release

■ Malayalam Devotional album, 'Thiruvambady Kannan' was released at Chowallur Thiruvambady temple, Guruvayur on August 20th in connection with Onam, produced by Rajeevam Audios. The lyrics are written by Saraswathy Krishnankutty, wife of the famous lyricist Chowallur

Krishnankutty.

Music is composed by Smt. Prasanna Varrier, Carnatic musician and teacher in Mumbai. Orchestration is done by M G Anil of Cochin. The singers of this album are Madhu Balakrishnan, Biju Narayanan, Jayasree Rajiv and Sindhu Premkumar.





Gurudarsanam to be realised through value based education:

Governor Vidyasagar Rao



Maharashtra Governor Vidyasagar Rao lighting the lamp during the inauguration.

■ To realise the philosophy of Sree Narayana Guru, it is essential to remould the educational pattern completely and also through value based education, opined Maharashtra Governor Vidyasagar Rao. Eradication of inequality among the various human societies, the value based young generation has to come into the main stream, he remarked. As Chief Guest he was addressing a mammoth gathering assembled to celebrate the 161st birth anniversary of Sree Narayana Guru at Chembur.

His profound philosophy of 'One Caste, One Religion and One God for Man' created a silent revolution, he reminded the audience. He is thus the symbol of universal brotherhood, he remarked. Maharashtra can boast of a large number of educational institutions but there are many illiterate people in the state. There are more than 6000 slums in Chembur and the service

rendered by the Sree Narayana Mandira Samiti through its many educational institutions deserved commendations. In that respect the Samiti is truly following the path of Gurudeva, he pointed out. He lauded the efforts of the Samiti for conducting the job oriented dual degree education pattern, in collaboration with

Tata Institute of Social Science. He beseeched the Samiti to publish a biography of Guru Deva in various Indian languages emphasising the life and messages of the Guru so that all people of India could know him as a person and philosopher. The Samiti should bring out those books by the next birth anniversary of Guru as a tribute to him.

The message of 'A temple brings hygiene and hygiene spreads education,' of Guru was fundamental to make India a secular country, remarked Dr B Ashok, Vice Chancellor of Kerala Veterinary and Animal Sciences University. Guru established temples with this view and he thus brought a renaissance in the Indian Intellectual Traditions, he pointed out.

President N Sasidharan presided over the event. Noted film director Sathyan Anthikkad, M I Damodaran and N S Salim Kumar also spoke on the occasion.



Cultural programme

ONAM at Kochu Guruvayur Temple

■ Malayalee ladies wearing off white zari sarees called Pamundu visited the famous Kochu Guruvayur temple at Matunga on the occasion of Onam. This temple situated inside the Asthika Samaj is considered to be the replica of Kerala Guruvayoor temple. The temple opened for darshan from 5 a.m. on the Onam day and devotees from all over Mumbai visited till noon. - K A Viswanathan



Devotees at the Temple



Pookkalam at the Kochu Guruvayur Temple



Kathakali artiste Thara Varma performing Poothanamoksham in connection with Onam Celebration at Samskruthi Bhavan, Trivandrum organised by Kerala Sangeeta Nataka Akademi.

സോപാനന്യത്തം നർത്തകൻ ശ്രീ രാജീവ് കൃഷ്ണ മങ്കൊമ്പുമായി ഒരു അഭിമുഖം



പവിത്രൻ കണ്ണപുരം

■ ഭക്തിപൂർവ്വം അപദാനങ്ങൾകൊണ്ട് ദേവനെ തൃപ്തിപ്പെടുത്തുന്ന സോപാനസംഗീതം മലയാളിക്ക് പരിചിതമാണ്. എന്നാൽ

സോപാനന്യത്തം എന്നത് ഒരു പുതിയ അറിവാണ്, അനുഭൂതിയാണ്. ചാക്യാർകൃത്തിന്റെ സരസവും സന്ദർഭോചിതമായ നർമ്മവും, തുള്ളലിലെ ആക്ഷേപഹാസ്യവും താളക്കൊഴുപ്പും, കഥകളിയിലെ നവരസഭാവങ്ങളും മുദ്രകളും സ്വാംശീകരിച്ച ആധ്യാത്മിക നൃത്തരൂപമാണ് സോപാനന്യത്തം. കൊട്ടും പാട്ടും ആട്ടവും ആഖ്യാനവും പ്രഭാഷണവും ഇതിൽ ഇട ചേർന്നിരിക്കുന്നു. പ്രഗത്ഭനായ ഒരു കാഥികന്റെ അറിവും ചാതുരിയും ഈ നർത്തകൻ ആവശ്യമാണ്. ഒരേസമയംതന്നെ പ്രഭാഷകനായും അദ്ധ്യാപകനായും നർത്തകനായും വേദിയിൽ നിൽക്കാൻ കഴിയുന്നുവെന്നത് ഈ കലയുടെ ആകർഷകതയാണ്.

ഒരു പ്രാർത്ഥനയെന്നതിൽ കവിഞ്ഞ് സനാതനധർമ്മ പ്രചാരണംകൂടി ഈ നൃത്താവതരണംകൊണ്ട് സാധിക്കുന്നുണ്ട്. ഈ കലാരൂപത്തിന്റെ ശില്പിയും സംരക്ഷകനുമായ രാജീവ് കൃഷ്ണ തന്നെയാണ്

നൃത്തത്തിന്റെ ആവിഷ്കാരവും അവതരണവും നിർവ്വഹിക്കുന്നത്. ഗുരുവന്ദനത്തോടുകൂടിയാണ് പരിപാടിക്ക് തുടക്കം കുറിക്കുന്നത്. തുടർന്ന് സോപാനന്യത്തമെന്നെന്ന് നർത്തകൻ വിശദീകരിക്കും. നാം എന്തെന്തെന്ത് അവനവന്റെ ആത്മസത്തയുടെ സമീപമാണെന്ന തിരിച്ചറിവിലേക്ക് ആ പ്രഭാഷണം അനുവാചകരെ നയിക്കും. സവിശേഷമായ

ഒരനുഭവംതന്നെയാണത്. പിന്നെ ഗണപതിസ്തുതി. കാലികവിഷയങ്ങളെ സമനായിപ്പിച്ചുകൊണ്ടാണ് ഗണപതിസ്തുതി അവതരിപ്പിക്കുക.

തുടർന്നുള്ള നൃത്തത്തിൽ അഷ്ടപദി, ഭജനകൾ, കഥകളിപ്പദങ്ങൾ, സാരവത്തായ കവിതകൾ തുടങ്ങിയവ അവതരിപ്പിക്കാനായി ചിട്ടപ്പെടുത്തിയിരിക്കുന്നു. ഗുരു കലാമണ്ഡലം പ്രഭാകരന്റെ ശിക്ഷണത്തലാണ് പുതിയ പദങ്ങൾ ചിട്ടപ്പെടുത്തുന്നത്.

2012 മാർച്ച് 4-ന് ഇടപ്പള്ളി ചങ്ങമ്പുഴപാർക്കിൽ അഡ്വ. ശങ്കരരാജയുടെ സാന്നിധ്യത്തിലാണ് ഈ കലാരൂപം ആദ്യമായി അവതരിപ്പിച്ചത്. ആസ്വാദകർ അത് കരഹേദോഷത്തോടെ സ്വീകരിച്ചു. തുടർന്ന് അഗസ്ത്യക്കോട്-ദശാവതാരയാഗം, ഗുരുവായൂർ ഉത്സവം, കടമ്മനിട്ട പടയണി, ഏവൂർ ആറാട്ട് തുടങ്ങിയ മഹാസംരംഭങ്ങളിൽ സോപാനന്യത്തം അവതരിപ്പിച്ചു. നവിമുംബയിൽവെച്ചു നടന്ന നവചണ്ഡികായാഗവേദിയിൽ സാമി ബ്രഹ്മപാദാനന്ദസാമിയുടെയും തന്ത്രിമുഖ്യൻ എഴുന്തോളിൽ കക്കട്ടിൽ മാത്തിൽ സതീശൻ ഭട്ടതിരിയുടെയും നിർദ്ദേശമനുസരിച്ച് തുടങ്ങിയ നൃത്തമാണ് സോപാനന്യത്തമായി പരിണമിച്ചത് എന്ന വസ്തുത ഇവിടെ



ശ്രദ്ധേയമാണ്. ഈ ചെറിയ കാലയളവിനുള്ളിൽ മൂന്നുറ്റമ്പതിലേറെ വേദികളിൽ സോപാനന്യത്തം അവതരിപ്പിച്ചുവെന്നത് ആ കലാരൂപത്തിന്റെ സവിശേഷതയും സ്വീകാര്യതയുമാണ് വ്യക്തമാക്കുന്നത്.

