

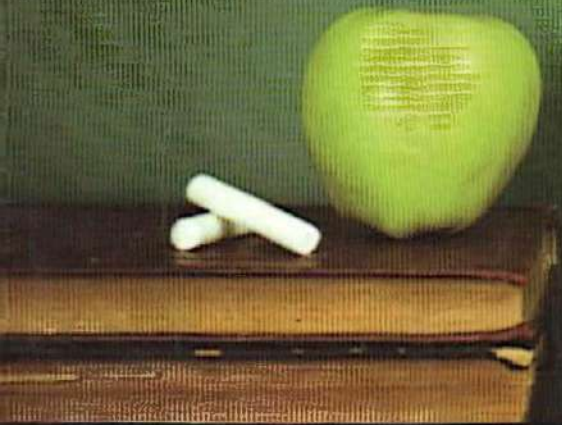
Bollywood New Releases

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Kerala in Mumbai

The Only English / Malayalam Monthly Magazine linking Mumbai Malayalees

INNOVATIVE EDUCATIONIST



CULTURAL & ACADEMIC SCHOLAR



RHYTHM MASTER



Documentary on Novelist Balakrishnan

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Politics is a bed of strange fellows. We do not understand the philosophy that drives the externally inimical political parties into secret relationships. The leaders often claim strange reasons for their coming together in national interests. We are yet hear a top political leader complimenting another for a job well done. In his poetical avatar Atal Bihari Vajpayee eulogised Madam Indira Gandhi as 'Durga' after the victory of Indian forces over the Pakistani Army in the 1971 Bangladesh war. Probably he must have repaid the debt of Jawaharlal Nehru when the latter introduced him to foreign dignitaries as 'future Prime Minister.'

Political parties of India are in a puzzle right now as the presidential election is coming closer. Only during the Janata Rule, a candidate of a non-Congress group was elected to that supreme position in India. Now the history is likely to repeat as the BJP government is garnering support from various states, especially from the south where it is weak. Barring a few, most of the political parties are controlled by families and the bitter rivals of each state, barring BJP and Congress, are veering towards one of them.

In West Bengal, Communist Party of India (Marxist) and Trinamool Congress are bitter rivals but no one can make them friends in the current scenario. At the national scene, both of them are moving towards Congress of Sonia Gandhi, as realization comes through that Congress does not pose any danger to them in the immediate future.

In Uttar Pradesh, Bahujan Samaj Party, Samajwadi Party and Congress are joining hands whereas in Bihar, the picture is not clear. Since members of Lalu Prasad Yadav family are entangled in massive corruption cases, Nitish Kumar, at this moment, keeps a safe distance though two of Lalu's sons are ministers in his cabinet.

Kerala is providing an interesting picture. Barring the lone member O Rajagopalan, all others are expected to vote against the candidate sponsored by BJP. The ruling LDF and opposing UDF are supposed to be at loggerheads but both of them are determined to keep BJP from gaining further grounds. BJP always claimed that they were the only group that stood against Congress during emergency whereas all other parties have one time or the other joined hands. All political parties in Kerala are announcing from the house tops that they cannot support a communal party like BJP. When he was CM, EMS gifted Malapuram district to Muslim League. CPI conspired together with Muslim League against CPI(M) to oust them from power, and Congress always kept League in good humour all in the name of secularism. It now appears that the only secular party in Kerala is Muslim League though the prefix is an anachronism.

The General Secretary of CPI (M), Sitaram Yechuri wants to be in Parliament but he cannot get elected from anywhere except Kerala and the followers of Pinarayi Vijayan are not very comfortable with him. Then the alternative is West Bengal where CPI (M) could get him elected if Congress lends support to it. In such a situation how CPI (M) could raise its voice against Congress? Think of a Kerala where CPI(M) and Congress work together, forgetting all their petty differences! Both of them claim that they are working for the people of Kerala. Then why not they join hands so that all other parties would bite the dust? CPI also can join them to reinforce the bond. This is an ideal time to achieve this unthinkable bond (we are scared to use the word 'bondage' as Communists would not like that word) so that Kerala would indeed become 'God's own country.' We would indeed return to that utopian state where Maveli ruled once.

We have already started dreaming where all are very happy, celebrating Onam every day, no hartal, no shortage of food materials (thanks to our neighbours), pocketful of money to spend, less number of newspapers and news channels so that we can see the favourite programmes without the aid of remote control. What a heavenly experience that would be!

Thank you, Narendra Modi for uniting our favourite political parties under one umbrella. But what we would christen it, Bharatiya Janakeeya Party?

