

FEW
The Saviour of the Western Ghats

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Kerala in Mumbai

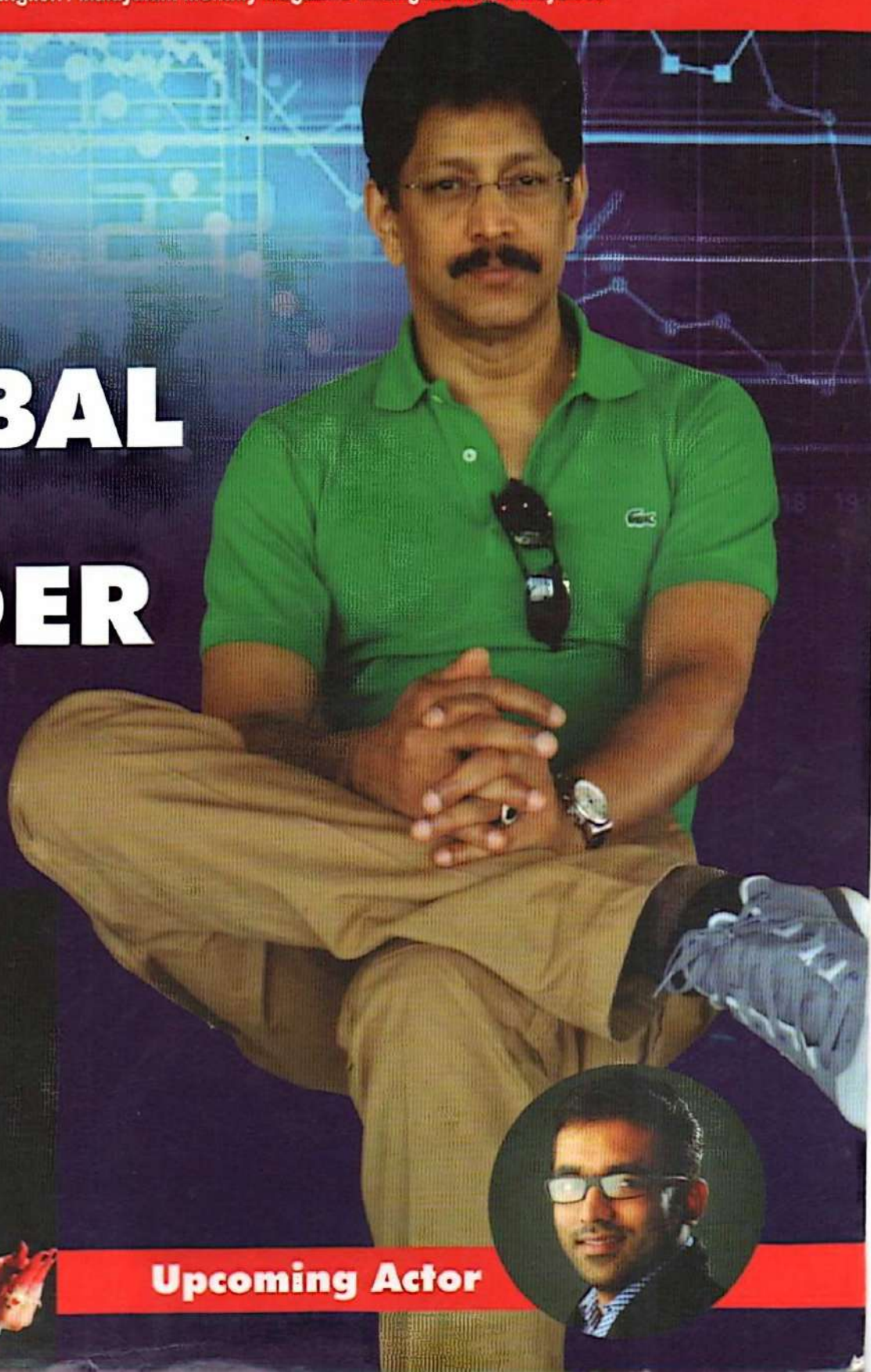
The Only English / Malayalam Monthly Magazine linking Mumbai Malayalees

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Time for a change in attitude

Several decades ago a well known poet of Kerala exhorted us,
'When the word *Bharatam* is heard
Our mind should be filled with pride;
When the word *Keralam* is heard
In our veins should boil the blood.' (Vallathol)

Those were the days when such exhortations were not felt needed because what he asked us for was natural to us. Today we have moved down and are after freebies in money or kind. During the first half of twentieth century and a little later, thousands of Malayalees moved to other states in search of a livelihood without any pressure from the administration, and we have experienced or read about the hardship one had to undergo to reach their city of dreams and then to suffer turmoil to eke out a living. Money flowed from Mumbai towards South. Those magnificent men had a lot to complain but they kept all of them within their mind and silently suffered. This phase continued till the Gulf countries became another paradise for job seekers.

Now hardly any money flows down rather it comes to this city by way of selling assets there left behind by ancestors. Many Keralites perished here or returned to their native state while some prospered here and became leaders of the new comers. They started Bombay Keraleeya Samajam, an oasis for new comers, soon to be followed by smaller associations in suburbs. As is natural to Malayalees, groups emerged on the basis of political lineage, caste, religion, profession etc and undercurrent politics followed. There is hardly any association now without divisive tendencies.

Each group started their one-upmanship to score over others. Collectively and divisively each started their campaigns. Lack of travel facilities was one issue which would never end. Then came the issue of Kerala House in Vashi, an abode for politicians and bureaucrats while visiting this metropolitan city. There are various demands out of this place. We never tried like the Tamil, Telugu or Kannada communities to build own state houses but wanted the Kerala government to build one and hand over to us to administer. We want the state government (of Kerala) to provide financial assistance for those undergoing distress, financial assistance to build private houses here for the poor. It is deplorable to follow what our brethren do there, always after the government for welfare schemes, medical assistance, pensions for various categories, subsidy for all types of farming starting from paddy, rubber, pepper, fish, milk, vegetables and there is no end in sight. When will we learn to stand on our own feet?

People in Kerala believe that Bombaites have plenty of money. Though this is a misinformation, let us help maintain that MI and raise our collars up with some false pride.

We want government of Kerala to make arrangement to teach our children Malayalam but we are not ready to teach them ourselves. When we are not willing to talk our mother tongue inside our home, how can we teach our children to talk, read and write Malayalam? When Malayalees are finding remedial measures to increase the distance between already existing liquor bar and the road by making round about pathway and drink to the heart's content till admitted in hospitals for kidney and other related ailments, we are clamouring for free medical assistance. We want our artistes and writers to be recognised by awards and fellowships, forgetting O V Vijayan, M Mukundan, VKN, N S Madhavan, Sethu, M K Menon, Parappurath, Kovilan, Nandanar et al who received them while not living in Kerala.

Our Vote, Ration Card, PAN Card, Adhar Card and all other similar identities are all based here and as such we are Maharashtrais or Mumbaikars. Why we should strive to rob the benefits of our kith and kin there? Mumbai is known as the financial capital of India. We should raise funds here and invest it in Kerala to make them realize our fondness for that land that was once ours too. We claim we love our language but how many of us buy and read books written in Malayalam by Malayalees living in this city or elsewhere? We claim nearly fifteen lakhs of Malayalees reside here but how many thousands of copies of Malayalam news papers or periodicals sold here? Mere pittance!

Let us remember what once Winston Churchill told his countrymen: "I have nothing to offer but blood, toil, tears and sweat. We have before us an ordeal of the most grievous kind." J F Kennedy urged his countrymen to "ask not what your country can do for you ask what you can do for your country."

We quoted two foreigners; not because they are superior to us but we love to talk in English in Malayalam programmes.

Thank You KIM

Your pages on Matrimonial Alliances is very helpful to Mumbai Malayalees in fixing marriages among Mumbai Malayalees. Though many of us have settled in Mumbai and other cities of Maharashtra, we would like to keep in touch with Kerala culture and customs when it comes to weddings, festivals etc. In this context, I must reiterate the good deed you are doing by publishing a Matrimony column.

As an avid reader of Kerala in Mumbai I look forward to more and more articles from you about our wonderful state.

*Bhaskaran Nair
Ghatkopar.*

Current Features

The article on SubhasChandranthat was published in June 2017 of Kerala In Mumbai was very interesting. NCPA is a very prestigious art Centre in the country. That a Government servant should leave his job for the cause of art is noteworthy. Another important point that we Mumbai Malayalees should remember is that we have among us a person who had served stalwarts of Indian History like Pandit Jawaharlal Nehru and Smt Indira Gandhi.

Request you to include in your

pages similar features on remarkable Indian Personalities.

*Sankar Raman
Vile Parle*

Features on Varied topics

Hats off to *Kerala in Mumbai* that has been regularly bringing news about Kerala and Mumbai Malayalees to readers like us. With your articles on various subjects from history to literature to music you are offering a delicious plate of varied dishes to suit the palates of Malayalees of all ages.

Keep up the good work.

*Saroja Ganesan
Dadar*

Your editorials

Readers of periodicals generally read the Editorial (some even call it Leader) if they have nothing else to peruse. In many magazines the editorial is found common as they always delve on current topics. You also seem to follow the same but with a difference. You are always going to the genesis of the subject and update the knowledge of young readers who might have had hardly any knowledge about the events occurred several decades ago. It is true because many prominent books by esteemed authors are no more available in print. Many books of yore such as 'Between the lines' and

'India the critical years' by KuldeepNayar, 'India wins freedom' by Abdul Kalam Azad or the book of V P Menon on the integration of princely states into India are some to remember. Kerala In Mumbai brings such things up for the new generation, a point well appreciated. March forward, Sir, we are watching keenly to such gems.

*-Thomas John,
Thane*

Reni Francis shows the way

Mumbai is not only the cynosure of business but also of education, robbing that tag from Pune. The way Dr Reni crawled her way to position that she is in today is inspiring. She could achieve this position because of her love of subject and profession. It is all the more important that she does not rest after securing her credentials but continues to pursue her line. This will be an eye opener to other female Malayalee teachers of Mumbai, whose number is significant.

When women take keen interest in any field, they will have more followers. I appeal to all female teachers to follow the path of Dr Reni and try to overtake her.

*-Bindu Nair,
Borivli*

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

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As a student Sachin was fairly good in studies and actively involved in politics, literary and recreational activities including sports and NCC. During this time he was also holding the post of President of Youth Congress in his village. "To distract me from my ever increasing political involvement, my parents forced me to leave Kerala. That's how I landed in Mumbai in 1982," he recalls.

He was fairly known and respected in the village, "may be because of the family or the political space which I occupied and I used to feel proud about it. Once I landed in Mumbai at the mercy of my uncle, I realised the real worth of me in a competitive world. My identity was lost in this city and it seemed as if no one cared for one another," he says.

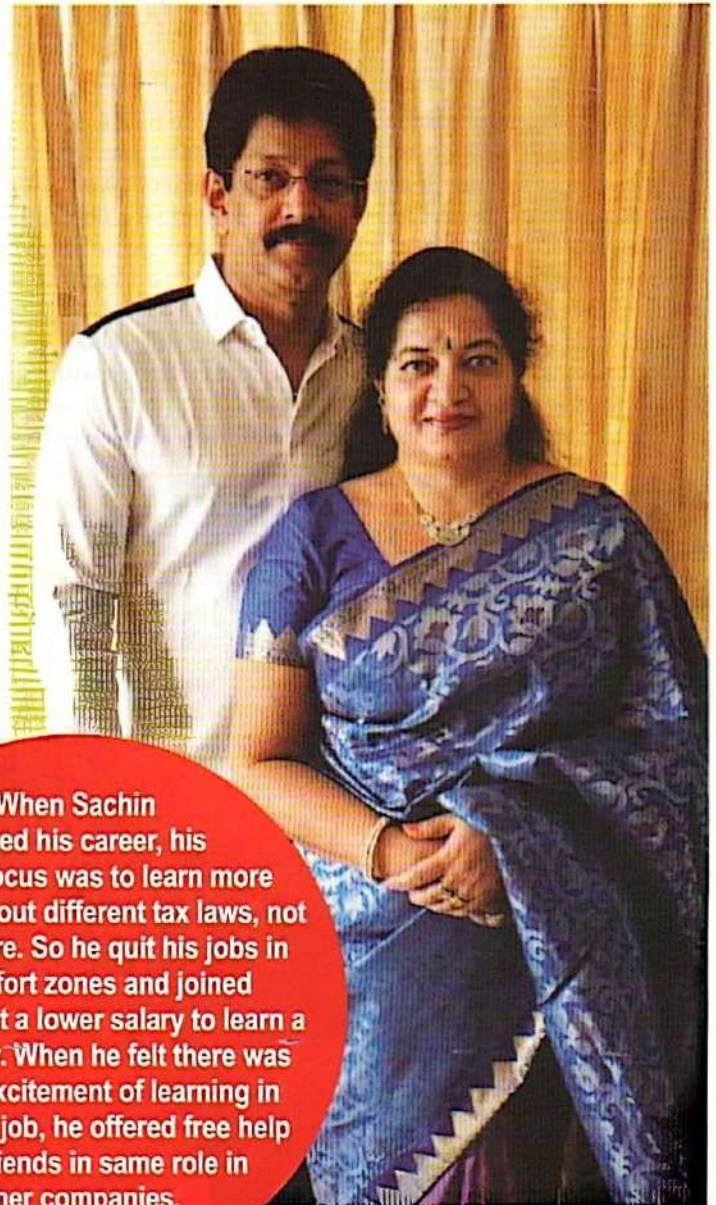
Though he was a graduate he realised that he was neither proficient in Hindi or English, and he struggled for about 6 months to get a job. Finally he got a clerical job at Rs. 245 per month. He also understood during this period that to survive and succeed in this city, a graduation degree was not enough. So he decided to study further. Because of financial constraints, he could not pursue full time studies and the only option was night classes which started at 5.30 pm upto 10.30 pm. He joined night classes and did his Post graduation in Business Management from Bhavan's College, Andheri and later LLB at Jitendra Chauhan College of Law, Vile Parle.

The office management agreed to release him from office by 5 pm, provided he reported there by 8 am, which meant he had to leave home by 6.30 - 7am. So almost every day he reached home where he lived as a bachelor with one of his cousins, by 11 to 11.30 pm, cooked his food, washed his clothes, prepared his lunchbox and left for office next day by 6.30-7am.

"More than 5 hours of sleep was a luxury, but I enjoyed my life," he says.

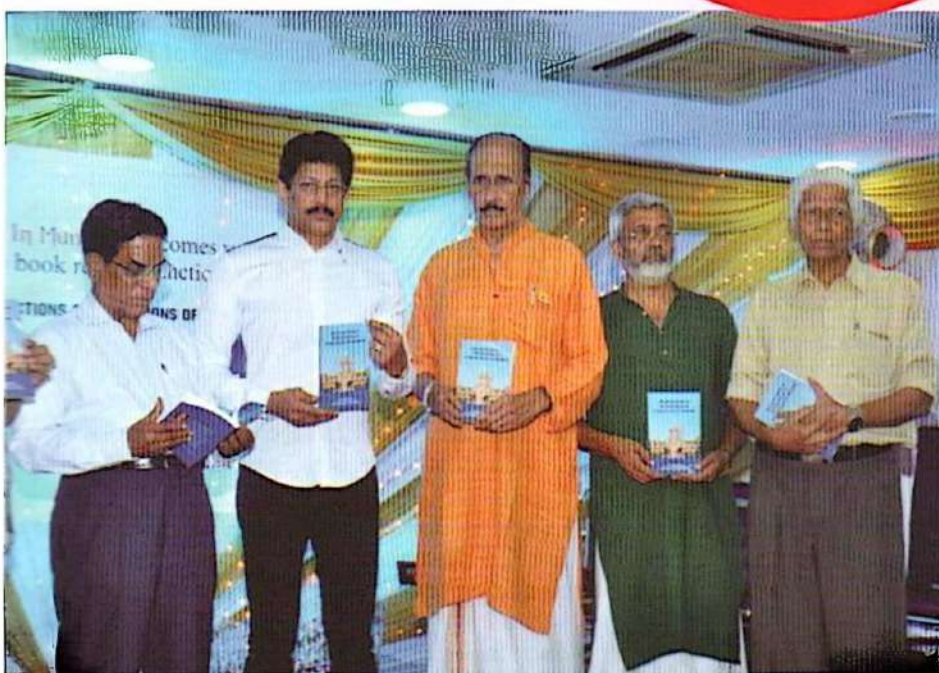
Sachin and Nayar Samaj Dadar

In the meantime, he got admission at the Men's



When Sachin started his career, his Primary focus was to learn more and more about different tax laws, not to earn more. So he quit his jobs in his comfort zones and joined companies at a lower salary to learn a new tax law. When he felt there was no more excitement of learning in the current job, he offered free help to his friends in same role in other companies.

Sachin and his Anitha



Sachin Menon during the book release function of V Balachandran Former Dy. Municipal Commissioner

Hostel run by Nayar Samaj, Dadar, which is the oldest Malayali Institution in Mumbai, established in 1921 and the biggest advantage was that he did not have to cook his food, since it charged a very nominal amount for boarding and lodging. This helped him to concentrate more on his studies.

"I can never forget the contribution of this organisation in my life and the great memories of the friends that I have made during my stay there," he says.

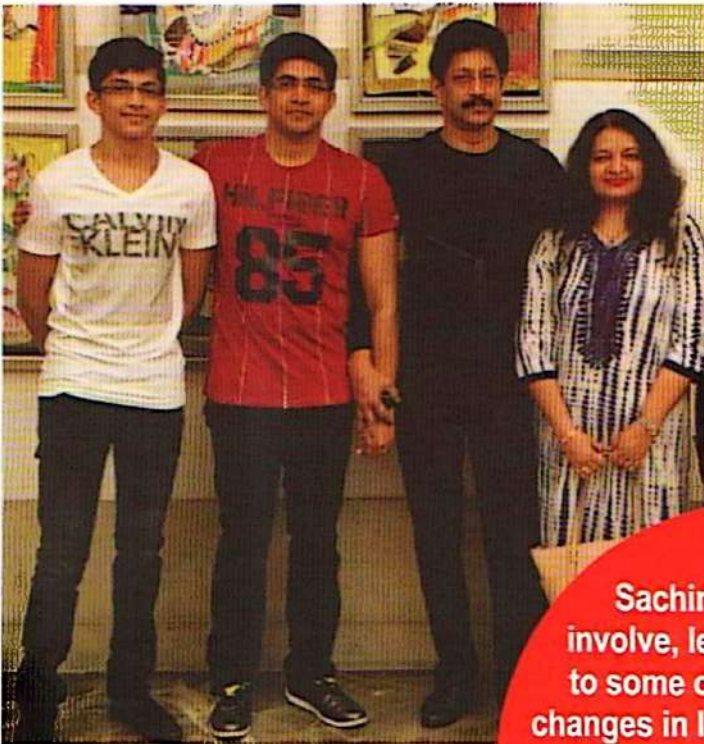
Sachin has since been closely associated with the Samaj and is currently its Chairman. With the untiring and organised efforts of the members and Managing Committee, Nayar Samaj, Dadar, in addition to many other social activities, has built a hospital complex at Navi Mumbai which can house a 100 beds and is in the process of shortlisting individuals/organisations that can run the

hospital.

Career Graph

From the beginning Sachin was focussed on his career, and he selected fiscal law as his area of specialisation. Fiscal law includes Direct and Indirect taxes and Indirect taxes being more complicated he decided to study it, sensing the demand and supply gap. The reason was simple: there were no known experts in the field who could claim expertise in all indirect laws alike such as customs, excise, service tax, VAT, CST, foreign trade policy, Entry tax etc. There were individual practitioners who dealt with individual laws but none with complete exposure to all indirect tax laws.

When Sachin started his career, his primary focus was to



Sachin Menon with his family

learn more and more about different tax laws, not to earn more. So he quit his jobs in his comfort zones and joined companies at a lower salary to learn a new tax law. When he felt there was no more excitement of learning in the current job, he offered free help to his friends in same role in other companies.

"This helped me learn tax issues and solutions beyond the operation of my company. It also created good will, reputation and a network of professional friends. It also helped me to get job offers from unknown quarters without even putting up an application," he reveals the secret of his success.

One such offer landed him in accepting an offer from DHL-AFL group as head of international trade. This was the time, when Big 4 Consulting firms started entering India. None of them had an indirect tax consulting practice except Anderson which was wound up later. The MD of his group and the Managing Partner of consulting firm EY (Ernst & Young), were friends and in one of their discussions, EY sought help to resolve their client customs issue from his

company which specialised in customs matters. Accordingly he was deputed to FIAT Auto to resolve the customs issue and it got resolved in record time. Since then EY started pursuing him almost every day with irresistible offers and after six months' persuasion Sachin agreed to meet them. This ended in his joining EY in 1998 to set up its indirect tax consulting practice which was the beginning of his consulting career. Due to some professional exigencies which is common at senior management level, he had to move from EY to PwC in 2006 and to KPMG in 2010.

In the meantime, he could involve, lead and contribute to some of the monumental changes in Indian fiscal law both at government and industry level such as introduction of VAT across India in 2005 and the current introduction of GST. The acknowledgment from international ranking organisations such as International Tax Reporter (ITR) as one among top ten tax advisors in Asia Pacific and India consistently for last several years helped in gaining the acceptance of government regulators as an expert. In addition the Federation of Indian Chamber of Commerce and Industry's (FICCI) decision to appoint him as their Chairman of GST Core Committee also helped in contributing towards formulation of the government's GST policy.

Since his joining KPMG, the firm's indirect tax practice has grown by 800% since 2010 and that resulted in his elevation to Chief Operating Officer (Tax). Since GST has become the focus of the company and is the next big opportunity for consulting firms, he has been now asked to lead the firm's initiatives on GST. He has worked for 16 years in the industry and in the 19th year with Big 4 MNC consulting firms.

Family

Sachin's wife is Anitha Menon, Engandoor family, Kodungallur and is a Post graduate in Chemistry. Sachin acknowledges the support of his wife, through all the ups and down in his life. She was working as Scientist in R&D department of Excel industries Ltd but gave up her career to take care of the family, since he was busy with his professional and social engagements.