കൂട്ടനാട്ടിലെ മങ്കൊമ്പിൽ 1965 മെയ് 25-നാണ് രാജീവ് കൃഷ്ണ ജനിച്ചത്. പിതാവ് ബാലകൃഷ്ണപിള്ള, മാതാവ് സരോജിനിയമ്മ. അവിട്ടം തിരുനാൾ ഹൈസ്കൂൾ, ചങ്ങനാശ്ശേരി എൻ എസ് എസ് ഹിന്ദു കോളേജ്, ഹരിദാർ, ബനാറസ് എന്നിവിടങ്ങളിൽ വിദ്യാഭ്യാസം. പതിനഞ്ചുവർഷം ഈ എം എ ബിരുദധാരി അദ്ധ്യാപകവൃത്തി ചെയ്തു. പയ്യന്നൂർ രാമനളി കൃഷ്ണപണിക്കരിൽനിന്ന് ഗുരുകുലസമ്പ്രദായത്തിൽ പത്തുവർഷം സംസ്കൃതം, വേദാന്തം എന്നിവ പഠിച്ചു. ഹരിദാർ സാധന ആശ്രമത്തിലെ സ്വർഗീയ സാമി ഗണേശാനന്ദപുരിയും പോത്താംകുണ്ടം ആശ്രമത്തിലെ സാമി കൃഷ്ണാനന്ദഭാരതിയും ആത്മീയഗുരുക്കന്മാരാണ്. പ്രതിഭാസമ്പന്നനായ ഈ കലാകാരൻ ചെറുപ്പത്തിൽത്തന്നെ നൃത്തവും കഥകളിയും അഭ്യസിച്ചിരുന്നു. നൃത്തത്തിൽ ചമ്പക്കുളം മോഹൻകുട്ടി മാസ്റ്ററും



രാജീവ് കൃഷ്ണ

കഥകളിയിൽ നെടുമുടി വേണുനായരും മങ്കൊമ്പ് ശിവശങ്കരപിള്ളയുമാണ് ഗുരുക്കന്മാർ.

ഈശ്വരീയമായ ഈ നൃത്തപരിപാടിയുടെ പേരുതന്നെ ആത്മീയതയുമായി ബന്ധപ്പെട്ടിരിക്കുന്നു. പടവ്, ചവിട്ടുപടി, കോണിപ്പടി എന്നൊക്കെ സാമാന്യമായ അർത്ഥത്തിൽ സോപാനം എന്ന വാക്ക് ഉപയോഗിക്കാറുണ്ടായിരുന്നെങ്കിലും 'പരിപൂർണ്ണമായും

സമീപമെത്തിക്കുന്നത് ' എന്നാണ് സോപാനത്തിന് അർത്ഥമാക്കേണ്ടത്. ശ്രീകോവിലിനു മുമ്പിലുള്ള പടികളാകട്ടെ ദേവന്റെ അടുത്തെത്തിച്ചേരാനുള്ള പുണ്യപടവുകളുമാണ്. സോപാനസംഗീതത്തിനും സോപാനന്യത്തത്തിനും ഇതേ മഹത്വംതന്നെയാണുള്ളത്. ഈശ്വരനിലേക്ക് അടുപ്പിക്കുകയാണ് ഇതു രണ്ടും ചെയ്യുന്നത്. മറ്റൊരർത്ഥത്തിൽ സ്വയം തൊട്ടറിയാൻ നമ്മെ പ്രാപ്തരാക്കുകയാണ് ചെയ്യുന്നത്.

കഴിഞ്ഞ ജൂലൈ അഞ്ചാംതിയ്യതി ബദലാപ്പുരിലെ ശ്രീരാമദാസാശ്രമത്തിലെ ക്ഷേത്രസന്നിധിയിൽ ക്ലേശാസ്മരണയ അന്തരീക്ഷത്തിൽ സോപാനന്യത്തം അവതരിപ്പിക്കപ്പെട്ടു. മഠാധിപതി സാമി കൃഷ്ണാനന്ദസരസ്വതിയുടെ അനുഗ്രഹാശിസ്സുകളോടെ രാജീവ് കൃഷ്ണയുടെ എളിയ പ്രാർത്ഥനയായിരുന്നു ഈ കലാപരിപാടി. കലാകാരന്റെ ശ്രദ്ധയോടെയും സമർപ്പണബോധത്തോടുംകൂടിയുള്ള അവതരണം സദസ്യരെ അക്ഷരാർത്ഥത്തിൽത്തന്നെ വിസ്മയിപ്പിക്കുകയും ആനന്ദാനുഭൂതിയിൽ കോൾമയിർ കൊള്ളിക്കുകയും ചെയ്തു.

ജീവിതഗന്ധമുള്ള കലകളും കലാപ്രവർത്തനങ്ങളും അർഹതയില്ലാത്തവരുടെ കൈകളിൽ കോപ്രായങ്ങളായി മാറി മൂല്യശോഷണം നേരിടുന്ന പശ്ചാത്തലത്തിൽ ജീവിതത്തിന്റെ അന്തസത്തയിലും മാനവീയതയിലും ഉറച്ചുനിന്ന് ജീവിതസാക്ഷാത്കാരത്തിലേക്ക് മാർഗ്ഗദർശനം ചെയ്യുന്ന കലാരൂപങ്ങൾക്ക് ഏറെ പ്രസക്തിയുണ്ട്. രാജീവ് കൃഷ്ണ മങ്കൊമ്പ് രൂപകല്പന ചെയ്ത അവതരിപ്പിച്ചുകൊണ്ടിരിക്കുന്ന സോപാനന്യത്തകല ഈ ലക്ഷ്യത്തിലേക്ക് ഒരു നിയോഗംപോലെ ലഭിച്ച ഒരു സംഭാവനയാണ് എന്നതിന് സംശയലേശമില്ല. ■



Pavithran Kannapuram with Rajeev Krishna



ഉണ്ണികൃഷ്ണൻ

ഉണ്ണിക്കുട്ടന്റെ ദിവ്യസ്വപ്നം

കോടമഞ്ഞിന്റെ കൊടുംതണുപ്പിൽ മുടിപ്പുതച്ചു ചുരുണ്ടുകൂടി കിടന്നുറങ്ങുന്ന ബാല്യകാലം ഉണ്ണിക്കുട്ടനെ സംബന്ധിച്ചേടത്തോളം സഫലമാകാത്ത ഒരു മരവിച്ച സ്വപ്നം മാത്രം. കാലത്തേയും കാലാവസ്ഥയേയും സ്വതസിദ്ധമായ ബുദ്ധിവികാസം കൊണ്ട് തന്നിലേക്ക് ആവാഹിച്ച് ഉൾക്കൊള്ളാൻ കഴിയുന്ന വിധത്തിലാണ് ഓരോ ജീവിയുടെയും രൂപവിശേഷം. ശീതകാലമില്ലെങ്കിൽ പ്രകൃതിയുടെ വൈവിധ്യത പൂർണ്ണമാകുന്നില്ല. എന്നാലും ഈയിടെയായി ഉണ്ണിക്കുട്ടൻ കിടന്നുറങ്ങുന്നത് ഉമ്മറത്തെ ഇറയത്താണ്. തന്റെ വീടിനടുത്തു തന്നെയാണ് നങ്ങാർകാവ് അമ്പലം. പുലർകാലത്ത് അവിടെനിന്നും ഉയരുന്ന ശംഖൊലി കേട്ടാണ് മിക്കവാറും കുട്ടൻ ഉണരുന്നതുതന്നെ. അത് ഒരു ദിനപര്യ ആയപ്പോൾ ശംഖുവിളിയും കുട്ടന്റെ ഉണരലും ഒരേ സമയത്തായി.

പക്ഷെ അന്ന് കുട്ടൻ ഉണർന്നത്, അല്ലെങ്കിൽ കുട്ടനെ ഉണർത്തിയത് മറ്റൊരു മുഴക്കമാണ്. കണ്ണു തുറന്നു നോക്കിയപ്പോൾ ഒരു കരിവണ്ട് തലങ്ങും വിലങ്ങും മുളിപ്പിക്കുന്നു.

കരിവണ്ടിന്റെ മുളലിന് ശംഖൊലിയുമായി സാമ്യമുണ്ടോ, കുട്ടൻ ആലോചിച്ചു.