'കേരള ഇൻ മുംബൈ'യും മുംബൈ നഗരവും

മുംബൈ നഗരം മഹാസാഗരം.. നഗരത്തിലെ ഭ്രാന്തമായ തിരക്കിന്റെ കുറവ് അലകളിൽ പൊങ്ങിയും താഴ്ന്നും നീന്തുനോൾ സമാശ്വാസത്തിന്റെ തുരുത്തായി എല്ലാ മാസവും ഒരു കുറവുമില്ലാതെ അണിയിച്ചൊരുക്കി കയ്യിലെത്തിക്കുന്ന 'കേരള ഇൻ മുംബൈ'യുടെ അണിയറ പ്രവർത്തകരോട് ഇവിടത്തെ മലയാളി വായനക്കാർ കടപ്പെട്ടിരിക്കുന്നു. ആകാശത്തോട് മത്സരിച്ചു തോറ്റ പ്രകാശം വീതിക്കുന്ന കുറവ് സിമൻറ് ടവറുകൾ, കടലിനോട് മത്സരിച്ചു തോറ്റ കടൽപ്പാലം (ബ്രാദ്രാ സീ ലിങ്ക്), നഗരത്തിനെ സ്നേഹിച്ച് ശ്വാസം മുട്ടിച്ചു കൊല്ലുന്ന ചേരിവീടുകൾ, നക്ഷത്രങ്ങളോട് തോറ്റ് പ്രകാശം വീതിക്കുന്ന നഗരനിരത്തുകളിലെ രാത്രിവിളക്കുകൾ; ഇതിൽനിന്നൊക്കെ വല്ലപ്പോഴും രക്ഷപ്പെടുന്ന മുഹൂർത്തങ്ങൾ 'കേരള ഇൻ മുംബൈ'യുടെ താളുകളിലെ നിറവൈവിധ്യങ്ങളുടെ അനാച്ഛാദനോത്സവങ്ങളും കരുത്ത കുഞ്ഞുരുമ്പുകളുടെ റോഷയാത്ര പോലെയുള്ള അക്ഷരപ്രവാഹങ്ങളുമാണ്. സകല മോണ്ടാഷ് തിയറികളും തൂക്കിയെറിഞ്ഞുകൊണ്ട് എല്ലാം ഒരു നേർക്കാഴ്ചയുടെ പ്രേമിയിലാക്കി കൃത്യമായ ഇടവേളകളിൽ അണിയിച്ചൊരുക്കിയിട്ടുള്ള ഈ പ്രയത്നത്തിന് അഭിനന്ദനത്തിന്റെ ഒരായിരം പൂച്ചെണ്ടുകൾ!

*Subhash Menon
Goregaon-West*

Navodaya - the vision and mission of Marthomites in Mumbai.

Navodaya is a people's movement which has adopted a rights-based approach. It was initiated by the Mumbai Diocese of the Marthoma Church in 2011. A survey was conducted on the need for translating thoughts and discussions into action, whereby several areas for social action were articulated. These included work among the rag pickers of Mumbai, among the intellectually challenged children through a special school, and the adoption of a village and transforming it into a model village. On 2nd October 2012, these projects were brought under a single umbrella, the Navodaya Movement and was inaugurated by the Most Rev. Dr. Joseph Mar Thoma Metropolitan, Head of the Marthoma Church.

Navodaya was able to partner with Swedish agency, Erikshalpen, through the nodal agency, Holistic Child Development India (HCDDI). This helped to expand the project's reach to the other dump yards in the Kalyan-Dombivili municipality, at Bhiwandi, Ambarnath and Ulhasnagar, and covers the welfare of 1,000 children. At the same time, Navodaya also took up the administration and running of the Marthoma School for Children in Need of Special Care at Titwala which was earlier managed by the Kalyan West Marthoma parish. This centre has 75 children under its care. In 2014,

Navodaya took note of the pitiable conditions of the transgender community (hijdas) in Mumbai and initiated work with them. Efforts are being made to wean them away from begging for a living or acting as middle persons for prostitutes, by providing them occupational skills and integrating them with the mainstream of national life.

The strength envisaged through this movement is the capacity development of individuals and communities to understand, claim and fulfill their rights, instead of servicing their needs. The activities are aimed at deepening their participation and empowering them to take decisions for their lives and encouraging ownership of the developmental programmes. The vision is to respond to the needs of the underprivileged and the victimized and to contribute to a new social order based on human dignity, equal opportunity, and social justice, to inspire, engage and enable the empowerment of marginalized and vulnerable communities to confront their life situation and enhance their well-being.

*Biju Cherian,
Vasai Road*

Excellent Article

The article 'Splendid Beaches of Kerala' by Lakshmi Venkatachalam in May Issue of Kerala of Mumbai was excellent. Keep it up and publish more such interesting articles.