Sachin and Anitha have two sons, the elder one Aditya Menon, doing his final CA and working with Ernst & Young and younger one Anirudh Menon, who has just cleared his Std XII.

Other Accomplishments

He writes regularly in financial Publications such as Economic Times, International Tax Reporter, Financial Express, DNA Money and Business Standard on various indirect tax issues and is also a panelist in various panel discussions on indirect taxes/Budgets in BBC, CNN News18, CNBC, NDTV, ZEE Business and Doordarshan.

Sachin has addressed numerous national and international indirect tax seminars organized by Industry Associations & Chambers which include, CII, Euro-money, ASSOCHAM, IMC, BCA, OPPI, FICCI and ICAI. He is a trustee of Foundation of International Taxation. ■

Sachin Menon could involve, lead and contribute to some of the monumental changes in Indian fiscal law both at government and industry level such as introduction of VAT across India in 2005 and the current introduction of GST.

MRB

Mullamangalathu Raman Bhattathiripad alias MRB was a writer who extensively contributed to transformations to the age old traditions of the Namboothiri, otherwise known as Kerala Brahmins, through Yogakshema Sabha. He closely worked with his co-brother, better known as Premji, but his contributions cannot be seen as of less magnitude as he was a vociferous spokesman and vigilant activist of the social renaissance. His 109th birthday falls on July 6.

- Satyanath

To correctly assess the contribution of MRB to the social renaissance, we should have a clear picture of the social status of that era, during the early period of twentieth century. It was Swami Vivekananda who proclaimed Kerala as a mad house. Under the umbrella of Yogakshema Sabha, Namboothiries were striving to propagate the idea that the entire land of Kerala was reclaimed by Rishi Parasurama and donated to Namboothiries and as such the entire land actually belonged to them. All communities there were inferior to them and people belonging to lower castes could not have the right to use the road though cattle, dogs, cats etc had no such restriction. When Mahatma Gandhi came to Vaikom in Kerala seeking freedom to lower caste people to use the road, Tantri of the temple Indamthuruthi Nambiathiri told him that it was because of the sins of previous birth that these people were born in lower castes and hence they should be treated worse than bitches and worms.

In spite of their dominance, their own members were undergoing a life that was pathetic. Only the eldest son was allowed to marry from the community and the younger brothers had no right in properties of the family. They earned their living by doing rituals in temples, going to other Namboothiri houses whenever they had some occasions for feasts even if not invited. Their biological needs were satisfied by entering into informal relationship with women of lower castes without any commitments; children born out of such arrangements not only had any right in the assets of the family of father. These children had no right even to touch their father. These younger brothers, known as Apphan, could go home and eat in the kitchen and sleep in the outer house known as *Pathayappura*. Education for



men ended with learning the appropriate Veda by heart, without knowing the meaning. Since Apphans were not allowed to marry from the community, women could not get husbands from their own community. The eldest Namboothiri could marry any number of times, without any criterion of difference in ages. Often very old Namboothiri soon after marrying woman of the age of daughter or granddaughter, died and then the widow was not allowed to remarry and had to live without any outside contact, sacrificing all facilities of a normal life.

Yogakshema Sabha came into existence in 1908. Three years before, an incident by name '*smarthavicharam*' shook the social fabric of Kerala. Kuriyedathu Thatri (Savithri) was interrogated by a panel appointed by the king. During the process, she announced that she had sexual relationship with more than 70 people including blood related men, men of royal families and so on. All of them, along with her, were excommunicated. No one had any thought of why she did not conceive

when there were no family planning devices available. After excommunication, she married a man of another community and gave birth to three daughters.

When marriage from own community was denied to Apphans, the women folk had to bear the brunt of the practice. Many houses had unmarried women besides some had many women married to the same man. In some cases, elderly men exchanged their daughters in marriage. Superstition was widely prevalent then. Tiles that had the manufacturer's name embossed on them in English were not allowed to be used in Brahmin houses and temples.

Emergence of MRB

MRB was born to Mullamangalam Keralan Bhattathiripad and Vazhappilli Aryadevi Antharjanam on July 6, 1908. Mullamangalam was a rich illam with an income of 3000 measures (parha) of paddy as lease and about 12,000 coconuts a year. His father had two wives and fourteen children, ten boys and four girls. There were about 35 members in the family when MRB was born. Premji (M P Bhattathiripad) was his co-brother, only two months younger and they were very close till death separated them. Though a school existed in the neighbourhood, the children were not enrolled there though later on two of his brothers studied there and became teachers. MRB was taught only Veda but soon he got opportunity to study English by home tuition and Sanskrit from Kuttikrishna Marar who was then assisting poet Vallathol but used to come to their house for his lunch (Marar being an Ambalavasi could not eat from Vallathol's house). His only outing was to Guruvayur with his mother. The journey was by walking about six miles.

Les Miserables by Victor Hugo was translated by Nalapat Narayana Menon

and this book created a revolution among the youth of that time. Inspired by Marar, MRB read it twice and he felt like a different person afterwards. Poet Akkitham remembers that it is the Bishop of *Pavangal* (name of the Malayalam translation) who transformed MRB. The internship under Marar and *Pavangal* turned him against British rule, untouchability, superstition, hatred against holy thread etc. Occasional visits to the houses of Vallathol and Nalappat also played their roles. He enjoyed their conversation as it gave him a lot of new knowledge. This helped him to nurture his inborn talent to write. He showed the writings to them for correction. Soon MRB became a writer of good poems and essays.

When Marar was offered a wooden seat, his father objected. Soon Marar used to sit on a Mathrubhumi newspaper spread on the ground. One day Marar stayed in their house and their Nair servant refused to fold the bed next morning. Finally it was done by Premji. All these practices etched a deep mark in his mind. The internship continued till Marar followed Vallathol to Mulakunnathukavu, near Thrissur.

When his adolescence was over, he faced with a puzzle. Options were available; go after tradition i.e., temple, sanyasam, reading epics and religious books, superstition etc or join the freedom struggle by protesting against foreign goods, burning foreign clothes, picketing liquor shops, salt satyagraha etc. Finally he chose the second and joined Yogakshema and its youth wing.

Two sisters of MRB were married off as third wives against the MRB-Premji protests. They also witnessed the exchange marriages of daughters with fathers. Later MRB wrote: "An antharjanam is born in tears, hardship breast feeds her, superstitions bring up her, she plays with ignorance, holding the man's hand she moves around, and finally dies like other animals."

He extensively wrote about co-wives and widows and their lives in hell. He did so with hatred, fearlessly and very intensely. His writings were published in *Unni Namboothiri* and the readers revelled in them.

In 1930, V T Bhattathiripad presented his '*Atukkalayilninnu Arangathekku*' (From Kitchen to stage) and Kerala Gandhi K Kelappan termed it as an Atom Bomb. It was presented in Yogakshema Annual Day held in Edakkuni. Premji's strong presence and

insistence played a great role in it. The content was highly inflammatory those days and many old people in the audience closed their eyes and started chanting prayers. The success of this play inspired V T to present another strong play soon and he persuaded MRB to dramatise his short story published in *Unni Namboothiri*. It was 'Marhakkudaykkullile Mahanarakam' (Inferno under the palm leaf umbrella) and all the unfortunate events in the life of an antharjanam were vividly portrayed in it. Only one change was made. In the story the heroine dies of a sickness but in the play she commits suicide by hanging. After it was staged, Cochin Legislative Assembly passed the Namboothiri Bill that was hibernating for a long time. This was the first play that showed its strength to achieve social justice and inspired many dramatists later. A storm was thus unleashed and prompted V T to marry from his own community, breaking an old tradition.

Soon Parvathi Nenmeni Mangalam and Arya Pallam came forward to lead the community in boycotting the *ghosha* (purdah). During this period, inspiring articles appeared in *Unni Namboothiri* and *Yogakshema Sabha* in the name of Vanneri K Savithri Antharjanam and everyone was engaged to identify the writer. It took some time for them to realise that it was indeed MRB and Premji using that name as a pseudonym.

Widow marriage

V T in one of his essays stated, "If wife dies, her husband will not hesitate to marry another woman before the body of the dead get cold and the community will bless that marriage. If the husband dies, his widow has to carry the burden of her sin on her head till she dies." Meanwhile a thought was slowly spreading among the youngsters, all discussions were confined to mere talking and nothing was happening to bring in the change. In one of the meetings held at Parappanangadi, Parvathi Nenmeni Mangalam spoke, "Many of us are talking about idealism and it is easier than done. The need of the hour is the presence of courageous young men to bring in the change. Let me ask you, if a widow is willing to remarry, is there anyone here to marry that hapless woman?"

When the people present there started looking to each other in shock, slowly a young man rose and said,

"Yes, I am ready." It was MRB and he was noticed for the first time as a revolutionary. He was followed by his brother Premji. Both of them wrote their names in a sheet of paper and handed over to her. Few must have thought of them as serious contenders since the Apphans were scared of marrying from the community, let alone widows.

A few years passed. VT's younger sister-in-law Nangema (Uma) got married and two weeks later she became a widow. She was pregnant by then. She gave birth to a daughter and the future for both of them was very bleak. V T's published articles and social gatherings slowly gave her courage to reveal her mind to her sister. With her infant child she went to Rasika Sadanam (VT's home) and they were received there with warmth. V T was happy about her courage and also was apprehensive about the repercussions. He sent for MRB and asked him if he was still ready to marry a widow. MRB replied in affirmative and added that if the woman was courageous to face the consequences, he had no problem. Both of them went to Nalappat to meet the poet. He also encouraged them but warned them about the consequences. Barring Premji, everyone in the families of MRB and Uma opposed the marriage.

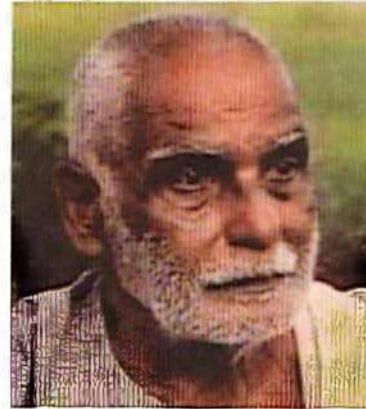
There was no invitation to anyone except an article in Mathrubhumi Daily dated September 4, 1934 by Parvathi Nenmeni Mangalam, 'Get Ready for the wedding of MRB and Uma Antharjanam' inviting everyone irrespective of religion, caste and creed to Rasika Sadanam for the wedding ceremony scheduled for September 13. Hundreds of people attended the ceremony including EMS, Nalappat, Nilambur Senior Raja, Mannathu Padmanabhan, Sahodaran Ayyappan, Kuttikrishna Marar, K A Damodara Menon, Chovvara Parameswaran, Arya Pallam et al and Mahatma Gandhi, Vallathol, K Kelappan et al sent greetings. After the ceremony, there was a feast attended by all without any segregation based on religion, caste or creed. The reaction became evident later. All persons who attended it from the community were excommunicated for the sin of attending the marriage. MRB and Uma were thrown out of their houses. Nilambur Raja Manavedan Thirumulpad who donated Guruvayur Kesavan the elephant to the temple was debarred from entering it. Uma's Apphan rushed to her father with a knife but seeing his face without any fear, threw it on the ground and walked out of house.



Akkitham



V T Bhattathiripad



Premji



EMS

He returned home only towards the end of his life. EMS was not only excommunicated but was not even allowed to see the body of his mother when she died.

To overcome the obstacles, VT, EMS, MRB et al formed a commune by the name 'Udbuddha Keralam' (Awakened Kerala), in a land of about 26 acres and also started a periodical with the same name. VT sold all his properties for these projects and MRB was given the responsibility of running the periodical. However after some time these projects came to a stand still for want of funds. MRB, Uma and the children (Leela, Uma's daughter from first marriage and Sarala, daughter of MRB and Uma) were left to themselves without any income.

Nilambur Raja, Manavedan Tirumulpad, hearing their plight, sent MRB Rs.200 and they bought a 10 cent plot with a hut in it and started staying there. Several friends came to their rescue now and MRB used to fondly remember them till his death. Brother Premji extended help beyond his capacity (he was facing the same plight after marrying another widow). Their house was often used by Communist activists to hide from police and it became an embarrassing situation as they were often raided by the police. Finally they were forced to move away after selling the land. They took refuge in the house of Pallam.

Though MRB got a job with *Deshabhimani* in Kozhikode, he could not continue for long. When partition took place in Mullamangalam, MRB got Rs.500 as his share and he used this money to buy a piece of land near Shoranur and they lived there for a long time. After leaving *Deshabhimani*, MRB worked for *Navalokam* and finally joined *Mangalodayam* in Trichur as a proof reader. Premji was also working there. However after some

time MRB was discharged from there but he was taken back when Premji asked the management to retrench him and take his brother in his place.

By now Olappamanna Vasudevan Namboothiripad started a *Balika Sadanam* and entrusted the job of running it to MRB couple. Daughters of EMS and Olappamanna were inmates there. Yet it was closed down after two years.

Meanwhile MRB was considered as a notable writer of essays and poems. His writings appeared in *Mathrubhumi Weekly* often and he started receiving remuneration for them. He used to accompany poet G Sankara Kurup constantly wherever the latter went and soon he found himself addressing meetings after G completed his address. The audience started loving his speeches and humour.

After a few years MRB family sold their Shoranur property and moved to Poothole in Trichur to stay in rented accommodation. Reason? He was picked up by police for hiding suspected Communists in his house and was subjected to third degree methods. He was released after twenty one days without being arrested.

When Poet G took over *Parishad* magazine, he entrusted the work of running it to MRB. He assisted G in running his *Thilakam* magazine also. His salary was not fixed but he could draw what he wanted for a comfortable living. So MRB left Trichur and moved to Trippunithura.

MRB was close to Olappamanna but he was not invited to his marriage. On the contrary Olappamanna wrote to him not to come for the marriage. MRB understood his plight and sent him greetings. They continued to be close friends till their last days. When Akkitham was married, most of the excommunicated persons organised themselves and came for the wedding,

sending shock waves among the traditionalists. MRB, Premji, V T et al were there in that company. Before they were called in, they sat for the feast in the first serve itself.

When EMS formed his first ministry, Mundasseri was the minister for education. As minister Mundasseri selected MRB's *Suryan* as a subtext book. The income received from this book enabled MRB to tide over his hardships and also helped him to meet the wedding expenses of his three daughters. (Thankamani, the third daughter, was in reality, daughter of Uma's deceased younger sister. MRB-Uma couple adopted her).

When Kerala Sangeeta Nataka Akademi was founded, MRB was appointed as the editor of *Keli*, its mouthpiece, during the tenure of Kavalam Narayana Panicker as its Secretary.

Thankamani was appointed as announcer in Trichur Akash Vani and she soon became popular as a media person. She was married by Sivan, an engineer who built a house 'Thushara' in Chembukkavu, Trichur. MRB and Uma shifted there and stayed till their end. Leela and Sarala also thought of 'Thushara' as their own house.

After Kavalam, Prof G Sankara Pillai became the secretary of Akademi and MRB extended all help to him also. MRB worked for *Keli* for seventeen years. When he realised that his age had caught up with him, he relinquished this job. Even after, he used to go there for some time to help other staff in their job. Those days no special editions of any magazine in Kerala came out without his contributions.

Though facing hardships, MRB was never seen gloomy but he wept uncontrollably when Uma died. When she was bed ridden he refused to enter her room, saying, "I cannot see her suffering." Afterwards when EMS and

Premji died he fought his tears courageously.

On October 8, 2001 MRB breathed his last at Ashwani Hospital, Trichur, fighting old age.

MRB the writer

MRB was unique as a writer. He had no academic qualifications or exposure to the world of literature. Yet he wrote short stories, plays and essays with subjects he strongly believed in and wanted to practice. His days as a writer extended from 1930 to 1945. Unlike other writers who thought that they would inspire others to work but they would remain behind curtains, MRB wanted to practice what he believed in. While Changampuzha Krishna Pillai, his colleague in Mangalodayam believed in writing beautiful lines though less in content, MRB debated with him about writing beautiful lines with substance. He considered Marar as his guru in literature, yet he could not side with him when the latter deviated from his earlier ideals. When others believed in doing their bit in the causes they believed, MRB was convinced that cutting off the branching would not do but the roots also should be uprooted and destroyed. He never thought of himself as a writer but was determined to write what he had to say. It was surprising that most editors of his time believed that without a piece from MRB, their special issues would remain incomplete. His essays were poetic and he was incomparable when he drew pictures of close friends in a few lines. His literary paintings of Vallathol, Nalapat Narayana Menon, Cherukad, Thakazhi, P Kunhiraman Nair, Olappamanna, Mundasseril et al are classic. One paragraph was adequate for him to describe their life.

When notable writer T Padmanabhan expressed his doubt that if sentences are cut and arranged one below the other, would prose become verse, no one could give him a proper clarification. MRB says he does not know about poetry but he has only some pieces of bangles but does not know how to rearrange them into a proper bangle. Yet the readers called them poems. (A few of them were given in our last June issue).

The first widow marriage was bold and revolutionary. It gave a family life to hundreds of hapless Namboothiri widows. Yet he never wrote about them through his articles nor claimed any



Manavedan Tirumulpad

credits. He never bargained for his sacrifices. He gave up a luxurious life to uphold his word and pride.

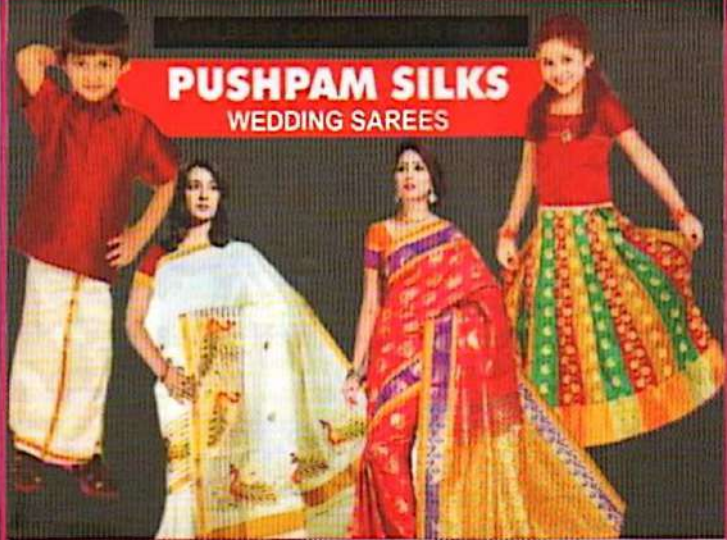
Mathrubhumi published a compilation of about ninety essays by MRB under the title 'Kilikkootukal-MRByute Upanyasanga' running to about 400 pages.

Most of them were earlier published in Mathrubhumi Weekly. Each of them is a gem and contemporary. They inspired and invigorated the readers to do something to take the society forward. He once wrote, "There was a discussion about the responsibilities of the writer towards the society. Some of them said the writer has no such responsibility. If anyone thinks that he is not having any responsibility but can enjoy its protection, he is mad.' His

writings were meant to change the regressive traditions in the society. He believes every step one puts forward should be for the betterment of it. When his teachers and colleagues moved away from their earlier ideals, MRB stood rock solid on his declared positions till the end but he did not say anything against them. He knew well that they were probably not mentally strong as he was.

There are about 14 books published by him. His play *Marakkudakkullile Maha Narakam*, his classic play and *Ente Omana* another play were published in 1927. He wrote a novel *Valkannadi* and a compilation of short stories *Mazhavillu* in 1931. Between 1954 and 1969, he wrote *Mukhchayakal*, *Mula pottiya vithukal*, *Kinavil oru yathra*, *Kavisaparya*, *Thamarayithalukal* and *Ilakal Poovukal*, all travelogues. *Valappottukal* (Broken pieces of bangle) is the only collection of poems published. He was honoured by awards by Kerala Sahitya Akademi, Kerala Sangeeta Nataka Akademi, Basheer Puraskaram, and Deviprasadam Puraskaram. ■

PUSHPAM SILKS
 WEDDING SAREES



D. S. CUTPIECE & R. M. SHOPPING
 HANDLOOM TEXTILES

SILK, COTTON, POLYSTER, KERALA SAREES, SET MUNDU,
 SKIRT WITH BLOWSE, CHURIDAR, POOJA CLOTHES AVAILABLE

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

മാമുരാജ് ദോത്തം, മുണ്ടുകൾ, റെഡിമെയ്ഡ് ഷർട്ടുകൾ
 "ഓട്ടിംഗ് കെട്ടിടക്കോ വെൽക്രോ ദോത്തം 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

Nataraja Guru

INTERPRETER OF SREE NARAYANA GURU TO THE WORLD



V N Gopalakrishnan

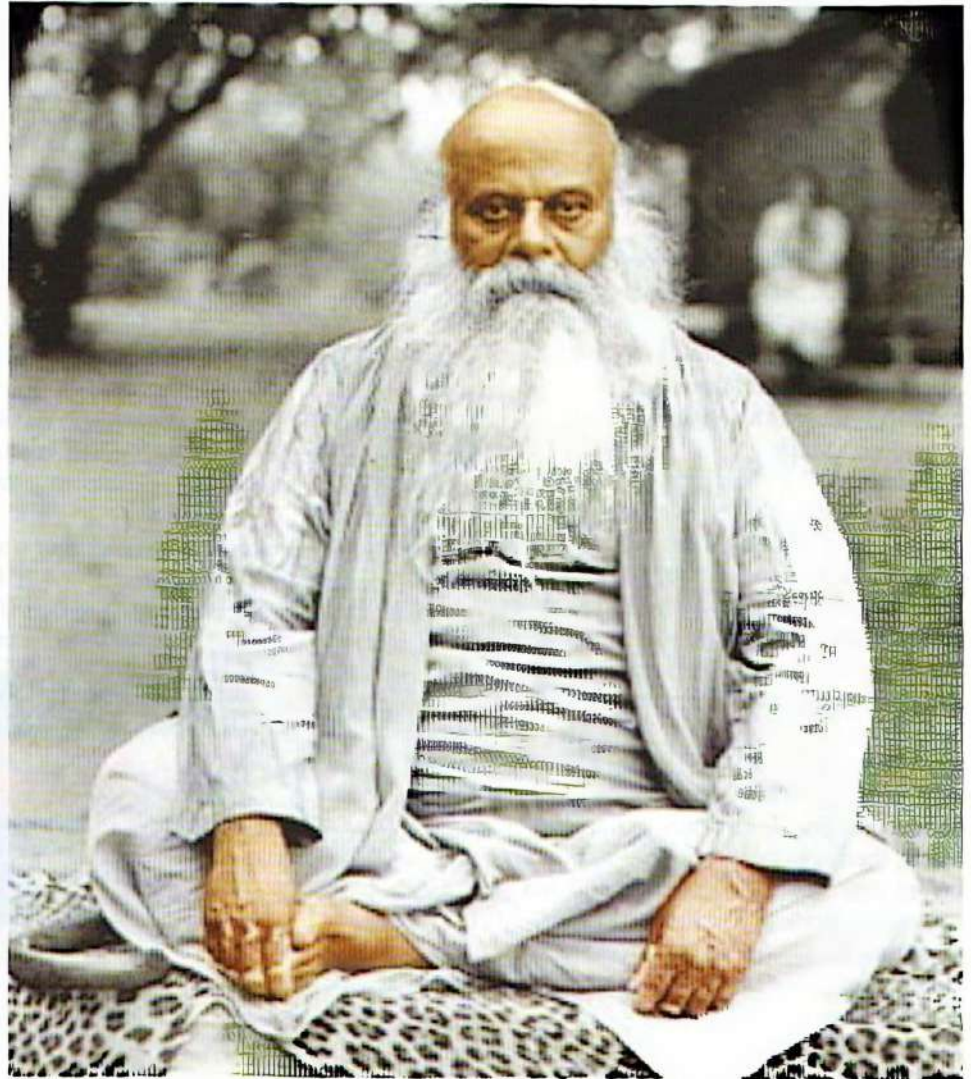
■ Nataraja Guru was a prominent social reformer and the founder of Narayana Gurukulam. He was one of the direct disciples and interpreters of Sree Narayana Guru to the

world. His life was dedicated to serve the cause of the deprived millions who were socially, culturally, economically and literally struggling in the 19th and 20th centuries.