കറുത്ത വണ്ടിന് വെളുത്ത ശംഖുമായി എന്നു ബന്ധം? വണ്ട് വീണ്ടും കുട്ടനെ ശല്യം ചെയ്തുകൊണ്ട് അങ്ങുമിങ്ങും പാറിപ്പറന്നു. പെട്ടെന്ന് കയ്യിൽ കിട്ടിയ വിശറിയെടുത്ത് കുട്ടൻ വണ്ടിനെ അടിച്ചു വീഴ്ത്തി. അപ്പോഴും അത് മുളുന്നുണ്ടായിരുന്നു. പിന്നെ മലർന്നു കിടന്നു കുറച്ചു വട്ടം കറങ്ങിയപ്പോൾ വണ്ടിനു വീണ്ടും ശക്തി കിട്ടി. എന്തോ സാഹസം കാണിച്ച് ശരീരം നേരെയൊക്കി വീണ്ടുമത് മുളി പറക്കാൻ തുടങ്ങി.

കുട്ടനും വണ്ടിന്റെ പിന്നാലെ തുള്ളി ഓടാൻ തുടങ്ങി. വണ്ടിനെ പിടിക്കാനൊന്നുമല്ല. നല്ല കുളിരുള്ള കൊച്ചു വെളുപ്പാൻകാലം. പോരാത്തതിനു അവധി ദിവസങ്ങളും. കുളിയാണെങ്കിൽ നേരത്തെ കഴിയും. കുളിച്ചു അമ്പലത്തിൽ പോയി തൊഴുതു വന്നാലെ കാപ്പി കുടി കിട്ടുകയുള്ളൂ.

ഈ കരിവണ്ട് ഓരോ പുവിന്റെയും കാതിൽ എന്താണ് രഹസ്യം പറയുന്നത്? നേരം വെളുത്തിട്ടും ഉണരാത്ത പൂക്കളെപ്പറ്റി പരിഭവം പറയുകയായിരിക്കും മടിയന്മാരായ ചില പുറവുകൾ. പക്ഷെ കുട്ടൻ അങ്ങനെയൊന്നുമല്ല. തനിക്ക് മടിയുണ്ടെന്ന് ആരാ പറയുക? ചിലപ്പോൾ അമ്പലത്തിലെ സൂണ്യം എമ്പ്രാന്തിരി പറയുമായിരിക്കും.

തുള്ള അറിയാവുന്ന സൂണ്യം എമ്പ്രാന്തിരി തന്റെ പതിനാറാം വയസ്സിൽ സ്വന്തം വീട് വിട്ടിറങ്ങി പോന്നതാണ്.

ഇപ്പോൾ തലയിൽ നര കയറാൻ തുടങ്ങിയിരിക്കുന്നു. എന്നാലും ഒറ്റത്തടി.

ചണ്ണക്കാലുള്ള എമ്പ്രാന്തിരിയെ കുട്ടൻ ഇടയ്ക്കിടെ പേടിപ്പിക്കും.

“ദേ ഞാനിപ്പം തൊടുവേ..” എന്നു പറഞ്ഞ് പിന്നാലെ ചെല്ലും. വെറുതെ പേടിപ്പിക്കുകയേ ഉള്ളൂ. പക്ഷെ ഒരു പ്രാവശ്യം അറിയാതെ എമ്പ്രാന്തിരിയുടെ തോർത്തുമുണ്ടിൽ കൈ കൊണ്ടു. ചിലപ്പോഴൊക്കെ എമ്പ്രാന്തിരി പറയും, “ഈ കുട്ടനെക്കൊണ്ട് ഞാൻ തോറ്റുലോ. കളിത്ര കൂടണിച്ച് ട്രോ കൂട്ടിക്ക്.”

ചിലപ്പോൾ മൂപ്പർ ചോദിക്കും “കുട്ടപ്പാ മടിയപ്പാ ചട്ടുകം എടുക്കണോ?” എന്ന്. കുട്ടനപ്പോൾ ദേഷ്യം വരും. ചട്ടുകോം എടുത്ത് ചണ്ണക്കാലും വെച്ച് ഉണ്ണിക്കുട്ടനെ അടിക്കാൻ ചാടിച്ചാടി വരുമ്പോഴേക്കും തനിക്കു പമ്പ കടക്കാം. കുട്ടൻ തൊട്ടാൽ എമ്പ്രാന്തിരിക്കു വീണ്ടും പോയി കുളിക്കണം. അതാണ് എമ്പ്രാന്ത് ദേഷ്യം.

അമ്മ ഒരിക്കൽ ചോദിച്ചപ്പോൾ കുട്ടൻ പറഞ്ഞു, പിന്നെ കുട്ടനെ എന്തിനാ സൂണ്യം ദേഷ്യം പിടിപ്പിക്കണേ എന്ന്. എന്തൊക്കെയായാലും എമ്പ്രാന്തിരിക്കു കുട്ടനോട് സ്നേഹമുണ്ട്. ഇടയ്ക്ക് കദളിപ്പഴവും ഗണപതിഹോമ പ്രസാദവും ഒക്കെ കഴിക്കാൻ കൊടുക്കും.

കരിവണ്ട് വീണ്ടും കുട്ടന്റെ തലയിൽ തട്ടിമുളി പറന്നു. കുട്ടൻ അപ്പോഴും അങ്ങനെയൊന്നെ ഇരിക്കുകയാണ്. ഓർമ്മയുടെ മാറാപ്പിൽ ഒരുപിടി സ്വപ്നവുമായി...

താൻ ഇപ്പോൾ വളർന്നിരിക്കുന്നു. മുക്കിനു താഴെ മീശരോമങ്ങൾ കിളുർക്കാൻ തുടങ്ങിയിരിക്കുന്നു.

കരിവണ്ടിനേക്കാൾ എത്രയോ ആയുസ്സ് കുറഞ്ഞതാണി പൂക്കൾ. ഓരോ പുലർവേളകളിലും കരിവണ്ട് തേടുന്നത് പുതിയ പൂക്കളെയല്ലേ? ഒന്നിൽനിന്നു മറ്റൊന്നിലേക്കുള്ള ഈ യാത്ര; പ്രപഞ്ചരഹസ്യം തേടി അവസാനിക്കാത്ത പ്രയാണം. ഞങ്ങളുടെ കൊച്ചുഗ്രാമത്തിലെ ആളുകൾ നന്യാർവട്ടപ്പുവിനെ സ്നേഹപൂർവ്വം വിളിക്കുന്ന പേരാണ് നന്യാർമണിപ്പുവ്.

ഒരു ദിവസം ആയുസ്സ് വളരെ കുറഞ്ഞ ഈ നന്യാർമണിപ്പുവിന്റെ കാതിൽ കരിവണ്ട് രഹസ്യം പറയുന്നത് കുട്ടൻ ശ്രദ്ധിച്ചു. കുറെയേറെ ശ്രദ്ധിച്ചപ്പോഴാണ് കുറച്ചെങ്കിലും മനസ്സിലാവാൻ തുടങ്ങിയത്.

“എന്റെ കുറുത്തുരുണ്ട ശരീരം കാണുന്നതുതന്നെ പലർക്കും അറപ്പാണ്. എന്നിട്ടും...” മനസ്സിൽ അധമ മനോഭാവത്തോടെ കരിവണ്ട് പറന്നകലാൻ ശ്രമിക്കുകയാണ്.

“കുറുപ്പിന് ഏഴഴകാണ്. പിന്നെ ശക്തിയുടെ പ്രഭവസ്ഥാനംകൂടി ആയിട്ടാണ് ഞാനതിനെ

കാണുന്നതെങ്കിലോ? ” നന്യാർമണിപ്പു നമശിരസ്കയായി. “കാതുകൾക്ക് അരോചകമുളവാക്കുന്ന ശബ്ദമാണ് എന്റെ ചിറകുകളുടെ ചലനം സൃഷ്ടിക്കുന്നത്.” കരിവണ്ട് ഒഴിഞ്ഞുമാറുകയായിരുന്നു.

“അങ്ങയുടെ രാഗാർദ്രമായ ആ സംഗീതവീചികളിൽ എന്റെ മനസ്സ് അലിഞ്ഞുചേരാൻ കൊതിക്കുകയാണ്.”

മഞ്ഞിന്റെ കുളിരിൽ ഒരു മദനമാരുതന്റെ നന്നുത്ത സ്പർശമേറ്റു നന്യാർമണിപ്പുവിന്റെ മനസ്സിൽ ഒരു പ്രണയത്തുടിപ്പ്.

“ആ മൃദലമായ വെളുത്ത സുന്ദരമായ മേനിയിൽ, എന്റെ കറുത്ത് മെലിഞ്ഞ കാലുകൾ തൊടാൻ ഞാൻ അനുവദിക്കുകയില്ല.” കരിവണ്ടിന്റെ മനസ്സും പ്രണയം തളിരിടാൻ വെമ്പുന്നുണ്ടായിരുന്നു.

വർണവിവേചനം നമ്മുടെ ഊഷ്മളമായ ഈ പ്രണയഭൂമിയിൽ കാലഹരണപ്പെട്ട ഒരു പടിഞ്ഞാറൻ സിദ്ധാന്തമാണ്.” കുഞ്ഞുപുവ് തന്റെ ലോകവിജ്ഞാനം വിളമ്പി.