Natarajan was born in Bangalore on February 18, 1895 to Smt. Bhagavathi and Dr. Padmanabhan Palpu popularly known as Dr. Palpu. Natarajan was the third of five children, having both an older and younger brother and an older and younger sister. It was Dr. Padmanabhan Palpu, Chief Doctor in the Medical Department of Mysore Government who founded the Sree Narayana Dharma Paripalana Yogam (Society for the Propagation of the Religion of Sree Narayana, or SNDP) in 1903. Sree Narayana Guru was the first President of SNDP. Dr. Palpu worked untiringly for the uplift of his community and other depressed classes.

Right from his childhood, Natarajan decided to dedicate his life to serve the cause of the deprived millions who were socially, culturally and economically struggling. He came into contact with Sree Narayana Guru and experienced the Gurukul way of life in Aluva and Ooty. He received a high-class education in Bangalore, Trivandrum and Kandy. He joined the High School at Varkala founded by Sree Naryana Guru and served there as its Headmaster.

In the year that Sree Naryana Guru died in 1928, Natarajan received his blessing from the Guru to study abroad. It was Sree Narayana Guru who ushered Natarajan to the spiritual path of pilgrimage and prompted him to be an educator and social reformer. Natarajan was academically trained in Geology, Zoology and Educational



Psychology. He graduated in English from Trinity College, Sri Lanka; did Masters in Zoology and M.A and L.T from Presidency College, Madras. He received his D.Litt in Educational Psychology from Sorbonne University, Paris while also teaching at the Quaker International School in Geneva, Switzerland. Natarajan started his career as a Physics teacher for five years at the International Fellowship School in Geneva in 1930. He also served as Faculty in many European Universities before renouncing as a Sanyasin and adopting the new name Nataraja Guru.

It was after a "Conference of all

religions" at Aluva in 1923 that Natarajan founded the Narayana Gurukulam Movement (NGM) and University for the Science of the Absolute in 1924. The first Narayana Gurukulam, the contemplative educational centre established in Fernhill in Ooty was open to all who seek the wisdom of the Absolute (*Brahmavidya*). Historian K K N Kurup describes the Narayana Gurukulam Movement as "an international order of brotherhood". Natarajan spent some time as an Advisor for the princely State of Cochin and established an educational institute in Mysore State before leaving India for Europe once

again in 1949.

On returning to India, Natarajan spent two years serving in various parts of the country as the followers of Sree Narayana Guru did not welcome him after the Guru's death. In 1935, he returned to the Gurukulam at Fernhill in Ooty. Upon his return in 1951, and also having visited America, Natarajan was recognised as a Guru. With headquarters in Varkala, Kerala, the Gurukulam now has centres throughout South India, Singapore, Belgium, Australia, Fiji Islands, Europe and USA. Thereafter, Natarajan travelled widely around the world and in 1963 established the Brahmaidya Mandiram at Sivagiri in Varkala.

Nataraja Guru has written on a variety of subjects and translated into English all the major works of Sree Narayana Guru including commentaries. His books in English, French and Malayalam represent a serious probe into the fundamentals of life. They are guides for gaining methodological efficiency that can bring excellence in life. He wrote on a wide variety of subjects, employing a proto-linguistic or structural approach. The major works of Nataraja Guru are: *Autobiography of an Absolutist, An integrated science of the Absolute* (Vol. I & II), *The Word of the Guru: Life and Teachings of Narayana Guru, Memorandum on World Government, Sankara's Saundarya Lahari (Commentary), The Philosophy of a Guru, The Search for a Norm in Western Thought, Towards A One World Economics, Vedanta Revalued and Restated, Wisdom-The Absolute is Adorable, World Education Manifesto, Man-Woman Dialectics, Experiencing One World, The Word of the Guru, One hundred verses of Self-instruction, An upsurging billow of the beauty of the Absolute and The Bhagavad Gita: Translation and Commentary, Dialectical Methodology and Anthology of the Poems of Narayana Guru.*

Nataraja Guru has integrated ancient wisdom with modern scientific

accuracy. He clearly enunciated a common epistemology to liberate people from social complexities and live their natural value visions. His renowned works published in a Sufi Quarterly, while he was in Geneva caught the attention of some of the western thinkers and philosophers of that time like Romain Rolland, Sir Francis Younghusband and Somerset Maugham.

Nataraja Guru's intellect was not restrained by the shackles of language and offers a grave insight into some of the fundamentals of life. His works helped people to liberate their mind

by Nataraja Guru on the *Darsana Mala*, which brings Sree Narayana Guru's compendium of Indian philosophy together with the Western philosophy of science.

Darsana Mala, a book of hundred verses in Sanskrit composed by Sree Narayana Guru, can be rightly called as the base of this book. It is the summary of possible philosophical viewpoints or "Darsanas". Nataraja Guru has drawn and developed most of his ideas from this *Darsana Mala*. "*The Word of the Guru*" combines a biography of Sree Narayana Guru with an introduction to the philosophical, cultural and historical



Nataraja Guru with disciples

from the entanglements of domestic life. They are guides to gaining methodological efficiency in discovering the higher truth that can bring excellence in life.

Of all the works written by Nataraja Guru, *An Integrated Science of the Absolute* is deemed as the most important. It is a two volume book written after 50 years of study of the science and philosophies of East and West. In that he had formulated a unitive science, wherein all disciplines of human questing could find a common ground. In his own words, the book is an Integrated Science of the Absolute (*Brahmaidya*), where modern science and ancient spiritual wisdom could meet and merge like two opposite poles of a magnet. It is an exhaustive commentary

context of Advaita. *Bhagavad Gita* is a commentary on what is perhaps the most authoritative and best known philosophical work of the Indian tradition. It is a commentary on universally applicable psychology and philosophy of life. *Atmopadesa Satakam* or One Hundred Verses of Self-Instruction is written by Sree Narayana Guru, with a commentary by Nataraja Guru. "*The Autobiography of an Absolutist*" is an autobiography of Nataraja Guru collated from articles published over many years. *Structural Methodology* is an introduction to the structuralism which is Nataraja Guru's major contribution to the Philosophy of Science. Nataraja Guru passed away on March 19, 1973 at the NGM headquarters in Varkala. ■



The Woes of the Western Ghats

THE SAVIOUR OF THE WESTERN GHATS



K R Narayanan

■ Conservation and climate changes have been the hot topics in the past three or four decades and, in these days, we religiously observe World Environment Day and Earth Day every

year. However, about a century ago (1916), when the destruction of the forest resources reached a point of no return in South India, a Scotsman realized the importance of preservation of the Western Ghats and conservation of its trees. He spent his entire life here for rebuilding the lost forest wealth. But for Hugo Francis Andrew Wood (1870-1933), the lush green Western Ghats of today, especially the Anamalai Ranges that run through Tamil Nadu and Kerala, would have become like the dry Eastern Ghats, doomed by the ruthless

exploitation by the British rulers.

The Western Ghats begin in Gujarat in the north-west and span over 1,600 km towards South India. To their west lies a narrow plain bordering the Arabian Sea, while in the east, they merge with the Deccan plateau. It would not be an exaggeration to say these Ghats determine the climate and, therefore, the agriculture pattern in

India as well. It stands directly in the path of the south-west monsoon and causes heavy rainfall on the narrow coastal plains on the west and the dry eastern parts of the ranges. This is also the reason why the Western Ghat's biodiversity in flora and fauna is unparalleled in the world and it was brought under the UNESCO's World Heritage sites.



The Woes of the Western Ghats

The Indian Wildlife History estimates that, between 1875 and 1925 alone, over 80,000 tigers, 150,000 leopards and 200,000 wolves were killed for rewards in India. The British Government maintained only the records of the money paid out to the official poachers and, hence, the actual number could be many much more. Innumerable giants of the Western Ghat's trees were felled.

Also, very many tribal families were forced to vacate their natural homelands in the forests and labour in the British plantations for free.

The Western Ghats forests were very rich with huge trees, like Teak, Mahogany, Anjili etc. The British East India Company and, thereafter, the Imperial British Government was in a hurry to establish their supremacy over the Oceans through building huge Naval fleets and, hence, they needed huge quantities of good and sea-worthy wood. Further, after the so called Sepoy Mutiny (1857), the British Government wanted to strengthen their armed forces in India to protect their interests and control the local upheavals.

This necessitated in the introduction of long distance trains to connect different parts of the British Empire and fast movement of the army. The Railways obviously required huge quantities of wood for the sleepers of these long rail lines. All these, ultimately, precipitated in the unscrupulous felling of huge trees of the Western Ghats especially the Teak.

The huge trees of the then Madras Presidency and the princely states of Travancore and Cochin were felled and carried through rivers/streams or drawn by elephants, to the centralized Saw Mills, cuts into logs and taken to the harbours of Cochin (Kochi) and Bombay (Mumbai), for shipment to English Ports. The tribalmen who lived in the Western Ghats, were deployed for these purposes as free labourers. They were also utilized to capture and train the wild elephants from these forests, to become *Kumki Elephants* (*Thaappaana* in Malayalam). The *Kumki* elephants were required to drive away the attacking wild elephant herds and also train the newly captured elephants. In addition, they were used to carry/drag the cut trunks of giant trees of this region.

This process of forest annihilation of the Western Ghats went on until most of the ranges were almost cleared of very valuable trees.

Saviour of the Forests

Looking to the cumulative forest loss in the Western Ghats, several Forest Officers and Conservators initiated many attempts to regenerate the lost forest resources in the Western Ghats, between 1885 and 1915. These attempts, however, were not successful. It was at this time (1916) that a forest



Wood mounted his horse from here

officer by name Hugo Francis Andrew Wood (popular as Hugo Wood) decided to put an end to the careless and unchecked destruction of indigenous forests of the Western Ghats and regenerate the lost forest resources in his own way.

Though he was Scottish by origin, Wood was a born Indian. He was the second son of Elizabeth Maria Louisa and Thomas William. Hugo Wood was born at Byculla, in the then Bombay Presidency, on 12th June 1870. He studied at the Royal Indian Engineering College, Cooper's Hill, during 1890-93. He subsequently, passed the Indian Public Service Examinations and chose forestry as his subject. Wood returned to India, after his studies (1893) and worked on regenerating the Ajmer forests in Rajasthan.

His expertise and ability in this field was noticed by the British Government and the Imperial Government deputed him to Godavari and Kurnool in the then Madras Presidency. Wood was then asked to replicate his Ajmer experiments in the Anamalai Range of the Western Ghats in 1915 in order to save the diminished tree resources. The next year, he was posted to the South Coimbatore Division (a region that included parts of present-day Tamil Nadu and Kerala) and by the time the Anamalai range was left with almost no trees. Therefore, since then he went on working in the Madras in various capacities as Assistant Conservator of Forests and Deputy Conservator of



Mount Stuart Cottage (After Benny)



Wood's Resting Place in the Woods (After Benny)

Forests.

He was so committed to regenerating the lost forest resources in this area that he worked day and night and lived here till his last breath. Wood never married. He dedicated his life to conservation and didn't care about race, religion, ethnicity, language or nationality. He was finally made Conservator of Forests in 1918, a post he held till 1926.

It was during this period that he suffered from Tuberculosis and retired to Coonoor, says a Tamil Nadu Forest Department Bulletin. He lived and died in the Mount Stuart Bungalow, locally known as 'Kannadi Bungala' located in a small hill in the border line between Kerala and Tamilnadu. As per his will, the British Government buried his mortal remains. His grave yard is still there carrying these words: *HUGO WOOD Indian Forest Service- Born June 12 1870; Died Dec 12, 1933.* ■

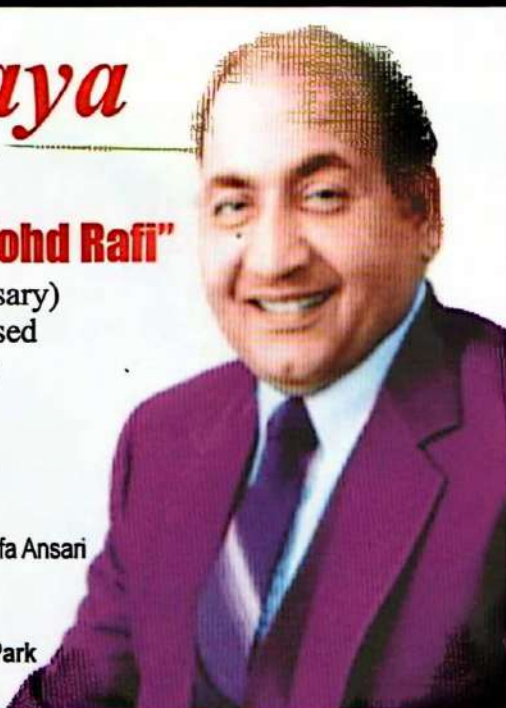
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CELEBRATING TWO SHASHTIPOORTHIES SUPER CENTENARIANS

"If we can survive until the 2040s, we can live long enough to live forever" Ray Kurzweil. Celebration of two Shashtipoorthies is not unthinkable. The relentless course of Old Father Time is under watch and check.



Dr A P Jayaraman

■ Exit or end has endlessly troubled human minds. Mortality stared even at the stoic philosopher Bertrand Russell, arguably the brightest and most beautiful mind of the last

century. He addressed a famous line to Edith in autobiography 'And now old and near my end'. It underscores the universally biological truth that old age inexorably leads to an end. 80 plus year old Dalai Lama loves longevity, "Personally, I also pray and hope to live for the next twenty years or more.

The end was an engaging theme for Jawaharlal Nehru who wrote in Discovery of India, "Death is the birth right of every person born a curious way of putting an obvious thing. It is a birthright which nobody has denied or can deny, and which all of us seek to forget and escape so long as we may. And yet there was something novel and attractive about the phrase." The charm and strangeness of that phrase is still fresh.

Cellular death

Cool logic also deals with mortality. Krishnan is mortal. Raman also is mortal. Ramakrishnan too is mortal. All humans are mortal. So run the inexorable logic. Flesh is heir to ageing and diseases, yet species appears immortal. The atoms making up our mortal coil are immortal. But the organic molecules, made of those very atoms are mortal. Animal cell, the basic structural and functional unit of every organism has suicidal instinct ingrained in it. Hayflick discovered the amazing life and death of cells which go through three phases. The first is rapid, energetic healthy cell division. Second stage is slow. In the third senescent

stage, cells stop dividing totally. They commit suicide! Once a cell reaches the end of its life span, it undergoes programmed cellular death called apoptosis.

Deathless Atoms

Are the atoms truly deathless? Scientists assert that the subatomic particle proton decays. I remember accompanying Professor MGK Menon to a deep mine in Osaka, Japan where he had an experimental set up to study proton decay. Now we know that a host of elementary particles has only fleeting existence. If a garden rose had consciousness, it would compare its life transient and that of the gardener permanent. Of course the proton has along long life.

Methuselarity

Mortal humans' quest for immortality has a celebrated long



Jeanne Louise Clement lived 122 years 164 days

history. The mythical Amruth of Devas rushes first to mind. Njanjanjadi is another imaginary concept that springs up. Fountain of Youth claims to restore youth to anyone who drinks from it. Conquest of death was the agenda of alchemists. They have heroically searched for elixir of life and philosopher's stone. Many a chemical has been attributed with life extension property in the dim distant past but nothing has delivered the sought after immortality. In Harry Potter and the Philosophers' Stone, the stone produces the elixir. Shakespeare in Antony and Cleopatra wrote: "Age cannot wither her..." What was the secret of the agelessness of Cleopatra? The bard does not describe any potion.

Two Great Ladies

On Aug. 4, 1997, Jeanne Calment passed away France. She died at age 122, setting a record for longevity. Recently Emma Morino died in Italy living 117 years. People have been living to greater ages over the past few decades. Have we reached the upper limit of longevity? In 1968, the oldest age attained was 111. By the 1990s, it increased to around 115. Then this trend stopped. With exceptions like Ms. Calment and Morino, no one has lived beyond 115 years.

Gerontology

Psychologist, Herman Feifel, in his book the Meaning of Death dispelled many myths. Study of death and dying gained acceptance as thanatology. Leonard Hayflick predicted that the human life expectancy will peak at about 92 years. James Vaupel forecast that in industrialized countries life expectancy will reach 100 for children born after 2000. Life expectancy is different from life span. It is a mistaken

notion that our great great grandmothers died at beautiful young ages. Death of kids brings life expectancy dramatically down. Demise of mothers while giving birth to the children also pulls down the statistic of Life expectancy.

Changing Face of Ageing

There is no single cause of aging and more than three hundred theories for why cells deteriorate and stop dividing are fashionable in the discourse of science. Despite the fact that lifespan extension has a murky and flaky reputation, science continues research on anti-ageing pills and hopeful molecules are propping up as temptresses. Tinkering with human chromosomes and confinement to near starvation diets were also tried.

Antiaging properties of the diabetes drug metformin raises hope. Diabetics taking this drug have lower rates of cancer and heart disease and lived 15 per cent longer. Clinical trials with 3000 people in their 70s for five years may soon grant approval for this drug. Two other chemicals, rapamycin and everolimus are also promising candidates. Trial in dogs will soon start with rapamycin. Mice have been genetically engineered to live twice as long. Veterinarians use drugs like deprenyl to increase mammal lifespan.

Huge money is flowing into laboratories making a vibrant field of anti-ageing research. Oracle co-founder, Larry Ellison has granted more than \$430 million because he believed that quiet acquiescence of mortality is "incomprehensible." Peter Diamandis co-founded Human Longevity and launched the Longevity Moonshot, with the mission to extend and enhance healthy life by 50+ years and change the face of aging. Google co-founder, Larry Page launched a biotech company called Calico to make progress within reasonable timescales with the right goals and the right people." One of those right scientists, Ray Kurzweil, thinks that if we can survive until the 2040s, we can "live long enough to live forever."

Testing anti-ageing drugs in the young and healthy does not produce desired data fast. Rate of ageing can be computed using blood tests to pick up age-related chemicals like cholesterol, and measurements such as blood pressure. Recently researchers reported that measuring ten biomarkers was an effective way of assessing the



Sarah DeRemer Clark lived 119 years and 97 days

"biological age". They studied one thousand people all aged 38 but tests showed that their biological ages ranged from 28 to 61.

Rest in Peace

Will modern medicine conquer all conditions that cause human death excepting homicide, suicide and accident? Geriatrics is the branch of modern medicine that manages old age. Is ageing a condition in need of treatment? Doctors differ. Why prolong life when quality is strained? Why not grant a graceful exit after life's fitful fever is over? We are entering into the grey areas of ethics and euthanasia.

Some new lease of life with extra years without diseases is welcome. In the poor old pre-modern world, life expectancy lingered reluctantly around thirty years, half that of Sashtipoorthy across the world. It began to look up in the industrial world. Since 1900 the global average life expectancy has more than doubled and is now approaching 70 years.

Widows' Houses

Come to the 21st century. The World Health Organization determines not only life expectancy, but also adults' healthy life expectancy. This is the number of years one can expect to live life in full health, excluding injury and disease. Women outlive men. Very few people reach the age of 100, the century milestone is reached by some people however, most of them women. Japan holds the highest number of centenarians, 347 per million persons.

Life expectancy at birth for a Keralite today is an enviable 74 years. What this reveals is interesting but what

it conceals is amazing. Women in Kerala have 5 years more lease of life than men. Bernard Shaw's first play was Widowers' Houses. Kerala is presently witness to Widows' houses and more so in the years to come.

Longevity

Life is short. Reflections on longevity have gone beyond acknowledging the brevity of human life and have included thinking about methods to extend life. Is it worthwhile to provide life extension en masse? There is a current debate as to whether or not the pursuit of longevity is a worthwhile health care goal. Bioethicist Ezekiel Emanuel argues that life is not worth living after age 75 and also frowns upon longevity as a goal of health care. Neurosurgeon Miguel Faria advocates that life can be worthwhile in healthy old age. Longevity coupled with healthy lifestyles can lead to happiness and wisdom besides postponement of senescence.

Driven by technological progress, human life expectancy has increased greatly since the nineteenth century. Global demographic data show that improvements in survival with age tend to decline after age 100, and that the age at death of the world's oldest person has not increased since the 1990s. The maximum lifespan of humans is fixed but the possibility of two Sashtipoorthies is not unthinkable.

Recent work

While the search for elixir of life has captivated human imagination for millennia, researchers around the world have put in efforts to extend healthy lifespan and reduce the burden of morbid diseases in an increasingly aging population. Research over the past two decades has demonstrated how Sirtuin 1 known as longevity gene delays aging and plays a protective role in age related diseases.

Tata Institute of Fundamental Research Mumbai has identified a control mechanism within this protein. We may be able to design drugs to activate it. This gene is present in almost all life forms and in all organs in humans and its function in liver and brain increases longevity. Dr Ullas Kolthur and his team claim that these findings will provide a new facet to our understanding of this longevity factor.

Two Sashtipoorthies may be around the corner. ■

AMERICAN CRUCIFICATION OF EARTH



P.R. Krishnan

■ America is witnessing rising tides of protests and revolts against President Donald Trump's decision of withdrawal from Paris Accord on climate change. The news that US will pull

out from climate change agreement was no surprise to the world. He had blamed it as incompetence on the part of his predecessor, Barack Obama, and vowed that America will exit from the treaty if he won the presidential election. That has been his view right from 2011 and he reiterated it on several occasions during the presidential campaign programmes in 2016 as Republican Party candidate. This was one of many such declarations he had openly made known to the world during his electioneering campaigns. He stood true to his decisions and made the announcement in Washington on 2nd June after attending the G-20 meeting on climate change at Bonn in Germany in two days before. Trump made this announcement 2 days ahead of the world Environment Day on June 5 which the United Nations Organizations (UNO) had launched five decades ago on 5th June 1972 to which America is a signatory. This may or may not be a coincidence.

The US presidents pull out declaration has instantaneously brought out sharp reactions from world leaders and wide spread protests from and within the United States. The heads of several governments and countries world over who are signatories to the Paris Accord in 2015 have resolutely declared that they would stand united and work together to save the earth from danger of climate change and protect the future generations. Reports emanating from America have shown that its citizenry solidly stands for Paris pact. Several states, cities, corporations, entrepreneurs and celebrity citizens in USA have defiantly stated that they intend to stand by US commitment to the Paris Accord, irrespective of change in administration. They include governors of states and mayors of cities across United States of America.

The shrill speech Trump made in

Washington while announcing the stunning withdrawal was replete with claims of American victimhood at the hands of rest of the world including India and China. This is notwithstanding the fact that it was America which had played a pivotal role in resolving different issues which cropped up in the Paris conference in 2015. Trump's predecessor Barack Obama and secretary of states Hilary Clinton who helped reach the Paris pact are not leaders who could be termed as helping others at the cost of American interests. Nevertheless Trump was categorical that other countries are squeezing America. In the G-20 meeting of heads of states in Germany he expressed total dissatisfaction over the parleys held earlier. In that he accused



Donald Trump

fiercely India and China. Referring to India he said that "it is seeking billions and billions of dollars in foreign aid to stay in Paris pact."

His allegation further was that the Paris accord reduces employment potentialities in America and increase jobs opportunities in other countries. It weakens American economy and strengthens industrial bases and brightens prosperity of other countries. He said that the agreement would result in reduction of 3 lakh crore dollars and loss of 60 lakh jobs for America. Thus even when in presidency, Trump tries to see and calculate gains of climate change agreements in terms of increase in dollars as a typical businessman. He also threw a challenge by saying that America would

stay in the Paris accord only if the rest of the countries in the world agreed to re-negotiate the agreement. This, as narrated above, was in line with the criticism he made during his election campaign not only with regard to Paris treaty but on several other issues. They included outbursts against migrants, none-white Americans, media, intelligence and investigation agencies and American judiciary. Trump did not stop at that and went on repeating that he would have to have a re-look into several other bilateral agreements which Obama administration had signed with foreign countries including Iran, China, North Korea and Afghanistan etc. He had expressed disapproval to Obama's visit to Cuba in March 2016 and reopening of diplomatic relations with that country. He had during his election time also stated openly that he stood for travel bans to and from Muslim countries on the basis of nationalities and would impose visa restrictions. In a function at Miami in America on 16th June, Trump urged the people of Cuba to rise in revolt against the socialist regime under Raul Castro and start a freedom movement. This is like Pakistan support for Khalistan movement in Punjab and helping divisive forces in Jammu and Kashmir or India rendering aid to LTTE in Srilanka. Known for his inflammatory and highly provocative rhetoric's, Trump has made many such statements including outburst against women. The ethnic and racial outbursts he made were such that even Abraham Lincoln would have felt to declare himself as non-American and face consequences.

It is on record that America is the second topmost country which generates the highest quantum of pollution in the world atmosphere. It enjoys the status of being the biggest polluter next to China and India. In 2015 Paris conference, USA had undertaken to reduce emission by 26-28 percent from 2005 level by 2025. By pulling out from the Paris agreement the USA is now trying to disown from the responsibilities of that undertaking. By doing so what the citizenry feels in America as appearing in the media is that its president has brought disrepute to their country. And this is when claims are made

that America is there to protect the world. It is common knowledge that emission of carbon oxide is on account of industrial activities, reckless vehicular usage, destruction of forestry etc. After industrial revolutions, America has been on the top of such nations in the matter of emission of carbon oxide. Whereas newly liberated countries who are called developing countries are struggling to come up in development. The developed countries have highly advanced scientific and technological advantages and occupy prime positions in the economic and industrial growth whereas that is lacking in developing countries. Hence they are struggling to come up. Therefore, emission of carbon oxide in such countries cannot be equated with western countries including America. The Paris agreement had therefore pledged economic aid to such countries including India to cope up with this situation and allowed concession. This was all as a result of serious discussions by and between experts with full assistance from United Nations. It was on the basis of such deliberations that Paris pact was reached with full understanding that further progress would be made in those conclusions. Progress in any sphere is made gradually and not suddenly. Heads of states have an important role to play in that direction. It was in that historical process that the heads of G-20 countries met in Germany this time. The world nations in 2015 had agreed to limiting global warming to 1.5 degree Celsius. But instead of helping to make this process smooth and workable, what Trump did was to sabotage the attempts by declaring unilateral pull out. This is nothing but atrocity against humankind. It is reported that amongst the top administration leaders in America there was no unanimity for this boycott decision of Trump. Nevertheless the American system is such that presidential decisions prevail in international matters and diplomatic spheres.

On the political front in America, Trump's challenger and former secretary of states Hillary Clinton and former president Barack Obama wasted no time excoriating the US president. Reacting to Trump's decision, Obama has said "the nations that remain in the Paris agreement will be the nations that reap the benefits in jobs and industries created." Obama further made it clear that even as Trump administration joins a small handful of nations that reject the future, he is sure that within America, states, cities and business will step up and do even more to lead the way and help future generations



Narendra Modi

and the planet."

The electronic media of June 2 and the print media the next day have carried reactions of almost all heads of states opposed to the Trump decision. Prominent amongst some of them need to be quoted here. The German chancellor Angela Merkel has said: "The US is harming the world. We in Germany, Europe and the world will band together to take more decisive actions than ever." The newly elected president of France, Emanuel Macron was emphatic in his view. He said "we will not re-negotiate a less ambitious accord. Don't be mistaken. There is no plan 'B' because there is no planet B." The French president has gone a step further and called on American scientists, engineers, entrepreneurs and responsible citizens to virtually abandon Trump's America and find a second homeland in France to work together on concrete solutions to save the planet."

The Chinese Prime Minister Li Keqiang has refuted the American charge that his country is on the receiving end. He clarified "all climate change treaties are outcomes of serious discussions based on scientific analysis of global climatic conditions. They are beneficial to all

countries." The British Prime Minister Theresa May was forthright when she said that "US pull out will not frighten us. We will remain united. The US exit marks a departure from established international customs." The Prime Minister of Japan Taro Aso wanted and urged Trump to look back to history. Reminding the world he posed and asked "who created the League of the Nations? It was the US. Then, once it started, who did not join it? The US. I think that is just how they do."

The Indian Prime Minister Narendra Modi who is scheduled to have two days visit to America on June 25 and 26 appeared unshaken. His reaction was "Paris or no Paris, it is our conviction that we have no right to snatch from our future generation their right to have a clean and beautiful earth." Modi was attending the St. Petersburg Economic Forum (SPIEF) meeting in Russia when he made these observations. He said "it is criminal folly to not save the earth for future generations." The Russian President Vladimir Putin's observation was that the US President Trump will reconsider the step and rejoin the world Forum and carry out the commitment made by his predecessor. Erik Solheim, the executive Director of United Nations Environment Programme (UNEP) has on June 7 stated that "environment problem is a global problem. It threatens the future of the planet, our children and grandchildren. It is therefore unfortunate that the US president is looking at that as a burdensome problem." Italy, Germany and France have in a joint communiqué issued immediately after the American pullout, rejected the possibility of a renegotiated agreement as demanded by Donald Trump.

Happily June 4 newspapers in India have carried bright side of the story from across America. The heartening reports



Hillary Clinton with Barack Obama

reveal that more than 1,400 mayors of cities and 18 governors of states have forged a "Pro Climate Front in USA." What is more inspiring in that is, this newly formed Pro Climate Front comprises of mayors, governors and prominent personalities from Donald Trump's Republican Party as well as from opposition Democratic Party. They met in a conference in Washington on June 3 and declared they are strongly behind the Paris Accord.

Another notable event which followed Trump's backing out was signing of a climate agreement by California state and China on 6th June pledging to work together on reducing emissions. The Californian governor Jerry Brown said at an International Clean Energy Conference (ICEC) in Bilging on that day that "Trump's decision to pull the US out of the climate agreement will ultimately prove only a temporary setback. For now, he said, China, European countries and individual US states will fill the gap." One more incidence which attracted global attention was that USA embassy's charge d'affaires in Bilging, David Rank has quit on 6 June from his assignment as a protest against Trump's bizarre withdrawal.

What is revealing is that though Trump has declared pull out, there is no possibility of such a threat materializing immediately. Firstly, Trump himself has kept an option of re-negotiation. That apart, the United Nations Frame work Convention on Climate Change (UNFCCC) secretariat in a statement on June 2 has ruled out any such possibility. It has made it clear that the "Paris agreement remains a historic treaty signed by 194 countries and ratified by 147 member nations including USA. The exceptions are only Nicara Gua and Syria. Rules under the Paris Pact make it impossible for US to withdraw from the pact before 4 November 2020. That will approximately be the end of Trump's term of presidency and America will be entering the next presidential election era by that time. Hence, for Trump to overcome legal obligation for premature pull out will not be that easy. But after all, it is President Donald Trump. What he would do to find escape routes is unpredictable.

Here, looking at and from the arrogant conduct and utterances of Donald Trump we are reminded of an infamous statement of a former US President, George Bush. He had, while in presidency said "that Indians and Chinese eat more and use more fuel. That is the reason why there is food shortage and energy crisis in the world." Trump has overstepped Bush and all other statesmen and made the world to know what he is by his action. ■

POEM

We are one

Hundred years of British Rule
 Taught us to forget our vague differences.
 Because of them
 We grew to aspire for a nation status,
 To stay, think and live as one.
 Our own leaders of the time
 Who drank the cup of freedom
 Even in their childhood dreams
 Had few worthy thoughts for the British.
 For them, freedom became the issue
 And it became their birth right.
 Mass distrust, rebellion and civil disobedience grew,
 Chocking the mind of the queen to discontinue.
 They left us in a hurry
 To declare India an independent country.
 Seventy years since then
 India still remains as one
 A cause for alarm for its foes.
 Thoughtless national policies
 Fired by castism, regionism and parochialism,
 And let loose by politicians of today
 Clamouring for power and more power
 Would one day endanger our nation's status.
 Let not history repeat itself.
 Let not another battery of eagles and vultures
 Enter our country through backdoor
 To gobble and enslave us
 For all that is worth in us to perish
 Once for all!
 Let us not be one, to be one
 Let us be one, for we are one!



Rajan Mundayat
Matunga



On Dec 4, 1971 Pakistan Army shot down an Indian war plane that caused severe damages to their air base, and captured Flying Officer K P Muraleedharan of Nilambur. Pak Radio announced his captivity on the same evening. However when more than a lakh of Pak war prisons stationed in India were handed over to them, Pak did not return Indian war prisoners to India. Pakistan denied their existence. Till date none of them is repatriated.



PERSPECTIVES IN HIGHER EDUCATION



Dr. Reni Francis

■ Our society today is emerging towards a futuristic tomorrow thus focussing on sustainability in all its initiatives. Our actions should delve in efforts towards improving our

society, social well-being, justice and fraternity, economic stability and environmental sustenance. However change is inevitable and the gravity of change can be measured on a yardstick that impacts our society. Since our society demands change we need to gear up in keeping abreast of the various challenges. We are moving towards being a well-informed, well-developed and well- educated society. In this preparation the thrust area is educational well-being and this can be done by re-focusing on higher education.

Need for a New Education system

The onus of Education from time immemorial has been to create perfect citizens, the focus then shifted in creating well-trained citizens and today it focuses on being a more well-informed citizen who can critically

analyse the current situations. Today the mantra is 'creativity', the willingness to learn and to accept new challenges and to modify learned expectations to meet the current demands. In the words of Alvin Toffler "*The illiterate of the 21st century will not be those cannot read and write but those who can't learn, unlearn and relearn*". Hence, in this world of fluid modernity, we must move away from sporadic education, towards lifelong learning.

Higher Education plays a crucial role in recent times. There are many basic and grave issues that we come across and all efforts are been taken to combat this scenario. Few challenges that we witness in Higher Education are:

1) Diminishing teacher quality: Our institutions are often engulfed by quality issues like lack of qualified and adequate staff, lack of effective teaching methods, being teacher centric, teaching rigid curricula and pedagogy, lack of accountability and freedom. This hampers the quality endeavours in teaching.

2) Requirement of finance: The financial demand at higher education has been soaring these days, crunching the benefits and facilities thus hindering the quality of Higher Education Institutes.

3) Use of traditional and teacher centric teaching: The huge class strength and inability to reach out to the masses has still been a hurdle for teachers to stick to their traditional methods of teaching, it many a times spills to few interactive methods but the impact being very negligible.

4) Mushrooming of private institutes: In the present scenario, privatization has become a forerunner in Higher Education, we sometimes see a gap in the philosophy of few Higher Education Institutes cutting corners to minimize cost and maximize profit.

5) Lack of adequate infrastructure: Institutions also lack the appropriate infrastructural facilities to teach students. The needs for basic facilities are often compromised for various reasons.

6) Gap between the campus training and industry requirement: The students are often found in dilemma when they graduate from their institutes, the industry demand varies from the theoretical grounding and hence students have to struggle through their own pathways to move ahead in their job.

Traditionally, education has been assumed as preparation for life, as personal realisation, and as an essential element in progress and social change, in accordance with changing needs (Chitty,

2002). In this need for educational uprising, we need to focus on Education for Sustainable development of the individual, society and world at large. Hence few suggestions that can assist in reducing the gaps are mentioned below:

1) Student centric teaching: Our primary focus needs to address students and help in grooming their abilities, the onus lies on the institutions and teachers in shouldering this responsibility. Providing more opportunities for self-learning, peer learning, spaced learning and paced learning can help towards student centric teaching.

2) Quality enhancement: Quality endeavours have to be witnessed in every sphere of the institution's student achievement, progress and development. It has to be the backbone for success of all its endeavours. Infrastructural up-gradation also helps towards quality endeavours.

3) Exam reforms: There has been a slow but progressive step taken with respect to the examination pattern and

performance assessment. These reforms need to be strengthened and made flexible for maximum advantage to the student community.

4) Interdisciplinary and Multidisciplinary programmes can be



initiated for the welfare of the students and to tap their inherent potentials. These programme can break the shackles of learning in water-tight compartment and provide more flexibility for students.

5) Networking towards progress: Limiting our learning experiences will narrow the opportunities of adapting to change. Networking through consultancy and collaborations will widen the prospects

of learning and advancement.

Undoubtedly growth in education has witnessed a major shift but there needs to be more emphasis based on Education for Sustainable Development. It thus aims at revising and reorienting today's education. It consists of new forms of knowing and learning how to be humane and planning new and effective reforms for a better tomorrow.

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It happened with

Kodungalloor Kunhikuttan Thampuran

Once Sarasadrutakavi Kodungalloor Kunhikuttan Thampuran went to Thiruvananthapuram and stayed with Sree Moolam Tirunal. Next day morning he along with his servant went to the pond for bath. He had an untidy dhoti and towel on his body and the charcoal powder and tongue cleanser in his hand. When they reached Sreepadam Palace, Thampuran asked the servant who was staying there. "Painting artiste Koyi Thampuran," came the reply. Kunhikuttan Thampuran had no opportunity to meet Raja Ravi Varma earlier. He therefore decided to meet Varma immediately in spite of protestations from the servant.



Kunhikuttan Thampuran



Raja Ravi Varma

When they entered the palace, Thampuran saw the just finished painting of Mahalakshmi. He instantly recited a quatrain

and recited it aloud.

പദ്മിദാനം ചൊരിഞ്ഞിടന വിമലജലം
തന്നിലാരാടിയും കൈ-
പ്പദ്മത്തിൽപ്പദ്മമേന്തിപ്പരിമിളമിളകും
പദ്മസദ്മാന്തരാളേ
ഛരണം വിട്ടുല്ലസിക്കും ഭവതിയുടെമഹാ-
നന്ദസാന്ദ്രസാരൂപം
പദ്മോ മച്ചിത്തപദ്മ കളമൊടു കളിയാ-
ടണമക്ഷിണശോഭം.



Hearing the quatrain, Ravi Varma came out and asked when did he arrive. "Who do you think I am?" asked Thampuran. "Who else but Kodungalloor Kunhikuttan Thampuran could recite such a quatrain as soon as the painting is seen?" answered Ravi Varma.

During the conversation, Ravi Varma told him that he had indicated morning in the painting. "I too have done so," responded Thampuran. "How?" Varma was surprised. "I have written about the scent (പരിമിളമിളകും) of lotus. Only in the dawn Lotus would have scent", Thampuran pointed out. Ravi Varma agreed.

Since then, both of them remained friends till death separated them.

The Red Sweet Wine of Romantic Love



Prof Dr John Mathews Vazhappilly

Love is short, forgetting so long
I want to do with you what spring does
with cherry trees

In one kiss, you'll know all I haven't said
Pablo Neruda

The Beauty, Freshness and Thrill of Romantic Love

Love, like a lonely mountain stream, will trace a new path, down the slope of impediments, till it meets the river of its passions. Many great men have been passionate lovers. These men and women whose names belong to the ages loved mind, heart, body and soul. And they carried their love proudly, as an army carries its banners.

Even the men one would imagine incapable of sensitive or delicate passion, nevertheless, loved. Jonathan Swift, sometimes called "the hangman of humanity," put down his cruel pen and wrote to his beloved Stella in baby talk. Among Swift's personal effects, found after his death, was a lock of hair, wrapped in a small scarp of paper on which he had scribbled "Only a woman's hair." Dr. Samuel Johnson was so devoted to his wife, Tetty (an unattractive lady many years his senior), that long after her death he kept her wedding ring near him. Keats, dying of tuberculosis, desperately lonely, still could write, as the end neared: "I am certain nothing but of the holiness of the heart's affections and the truth of imagination."

True romantic love is a function of the integrated being, it has little to do with the shapes of your beloved's nose, eyebrows or the tilt in her steps. It goes directly to the person and looks in to the soul. Love then is a sort of affinity and affiliation with the inner most being of the other person. Romantic love is just the icing on the cake. Every romantic love should ripen in to mature, mellowed, true love.

The Transforming Power of Romantic Love

But love, first learned in a lady's eye
Courses as swift thought in every power
And gives to every power a double power
Above their functions and their offices
It adds a precious seeing to the eye
A lover's eye will gaze an eagle blind
A lover's ear will hear the lowest sound

From women's eyes this doctrine I derive.
They sparkle still the right Promethean fire.
They are the books, the arts, the academes
That show, contain, and nourish all the world

Shakespeare, Love's Labour Lost, 4:7

Love is the celestial fire burning in the human heart, in whose devouring flames all earthly ills are consumed. All who have loved and been loved recognize the great enduring truths in classic love poetry. Love does add a precious seeing to the eye. Love does soften brutes and add grace to virtue. And love does bear it out "even to the edge of doom." How exquisitely Oman Khayyam captures the transforming power of romantic love:

A book of Verse underneath the Bough
A Jug of Wine, a Loaf of Bread- and Thou
Beside me singing in the Wilderness
Oh, Wilderness were Paradise enow!

Omar Khayyam, Rubaiyat.

Deep love transforms everything that we come into contact with. In a deeper sense love is not blind. Love lends clarity and depth to our understanding of persons and things. It is a psychological truth that we can understand a person deeply only when we love that person deeply. The more we love a person, the more lovely the person becomes. There is the same qualitative difference in a person before and after he is in love as there is in a unlit lamp and one that is shining brightly. When the lamp glows it becomes beautiful and its rays illuminate all the objects surrounding the lamp. A person in deep love sends positive vibrations all around him. The great philosopher Plato understood this truth and insightfully observed: at the touch of love, every one becomes a poet. John Keats, one of the great Romantic poets, of the 19th century wrote to his beloved Fanny Brawn:

I wish you could invent some means to make me at all happy without you. Every hour I am more and more concentrated in you; everything else tastes like chaff in my mouth.

Romantic Love and Personal Integrity

Two persons who love each other are in a place more holy than the interior of a church.

William Lyon Phelps

A romantic relationship is one of self-understanding and finding one's soul mate and oneself. Your partner should help

you to bring out the best in you. True love leads to reciprocal growth. Self-less love does not mean you become a doormat, nor does it mean diluting your values. It is a fine balance of maintaining your self-image and inner space while being there for your loved ones.

If romantic love is not infused with personal integrity and sound ethical principles, it is bound to evaporate in the brief intoxication of momentary excitement and thrills. True love is marked by higher and more sublime sentiments of devotion, commitment and a spirit of self sacrifice. Elizabeth Barrett's love of Browning was imbued with the noble aspirations of a fine heart:

How do I love thee? Let me count the ways.
I love thee with a love I seemed to lose
With my lost saints, - I love thee with the breath,
Smiles, tears, of all my life! - If God choose,
I shall but love thee better after death.