പരിഭവവചനങ്ങൾ എങ്ങനെയോ പ്രണയമന്ത്രങ്ങളായി പരിണാമം പ്രാപിക്കുകയായിരുന്നു. പ്രണയം ഏറ്റുപാടി രസിച്ചു മതി മറന്നുപോയി രണ്ടാത്താക്കളും. ഒരു ചുട്ടുചംബനംപോലും പ്രണയത്തിന്റെ പവിത്രത നഷ്ടപ്പെടുത്തുമോ എന്ന് കരിവണ്ട് ഭയന്നു. പൂർണമായ രൂപത്തിൽത്തന്നെ പുവിനെ സ്വന്തമാക്കാൻ കരിവണ്ട് മോഹിച്ചു. സൂര്യദേവൻ നന്നുത്ത കിരണങ്ങൾകൊണ്ട് അവരെ ആശീർവദിച്ചു. ആത്മനിർവൃതി പുണ്ട പുവിനെക്കണ്ട് കരിവണ്ടിന്റെ കണ്ണിൽ സന്തോഷാശ്രു പൊടിഞ്ഞു. അവർ ഗീതവും ഗീതികയുമായി; ജീവനും ജീവിതവുമായി.

പക്ഷെ തളിരിട്ട സ്വപ്നങ്ങൾ ഞെട്ടോടെ അറുത്തൊടുത്തു പുകുടയിലിട്ടു ഞൊണ്ടിക്കാലുവെച്ച് നടന്നകലുന്നു സുബ്ബു എമ്പ്രാന്തിരി. അദ്ദേഹത്തിന്റെ തലയ്ക്കുചുറ്റും കരിവണ്ട് വേദനയോടെ കരഞ്ഞു പറന്നത് ഒരുപക്ഷെ അദ്ദേഹം ശ്രദ്ധിച്ചിരിക്കയില്ല. എത്രയോ പൂവുകൾ. എത്രയോ വണ്ടുകളും. പ്രകൃതിനിയമമാണത്. അല്ല, അത് ശ്രദ്ധിക്കാതിരിക്കില്ല. കാരണം അദ്ദേഹം തന്നെ. ചുറ്റി പറക്കുന്ന കരിവണ്ടിനെ രണ്ടുമൂന്നു തവണ തട്ടിമാറ്റാൻ ശ്രമിച്ചിരുന്നു. ‘എന്തൊരു ഭ്രാന്തൻ വണ്ട് എന്ന് അദ്ദേഹം പിറുപിറുക്കുന്നുമുണ്ടായിരുന്നു.

ആദ്യം പുകുടയിൽ..

പിന്നെ ശ്രീകോവിലിലേക്ക്..

അവിടുന്ന് അങ്ങോട്ട് ചൈതന്യമാർന്ന പ്രതിഷ്ഠപിറത്തിലേക്ക്..

ആ നന്യാർമണിപ്പുവിന്റെ മേലേക്കുമേലേ മറ്റു പുകൾ വീണു തീരെ കാണാതായപ്പോഴും കരിവണ്ട് ദേവിയുടെ ബിംബത്തിനു ചുറ്റും മുളിപ്പിറന്നുകൊണ്ടേയിരുന്നു. മുളൽ ആദ്യം തേങ്ങളും... പിന്നെ വിതുവലുമായി.

എമ്പ്രാന്തിരി ശ്രീകോവിലിൽ കടന്നപ്പോഴും താൻ കരഞ്ഞു പറഞ്ഞില്ലേ, താൻ മോഹിച്ച തന്റെ പ്രണയത്തെ തനിക്കു വിട്ടുതരു എന്ന്. ദൃഷ്ടനായ പുജാരി എന്തെ അത് ചെവി കൊണ്ടില്ല.

വെളുത്ത് സുന്ദരമുഖിയായ താൻ പ്രാണന് തുല്യം സ്നേഹിക്കുന്ന നന്യാർമണിപ്പു ദേവിയുടെ കാൽക്കൽ ആത്മത്യാഗം ചെയ്തപ്പോൾ വണ്ടിന്റെ വിലാപം ഒരു പ്രാർത്ഥനയായി.

പിറ്റേദിവസം വെളുപ്പിന് നിർമ്മാല്യം നീക്കുന്നതിനിടക്ക് പിറത്തിനരികിൽനിന്ന് ഒരു തീർത്ഥശംഖ് കിട്ടിയത്രെ സുബ്ബു എമ്പ്രാന്തിരിക്ക്. നോക്കിയിരിക്കേ ആ ശംഖ് വളർന്നു വലുതായി വരികയായിരുന്നുവത്രെ. വലുതായി കൊണ്ടിരിക്കുന്നതിനിടക്ക് ഏതോ ഒരു ഇന്ത്യ ശംഖിന്റെ

തലഭാഗം പൊട്ടിച്ച് പുറത്തേക്ക് ഇഴഞ്ഞുപോകുന്നതും പെട്ടെന്ന് അപ്രത്യക്ഷമായതും അദ്ദേഹം കണ്ടുവെന്നു പറയുന്നു. അപ്പോൾ ദേഹമാസകലം എന്തോ ഒരു ഊർജ്ജപ്രവാഹം അനുഭവപ്പെട്ടുവെന്നും പിന്നെ സ്വബോധം തന്നെ നഷ്ടപ്പെട്ടിരുന്നതിൽ അദ്ദേഹം ശ്രീകോവിലിൽനിന്ന് പുറത്തേക്ക് ഇറങ്ങി ഓടിയെന്നുമൊക്കെ ആണ് കഥ.

എന്തായാലും ആ സംഭവം കഴിഞ്ഞതിൽ പിന്നെ അദ്ദേഹം കുറെക്കാലം അമ്പലത്തിനു ചുറ്റിലും അതു കഴിഞ്ഞ് കുറെ കാലം ആ കൊച്ചുഗ്രാമത്തിനു ചുറ്റിലും കറങ്ങിത്തീരിഞ്ഞു നടന്നു. അതിനിടക്ക് എന്തോ ഒരു ദിവസം സുബ്ബു എമ്പ്രാന്തിരി ആ നാട്ടിൽനിന്നുതന്നെ അപ്രത്യക്ഷനാവുകയായിരുന്നു.


ആ ശംഖ് ആണത്രെ ഇപ്പോഴും ഈ നന്യാർക്കാവിൽ ഉപയോഗിക്കുന്നത്.

നവതിയുടെ നിറവിലും നാരായണൻ നമ്പിശൻ ഈ കേട്ടറിവെല്ലാം ഓർത്തിരിക്കുന്നുവല്ലോ എന്നാണ് നാട്ടുകാരിൽ ചിലർക്ക് അനുഭൂതം.

കരിവണ്ടിന്റെ ശബ്ദസൗകുമാര്യവും നന്യാർമണിപ്പുവിന്റെ വർണ്ണമനോഹാരിതയും ഒന്നായതോ ഈ ശംഖ്!

തന്റെ ഉറ്റ സുഹൃത്തും തികച്ചും നിരീശ്വരവാദിയുമായ ദുര്യോധനക്കുറുപ്പിന്റെ കർണ്ണാനന്ദകരമായ പള്ളിയുണർത്തുന്നാദം. അത് ശ്രീ രാജരാജേശ്വരിക്കുപോലും എങ്ങനെ ഇഷ്ടമാകാതിരിക്കും? ■

Onasamsakal



Ravikumar Menon and Family

amvadini Music™

Makers of **Pallavi™** Musical Instruments

ദൈവത്തിന്റെ സ്വന്തം നാട്



വി വി അച്യുതൻ

പണമുണ്ടാക്കുവാൻ പരക്കെ പായുന്നു
 പല വേഷങ്ങളിൽ പല രൂപങ്ങളിൽ.
 പതിവുതയായ് ചമയും നാരിമാർ
 പലരെ പുൽകുന്നു പണമുണ്ടാക്കുവാൻ.
 പരിച്ഛിദ്യത്തവൻ പരമനെന്നലെ
 പിനാങ്കിൽ പോയതും പണമുണ്ടാക്കുവാൻ.
 പഠിച്ച കള്ളന്മാർ നാടു ഭരിക്കുമ്പോൾ
 പരക്കെ കൈക്കൂലി പിടിച്ചുവാങ്ങുന്നു.
 കഴുത്തറുക്കുന്ന കൊലയാളിസംഘം
 കശാപ്പു ചെയ്യുന്നു പൊതുസ്ഥലങ്ങളിൽ
 നിരപരാധികൾ മരിച്ചു വീഴുമ്പോൾ
 മിഴിച്ചു നിൽക്കുന്നു നിയമപാലകർ.
 ഭരണകേന്ദ്രത്തിൽ സരിതമാരുടെ
 നിതംബഭംഗികൾ നൂണപ്പിറക്കുന്നു.
 കരുണയില്ലാത്ത നിയമപാലകർ
 നിരപരാധിയെ കുരുക്കിൽ വീഴ്ത്തുന്നു.
 ഭരിക്കും മന്ത്രിമാർ മുതലാളിത്വത്തിൻ
 വിഴുപ്പലക്കുന്നു പണമുണ്ടാക്കുവാൻ.
 ചിരിക്കുമ്പോൾ കയ്യിൽ കഠാരതൻമുന
 ഒളിച്ചുവെച്ചിടും വിചിത്രജീവികൾ
 'ഇവിടെ ജീവിതം മലർത്തിവെച്ചൊരു
 മഹനീയ ഗ്രന്ഥം' മഹാകവിവാക്യം.