I recall being extremely moved watching an interview on public television between interviewer John Callaway and actress Helen Hayes. At age 82, Ms. Hays looked radiant in the garden of her New York home. She sat proudly in her chair, her face full of the strength which comes from living life fully and with dignity. Mr. Callaway repeatedly asked her very personal questions. None caused her to lose her composure until, alluding to her stormy marriage to writer Charles. MacArthur, He suggested that she had never known a totally happy day. She looked him directly in the eye and with great dignity responded something to the effect of, "Perhaps not a completely happy day....but I knew moments of great ecstasy."

Parting is Such Sweet Sorrow

It is the pang of separation that spreads throughout the world and gives birth to shapes innumerable in the infinite sky. It is this sorrow of separation that gazes in silence all night from star to star and becomes lyric among rustling leaves in rainy darkness of July.

It is this overspreading pain that deepens into lives and desires, into suffering and joys in human homes; and this it is that ever melts and flows in songs through my poet's heart.

Rabindranath Tagore

In every parting from our dear and near ones we die a little and we meet them only in the fiction of our dreams like the dried up petals of a rose hidden inside the pages of a long forgotten book. Of all unrequired loves, one of the most touching was that of William Hazlitt, the eighteenth-century essayist, for a common looking house girl called Sarah mocked and deceived. When finally she left him for another, his wound was deep and bitter. Still, not long afterward, he could write to a friend, "When I am dead, who will love her as I have done? When she is old, who will look in her face and bless her?" Heartbreak comes, wisdom lingers. Listen again to Hazlitt, this man who loved not wisely but well. "Perfect love has this advantage," he wrote. "It leaves the possessor of it nothing further to desire."

Life as a Romance

A good poem, a good book, thinking of a girl, making a movie, that's romance, And as to where I get the energy for all this, why, it's my career, my work, I could go on for 100 years. Don't you forget the world when you are busy writing an article, well that's what happen to me, you understand?

DevAnand, Bollywood Actor

Life can be viewed as an adventurous, romantic voyage through the tumultuous sea of existence. When life is seen as a romantic trip, we experience a surge of fresh energy within us. The world is transfigured and we are enthralled. We are filled with a sense of wonder, awe and mystery, we begin to see for the first time the beauty, the liveliness and freshness of trees, stars, animals, clouds, rainbows, rocks, weeds, flowers, brooks and rivers, the sparkle of dew on bushes in the morning, distant high mountains blue and pale.

We hear the birds sing, the bees hum, the wind blowing gently across the rice fields. We begin to experience the splendor of visible reality, the goat and the golden beetle, the flower and the butterfly are all beautiful. When life becomes a romance, the whole creation is transfigured in a celestial light.

The Myth of Eternal, Romantic Love

"And they lived happily ever after!" So goes the eternal myth of loving each other. The fantasy that being in love and forming relationships based upon love will solve all of life's problems and provide us with deserved, instant and lasting happiness. The myth is delightful. The reality is too often fierce.

"And they lived happily ever after" is one of the most incredible sentences in literature: it is incredible because it tells a falsehood about the reality of human life and love. It is sheer fantasy that has led countless generations of people to expecting something from human life which is not possible on this fragile, failing, imperfect earth.

We have been poisoned by fairy tales about eternal romance. Eternal romance is mostly in our mind and imagination. In actual life it is an impossibility. When you love a person you do not love him or her all the time exactly the same fashion, from moment to moment. Human love fluctuates. It has its ups and downs. In this tumultuous sea of existence we are subject to the ebb and flow of life, of love, of human relationships. We hurl ourselves at the flow of the tide and withdraw in horror at its ebb. We emphatically insist on permanency on unbroken continuity in our relationships; when the only continuity possible, in life as in love, is in development, in growth, in fluidity, in creative freedom.

The Wayward Ways of Romantic Love

Love is no hot-house flower, but a wild plant, born of a wet night, born of an hour of sunshine; sprung from wild seed, blown along the road by a wild wind. A wild plant that, when it blooms by chance within the hedge of our gardens, we call a flower; and when it blooms outside we call a weed; but, flower or weed, whose scent and colour are always wild.

John Galsworthy

Most of us would opt for a steady; solid love that culminates in marriage and happily ever after story. But there are some restless, wayward souls, who would rather weather the storms of erratic loves and the uncertainty of surging passion than settle down to a routine love story. These impulsive souls survive and thrive on a contingent loving rather than an assured, secured, predictable one.

Indeed some of the most brilliant minds are absolute failures when it comes to their personal life. They lead wildly erratic love lives. They are swayed by wavering emotions and manifest an inability to settle down to one emotional anchor. I guess it is the elusive charm and fascination of unfulfilled love; infinite passion and the pain of finite hearts that yearn for more and more. More love and more pain.

Reminiscences of a Se(r)vocrat

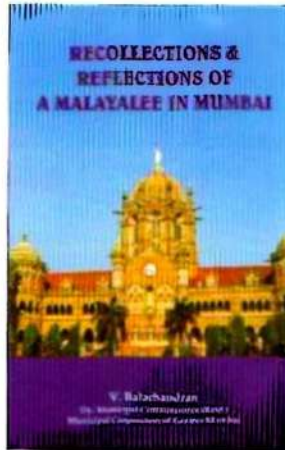
Vellodi Balachandran made Malayalees in Mumbai proud by occupying the post of Deputy Municipal Commissioner, the only top post a non-IAS officer could occupy in Mumbai. Our pride arouses because he was the only Malayalee to occupy that position and leave it without any blemish of corruption and ineptitude. We have not come across any book of reminiscences by anyone who occupied this position. It could be that they did not have anything worth mentioning during their tenure.

The latest book (he had a few books published earlier) 'Recollections & Reflections of a Malayalee in Mumbai' contains besides his reminiscences about his career and tasks undertaken, articles published in Mumbai based periodicals on him, published by him in various periodicals about the people and events of Mumbai he came across. All of them are worth perusing so that the reader can pass through the recent history of the city or renew their nostalgia about their loving metropolis.

Balachandran takes us through the trials and tribulations he went through and makes us a part of his family.

When he graduated from Government Victoria College, Palakkad and was planning to go for higher qualifications, his uncle inspired him to shelve those plans and to proceed from Malabar to Maharashtra. His first day experience in Mumbai itself was hilarious. Like his peers of those days, he too tasted the recipe of jobs for some time and finally landed in Municipal Corporation of Bombay after going through rigorous tests. He strove through the duties of Pest Control Officer for a score of years. He then overcame the state public service commission and was appointed Ward Officer for slums, a tough and challenging job, especially for a man of non-Marathi backgrounds.

Wherever the tasks were tougher, BMC found its man Friday to sort them out when their men had quite routine jobs. Moving against slum lords, underground leaders,



political leaders with a keen eye on vote bank, unscrupulous people who made slums their haven, Balachandran earned a reputation that only he could. His physical posture made him an easy target for hoodlums but he made his handicap into an advantage. The assaults on his office and vehicle forced his superiors to get him a licence for a gun. Strictly following the rules and regulations, he removed illegal slums with a humane approach, provided all necessary amenities to the official slums to make their lives easy. He dealt his rivals with a stern hand. Resettlement of evacuees of Radhabai Chawl, bringing greenery and hygiene to Mumbai etc are some of the tasks for which the people of Mumbai would be grateful to him.

His outstanding services to the city brought him some recognition. He received award from the PM Atal Bihari Vajpayee, Minister Maneka Gandhi, Sunil Dutt M P, Governor Dr P C Alexander et al.

After retirement in 1994, he was busy in sharing his experiences with associations formed by people in various fields. The main activities were found in spiritual, social, cultural and educational activities. Nair Samajam, Kochu Guruvayurappan Temple, Ponnu Guruvayurappan Temple, Ayyappa Temple of Bangur Nagar, various Malayalee associations etc found his association worthy. He is trustee of several organisations.

Balachandran was close to many prominent personalities of Mumbai. Some of them wrote about him in the print media. He too wrote about people who were assets to the society. His articles sharing his experiences and wisdom with people were highly appreciated.

This book has sections in English as well as in Malayalam, a rare style. Beautifully printed with colourful as well as black and white photographs, Recollections.... is a good book that would give some rich experience about the Mumbai of the past and also what to look forward to.

Some Examples of Wayward Erratic Love

• Sartre

Jean Paul Sartre was notorious for his weird ways with women. Once Sartre told Simon De Beauvoir, his mistress and intellectual collaborator:

Do you realize child, that not counting Castor and Sylvie, there are nine women in my life at the moment. Bianca Benen field made an insightful observation about Sartre:

Sartre took little pleasure in lovemaking. He didn't want your body ... he only wanted to conquer women.

• Leela Naidu and Dom Moraes

Dom Moraes, the son of the celebrated journalist and author Frank Moraes, was a gifted English poet, Leela Naidu was equally talented, being a famous model and an actress. But their married life was very miserable. Moraes temper was short, his drinking deep. One day Dom Moraes just walked out of her life, without telling anything to Leela. Moraes had done the same

things with his first wife.

• Richard Burton and Elizabeth Taylor

One of the most celebrated romances of the 20th century was that of Richard Burton and Elizabeth Taylor. Both these superstars from the tinsel world of Hollywood had a highly strained, tempestuous relationships in their married life. Once Richard Burton wrote to Elizabeth Taylor:

You must know, of course, how much I love you. You must know, of course, how badly I treat you. But the fundamental and most vicious, swinish, murderous and unchangeable fact is that we totally misunderstand each other.

It would be fitting to conclude this article with the profound words of Shakespeare who, perhaps, is the greatest love poet the world has ever seen:

To be wise and love.

Exceeds man's might; that dwells with gods above.

Troilus and Cressida, Act.III. Sc.2

Sooryakrishna Kaimal

"My Destination was BIG SCREEN"

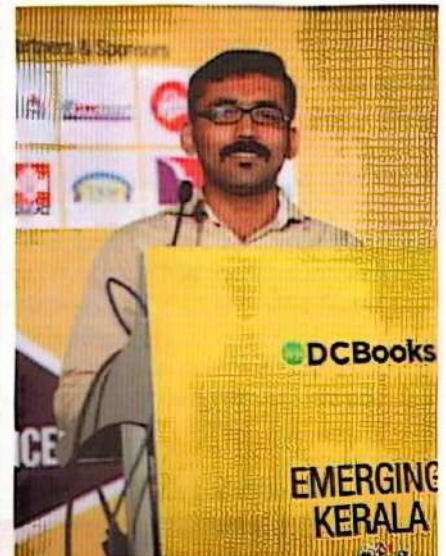
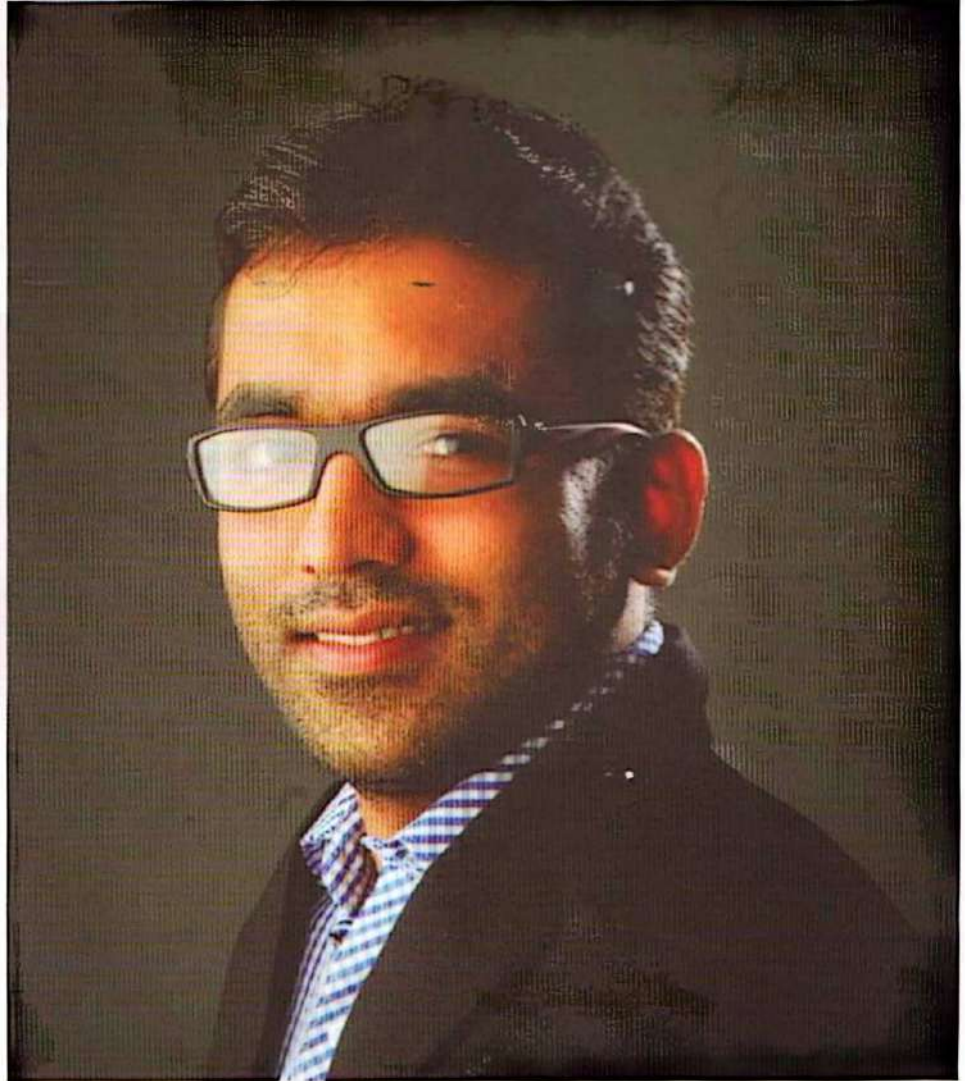


Vidhya Vasudevan

■ The glamorous world of fame and fortune is enticing for youngsters. It is believed that the younger you start to struggle towards the dream of becoming an actor, the better are your chances of coming closer to it. There are actors who started their "Actor banne ka hai" dream in their mid-twenties so that they'd be able to pave a comforting journey towards stardom. If you dig a little deeper though, you'll find that a lot of these actors and actresses excelled in other fields, ranging from music to dance. In the creative and artistic fields, it's useful to have as many abilities as you can master. There's no doubt Indian cinema has a wealth of talent, at least in the field of acting. And when we look back and see their journeys, it seems like a typical 'rags to riches' story! So if you're an enthusiastic individual facing a quarter or mid-life crisis, read on to know that it's never too late to act towards a dream.

Biography

Sujeesh Kaimal better known as Sooryakrishna Kaimal is an upcoming actor and singer in a Mumbai-settled Kerala family (born 22 Aug, 1984) to Mr. Unnikrishnan Kaimal (LIC agent) and Mrs. Jayanti Kaimal (homemaker).



He has a younger brother Jyotish Kaimal, who works in Mumbai as Sr. Financial Analyst. Soorya had his primary education from Sai English High School, Kalyan near Mumbai and graduated in Commerce from Manjunatha College of Commerce, Dombivli. Along with work, he pursued his MBA (Events & Marketing).

Born for the stage

Theatre is deeply rooted in his being. It's something that he has from early childhood. It wasn't about cinema just a passion for acting. He was an avid theatre artist and performed in numerous professional dramas and plays during his college days and won several University-level awards and recognition. Smt. Sushila Vijayakumar, Smt. Nisha Deodhar and Smt. Jayanti were his teachers/motivators who brought a ray of light into his world of acting. The campus theatre scene was thriving then and he plunged into it. It was after graduation that he started taking acting seriously. For the boy from a nondescript town in central suburbs of Mumbai (Kalyan), amateur dramas staged shaped his acting dreams.

Career Graph

After graduation, he was employed as an Account Assistant in Movie Production team with Media and Entertainment companies like "Kailash Picture Company" (2005-2008) and "Prithvi Nandy Communications" (2008-2010). He also worked as a Personal Secretary to the chairman of a Dubai based Construction Company (2010-2011). Like a true struggler from Dubai, *he moved to Kochi and worked as a cleaner in the bus for few months.* That was the breakup point in his life which later exposed him to a lot of interesting ideas, perspectives and people. They recommended him for the profile of Marketing and Sales Professional to a software company owned by Kairali TV Student's Only fame Govindankutty and Video Jockey

Arun Narayanan. Further he got an offer to work with Events based companies "Impresario Events Management" (2012-2014) and "Carnival Media" (2015-2017).

Notable Accomplishments

Soorya appeared as a model for the advertisements of Reliance TVC, Bank of Baroda, etc. He conducted shows like Miss Kerala, Grand Kerala Shopping Festival, Arijit Singh concert



Kaimal family



live, GCCA XI v/s All Stars Football Match (a charitable match for the cause of humanity), Celebrity Cricket League (CCL), Celebrity Badminton League (CBL) etc.

Cinema by Choice

Despite resistance from his parents and the difficulty of juggling a job with his passion, he quit his job to concentrate in acting. Although he wanted to act in films and did not know anyone from the industry to get a chance easily, somehow the prospect of approaching directors proved to be a daunting task for him. So he made a

plan to start his own Events venture "Sevensden Unlimited" a joint tie up with Exe-Events and tried to establish strong relationships with eminent personalities in the film field. He believed that it will enable him to enter into the film industry. His idea was indeed right and now he has lot of movie projects in his kitty.

He also owns a 2 year old musical band "Shrutilaya" based out at Kochi. The other members in the group include Minnale fame Nizam Ali, Star Singer fame Remya T K and team.

Soorya played the lead role in 'Mukham' (March 2017), his debut film. His mother passed away two weeks after the film's release. His forthcoming films (where he plays the lead role) include 'Njan Angina' 'karuppu' etc. He has acted in 'oru branthan pranayam,' 'mruthumjayam', 'Benevolence'. He played the main role in lead role of Hari the reporter in the drama 'Swapnangalude Kaavalkaar' under the banner of Keli at Prithvi theatre in Mumbai. During his college days in 2002, he acted in Nachikethas.

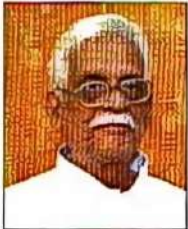
He was distribution Partner of Thambatti and Kannan Unni (devotional albums) ventures of Amma Motion Pictures.

Soorya who is gearing up for his next upcoming movies regrets that he couldn't make his mother watch any of his movies. He misses her every moment of his life and the irreparable loss has taught him a lot. He said that it's quite ironic that she had to go away from him to discover the success which she has always dreamt about him to achieve in life.

When asked about the Success mantra to him, he said "Hard work and dedication always win out in the end. If you believe in yourself, never give up, and work until you see your dream become a reality. Go out into the world and make your own creative opportunities. You have the power to create your own career." ■

Pothan Joseph

Pothan Joseph worked in 26 newspapers and some public relation positions but never stuck anywhere for long. There is a saying that rolling stone will never have mosses on them.



Prof M R Chandrasekharan

■ Are there editors for dailies today? Doubtful! Many editors are clerks of Managing Editors, to eke out their living. Managing Editor is the owner of the newspaper. If the newspaper is of a

joint company, Managing Editor is normally the one who looks after its finances. Well known editor Pothan Joseph used to call them 'Damaging Editors.' During the Gandhi-Nehru era, Pothan Joseph was one of the three Indian editors. Frank Moraes of Indian Express and Chalapathy Rao of National Herald were the remaining two. All of them worked hard to gain name and fame for their papers but had to swallow the bitter juice while being sacked from their positions. The experience of Pothan Joseph was a record. He worked in 26 newspapers and some public relation positions but never stuck anywhere for long. There is a saying that rolling stone will never have mosses on them. The unsteady Pothan Joseph was always a rolling stone. What benefit the stone would have from mosses, he used to ask. He was not prepared to stick to a position having to swallow insult. His ability and confidence to do his job well made him unscarred of any situation throughout his life. He was never frightened of his tomorrows. Famous journalist T J S George had written a book about the famous journalist, 'The lessons from journalism- The Story of Pothan Joseph.'

Wholesome knowledge

The daily column of Pothan Joseph 'Over a Cup of Tea' was very popular. People from all strata read and enjoyed it. They were ever eager to it. 'Satire without ill feeling was the reason for people to love him' is a genuine statement. If one had a chance to read one part of his column would always want to read more. His wide range of



knowledge was the reason to attract his admirers. Numerous events and anecdotes provided substance and colour to his column. He had extensive knowledge of English literature. He could quote relevant portions from Bible. When he dictated his columns, he never searched for books for quotes. His quotes would be exactly the same as given in the texts. If you examine them, you would be convinced. It is said that one needs endless and multifaceted knowledge to shine in journalism. Pothan Joseph was blessed in this aspect. There was no other column those days, to compare with his 'Over a

Cup of Tea.' Before Pothan, there was no such column, Frank Moraes used to say. He also said that there was none after him also.

The guide of Pothan Joseph in journalism was Benjamin Horniman of Bombay Chronicle (A part of South Mumbai is named after him). He always maintained that a newspaper should stand for high idealism. He was finally despatched to England from Bombay by the British. He also emphasised on the need to be just to the people working in newspaper establishments. He practised what he preached. "A journalist is an expert architect and such a person cannot be exploited for physical gains of others." He also wrote that he should be paid for his articles and the other people who contributed to the paper also must be paid.

Innovative thoughts

Pothan Joseph made several papers famous and enlarged their readership. Hindustan Times, Times of Times, Indian Express, Deccan Herald etc are prominent among them. He was sacked from those four establishments subsequently. He was never a trade unionist. He held his pride high. He held his ideals high. He gave up his positions in public relations in various establishments for the same reason.

Pothan Joseph was the proponent of the most innovative ideas in Indian



Pothan Joseph in different times

journalism. C Rajagopalachari called him the great sculpturer of humorous writing. He also praised Pothan as the greatest journalist of India.

His likes and dislikes were strange. He never liked to stay in concrete buildings. He insisted his guard should be removed. Consumption of alcohol was his weakness. He pretended that without drinks, his pen would not move forward. He was not intoxicated but pretended to be so. When he was touring as a State Guest, he stopped his expensive Chevrolet car in front of a liquor shop. He got in and consumed liquor in a ritualistic manner. Probably he did not do it to show off but should have thought that he wouldn't care.



Frank Moraes



Chalapathi Rao

Hearty relations

Since he belonged to the Gandhi-Nehru era, Pothan was close to Gandhi but he did not support all his views. He liked Motilal Nehru and disliked Jawaharlal Nehru. That dislike he extended to his policies. He never supported Nehru's Five Year Plans and Nationalisation policies. Among the public, Nehru was considered an apostle of democracy but Pothan never shared that view. He was mentally close to Rajagopalachari and supported him whenever Rajaji criticised Nehru for his policies. When Pothan was idle after being thrown out from all newspapers, he accepted Rajaji's invitation to become the editor of Swarajya when its editor Ka Sa Subbarao died. Swarajya was published from Madras and Pothan was in Bangalore. Soon he broke his thigh bones in a car accident. It was followed by another fall. He was operated upon around waste. He became totally depended on others and so he resigned from Swarajya with the consent of Rajaji. Rajaji arranged for a pension to Pothan from Swarajya. Pothan died on November 2, 1972.

I wish to conclude this writing with something about Chalapathi Rao:

“Chalapathi Rao spent his whole



life for upbringing National Herald. As long as Jawaharlal Nehru was alive, Rao's independence was recognised. He became a giant among editors. Yet after Nehru's demise, his freedom was gradually curtailed. When Yashpal Kapoor, sychophant to Mrs Gandhi took

over the control of the paper, Rao was degraded to the status of a simple employee and was thrown out of Herald like curry leaves. He died in a street tea shop after a collapse and the tragedy became complete. After several days, his body was identified.”



SNEHA ANUJAN

EXONENT OF PERFORMING ARTS

Sneha Anujan is the daughter of Hema and Anujan and granddaughter of Late Smt Umadevi and PC Sankaranarayanan. Sneha's grandmother, Namboorichechi as she was affectionately called then, was very prominent among the Mumbai Malayalees having acted in many many Malayalam dramas between the early fifties and mid-seventies; And her grandfather, PC Ettan/Namboorippad as he was affectionately known among the Mumbaikars was a selfless social worker, and was instrumental in founding the Bassein Kerala Samajam in the 1960s.

Sneha learnt dance from the noted dance teacher Guru Dr. Smt. Chitra



Vishwanathan, who heads the Abhinayaa. She says that she is fortunate to attain her dance training under Guru Dr Smt.Chitra Vishwanathan, who guided and honed



Sneha with her Guru Dr Chitra Vishwanathan

Bharatanatyam is Sneha's favourite dance form and she is most proficient in this form, but she has also been trained in Mohiniattam, Kuchipudi, Manipuri and Traditional Folk Dance

her skills, identifying her talents and teaching her quality dancing. She staged her Arangettam under the banner of Abhinayaa Institute of Research and Fine Arts in 2006. She was also a part of the 'Arpana Troupe' an affiliate of 'The Abhinayaa', and has performed innumerable shows and programmes which has given her immense confidence and boost all through.

She took a break from the above in 2010 and staged her come-back in the 2016.

Bharatanatyam is Sneha's favourite dance form and she is most proficient in this form, but she has also been trained in Mohiniattam, Kuchipudi, Manipuri and Traditional Folk Dance.

She is still undergoing her Manipuri dance training under the able guidance of Guru Sudip Ghosh.

On the national front, Sneha has performed at innumerable events in and around Mumbai, Satara, Mahad, Bangalore, Hyderabad, Mount Abu, Ujjain, Kerala, Kolkata.

She has also, on more than a couple of occasions, performed along with the Nache Mayuri fame Star Celebrity Smt Sudha Chandran, the latest performance being at the Kala Ghoda Festival in Mumbai.

Sneha was a part of the 2017 - Shilparamam - Banshi Dance Festival at Hyderabad Abhinayaa & Gandharbi Kolkata in collaboration with

Shilparamam.

As at the international front, she performed at Malaysia in 2016.

She has also won prizes and awards including the Natya Mayuri award at the Shivanjali Festival held in Vasai this year. Sneha, a Graduate in Banking & Insurance and having done her PGDM in Banking & Finance, quit her employment career of about four and a half years between August 2011 and March 2016, and is presently pursuing Visharad Final Year. She recently appeared for the Junior Level Exams at The Karnataka Board and also intends to do Masters in Fine Arts in due course, with a goal to further her dancing career. ■

RECIPE

RAVA DOSA

Rava Dosa is a popular and tastiest variety of South Indian Dosa made with Rava (Semolina). It differs from other regular dosas as it does not require soaking, grinding and fermenting process. These varieties of dosas are made with a batter of rava and named it of its primary ingredients 'Rava'. It is very easy to prepare and not laborious. This delectably crispy dosa can be made to serve as an evening snack instantly.

INGREDIENTS

- 1 cup of Bombay Rava (Semolina)
- 1 cup Rice flour
- 2 or 3 Green chillies chopped
- Ginger, a small piece finely chopped
- Crushed black pepper 1 tbsp.
- Chopped Curry leaves few
- Jeera (Cumin seeds) ½ tsp.
- Broken cashew nuts or Coconut chunks cut into small teeth shaped pieces - 2 tbsp
- 2 cups of water or as required
- Cooking oil, preferably sesame oil for frying the dosa

Blend all the ingredients together in a bowl and whisk till smooth without any lumps adding more water as required to make the batter thin and on pouring consistency. Keep aside the batter about ½ an hour, to make the rava dosa crisper with netted texture and effect. After its rests mix the batter again thoroughly well as the rava and flour has settled down with water floating on top.

Heat non stick pan or traditional Dosa tawa. Once the pan or tawa reached its right heat, pour a ladle full of the batter from a little height in a circular motion starting from the outer edges to middle. The batter will sizzle and spread on its own. The layer of the dosa would be porous with plenty of holes. Drizzle a spoon of cooking oil, preferably sesame oil around the edges of the dosa. Cook till dosa get golden brown. Flip it other side with a spatula, drizzle cooking oil and cook it till turns crispy. Rava dosa takes little longer time to cook and consume more oil to make it crisp rather than normal dosa. Remove the Dosa from the pan and serve hot with coconut chutney or any other spicy chutney.

You can make the dosa plain or you can spice it up by adding chopped onion to the batter, another version and variation called 'Onion Rava Dosa'.



Recipe & Photograph Courtesy
K.S. Narayanaswamy
Mani's Lunch Home



HEALTHY HABITS FOR HEALTHY BONES

Did you know that your bones make up about 15% of your total body weight? Yeah, truth bomb!

Bones play many roles in our body providing body framework, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence. If missed; then during adulthood you can take measures to enhance your bone health, too.

As a matter of fact as you age, your bones become weaker and lose their density, especially in women after attaining menopause. Over time, you become more prone to injury. Fortunately, you can take these simple steps to halt the "thinning" of your bones i.e osteopenia and prevent osteoporosis.

Eat calcium-rich food

Calcium, alone is not the only nutrient required for bone health, however it is certainly the most critical one. Dairy is the most obvious source of calcium besides that there are many other natural sources including cauliflower, parsley, sprouts, broccoli, almonds, sweet potatoes, seaweeds, mineral water, soft shell crabs, sardines etc. Fortified tofu and soy milk are also calcium-rich choices. Try diversifying your diet to get calcium from a variety of foods.

Add 'Vitamin D' to your day

To help absorb calcium, most adults need 1,000 to 2,000 IU of vitamin D daily. Vitamin D deficiency is connected to an increased risk of fractures. Sun exposure without sunburn is the main and most natural way to get Vitamin D. Expose your face and arms to sunlight without sunscreen for about twenty minutes two to three times per week. Early morning exposure is preferred in India. Keep in mind that the line between getting a healthy amount of sun exposure and overexposure is different for everyone. It is obtained in small quantity from



Dr. Nikhil .P. Agrawal

oily fish such as salmon, mackerel and eggs and red meat. Another source is dietary supplements.

Start weight-bearing exercises

Weight-bearing exercises build bone mass at any age and also improve posture and balance. Stretching also helps and promotes flexibility and joint mobility. To boost your bone strength, try exercise that "loads" or compresses your bones. Running, cycling, jogging, high-impact aerobics, repetitive stair climbing, dancing, tennis and basketball are best for building bones. But if you have osteopenia, osteoporosis or arthritis, try fast brisk outside or on a treadmill. Low impact aerobics can also be done. Consult your doctor first and then plan exercises.

Cut back on Sugar

Refined sugar, alcohol and caffeine are acid-forming foods that weaken the bones by depleting them of calcium and other minerals. In short, the body is using its mineral stores to metabolize these substances. Decrease your intake of these substances and replace them with any of the healthful, bone-supporting foods above.

Don't smoke, and don't drink excessively

Bad news for bad habits: Loss of bone mineral density is associated with tobacco use and excessive alcohol consumption. If you smoke, look into a program to help you quit. If you drink, stick to no more than one libation a day. Check your alcohol intake, as it interrupts the absorption of calcium and Vit. D and it also effects the liver, where Vit. D is activated.

Get your Bone Mineral Density (BMD) tested

Doctors can get a quick and painless "snapshot" of bone health using a simple X-ray test called DXA (Dual energy X-ray Absorptiometry scan). This test measures bone mineral density and helps determine about bone strength and fragility. It alerts an individual about risk of osteoporosis and fracture. BMD is recommended for women within two years of menopause and for individuals sustaining fracture after trivial fall.

Certain diseases and certain medications that increase risk, such as long-term steroid therapy, chemotherapeutic drugs also need an earlier BMD scan.

Dr. Nikhil P. Agrawal
MS (Orthopedics),
Mch (Orthopedics)

Consultant: Orthopedic & Joint
Replacement Surgeon

For appointments: 8108181044
Wockhardt Hospital, Near Railway
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Dignitaries on stage

Samadaram 2017

■ The seventh annual celebrations and presentation of awards to the persons belonging to various categories were held by Tru Indian Information and Guidance Society in Savitribai Phule Auditorium at MIDC, Dombivli East. The event started with invocation by the differently abled singer Siddhija Ramesh Nair. Film director Hariharan and budding danseuse Ananya Kurup were presented with Sukumari Memorial Awards. Samaj Sevak Awards were presented to social activist Theruvoram Murukan, C P Sajeewan and S Sundaresan. Mathrubhumi Chief Sub Editor N Sreejith received Readers'Choice Award for his contribution to Journalism. While Dr Oommen David and singer Premkumar received Leading Light Award for educationist and Nadaprabha for music respectively, P V Vasudevan and M Ramachandran received Pravasi Bhushan Awards. Aiswarya Preman, Gokula Gopi, Archana Babu Marar, Greeshma Gangadharan and Nikita Maria received 'Sneha Chilanka' from Jayashree Kumar.

Singers, based in Mumbai, presented a musical programme with songs from Hariharan's films. Shweta Varier came up with a series of dance items. It was her 1111 stage performance.

Swami Krishnananda Saraswati was



Malayalam film director Hariharan being felicitated by Swami Krishnananda Saraswati

the Chief Guest. Col Dr Janardhanan, Adv Padma Divakaran, O Pradeep, Rajan V Nair, Murali Mattummal, Major Dr Nalini Janardhanan, Sunilkumar (Goodwin Group), Sasi Nair, Girijavallabhan, C P Krishnakumar, Rajan Varier Puthiyedam, Reshma Menon, Manoj Pisharodi, T N Surendran, Saidumuhammed (Gramaratnam), Kochukunju Pillai, Premlal (Aamchi Mumbai), Prakash Padikkal, K G Hari Krishnan (Baroda) and Rajendran Padiyoor were among the people participated in the event.

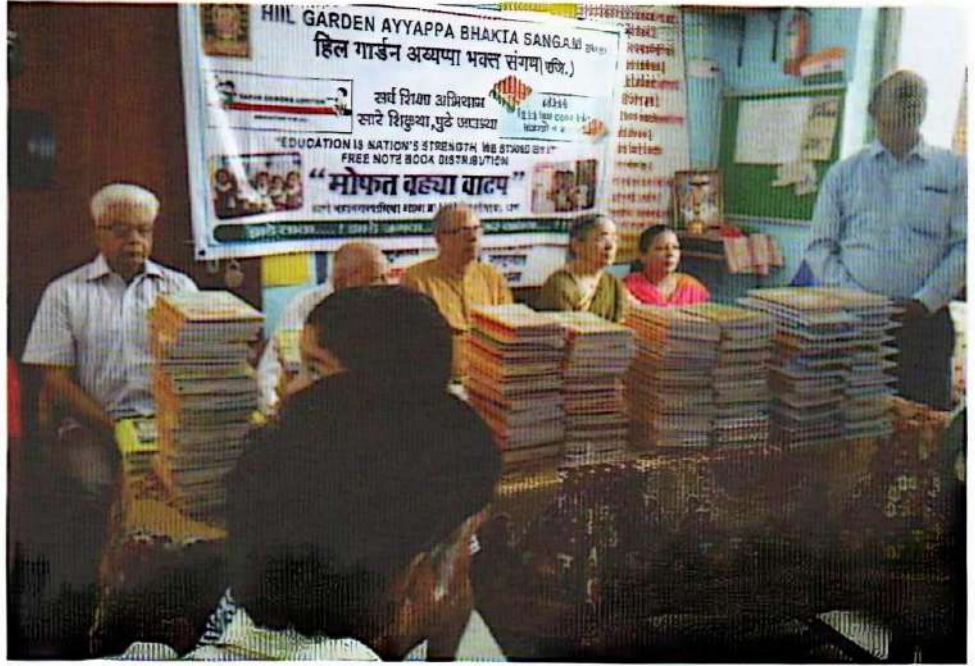
Kerala Sangeeta Nataka Akademi

■ A meeting of the west zone of Kerala Sangeeta Nataka Akademi was held at Kerala House in Vashi to finalise the arrangements for holding Pravasi Drama Contests. This is to encourage the activities of amateur drama groups led by pravasi stage artistes. The contests will be held in Mumbai. For details, contact 0487-2327427.

HGABS contribution to Sarva Shiksha Abhiyan

■ Hill Garden Ayyappa Bakta Sangam (HGABS) established in 1996) believes that it owes a lot to the community and always have initiated various small activities to discharge their social responsibilities. As a part of the same, it is associated with the Municipal School in Kokanipada, Chitalsar Manpada area of Thane and is working for better education for the students of this school.

This school is in the *adivasi* area and most of the students there are from economically lower income group. Since last eight years, HGABS has been distributing the complete set of note books to each and every student of this school. According to one of its teachers, this is not a distribution of only notebooks like it is done in many places. She mentioned that the representatives of HGABS visit the school at the beginning of the academic year, ask them to give the class-wise requirement of the specific books like four line books, square-line books,



Book distribution

double-line books, drawing books, long-books, Anklipis (the basic books of alphabets and numerals), etc, then

prepare the required no. of sets and then distribute them. Due to this, the students get their exact requirements fulfilled at the begining of the year itself and need not worry about it thereafter.

Note book distribution for the academic year 2017-18 was held on 17th June in the school and around 2500 notebooks of various types were distributed amongst 180 students from Std I to Std VIII. HGABS feels that the staff of this school is also enthusiastic and dedicated and takes all efforts for the education of the students from such area.

The E-learning programme is intended to make learning fun filled and interactive experience. Since HGABS like to be a part of academic excellence through quality and innovative teaching methods. it was decided to donate LED TV to the School



LED TV donation to the school

Scholarship to Malayali Students

■ Children of economically backward parents are likely to get merit scholarship from Mumbai Province of World Malayali Council for higher studies. Students who completed their SSC and HSC meritoriously are eligible for the scholarship. Applications should reach wmcmbai@gmail.com before July 10. For more details, contact 0222850 4279.

Education leaders to be felicitated

■ Keraleeya Kendra Sanghatana is organising an event to felicitate the leaders of Malayali organisations running educational institutions which secured high success rate in the recent SSC examinations. They will be felicitated at 11 am in Mysore Hall in Matunga on July 9. The organisers wish that this would be a venue where the Malayalam minority schools could interact for better achievements in future. Eminent personalities working in the field of education will attend the function. For details contact 99209 73797 or 91674 49349.

A rare achievement

■ When the HSC results of Mumbai division was announced, there was a rare sparkle in the list of results. One girl of 17 years Siddhija from Mulund College of Commerce was found to have secured 89%. Normally an ordinary result in these days! What makes the result special is that Siddhija is blind. Since her childhood she was losing her eye sight and by the time she reached her ailment 98% Retina Pigmentation and she had to depend on helper to write the examination. By the time she had to face the final HSC examination, the situation was worse. She was assigned a girl of Std XI Marathi medium and her power of spelling was very poor. Often Siddhija had to repeatedly dictate the answer and also help her with spelling too. Siddhija was in fact expecting above 90% and had to content with a lower percentage.

Siddhija wants to become a CA, a tough dream. Her younger brother Adityaraj (12) is bed ridden, suffering from brain palsy. Her father Ramesh is a helper in a private company. She is under treatment of Dr Siddharth Sankar of Irinjalakuda. The medical expenses of the children are beyond the capacity of Ramesh. There is no hope of a complete recovery but there is no tax



Siddhija with ATMA secretary Shasikumar Nair

on dreams.

Siddhija's mother Lata used to help her by reading the lessons to her. The lectures were recorded by Siddhija in the class and teachers also helped her by clarifying her doubts. With the help of recorded lessons and loud reading by Lata helped Siddhija to comprehend the

lessons and she is a fast learner. She never skipped any classes in the college.

Siddhija's family hail from Thalasseri and Vadakara. Adityaraj is treated by Hinduja Hospital. Siddhija gets help from ATMA for her treatment. Lata Ramesh Nair can be contacted on 99673 85418.



Notebook and ceiling fan distributed to Adivasi school, Mulgaon at Badlapur village by Namasankeerthana - Dombivili with the support of Mahendra Finance and well wishers.

Vidya Niketan achieves 100% SSC Result

■ Vidya Niketan English School Thane managed by Malanad Educational and Welfare Association achieved 100% result in the Std X SSC Board examination with many students securing distinctions and first class. Siddhi Rawul secured first rank with 93%, Sivajothi Thakur won second place and Malayali Siju Radhakrishnan came out with the third rank. The Association's objective is to offer quality English education to children of economically weaker sections of the society and has been able to do so for the last ten years since the school was established, according to Adv Prema Menon General Secretary of the Trust and Social worker. Sponsorships and assistance for development of the school are welcome, said Adv Prema Menon. For details contact 9892180858, 022 25889493.

Prathishta day celebrations

■ The 43rd Prathishta day celebration of Lord Kochu Guruvayoorappan was celebrated at the Asthika Samaj, at Matunga from May 25 to 30. The celebration was conducted under the guidance of Tantric Brihaspathy P C Dinesan Namboodirippad from Guruvayur temple in Kerala. During the six day period Astra Kalasa Pooja, Vastu bali, Vastu Kalasabhishekam, Prayaschitha homam, Santhi Kalasa pooja, Kalasabhishekams and Bhagavathi Seva were performed.

On the concluding day after performing Kalasa pooja, the idol of Lord Krishna was bathed with holy water from 108 Dravya Kalasams and Brahma Kalasam. After the evening pooja the idol was taken around the temple in the evening with beating of drums and Nadaswaram.

Another important ceremony in this temple is *Udayasthamana Pooja* which



During the function

is one of the most popular offerings to Lord Sri Kochu Guruvayoorappan and Swamy Ayyappan. There are 18 poojas with tantric rituals conducted from

sunrise to sunset. This is similar to the one being performed at the Guruvayoor temple in Kerala, said K Ramakrishnan, Secretary of the Samaj.

CD Released

■ "Gurudakshina" a unique album of Kathakali Padangal by Kalamandalam Madambi Subramanian Namboodiri or Madambi Aasan as he is known in the Kathakali world, the seniormost and highly revered Kathakali singer and a Guru with the largest number of disciples was released. The CD was recorded in a Studio under strict supervision of sound engineers, leaving no space for technical flaws. This is the first time that an album of 'Kathakali padangal' has been recorded with technical perfection in spite of the prohibitive cost. The second singers- 'singidi'- (no kathakali padam is complete without two singers) in this attempt are 15 of his disciples representing various periods of his tutelage, which again is a first in Kathakali recordings. The CDs were released at the hands of Padmashri Kalamandalam Gopi Asan giving a copy to Kerala's Agricultural Minister and an eminent participant in the cultural activities of Thrissur, Sunil Kumar. Gopi Asan praised the artistes and called upon all Kathakali lovers to listen to the CD to appreciate and understand the traditional Kathakali renditions. The album is produced and directed by a team of Kathakali lovers of Kalyan-Dombivli, namely Kunnam Vishnu, Paduthol Vasudevan, Kalamandalam Gireesan, Madambi Ashtamoorthi.



Bombay Keraleeya Samithi Malad distributing Note Books to School children

HSC results in Malayali schools

■ Malayali schools of Mumbai region secured good results in the recent HSC examinations. Three schools under Tilak Education Society secured 100% success. The Science and Commerce streams of Society's English High School and Junior College got 100% while these streams in Nerul Junior College got 99% and 97% respectively. In Ghansoli the percentages are respectively 100 and 99.

Holy Angels High School and Junior College of Dombivli East obtained 100% in the Science stream.

Ten students of Delhi Public School of Nerul secured more than 90% marks in Social sciences, out of which five are Malayalees. Suja S Nair got 97.6% in SSC and was placed in first rank in Maharashtra. P Seetha, Malavika Sabarinath, Hyma Balakrishnan and Anjali Sanu secured more than 90%.

Pattukoottam

■ Tru Indian Creative Wing organised a musical event titled 'Paadam Pattilaliyam' for the music lovers of Mumbai. It was their third session for singers and music listeners. New generation singer Devika Azhakesan was the chief guest. The gathering expressed condolence at the demise of EKK Nair. Sreedevi Sundaresan who secured 90% mark in the SSC examination was felicitated. John Philip, Vanaja Chandramohan, Mini K Nair, Sheela S Menon, Devika Nambiar, Ramakrishnan O V, K P Mohanan, Sreedevi Sundaresan, K Vijithaswan Nair, Valsaraj et al participated in the musical rendering.