പെണ്ണേ....

ഈ പതിനാറാം ജന്മദിനത്തിൽ
 സമ്മാനമായ് ഞാനെന്തു തരും?

നഗരായനത്തിൽ തേഞ്ഞ
 ഹൃദയത്തിന്റെ ഒരു കണ്ണും.
 ട്രാക്കിൽ ചിതറി തെറിച്ച് പരുക്കോ
 പ്രണയാക്ഷരങ്ങളിൽനിന്നും
 പെറുക്കിയെടുത്ത ഒരു വാക്ക്.

ജന്മദിനാശംസകൾ



കെ വി എസ് നെല്ലുവായ്

വാക്കുകൾ വരണ്ട അക്ഷരഖനിയിൽ-
 നിന്നെടുത്ത ഒരു ആശംസാവചനം
 അസ്വസ്ഥചിന്തകളിൽ വേറിച്ച്
 ഒരു പിടിപ്പോര്
 മറവി കയറിയ ഓർമ്മയിലെ അറിവ്,
 വേണ്ട,
 മുഖപുസ്തകത്തിൽ പാഞ്ഞു കയറി
 മാഞ്ഞു മാഞ്ഞു പോകുന്ന
 ആയുസ്സില്ലാത്ത ആശംസ തരാം
 ഈമെയിൽ പെട്ടി തുറന്നു
 വർണ്ണങ്ങൾ ചാർത്തിയ
 ചിലവില്ലാചിത്രണങ്ങൾ അയക്കാം.

അതുമല്ലെങ്കിൽ,
 കാമവെറിയുടെ ഒരു നോക്കു തരാം
 ലഹരി മണക്കുന്ന ഒരു ചുടുചുംബനം തരാം.

കാണാക്കാഴ്ചകളുടെ കടലുകൾ താങ്ങി
 അനുഭവങ്ങളുടെ ഐസ്ക്രീം നൂണയാം
 ഒരു പീഡനചരിത്രംതന്നെ കുറിക്കാം
 അപകടപർവ്വം പടി കയറിയാൽ
 ഒതുക്കാം ഒരൊറ്റ കിട്നേഷനിൽ.

എനിക്കറിയില്ല പെണ്ണേ
 ഈ പതിനാറാംജന്മദിനത്തിൽ
 നിനക്കു ഞാനെന്തു തരും?



CARE OF MANE IN MONSOON

Monsoon is here once again bringing along with it bad hair days! After the scorching heat of summer rains give us relief and the nature also looks greener and fresh. But monsoon is not good for our hair. Rain drops, dirty water, dust, pollution and increased humidity have adverse effects on hair.



Dr. (Major) Nalini Janardhanan

■ Hair gets sweaty due to humidity. The sweat on scalp and hair can attract dust and dirt leading to fungal infection. Hair gets wet and greasy during rains which may cause hair fall. The dirt, dust and

increased humidity along with oily scalp may lead to dandruff. Monsoon turns your hair dull and limp. And your scalp gets greasy leading to loss of hair and dandruff. So your tresses need some extra care in monsoon.

Tips for Hair care in monsoon

Actually the growth and texture of hair varies from person to person. Your diet and hair care regimes also plays an important role in keeping your hair healthy.

- If you get drenched in rains, it is better to wash your hair once you come back home.
- Wash your hair regularly using a mild shampoo and gentle conditioner.
- After washing, towel dry or air dry your hair. Use a soft towel to dry your hair. Don't rub it vigorously while drying your hair.
- Don't use hair dryer as it may damage your hair.
- Wet and tangled hair can be dealt with your fingers and then combed with

a wide toothed comb after drying.

- Don't use sharp combs.
- Avoid too much of brushing especially when your hair is wet. Use brushes with soft bristles only. Keep your brushes and comb clean.
- Leave your hair open or try a loose bun when your hair is still wet.
- Don't tie or braid your wet hair. It may cause breaking of hair strands. Tie your hair only after it becomes completely dry.
- Avoid colouring of hair in monsoon.
- Avoid hot-air treatments like perming & straightening in monsoon. Minimise the use of hot irons and curling irons. It may make your hair dry and frizzy leading to breakage, hair fall and split ends.
- Don't put hair accessories on wet hair.
- Don't use gels, serums and other styling products in monsoon. They may make your hair flat and sticky. The sweat content of hair also may increase.
- Avoid using too many hair products. Choose only the hair products which suit your hair type. Don't buy products just by seeing their Ads.
- You may keep your hair trimmed or you can opt for a short hair cut in monsoon.
- Protect your hair from humidity. Try to cover your hair while going out in rains or if you happened to be outside in rains. Use a scarf, wide brimmed hat or

umbrella to cover your hair and head.

- Once in a week or so you may give a hair and head massage with warm coconut oil. After that tie a wet towel on your head like a turban. Leave it for 5-10 mts and then remove. Oil can be left on the scalp for 2 hrs and then washed off with a mild shampoo. Massaging head will increase blood circulation to the scalp. This is good for your hair.
- If you notice boils and dandruff on your scalp, you may apply anti dandruff shampoo and take antibiotics for boils (only after consulting a doctor)

A homemade hair treatment for dandruff and hair fall

Soak Methi (Fenugreek) seeds in water overnight. Grind them using water. Apply this paste on scalp and hair. Leave it for 15-20 mts. Wash it off with a mild shampoo.

- Have a balanced and nutritious diet for healthy hair. Your diet must contain Iron, Calcium, Vit A, C, E, protein and minerals as these are all good for the hair. Include foods like whole grains, dairy products (milk and milk products), nuts, kidney beans (Rajma), Carrots, Eggs, Green leafy vegetables, cucumber and fruits in your diet.
- Wishing a Happy Monsoon to you!
(your hair!) ■

CHOLESTEROL GOOD OR BAD?

There are certain foods that help reduce cholesterol levels. Dr (Major) Nalini Janardhanan mentions about them in this article. (Part II)

Saturated Fats

Saturated fats come from 1) animal products like lamb, pork, beef, poultry with skin, butter, cream, cheese and other dairy products 2) plants like coconut, coconut oil, palm oil and cocoa butter.

Unsaturated Fats

These are found in fish, walnuts, avocado and vegetable oils like soya bean, corn, safflower, canola, sun flower and olive oil. They help to improve cholesterol. There are 2 types Monounsaturated and Polyunsaturated fats.

Transfats

These are partially hydrogenated oils found in fried foods, bakery items, pastries, pizzas, pies, cookies, doughnuts and crackers.

Both Transfats and some of the saturated fats increase the levels of LDL cholesterol and decrease the levels of HDL

cholesterol thus increasing risk of heart disease.

American Heart Association recommends that adults aged 20 yrs or older should have their cholesterol and other risk factors checked every 4-6 yrs.

Treatment for High Cholesterol

If high cholesterol is detected, doctor prescribes medicines (like 'statins') to

reduce it and also healthy eating along with lifestyle changes.

Changes in Life Style

- Avoid smoking and exposure to second hand smoke (sitting near a smoker)
- Manage your weight. You should not be overweight or obese.
- Eat a heart healthy diet containing fruits, whole grains, vegetables, low fat dairy products, poultry, fish and nuts.
- Take diet low in saturated fats, transfats, cholesterol, salt and sugar.
- Have low fat or fat free dairy products.
- Include fish in your diet at least twice a week.
- Limit red meat, sugary foods and beverages.
- Reduce transfats and saturated fats.
- Reduce the intake of bakery products, fried food items and fried fast foods.
- Trim visible fat from meat before cooking.



- Remove skin from chicken.
- Don't deep fry food items. You may boil or broil chicken.
- Use soft (liquid type) margarine as substitute for butter.
- Use a rack to drain off fat while broiling or roasting.
- Opt for vegetarian diet.
- Use very less oil while cooking. You may add herbs and spices to make food tastier.
- Increase fibre in your diet- Use brown rice, nuts, oats, fruits and leafy vegetables.
- Use whole fruit in place of fruit juice.
- Eat lot of raw vegetables in salad form.