Participants of Pattukoottam

Next session will be held on July 16 and the topic will be 'Mazhayam

Puzhayum.' Interested persons may contact Ambika Varasiar (93209 86322)



Kalashri Lalitha Kalalayam P Nambisan, an instrumental music player of Mumbai, performs thayambaka on edakka for the first time at Kerala organised by Souhrudam Literary & Cultural Centre, Wadakkanchery at Kerala Varma Vayanashala Auditorium, Wadakkanchery, Thrissur. (From left Pallimanna Rajiv Marar, Nelluvaya Murali, Pallimanna Appu Marar, Thichur Kuttan)

KKS Reading Festival

■ Keraleeya Kendra Sanghatana is organising a Reading Festival during July-August, in memory of P N Panicker, who is known as father of Granthasala Sangham. The Festival will be held in various Samajams in July and the winners will take part in zonal competitions in August. Winners thereon will compete in the final festival in September. The participants will be divided into two groups. Students upto Std V will form A group and students of Std VI-X will form the B group. Reading, poem recitation and Kerala Quiz are for A and B groups. 'Reading Experience' is open to all age groups. Those placed in first and second places will move to the next level. In Reading Contest, contestants have to read from the text. Poems could be presented either by reading text or without text. In 'Reading Experience', one has to describe own feeling when he or she read the book. There is no language restriction for the book but talking on experience should be in Malayalam. Quiz will be based on Kerala and Malayalam language. For details, contact 98330 91803, 99209 73797 or 98690 06440.

Dance and Music Classes

■ Sangeeta Nataka Akademi recognised Lalitha Kalalayam Fine Arts Academy Dombivili has reopened its dance classes from June 10 after the summer holidays. Classes conducted there include Bharatanatyam, kathakali, mridangam, veena, Carnatic vocal, chenda and edakka,, according to Academy Section Adhikari Girija Nambisan.

Grand Finale of Music Reality Show

■ Grand finale of the first music reality show involving Malayalees of the metro city will be held on August 20 at 10 am in Vishnudas Bhave Auditorium, Vashi. About 35 singers participated in the music competitions in three rounds running over a year and the best six of them are selected for the finale. The finalists are Rahul Nair, Rajalakshmi Somarajan, Devika Azhakesan, Asha G Nair, Anjali Menon and Ramachandran. Ramachandran is 67 years old while the youngest Anjali Menon is 13. The first prize will be Rs. 3 lakhs while the second and third place winners will be given Rs.1 lakh and Rs.50000 respectively. For details contact 022-6949 6969.





Trophy Winning Airoli Team



Airoli team receiving the the Trophy from Zonal Secretary Sreedharan

SNMS YUVA Football Tournament

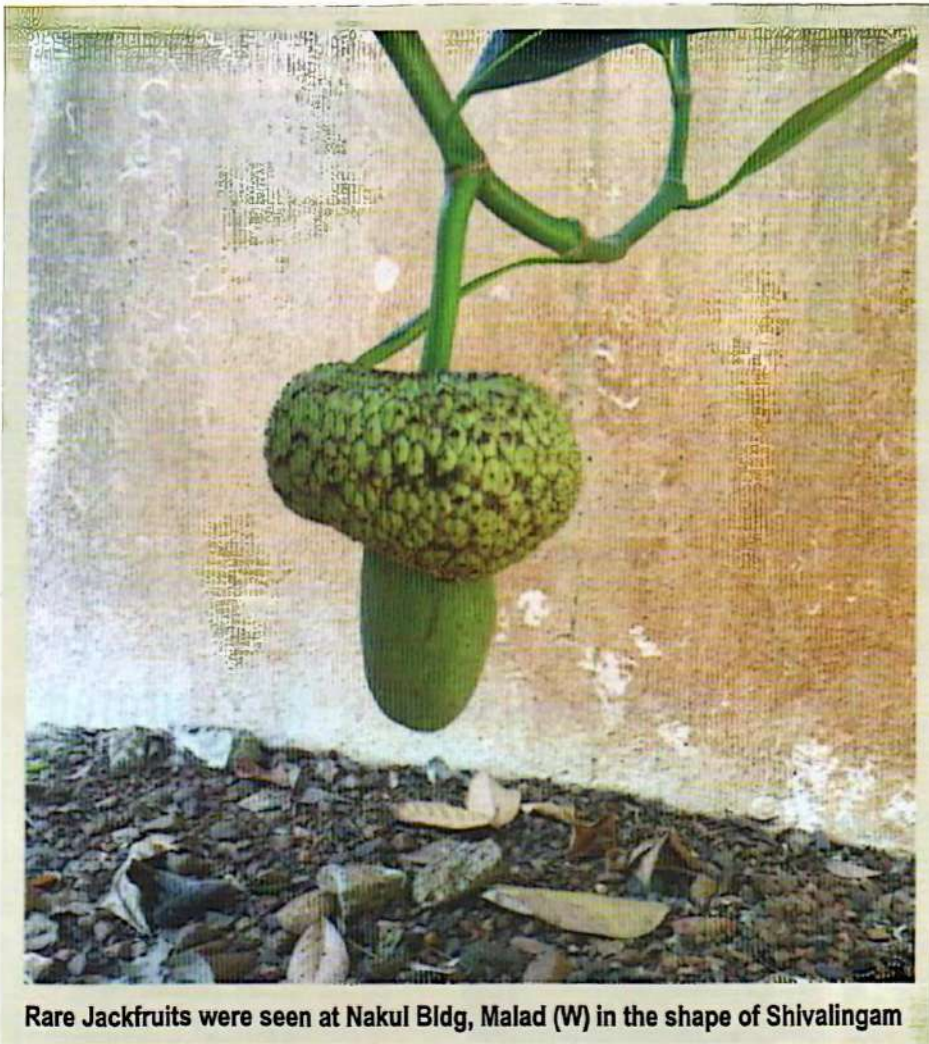
■ Airoli Team-1 won the Trophy at the Football Tournament conducted by SNMS Airoli Unit Youth wing. Eleven teams from Ghatkopar, Chembur, Bhandup, Vashi, Nerul, Mira Road, CBD Belapur, Powai, Airoli Units participated in the tournament.

Airoli Team-2 was the runner up.

Abhijit Ajaykumar of Airoli -1 team secured the best player title and best goal keeper title went to Ronak Sreedharan of Powai team. Sunil Thayyil obtained maximum goals. Samiti Zonal Secretary R Sreedharan, V K Pavithran and Sujatha Ravindran distributed the prizes.

Ramayana Recitation and Quiz competitions

■ Sree Krishna Seva Charitable Trust Mulund set up under the Chief Patronship of Swami Udit Chaitanya has been organising the Ramayana Recitation and Quiz competitions for the last several years with a noble intention to familiarize India's ancestral influence among the present generation particularly in children within the age group of 5 to 20 years. The Trust will be organizing its tenth competition on Sunday the 16th July 2017 at Mysore Association Auditorium, King Circle from 7.30am onwards. A cultural programme by participants of the competitions, as also "Ramayanam Ballet" by professional group have been arranged. B Venugopal, Managing Director, LIC, will grace the occasion as Chief Guest and Smt. Chandra Iyengar Retired Home Secretary , Govt. of Maharashtra will be the Guest of Honour. For registration and further details please contact. 09987080396 and 09819174951.



Rare Jackfruits were seen at Nakul Bldg, Malad (W) in the shape of Shivalingam

WEMA New MC members

■ New office bearers of Wagle Estate Malayali Association have been elected. They are Rajan Nair (President), N Narayanan (Vice President), Mohan Nambiar (Secretary), K B Haridas and Prameela Surendran (Joint Secretaries), K A Chandran (Treasurer), Aravindakshan (Joint Treasurer), K R Harikumar (School Committee Chairman), T V Chandran (Arts and Sports Convenor), K P Surendran (Librarian), V V Muraleedharan, K S Asokan, V N Santhoshkumar, V N Madhukumar, Sobhana Chandran, V N Asokan, Selina Raju, Vijay Tilakan and Ramakrishnan Nambiar (Committee members).



Adv. Padma Divakaran was honoured by a 'Vazhakula' Trophy by the Talent-2017 organised at Kodangalloor by schools and Vipin Kumar, Nagara Sabha Chairman. This was a talent hunt by the school children who showed their talents in making various articles. The 'Vazhakula' has been made by one of a talented student. The workshop was for one week.



Shwejasi Saijash Padichirayil
Millenium National School, Pune
Marks secured : 91.2 % ,
Std X CBSE Board.



Shree Ayyappa Seva Sangham, Powai in association with Giants Group of Powai, Brahma Kumaris and Nisarga Swasth Sansthan organised the 3rd International Yoga Day on June 21, 2017. Br. Janki Didi, Sunil Lamba, Lalita Vasan, Appukkuttan and others graced the occasion.



Sree Narayana Mandira Samiti elections

■ The elections of the office bearers of Sree Narayana Mandira Samiti for units of Ambernath, Badlapur, Vartak Nagar, Powai, Vikroli, Chembur One and Two and Virar were carried out.

Elections for 35 units are pending. They will be held on July 1 onwards to July 23 (Saturdays and Sundays). The elections are being held to elect unit secretaries and members of councils.

Matrimonial Wing Inaugurated

■ Thane Nair Association inaugurated its Matrimonial Wing. Lion Kumaran Nair inaugurated the event at Nair Bhavan, Thane, while President Harikumar presided. Kendriya Nair Sangh General Secretary Haikumar Menon, Secretary R D Nair, Aravindaksha Menon and Srikant Nair spoke on the occasion. Vivaha Mela will be held on July 9. For details contact 9892853152.

ATMA Annual Day celebration

■ All Thane Malayalee Association (ATMA) celebrated their anniversary on a grand scale on June 24 at R J Thakur Banquet Hall, Thane. P V Vijaykumar (Kerala In Mumbai), Premlal (Amchi Mumbai), Karunakaran Nair (Goodwin Jewellery) jointly inaugurated the event by lighting the lamp.

Raagalaya Academy of Music and Arts presented 'Ragamalika' a musical programme based on the lyrics written by Vayalar Rama Varma in which talented singers of Mumbai rendered the selected songs of the poet of yesteryears. Ashish Abraham compered the show. He took the audience through the life and events of Vayalar. He also presented a comedy show. Students who scored high marks in the recent SSC and HSC examinations were honoured. They were presented cash award, citation and certificates. The differently abled student Siddhija R Nair who scored high marks in her HSC despite her physical disabilities was given special mention. Soumya Nair who scored second rank in MBBS examination in the state and Prajit P Nair who secured 87th rank in Union Civil Service Examination were also felicitated.

Industrialist and social activist Dr Roy John Mathew was the chief guest. Office bearers of ATMA Sashikumar Nair (General Secretary), G S Pillai (President) and M B Mohandas (Vice President) addressed the gathering.



P V Vijaykumar lighting the lamp



Raagalaya musical performance



Felicitations to achievers



Felicitating meritorious children of ATMA members

BMS Activities

Borivli Malayali Samajam held a Seminar on GST at VK Krishna Menon Academy & Junior College. The speakers CA. Rex Uthup and CA. Anand Desai shared information about GST. BMS managed V K Krishna Menon Academy students who appeared for the SSC exams held in March, 2017 achieved 100% result and thereby upheld the track record of 100% results of the previous years.

Junior college is into the second year of functioning, providing online admissions to students in Commerce and Arts Stream.



BMS Vanitha Vedi organised a Free Health Workshop for its Vanitha Vedi members. The ladies bought homemade food which was shared by all and thus they celebrated the auspicious occasion of Eid also.



Sini Santhosh
Ryan International School, Malad
Marks Secured : 94.8%,
Std X SSC Board



Borivli Malayali Samajam held a Free Seminar on Career Guidance and Online FYJC Admission Process at VK Krishna Menon Academy & Jr College. The students were guided by Dr. Suresh Nair. President A.K.G. Nair, Secretary Rakhee Sunil, Treasurer Shashi Kartha and other Managing committee members were present.



International Yoga Day was celebrated on 21st June, 2017 at The Borivli Malayali Samajam's VK Krishna Menon Academy. Students, teachers, Vanitha Vedi and Managing Committee members participated

Drishyolsavam 2017

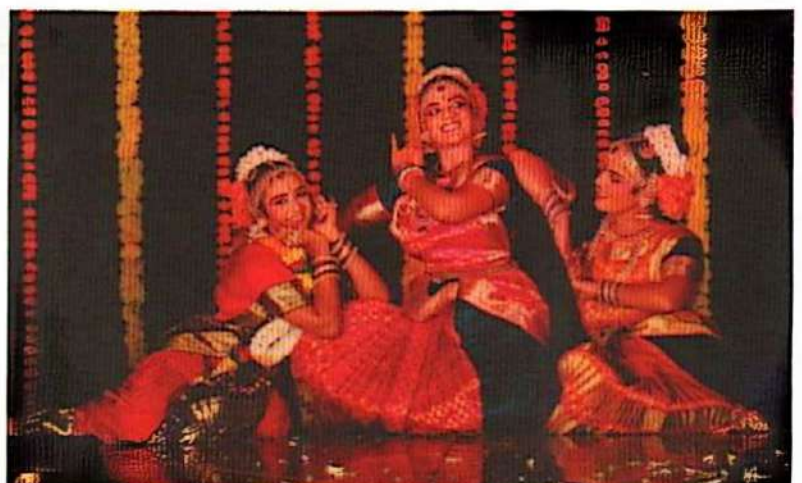
■ Mumbai Nattarangu organised a short film festival Drishyolsavam 2017 on June 25 at Kerala House in Vashi. During the festival, short films made in other states were exhibited. *Poe Prints* written and directed by Uttara Unni was selected as the best film. The second best film was *The Last Breath* directed by Hritik Chandran. Ravi Thodupuzha was adjudged the best actor and second best actor was Suseelan. Ajaya Dasan and Suma Mukundan were adjudged as the best and second best actresses. Among the child artistes, Ambika Varma and Geetu were respectively selected as the best and the second best child artistes.

Uttara Unni became the best screenplay writer and director. Anil Mankomb (Art direction), Swapnan (cinematography), Christopher (editor) and N N Sivaprasad (music) are the other winners. Keli Ramachandran, N



Sreejith and Manoj Mundayat were the members of the jury. National Award

winner Priyanandan distributed the awards.



Bharatanatyam Arangettams of Sushama Gopinath's Navarasa Dance Academy's students: Mrunali, Nikita, Ompriya and Umanshi on 3rd June at Agri Koli Auditorium Nerul and Mannshree, Mrinal and Shreya on the 11th of June at Marathi Sahitya Mandir, Vashi.

A wedding in 'poor' light

Malayalam's favourite poet Changampuzha Krishna Pillai had recited a few lines depicting the miseries, poor status and the needs of people belonging to the lower strata of society. The times have changed and the needs also accordingly changed. Yet our social media is not quite aware of the change of time. It should not have otherwise created such a frivolous situation for the poor member of state assembly Mrs Geeta Gopi representing Nattika in Thrissur district. It fact she has taken trouble to represent her party for a second time when demands were raised to increase the female representation of the party. Her party leaders and students union leaders are not aware of the sad plight of their poor representative whose humble husband is an employee of the Guruvayur Devaswom.

It all started when her daughter Shilpa got married in Sree Krishna Temple of Guruvayur and the ceremony was well attended. Many of her colleagues in the assembly and political leaders attended the event. Next a reception was held at Poonthanam Auditorium and this was also attended by the celebrities.

A pandemonium was erupted when the photographs of the reception appeared in newspapers and they went viral over digital media.

A party activist and political commentator Shahjehan expressed her anger by tweeting, "One might think she is the daughter of a rich trader or a millionaire. However she is the daughter of a CPI legislator. We can only be shocked." He could not comprehend how a girl could wear two dozen gold bangles from wrists to elbow of both hands and cover her body from neck to waist with glittering heavy gold necklaces.

"Look, Communists have outweighed business magnates in gold," said another activist while debating the gala wedding on social media. "There are certain norms for party workers and leaders on such occasions and the MLA

should have been cautious on this. We have asked the party's Thrissur district committee to conduct an inquiry," a senior party leader said admitting that the wedding invited enough embarrassment to the party.

The All Indian Youth Federation, which is the youth arm of the party, also criticised her blaming her for the opulence. In her defence, Gopi told a

particularly if it was by an MLA. "There are norms for party workers and activists on such issues," he told TOI.

The party has said it was unbecoming of a communist leader to host such a luxurious wedding.

Her party criticised her for throwing a lavish wedding, citing the overwhelming quantity of ornaments as an "embarrassment" for the party, and it

also learnt to have sought an explanation from her. The party has said it was unbecoming of a communist leader to host such a luxurious wedding.

A CPI leader, Mullakara Ratnakaran, had during the last assembly session urged the chief minister to find a way to stop extravagant weddings, such as the one organised by Geeta Gopi. In the past, party leaders like Binoy Viswam have organised a simple wedding for his daughters.

Recently, Kerala's Agriculture Minister Mullakkara Rathkaran had approached the Chief Minister calling for a ban on luxurious weddings. However, since no one could restrict or regulate anyone from spending their own money, the Chief Minister could not approve Rathkaran's request.

However her political opponents pointed to her 2016 assembly election affidavit in which she had declared total asset of Rs 58 lakh.

The party has now sought an explanation from the legislator who has strayed from its ideology of austerity. The grand display of opulence by the CPI legislator has led netizens to accuse the party of hypocrisy. Yet the CPI member of Parliament C N Jayadevan defended Geeta Gopi saying that no one could expect a Communist to live on 'parippu vata, black tea and beedi' forever and Geeta did not do any sin by providing gold jewellery to her daughter. Since he became an MP, he himself travel by executive class to Delhi at a cost of Rs.1,21,000 per trip, he said.

In her briefing to the media, Geeta Gopi said that she had given just 75 sovereign gold ornaments to her daughter during her wedding. Out of



Malayalam news website that she did not "overdo anything". She merely went according to the traditions, adding that she did what any parent would want to do for her child's wedding. She bought only 50 sovereigns and her relatives and friends gifted 25 sovereigns, she said.

An AIYF member posted a photograph of the wedding on Facebook which accompanied a taunting remark. Another post on WhatsApp mentioned that more jewellery would break her neck and so the remaining jewellery was put in a trunk and handed over to the groom.

In response, speaking to The Times of India, CPI state joint secretary Prakash Babu vociferously opposed lavish display at weddings, saying it was not "acceptable to the party",

this, 25 sovereign was given by her relatives and the party was apprised of expenses related to the wedding.

However on receiving her explanation, Party officials said the MLA had erred in the vulgar display of gold on the occasion of the wedding and issued her a warning and closed the matter. Whatever the reason, a leader of a party like CPI indulging in splurging and display of wealth came as a massive embarrassment to the party.

The incident comes days after CPM suspended its Rajya Sabha MP Ritabrata Banerjee for living a lavish lifestyle simple because it was against the party's ideology of austerity.

It appears that no Communist can dream of any luxury though in the past, many supporters like ONV Kurup et al wrote about 'Chakravarty Kumaran', 'Payasachoru', 'Sarkarapanthal' etc the ultimate dream of the working class.

Former CM of Kerala from CPI, C

Achutha Menon wrote in his diary of Feb 25, 1979 mentioned about the wedding of the daughter of Lab Assistant Velayudhan. He then laments, "What an extravagance! The Communists have lost all their sense of virtue."

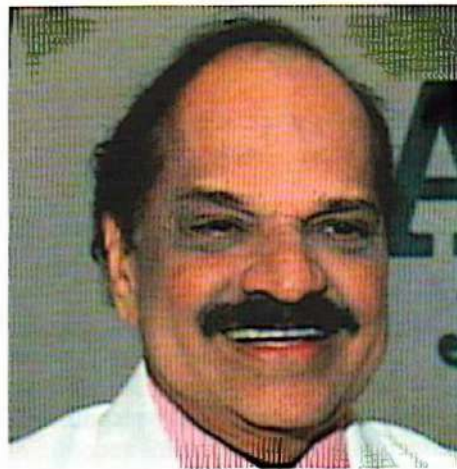
Mrs Geeta Gopi, on the wedding day, At reception CPI Minister V S Sunilkumar (extreme left sitting) with the couple.

Jailed Atlas Ramachandran has health problems

It was a fall one would never expect or would be scare to remember ever. M M Ramachandran, the owner of once Kerala's noted jewellery and who appeared on various television channels proclaiming 'Atlas Jewellery- most trusted establishment by crores of people', is behind bars since August 23, 2015 for a case of bounced cheques of 34 million Dirhams. Though Ramachandran pleaded before the court that his firm had assets worth 500 Dirhams in various ECC countries, the proposal could not bear fruit. In next October, he was sentenced to imprisonment of three years. For the last 21 months, he is bidding his time in jail. This sentence pertains to one single case. There are many similar cases pending before the court. Newspapers report that if other cases are also taken up, he would end up upto forty years in jail while some report that banks have now agreed to bundle all cases together and give him time for returning his debts as he has enough assets abroad.

Ramachandran has one daughter and a son who were part of his business. Manju and her husband Arun were also imprisoned in similar charges and son Shrikant has left for US, fearing repercussions. Selling jewellery lying in varying Atlas showrooms, wife Indira settled small loans and paid the benefits of about 200 employees but the big loans are still there to be settled.

Ramachandran had taken huge loans from various banks to expand his business chain but it did not grow as expected. His interests in some other fields were also blamed for this fall. He was passionate about movies and produced *Vaishali*, *Dhanam* with Mohanlal and *Sukrutam* with Mammooty. He acted in a bit role in *Arabikadha* of Srinivasan.



According to Khaleej Times, health of Ramachandran is a little worrisome. His wife Indira (68) stated that he was shifted to hospital on a wheelchair. She does not have enough money to pay rent for her rented flat in Dubai and expects



Indian especially Malayalees whom Ramachandran helped financially earlier to come forward to help him out. She too has health problems, she said. She is also afraid of getting arrested in some of the cases.

Wife takes charge from Husband

■ IPS Officer Ajita Begum took charge of the post of City Police Commissioner of Kollam from her husband Dr Satheesh Binoy IPS, who has been transferred to the post of Superintendent of Police of Pathanamthitta. It is very rare in the office corridors that one of the couple take charge from the other. Ajita and Satheesh had drawn attention when they were appointed as police officers in the same district. Ajita Begum took charge when Dr Satheesh was appointed as SP of Pathanamthitta. In fact she

was resuming duty after going through a maternity leave of six months. The takeover happened on June 7. Dr Satheesh proceeded to New Delhi on a five day leave and on his return, he assumed charge of the new posting.