Be Physically Active

- Exercise regularly. 40 minutes of moderate to vigorous aerobic exercise is good for health at least 3-4 times a week.
- Brisk walking, Swimming, cycling

5) Berries: All types of berries like strawberry, cranberry, blueberry, mulberry, huckleberry, gooseberry etc are packed with calcium, Vit C, Fibres, Vit C and Beta Carotene. They can be used with yoghurt or breakfast oats. Blueberry has the most nutrients and it helps to reduce bad cholesterol and support liver function.

6) Soya bean: This is especially good for women after menopause. You may add soy chunks to rice or stir fry with vegetables. Soy milk can be used with cereals or as milk shake.

7) Fish and seafoods containing Omega 3 fatty acids.

8) Tomatoes: containing Lycopene, a phyto chemical that helps to reduce bad cholesterol and decrease the risk of heart disease and cancers. They also improve memory and can be used as an anti-ageing food.

9) Dark chocolate: It contains flavonoids (a type of anti-oxidants)

which helps to reduce cholesterol. Dark chocolate also has oleic acid (the same type of monosaturated fat in olive oil) which is good for heart.

10) Beans: Beans, peas, chickpeas and lentils can reduce LDL(bad) cholesterol and reduce the risk of heart disease due to high fibre content.

11) Red wine: Antioxidants (polyphenols) in red wine are said to protect your heart.

12) Rajma(kidney beans): containing soluble fibre helps to reduce cholesterol.

13) Apples: Phytochemicals in apples prevent blood from clotting. Apples are rich in vitamins and fibres.

14) Avocado: This fruit contains heart-healthy mono-saturated fats which help to reduce LDL cholesterol and triglycerides and also increase HDL cholesterol.

15) Steamed vegetables: Steaming and eating vegetables like carrots, green beans, egg plant, okra, beetroot and



and dance will keep you fit.

- Treat hypertension, Diabetes and Heart diseases if you have any.

Cholesterol Lowering Foods

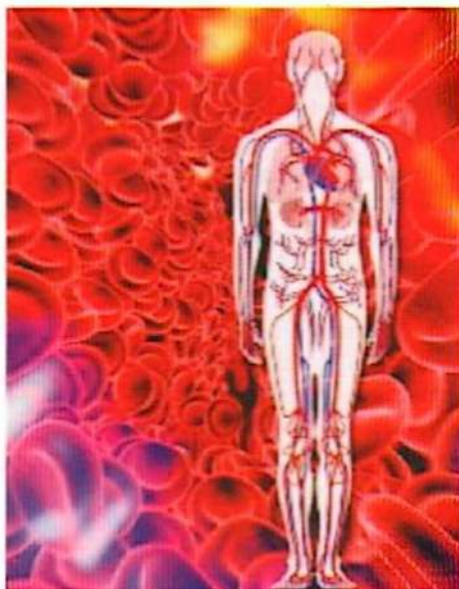
Some food items help to lower bad cholesterol or increase good cholesterol.

1) Nuts: All types of nuts like peanuts, pistachios, almonds, walnuts are good for heart.

2) Oats: Best source of soluble fibre. The high fibre content in oats helps to reduce cholesterol.

3) Garlic: Sulfur containing antioxidants in garlic are good for health.

4) Almonds being high in fibres and Vitamins (Vit E) help to control cholesterol. But since almonds are high in calories, eat them in small quantities.



cauliflower help to reduce bad cholesterol.

16) Olive oil: This is rich in antioxidants and heart healthy monounsaturated fats which help to reduce LDL cholesterol and increase HDL cholesterol. It is also rich in phenolics which help to prevent blood from clotting. Just 2 tablespoonful of olive oil is good for heart in daily cooking.

Ginger, green tea, chicory root (additive in coffee), beetroot, yoghurt, flaxseed, spinach, barley, grapejuice, orange juice, broccoli, celery, fenugreek seeds and leaves, egg plant, onions, coriander powder and turmeric are some food items which may help to reduce cholesterol. ■

SYNTHETIC DRUGS THE NEW BANE



Dr Sujatha Nair

Synthetic drugs are taking the world of drug usage by a storm. These are chemically altered or laced substances mimicking marijuana, cocaine and

methamphetamines and sold over the counters in shops.

The packaging of the drugs always indicate "Not fit for human consumption" but are blatantly sold.

Every 2-3 weeks a new altered synthetic drug hits the market even before the authorities can test them to know their effects and danger or even legislate to decide their illegality. The loopholes are first figured out in the regulations by replacing a banned chemical compound in a synthetic cannabinoid or cathinones as some are called with a new formulation unknown to authorities. So consumers are totally unaware of the reactions of some of these chemicals. Thus they are very dangerous as they contain chemicals that can be several times more stronger than the original chemical compound they are mimicking. There have been several fatalities linked to use and abuse of synthetic drugs.

Some of the Synthetic drugs and their effects:

Synthetic Marijuana-

Sold as incense, products like Spice, G-Four, K2, Yucatan fire, Skunk, Moon rocks, Mojo etc. These are chemicals mimicking as cannabinoids sprayed on random herbs/ leaves and sold. Effects- extreme anxiety, nausea, paranoia, confusion, hallucinations. It has also been associated with elevated blood pressure, reduced blood supply to

the heart.

Long term effects- affects short term memory, motivation, emotional instability, reasoning, learning and stamina are adversely affected.

5 MeO-DMT

Is made synthetically and also derived from the venom sac and skin of a type of toad *Bufo alvarius*. It is vaporized, insufflated or injected. The experiences are immersive, like a rushing sensation, a shifting of perspective, of short duration, there is an experience of a void, dissociation. Excessive usage can also result in death.

LSZ Lysergic acide 2,4 dimethylazetidide

It is an ergoloid or synthetic form of LSD Effects can result in severe paranoia.

MXE is a "replacement dissociative" that mimics the effects of drugs like Ketamine and PCP. Dissociatives disrupt the actions of the brain chemical glutamate at certain types of receptors on nerve cells throughout the brain causing the distortion of perceptions of sight and sound and producing a feeling of detachment from the environment and one's self. Dissociatives can impair vision and the hearing, cause anxiety, memory loss, impaired motor skills, numbness, and many other unpredictable symptoms that can last for hours and sometimes days.

Flakka and bath salts also called cathinones are considered "replacement euphoric stimulants and empathogens" and are meant to mimic the effects of both amphetamines and hallucinogens. It can also contain mephedrone.. -Bath salts are sold as crystalline powder in a small bag with names such as Ivory Wave, Blow, Red Dove, Vanilla Sky

Aura, Zeus 2, Zoom, Bliss, Blue Silk, White Lightning, Ocean, Charge, White Dove and others. Flakka contains alpha-PVP, a chemical cousin of cathinone, the amphetamine-like drug found in bath salts which was banned in 2011. These drugs cause a surge in two chemicals: the feel-good chemical dopamine (responsible for the euphoric sensations) and norepinephrine (which raises heart rate and blood pressure and can make us more alert).

■ Excessive use has been linked with feelings of extreme anxiety, paranoia, hallucinations, and violent behavior., seizures, insomnia, chest pain, self mutilation.

■ Users frequently describe the high as "horrible" and report seeing demons, monsters, foreign soldiers or aliens. Some have symptoms for 2-3 days. Some require long term psychiatric care because their symptoms don't improve.

Long term physical effects- Kidney failure, Liver failure, Increased risk of suicide, long term mental illness etc.

In India as in other countries, these drugs are available through mail order sites where they are sold as research chemicals. As a result they are not marked as scheduled drugs in India nor covered in the NDPS act due to which they get cleared at customs. Thus they enter the country legally ready for consumption.

Awareness about the solution to addiction is as important as awareness of the problem- ie treatment in a voluntary, confidential, conducive, compassionate environment. ■

For any clarifications contact
Dr Sujatha Nair on 09820330439



Anatta Humaniversity Pvt.Ltd.
Contact Person:
Ms. Vandana Hiranandani
+91 9967334000
Website- www.anatta.in

SYNTHETIC DRUGS THE NEW BANE



Dr Sujatha Nair

Synthetic drugs are taking the world of drug usage by a storm. These are chemically altered or laced substances mimicking marijuana, cocaine and

methamphetamines and sold over the counters in shops.

The packaging of the drugs always indicate "Not fit for human consumption" but are blatantly sold.