DANDRUFF



Dr. (Major) Nalini Janardhanan

Dandruff is one of the most common hair problems. It is more common among the age group of 18-40 years. There are two types of dandruff.

1) Greasy Dandruff is seen in oily type of scalp. The increased production of oil on the skin of scalp encourages the growth of a fungus called *Pityrosporum ovale* leading to fungal infection of scalp.

2) Dry Dandruff is due to excessive use of shampoos and soaps on hair causing dryness of scalp and hair.

Factors which increase dandruff

- Hormonal changes
- Frequent shampooing
- Use of shampoos which dry out hair.
- Weather changes like cold and dry weather.
- Hereditary
- Stress
- Lack of nutrients like B Complex, fatty acids etc.
- In some diseases like Parkinsonism oily scalp may cause dandruff.

■ Dandruff is commonly seen in overweight person, alcoholics and patients with heart diseases, diabetes, fits & AIDS.

■ Rarely some medicines like cimetidine, ethyl dopa etc may lead to dandruff as side effect.

Symptoms

Itching and white flakes on scalp and hair along with hair loss may be due to dandruff. Continuous itching and

scratching can lead to redness, small pimples, discharge from pimples etc. (This is called seborrheic dermatitis). Later, infection can occur following scratching. Dandruff can also spread to face, eyebrows, armpits, chest and back.

Dry Scalp

The white flakes when you have dandruff are actually dead skin cells that naturally fall off your scalp especially



when you scratch. Dry skin on scalp can cause scalp flakes. There may be itching, redness and irritation. Hair may be dull and dry. This can be treated with medicated antidandruff shampoos weekly once or thrice. They contain medicines like salicylic acid ketoconazole, Selenium sulfide or zinc pyrithione.

Seborrheic Dermatitis

Increased production of sebum or oil from sebaceous glands around the hair follicles is the cause of greasy or oily scalp. It can lead to Seborrheic Dermatitis causing dandruff. Scaly and yellowish patches form on the scalp and then flake off. Causes are oily skin, stress, certain diseases heredity and seasonal changes. Other conditions similar to dandruff are:

Scalp Psoriasis

This condition can cause thick scales and large white silvery flakes on scalp. Itching may be there. Scalp psoriasis can be controlled with various treatments.

Irritant or allergic contact dermatitis:

Allergic reaction to shampoos or

other hair products can irritate scalp leading to inflammation and dry flaky skin as in dandruff.

Treatment

Deep conditioning and hot oil treatment with scalp massage may improve the condition of dry scalp. Keep the hair clean and wash hair daily. For normal dandruff one may use



medicated shampoos only once or twice weekly. When dandruff is not responding to anti dandruff shampoos, consult a dermatologist for a proper diagnosis and expert treatment. For Seborrheic Dermatitis, Doctor may prescribe antifungal tablets, steroid creams and antibiotics (if there is infection)

Prevention

Dandruff can be prevented with a gentle scalp massage, good rinse and keeping scalp and hair clean. Dry scalp may be due to frequent shampooing or using shampoos which dry out the scalp and hair. So don't use drying type of hair products and shampoos. Don't apply shampoos on hair daily. Wash hair with cold or warm water. Hot water, frequent shampooing and use of hair products containing alcohol can dry out the scalp. So avoid such products. Limit the use of heat appliances like blow dryer, hair straightener etc. Vitamin B deficiency can cause dry scalp. So include fruits, vegetables, cereals and whole grains bread in the diet. One may take vitamin supplements as per doctor's advice. Reduce or avoid spicy foods. Don't take too much of salt and sugar in diet. Don't consume alcohol. Drink plenty of water. If dandruff is not responding to antidandruff shampoos, it is better to consult a dermatologist for expert treatment. ■

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മോക്ഷപ്രാപ്തി



രാജേഷ് പടിയൂർ

“ബ്രഹ്മപുത്രം, മഹാമുനേ,
നമിപ്പൂ ഞാൻ സമുദ്രം
എന്നുള്ളിലെ സന്ദേഹങ്ങൾ
തീർക്കാൻ കരുണ കാട്ടുമോ?”

മർത്തശ്ചീവിതലക്ഷ്യത്തെ
പുർത്തിയാക്കുവതെങ്ങനെ?
നാമോച്ചാരണമോ, നല്ല
കർമ്മ മാർഗ്ഗങ്ങളോ, ചൊൽക!”

“സാധകധ്യാനധർമ്മങ്ങൾ
സൽക്കർമ്മങ്ങൾക്കു താഴെയാം
പരനാനന്ദലബ്ധിക്കൈ-
വരിക്കാനുള്ള കർമ്മങ്ങൾ.

ഈശ്വരാർപ്പണമായിട്ടു
നിസാർത്ഥം ചെയ്ക നിത്യവും
മോക്ഷപ്രാപ്തി ലഭിച്ചിടാൻ
മറ്റൊന്നും മാർഗ്ഗമില്ലേടോ!”

immune system.

- Patients with long standing diseases and conditions like Asthma, other lung diseases, diabetes, obesity, heart diseases, blood disorders, brain disorders etc.

Treatment

- Consult a doctor and start treatment, as soon as you have any of the above mentioned symptoms.

- Have bed rest.
- Sleep well
- Drink plenty of water & liquids like fruits juices, soups etc.
- Don't take pain killers on self-diagnosis (especially Aspirin).

Anti-drugs are usually given only to patients with high risk of developing complications.

Prevention

- Stay home when affected
- If you have cough & sneezing,

cover your nose & mouth.

- Use disposals tissues for cleaning the discharge from nose and throw them in covered type of dustbins.

Protection

- Eat balanced diet, drink plenty of water, get adequate sleep & exercise.
- Wear masks & gloves when coming in contact with animals.
- Wear a mask on face when travel in airplanes or go to crowded places.
- Avoid repeated touching of face, eyes and nose without washing hands.
- Avoid contact with sick pigs and patients with swine flu
- Keep away from patients with cough or sneezing.
- Clean floors, door handles, counter tops, handrails etc. with disinfectants.
- Avoid kissing, hugging or shaking hands with people if there is risk of getting infected with swine flu.

- If a member of the family has swine flu, isolate him in a separate room. Only one member should take care of him. Others must reduce frequent contact with the patient.

- **Washing hands** Wash the hands thoroughly and frequently using soap & water. If soap is not available, an alcohol based hand sanitizer can be used. Remember that washing hands is always important before, during & after preparing food, before eating, before and after touching patients, before and after dressing wounds, after using toilets, changing diapers or helping a child in toilet after blowing nose, cough or sneeze.

In short, good hygiene is important and can reduce the risk of getting swine flu or passing it on to others if one has infection.

So stay protected and take care! ■

An Indian legislative perspective to Alcohol/Drug Menace



Dr Sujatha Nair substance.

Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act)

The NDPS Act is the solitary and wide ranging legislation which deals with the issue of all drugs including prescription medications in India.

This Act prohibits

■ Production, manufacture, possession, sale, purchase, transport, warehousing, use, consumption, import, export or shipment of any narcotic drug or psychotropic substance except for medical and scientific purposes and as per the rules or orders and conditions of licence issued.

The amendment to the act in 2014 was to make it easier for medical institutions and hospitals to obtain palliative care opioid medicines more easily. It makes the law uniform in all states and union territories regarding the same, dispensing off the red tape and multitudinous licenses that were required earlier.

The defining feature of the Act is the strong distinction it creates and draws between an Addict (user quantity) and a dealer (commercial quantity). The punishments for a person caught with a commercial quantity are severe as laid out more specifically below.

Stringent Provisions of the Act & Criminalization of Drug Laws

- Mandatory minimum sentence of 10 years imprisonment for certain offenses
- Presumption of guilt and reversal of burden of proof
- Severe restrictions on grant of bail - A person caught with small quantities of narcotic or psychotropic drugs are entitled to bail. Section 37 makes commercial possession a non bailable offense.
- Pre-trial detention of up to 1 year
- No suspension, remission and

commutation of sentences

- No release on probation under Probation for offenders Act under which conviction for offenses punishable with less than 3 years, need not be served in Jail
- Enhanced punishment (up to 30 years imprisonment) for repeat offenders
- Compulsory death sentence for subsequent conviction for specific offences, Section 31A NDPS. This is in conflict with Article 21 which vested the right on the court to its discretion and scrutiny before pronouncing the death sentence, hence this benefit was provided.

Treatment Provisions under the NDPS Act for persons caught with a 'user' quantity

If addicts are convicted for offences involving small quantities of substances then options are- treatment instead of jail. However, this is a kind of involuntary process as the person does not go to a drug/alcohol rehab out of a sense of realization and hence, it does not in most cases serve the intended purpose.

Drunken Driving Law in India

While driving a motor vehicle if a person has a Blood Alcohol Level (BAC) exceeding 30mg of intake per 100ml of blood detected by a Breathalyzer (roughly 2 small - 30 ml drinks), he or she is booked under "first offence" where punishment can be imprisonment extending up to six months, or with a fine of up to 2000 Rs, or both

A second or subsequent offence, if committed within three years of the commission of the previous similar offence, attracts imprisonment upto to two years, or with fine of Rs. 3000 or both. On 1 March 2012, the Union Cabinet approved proposed changes to the Motor Vehicle Act. Higher penalties were introduced, including fines from ₹2,000 to ₹10,000 and imprisonment from 6 months to 4 years.

However, despite the law, people get away with the act and thus have become a menace on Indian roads.

Prohibition of alcohol is currently in force in Gujarat, Haryana, Andhra Pradesh, Kerala and most recently in Bihar. To add to that, the Supreme Court has now banned serving liquor in any place which is 500 m within any state or

national highway. This is done to curb the heavy toll of accidents on the Highways. Results are difficult to ascertain at the moment. Except for huge economic losses in form of excise duty, and political for the respective politicians at the time of elections, and mass deaths due to sale of illicit liquor, the Prohibition in states has not done anything to curb the menace of Addiction in the populace. As seen in Gujarat, illicit liquor manufacture, crime and consumption gets promoted bringing along with it the horrors of adulteration and the fatal results thereof.

So called Treatment Centers

The understanding of the right kind of treatment required for the those afflicted by addiction to alcohol/drugs is very minimal in the country whether it is amongst the politicians or the law makers. Detoxification is considered to be treatment. It is believed there are medications that will work long term to treat addiction. All myths.

As a consequence there are umpteen so called "rehab" that have mushroomed where people are picked up against their will and forced to be incarcerated, shamed, punished, abused and heavily medicated in the name of treatment.

Right Treatment

Treatment has to be voluntary, non-medical [except for the detoxification phase] and in an understanding, accepting, loving, compassionate, comfortable ambience using methods of counseling, meditation and other alternate therapies..

Every day newer and synthetic drugs enter the market and are being sold under the guise of research chemicals which the laws find difficult to keep up with. There has to be a primary change in policy and a greater drive for awareness of the problems and the right solutions amongst the powers that be, so that people who can be great contributors to society have the opportunity to do so. ■

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Pranasakhi... പ്രാണസഖി....

Film: Pareeksha (1967)
Lyrics: P Bhaskaran
Music: M S Baburaj
Singer: K J Yesudas

പ്രാണസഖി.... പ്രാണസഖി,...
പ്രാണസഖി, ഞാൻ വെറുമൊരു പാമരനാം പാട്ടുകാരൻ
ഗാനലോകവിമികളിൽ വേണുവുതുമാട്ടിയൻ (പ്രാണസഖി....)

എങ്കിലുമെന്നോമലാൾക്കു താമസിക്കാനെൻ കരളിൽ
തങ്കക്കിനാക്കൾകൊണ്ടൊരു താജ്മഹാൾ ഞാനുയർത്താം.
മായാത്ത മധുരഗാനമാലിനിയുടെ കല്പടവിൽ
കാണാത്ത പുങ്കുടിലിൽ കണ്ണണിയെക്കൊണ്ടുപോകാം (പ്രാണസഖി....)

പൊന്തിവരും സങ്കല്പത്തിൻ പൊന്നശോക മലർവനിയിൽ
ചന്തമെഴും ചന്ദ്രികതൻ ചന്ദനമണിമന്ദിരത്തിൽ
സുന്ദരവസന്തരാവിൻ ഇന്ദ്രനീലമണ്ഡപത്തിൽ
എന്നുമെന്നും താമസിക്കാനെൻറെ കൂടെ പോരുമോ നീ?
എന്നുമെന്നും താമസിക്കാനെൻറെ കൂടെ പോരുമോ നീ? (പ്രാണസഖി....)

Prānasakhee... prānasakhee....
Prānasakhee, njān verhumoru pāmaranām pāttukāran
Gānalōkaveethikalhil venhuvoothumāttitayan (Prānasakhee...)

Enkilumennōmalālkku thāmasikkānen karalhil
Thankakkinākkalkontoru tājmahāl njān uyarthām
Māyātha madhuragānamāliniyute kalpatavil
Kānhātha poonkuttilil kanmanhiye kontu pōkām (Prānasakhee...)

Ponthivarum sankalpathin ponnashōka malarvaniyil
Chanthamezhum chandrikathan chandana manhimandirathil
Sundaravasantharāvin indraneelamantapathil
Enumennum thāmasikkānente koote pōrumō nee? (Pranāsakhee...)

The film Pareeksha is based on the successful play of the same name by T N Gopinathan Nair and the story revolves around the corruption and malpractices in the examination system in schools. It was produced by Vasu Films of Vasu Menon who made films in Tamil, Telugu, Hindi, Kannada and Malayalam. It was shot in his own studio, Vasu Studios. It was directed by P Bhaskaran. P Bhaskaran wrote its lyrics and Baburaj scored the music.

All six songs were hits and are being hummed even today. They are 'Oru pushpam mathram.', 'Annu ninte nunakkuzhi...', 'Avitunnen gaanam kelkkan...', 'En pranayakane...', etc. Yesudas and S Janaki lent their voices to these songs. Main actors are Thikkurissi Sukumaran Nair, T R Omana, Prem Nazir, Sarada, Adoor Bhasi, P J Antony, Aranmula Ponnamma, CA Balan, Kottayam Santha, Khadeeja et al.

Avarute Ravukal

■ Ajay Krishna produces this film under the banner of Ajay Entertainments. Based on own screenplay, Shanil Mohammed directs it. Azif Ali, Unni Mukundan, Aju Varghese, Vinay Fort et al brings the main characters on the screen. Honey Rose is the heroine. Mukesh, Nedumudi Venu, Sudhi Koppa, Lena, Kochupreman, Prashant Alexander, Ramadevi, Milana et al lend support. Shankar Sharma provides music and lyrics are written by Hari Narayanan, Sibi Patiyara and Anu Elizabeth Joseph.



Richie

■ Gautam Ramachandran directs Richie with Nivin Poli as hero. Nivin comes as a local rowdy. It is an investigative thriller with sea shore as background. Shraddha Srinivas is the heroine. Other actors are Prakash Raj, Nutty, Raj Bharat, Lakshmi Priya Chandramouli et al.

Vinod Shornur and Anand Payyannur produce this film under the banners of Cast & Crew and Yes Cinema Company. Ajanish Lokanath provides music.

Katamkatha

■ Vinay Fort and Joju George come in pivotal roles in this film and Senthil Raj directs it. Ranji Panicker

Saiju Kurup, Roshan Mathew, Harish Kanaran, Manikantan Pattambi, Sunilkumar, V K Baiju, Prashant, Nandulal and Shrita are the remaining actors. Sadiq Ali produces this film for Massom Entertainments.

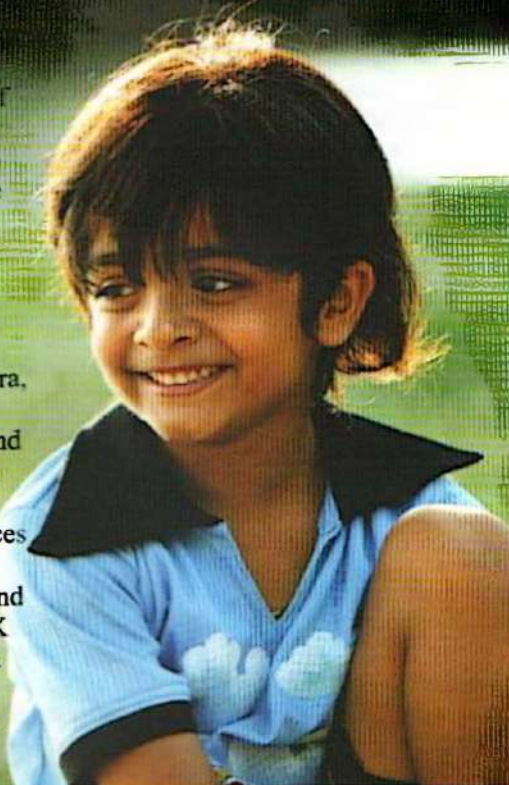
Screenplay is written Philip Siji. Lyrics are written by Kaithapram, Santhosh Varma and Manu Manchit. Deepankuran scores the music.



Clint

■ Clint, the very young talent, who left this world at the age of seven, leaving behind about thirty thousand pictures, now comes on the screen under the direction of Harikumar. Master Alok is Clint. Unni Mukundan, Vinay Fort, Joy Mathew, Salimkumar, Ranji Panicker, Rima Kallunkal, KPAC Lalitha, Baby Akshara, child artistes Rudra, Nakshatra, Drupat, Amit and Amar are also sharing the screen.

Gokulam Gopalan produces the film under his banner Gokulam Movies. Screenplay and dialogue are written jointly by K V Mohankumar and Harikumar. Ilayaraja sets the tune for the songs written by Prabha Varma.





Mom

(Genre- Thriller/Drama)

■ Starring Sridevi Kapoor, Akshaye Khanna, Sajal Ali, Adnan Siddiqui.

After her outstanding performance in the super hit movie English Vinglish, Sridevi is back with another interesting role in her home production MOM. Directed by Ravi Udyavar, Presented by Zee studios & Boney Kapoor, this movie is a tale of how far a mother will go for the sake of her children. The Trailer looks pretty promising as it makes you keen to know the mystery in the movie. We will also see the wonderful actor Nawazzudin Siddiqui in a guest appearance. The music is scored by A. R Rahman and is already being liked by many.

Release date 7th July 2017.



Munna Michael

(Genre- Action , Dance)

■ Starring Tiger Shroff, Nawazzudin Siddiqui, Nidhi Agerwal. Director Sabir Khan brings us his third film Munna Michael with Tiger Shroff after Heropanti & Baaghi. This story is about a Munna (played by Tiger), a young man from the streets, who is a big fan of Michael Jackson & a super dancer. Mahinder Fauji (played by Nawazzudin) is a gangster who aspires to dance & approaches Munna to be his mentor. Nidhi Agerwal plays Munna's love interest. The songs composed by Meet Bros & Tanishq Bagchi are addictive & topping music charts. Release Date 21st July 2017.



Jagga Jasoos

(Genre- Musical Adventure Romantic Comedy)

■ Starring Ranbir Kapoor, Katrina Kaif, Adah Sharma Produced by Siddharth Roy Kapur, Anurag Basu & Ranbir Kapoor, Jagga Jasoos looks very promising. The film tells a tale of how a teenaged detective is in search of his missing father. The promotional activities for the film are on, in full swing. With the breakup of the lead couple Ranbir & Katrina & the stories of how they quarrelled during the shoots which made the director Anurag Basu unhappy as he couldn't get the chemistry right, this movie is already quite a controversy. The Songs composed by Pritam are already leading all music charts.

After a lot of delay, thanks to the lead pair, this movie is finally set to release.



Mubarakan

(Genre Romantic Comedy)

■ Starring- Anil Kapoor, Arjun Kapoor, Ileana D'cruz, Athiya Shetty & Neha Sharma. Director Anees Baazmee's Mubarakan is a Punjabi wedding tale set in London. The story is about two identical twin brothers Karan & Charan who are totally different personalities. Each of their girlfriends (played by Ileana D'cruz & Athiya Shetty) are expected to swap and marry the other brother. To get out of this mess they approach their fun loving uncle Kartar Singh (played by Anil Kapoor). Watch this movie, to find out if he helps them to escape the marriage or dooms them. Release Date 28th July 2017



Jab Harry Met Sejal

(Genre- Romantic Comedy)

■ Starring Shahrukh Khan & Anushka Sharma. Director Imtiaz Ali, of the super hit movie 'Jab we met' comes back with another rom-com Jab Harry Met Sejal. The story revolves around the lives of Harinder Singh Nehra 'Harry' (played by Shahrukh) & Sejal (played by Anushka). Sejal is a guju girl who is engaged & wishes to travel alone to Europe before she is married & does so. She hires a guide Harry. The story shows the journey of those few days in Europe, how Anushka has a reason to stay back in Europe as she loses her engagement ring which is her fiancée's ancestral ring. She contacts Harry & asks him to help her find the ring & the love story kick starts.

Release Date- 4th August 2017.



Sabita Chowdhary is dead

■ Well known singer and wife of famous music director the late Salil Chowdhary, Sabita Chowdhary (72) died following lung infection and throat cancer.

Born in 1945, Sabita rendered her voice to Bengali, Hindi, Kannada, Malayalam, Tamil, Assamese and Odisha songs. Her Malayalam songs, 'Vrichika penne veli penne' (Thoma slecha, 1975) with Yesudas was a great hit. Her other notable songs are 'Oru mukham mathram kannil', (Aetho oru Swapnam), 'Mele Poomala' and 'Nee mayum nilavo' (Madanolsavam) are also popular. The Chowdhary couple has four children, Sanju, Antara, Sanchari and Bobby. Sanju is a composer of music.

Divya 18 Vayassu

■ It is a short film written and directed by Anto Thevalakkad for Anona Creations. Its shooting is now completed in Kuttanad and surroundings. The story revolves

around Divya, an innocent rural girl. Serial actress Prateeksha and the lead actor of films Manthrikappa laka and Shadow, Arun Gopan are in the lead.

Other actors are Anona, Keerthy, Devi Pillai, Roney Thomas, George and Gireesh.

Lyrics are written by Ajit

Perumbavoor

and they are composed by Subir Alikhan. Sharanya and Subir are the singers.

Story is written by Reji Maloor while screenplay and dialogues are written by Joy Thomas. It is produced by Joy Thomas





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