Every 2-3 weeks a new altered synthetic drug hits the market even before the authorities can test them to know their effects and danger or even legislate to decide their illegality. The loopholes are first figured out in the regulations by replacing a banned chemical compound in a synthetic cannabinoid or cathinones as some are called with a new formulation unknown to authorities. So consumers are totally unaware of the reactions of some of these chemicals. Thus they are very dangerous as they contain chemicals that can be several times more stronger than the original chemical compound they are mimicking. There have been several fatalities linked to use and abuse of synthetic drugs.

Some of the Synthetic drugs and their effects:

Synthetic Marijuana-

Sold as incense, products like Spice, G-Four, K2, Yucatan fire, Skunk, Moon rocks, Mojo etc. These are chemicals mimicking as cannabinoids sprayed on random herbs/ leaves and sold. Effects- extreme anxiety, nausea, paranoia, confusion, hallucinations. It has also been associated with elevated blood pressure, reduced blood supply to

the heart.

Long term effects- affects short term memory, motivation, emotional instability, reasoning, learning and stamina are adversely affected.

5 MeO-DMT

Is made synthetically and also derived from the venom sac and skin of a type of toad *Bufo alvarius*. It is vaporized, insufflated or injected. The experiences are immersive, like a rushing sensation, a shifting of perspective, of short duration, there is an experience of a void, dissociation. Excessive usage can also result in death.

LSZ Lysergic acid 2,4 dimethylazetidide

It is an ergoloid or synthetic form of LSD Effects can result in severe paranoia.

MXE is a "replacement dissociative" that mimics the effects of drugs like Ketamine and PCP. Dissociatives disrupt the actions of the brain chemical glutamate at certain types of receptors on nerve cells throughout the brain causing the distortion of perceptions of sight and sound and producing a feeling of detachment from the environment and one's self. Dissociatives can impair vision and the hearing, cause anxiety, memory loss, impaired motor skills, numbness, and many other unpredictable symptoms that can last for hours and sometimes days.

Flakka and bath salts also called cathinones are considered "replacement euphoric stimulants and empathogens" and are meant to mimic the effects of both amphetamines and hallucinogens. It can also contain mephedrone.. -Bath salts are sold as crystalline powder in a small bag with names such as Ivory Wave, Blow, Red Dove, Vanilla Sky

Aura, Zeus 2, Zoom, Bliss, Blue Silk, White Lightning, Ocean, Charge, White Dove and others. Flakka contains alpha-PVP, a chemical cousin of cathinone, the amphetamine-like drug found in bath salts which was banned in 2011. These drugs cause a surge in two chemicals: the feel-good chemical dopamine (responsible for the euphoric sensations) and norepinephrine (which raises heart rate and blood pressure and can make us more alert).

■ Excessive use has been linked with feelings of extreme anxiety, paranoia, hallucinations, and violent behavior., seizures, insomnia, chest pain, self mutilation.

■ Users frequently describe the high as "horrible" and report seeing demons, monsters, foreign soldiers or aliens. Some have symptoms for 2-3 days. Some require long term psychiatric care because their symptoms don't improve.

Long term physical effects- Kidney failure, Liver failure, Increased risk of suicide, long term mental illness etc.

In India as in other countries, these drugs are available through mail order sites where they are sold as research chemicals. As a result they are not marked as scheduled drugs in India nor covered in the NDPS act due to which they get cleared at customs. Thus they enter the country legally ready for consumption.

Awareness about the solution to addiction is as important as awareness of the problem- ie treatment in a voluntary, confidential, conducive, compassionate environment. ■

For any clarifications contact
Dr Sujatha Nair on 09820330439



Anatta Humaniversity Pvt.Ltd.
Contact Person:
Ms. Vandana Hiranandani
+91 9967334000
Website- www.anatta.in

പ്രമദവനം വീണ്ടും

Film: His Highness Abdulla (1990) Director: Sibi Malayil

Lyrics: Kaithapram Music: Raveendran
 Singer: K J Yesudas Raagam: Jog



Karthika



Kaithapram

പ്രമദവനം വീണ്ടും ജതുരാഗം ചൂടി
 പ്രമദവനം വീണ്ടും ജതുരാഗം ചൂടി
 ശുഭസായാഹ്നം പോലെ.. ശുഭസായാഹ്നം പോലെ..
 തെളിദീപം കളിനിഴലിൻ കൈക്കുമ്പിൾ നിറയുമ്പോൾ എൻ... (പ്രമദവനം..)

ഏതേതോ കഥയിൽ സരയുവിലൊരു ചുടുമിഴിനിർ കണമായ് ഞാൻ
 ഏതേതോ കഥയിൽ സരയുവിലൊരു ചുടുമിഴിനിർ കണമായ് ഞാൻ
 കവിയുടെ ഗാനരസാമൃതലഹരിയിലൊരു നവകണക
 കിരീടമിതണിയുമ്പോൾ... ഇന്നിതാ... (പ്രമദവനം..)



Raveendran

ഏതേതോ കഥയിൽ യമുനയിലൊരു വനമലരായ് ഒഴുകിയ ഞാൻ
 ഏതേതോ കഥയിൽ യമുനയിലൊരു വനമലരായ് ഒഴുകിയ ഞാൻ
 യധുകുല മധുരിമ തഴുകിയ മുരളിയിലൊരു
 യുഗസംക്രമഗീതയുണർത്തുമ്പോൾ.. ഇന്നിതാ... (പ്രമദവനം..)

Transliteration:

Ā, ā = ആ, റ; c = ച; Ē, ē = ഏ, ഏ; Ī, ī = ഇ, ി; Ō, ō = ഓ, റ-ഓ;
 ṛ = ള, ഴ; Ś, ś = ; Śṣ = ; Ṣṣ = ; Ṭṭ = ; Ṇ. ṇ = ണ ; ū = ു;

Pramadavanam vintum riṭu rāgam cūti
 Pramadavanam vintum riṭu rāgam cūti
 Shubha sāyahnam pōle.. Shubha sāyahnam pōle..
 Ṭeli deepam kali nizhalin kaikkumbiḻ nirayumboḻ Enn.. (Pramadavanam)



K. J. Yesudas

Ēṭeṭō kathayil sarayuviloru cutu Mizhineer kanamāy njaan
 Ēṭeṭō kathayil sarayuviloru cutu Mizhineer kanamāy njaan
 Kaviyute gāna rasāmriṭalahariyiloru nava
 Kanaka kirītamīṭanīyumboḻ..innīṭāā.... (Pramadavanam)

Ēṭeṭō kathayil yamunayiloru vanamalarāy ozhukiya njān
 Ēṭeṭō kathayil yamunayiloru vanamalarāy ozhukiya njān
 Yadukula madhurima ṭazhukiya muraliyiloru
 Yuga samkrama gīṭayunṛṭṭumboḻ..innīṭhāā... (Pramadavanam)

His Highness Abdulla(1990), directed by Sibi Malayil and produced by Mohanlal under the banner of Pranavam Arts was a box office hit when released. Its story was written by Lohitadas. Main actors were Mohanlal, Nedumudi Venu, Goutami, M G Soman, Mamukoya, Kaviyoor Ponnamma, Thikkurissi, Jagadish, Kaithapram, and many others. There are five Malayalam songs written by Kaithapram and one Hindi song by Madhu (Bihar). All of them were well received.

WAITING FOR THE RIGHT ROLE:

ANU JOSEPH

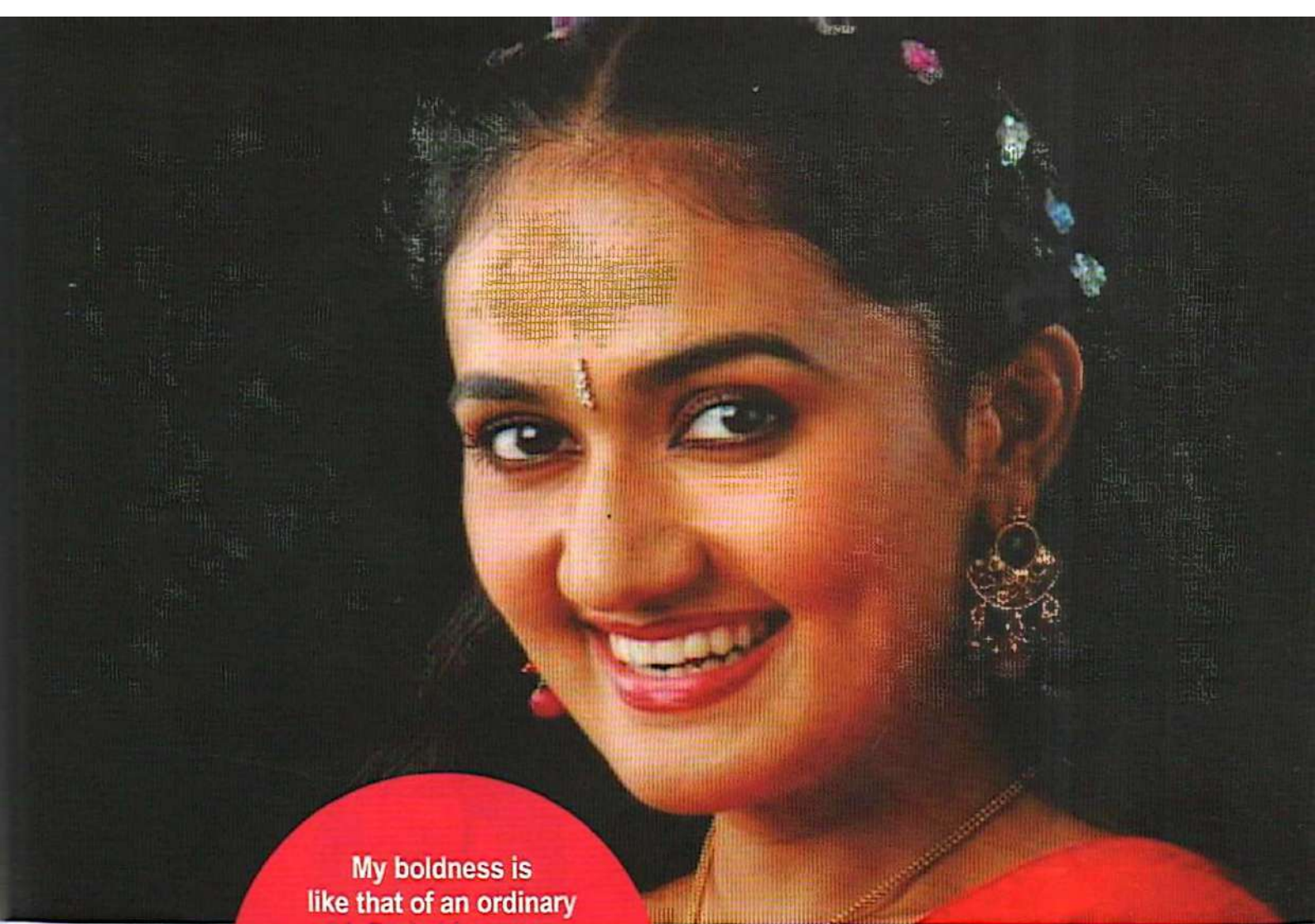
TV viewers do not get bored by seeing the face of Anu Joseph in serial after serial. She does not do many serials simultaneously. She is very selective about the role she does and concentrates only on one at a time. Now she does a fantastic role as Sathyabhama in serial 'Karyam Nissaram'.

Q: These days when we switch from one channel to a second or from a second to a third channel, we see the same face. But in your case, this is different. Why?

A: Years ago, I faced the camera for the first time for a serial with Anishettan, to do a video album. Then came 'Minnu kettu' and now 'Karyam Nissaram'. He is a good artist and does everything under his command to make it the best. When our partner does well, we too strive to match him or her. There develops a kind of sportive competition! He points out even our smallest mistakes and helps to rectify them. To say the least, there is a healthy competition between us. Many who watch our serial asked me, "Do you really compete with him?"

Q: Are you afraid of type casting?





My boldness is like that of an ordinary girl. Probably you are evaluating me on the basis of the characters I played. I present my personal views when I dislike certain things.

A: Never. My first serial was 'Minnukettu' and I had a good character in it. It was followed by 'Manaporutham' and again a positive role. Then 'Makalude Amma' with a strong negative role! Then several humorous roles. I don't think I am getting type cast. I am confident I can do any type of roles.

Q: How did you start your active career?

A: My first serial was 'Chithralekha' on Surya TV, with one telecast a week. I became active with 'Minnukettu'. My first film was of T V Chandran Sir's 'Pathom oru Vilapam' followed by 'Vellimoonga', 'Maithri' and 'Sapthama Sri Thaskara'. My next film to be released soon is 'Pathemari'. My selection of work is always based on good character, competitive director and amicable crew. The number does not make sense. I prefer serial like

'Karyam Nissaram' that reaches out to the audience and transmits a positive energy to them.

Q: On the screen you always looked a bold girl. Are really so in real life?

A: My boldness is like that of an ordinary girl. Probably you are evaluating me on the basis of the characters I played. I present my personal views when I dislike certain things. When offers are made, they make my characters very colourful but when we start working we realise that the importance of my role was not as I am told. Then I tell them my views and gently withdraw from such set up. Perhaps they have not done it deliberately. It could be rating problem, co-artist problem, and so on. Everyone likes good set up, good director and good character. Don't they?

Q: This attitude might have contributed a

few enemies. Hasn't?

A: I don't think so. It can't be enmity, a kind of animosity. But it is always better to be open in such cases. When the environment is good, I can give a better performance. I don't believe in suppressing the feelings and give a routine performance.

Q: About Mumbai Malayalees?

A: I have been there several times. Even these days I do come there for stage shows. I am running a Ladies Textile shop near my house at Kasargod. In that connection also, I need to come to Mumbai. It is one of my favourite cities in India.

Q: Awards?

A: For 'Karyam Nissaram' I received several awards. But the State award is still away. Since 1990 I have been Kalathilakam for three consecutive years in Kasargod district.

Q: Family?

A: Father, mother and a younger sister and we live here in Kasargod.

PUTHIYA NIYAMAM

■ Decades later, Mammooty puts on the cloak of an advocate for this movie. The shooting commenced in Enakulam. Nayantara is the leading lady. This is the debut film of screenplay writer A K Sajan as director. The story is penned by Narayanan Kutty. Besides Jayaraj Varier and Ponnamma Babu, noted screenplay writer A S Swamy is also donning a role in this film. Geo Abraham and P N Venugopal produce this film under the banner of V G Films.



CHARLIE

■ After 'ABCD', Dulkar Salman joins with Martin Prakat for Charlie. The film has already completed the shooting. Dulkar appears in various get-ups in it and its story is a closely guarded secret. The heroines are Aparna Gopinath and Parvati Menon. It is produced under the banner of Finding Cinema.

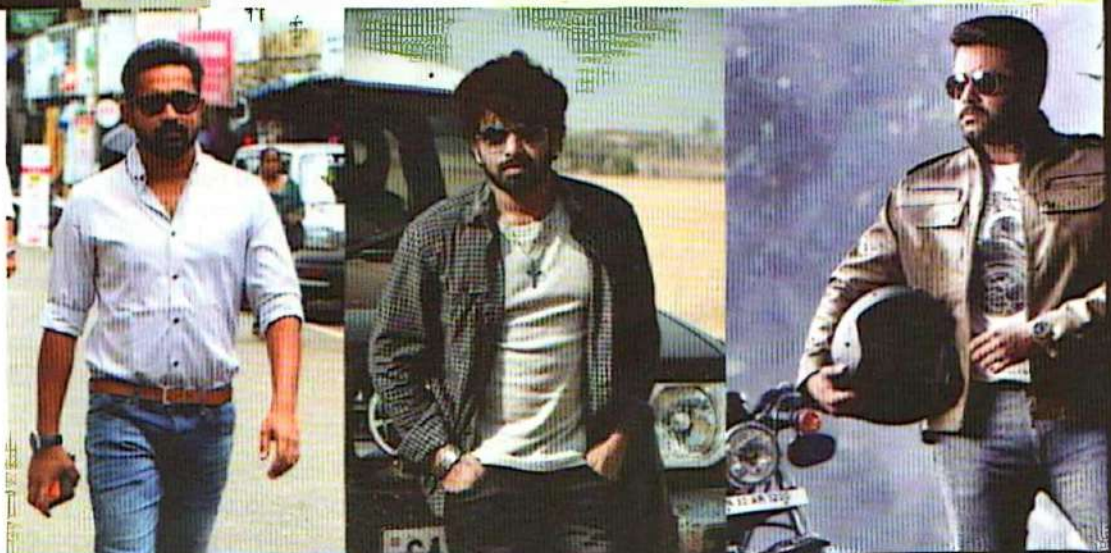


PULI MURUGAN

■ The shooting of 'Puli Murugan' with Mohanlal in the title role continues in Kothamangalam and Pooyamkutti. Vaishak who is identified with high budget films, directs the film with producer Tomichan Mulakupatam. Udaykrishna Siby K Thomas writes the screenplay.

KOHINOOR

■ Asif Ali's first production 'Kohinoor' completed its shooting. Besides Asif, Indrajit and Sunny Wein have important roles in it. Director of 'Kili poyi' Vinay Govind wields the megaphone.





Kerala in Mumbai

LINKING MUMBAI MALAYALEES

Email: keralainmumbai@gmail.com

Website: keralaimumbai.com

— 98201 10509 —