*S Rama Iyer,
Thiruvananthapuram*

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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Dr RENI FRANCIS

Excellence In Teacher Education

Dr Reni Francis is an educationist who has carved a name for herself and is well known in Mumbai's educational field. She is a striking example of personal and professional excellence.



Lakshmi Venkatachalam

■ Dr Reni Francis is a senior educationist and teacher who works as Assistant Professor at Pillai College of Education & Research (B.Ed course) since 2008. Besides teaching she

supervises teacher education programmes in the Group's college/schools. She has an experience of more than 14 years in facilitating learning with school students, teachers and teacher education in India and Kuwait.

Earlier she worked for S.G.K.M. International School (University of Cambridge International Examinations), now known as the Universal School, Ghatkopar, but she had to leave service due to her continuing education (M.Ed). Dr Reni was working for Jabriya Indian School (CBSE curriculum), Kuwait (from April 2001 to May 2006). For some time she worked for Gulf Indian School (CBSE curriculum), Kuwait from September 2000 to February 2001.

Dr Reni says, "I was married at the age of 19, when the world announced 'that there would be no career for Reni after marriage,' as they assumed so. But my parents (Mathew and Achamma) and husband (Francis Joseph) believed in me and inspired me to complete my further studies. I feel God designed me to breaking barriers and propel through the glass ceiling."

Reni went to college in her Second year B.Com while she was pregnant with her first baby Reuben. Her family



A teacher has to work closely in understanding the learner/student, his/her needs, his/her interests and style of learning. This enables him/her to customize the instruction accordingly.

helped her move this phase in a comfortable manner and thereafter she successfully completed her Graduation. Then Reni and Francis moved to Kuwait for better job prospects and she got employed as a Kindergarten school teacher after really struggling hard to get a job in Kuwait. After six years of stay in Kuwait, when they were blessed with their second son Ryan, they returned to settle in India when Francis'

my father-in-law became unwell. However Francis insisted that she complete her Bachelors in Education (B.Ed.) and become a qualified teacher. Reni took admission at Pillai College and "My journey as a student began and till date I consider myself as a life-long learner. My principal Dr.Sunita Wadikar motivated me to complete my Masters in Education (M.Ed.) and then eventually I joined the Pillai College as a Teacher educator. I am truly blessed to be constantly nurtured by Dr. K M



Dr Reni Francis with the Vice Chancellor of Mumbai University Dr Sanjay Deshmukh, Chairman and Secretary Dr K M Vasudevan Pillai, Principal Dr Sunita Wadikar, NAAC Peer Team Members and Faculty of Pillai College of Education and Research, Chembur.

Vasudevan Pillai Sir and Dr. Daphne Pillai Ma'am. I completed my Ph.D in Education, Masters in English Literature and Masters in Commerce," she says. During this time of learning their daughter Rhea was born.

Professional Growth and Research

Dr Reni has presented several papers in seminars and conferences which have contributed immensely to her professional growth and research. She attended the meeting of B.Ed

Syllabus Revision for the academic year (2017-2018) on 10 th April at Seva Sadan College, Ulhasnagar. She was a part of the Syllabus Revision Committee for S.Y.B.A and T.Y.B.A. Education at the Department of Education, University of Mumbai.

In March 2017, she attended a Conference on 'Developing Effective and Passionate teachers' at Higher Education Forum at Durgadevi Saraf Institute of Management Studies, Mumbai.

In a two day National Seminar on 'New Challenges and New Pedagogies

for 21st Century Education' (sponsored by Global Foundation) at K J Somaiya Comprehensive College of Education, Training and Research, Mumbai in February 2017, she attended and presented research paper on 'Preparing student teachers for 21st century learners'. She also presented research paper on 'Equality and Growth, a CHANGE Perspective ' at Sree Narayana Guru College of Commerce UGC Sponsored Multidisciplinary International Seminar On "Social Inequalities and Economic Development" in February 2017.

She was invited as a Keynote Speaker at the 19th International Conference on Innovative Educational Systems organised by World Academy of Science, Engineering and Technology. The talk focused on 'Innovative Pedagogy and Educational Technology for the 21st century'.

She attended Programme on National Human Rights Commission, New Delhi, sponsored Training Programme on 'Human Rights' at Mahatma Education Society's Pillais' College of Education and Research, Chembur in July 2016.

Publications

Dr Reni has authored a book 'Redesigning Learning Horizons through Multiple Intelligence Approach', by Lambert Academic Publishing, UK. Some of her works published in 2016 are an online article, Assessing Mindfulness towards enriching Quality of Life in International Journal of Current Multidisciplinary Studies, an article 'Extrinsic and Intrinsic Teacher



Francis Joseph, Reni Francis, Reuben, Ryan and Rhea



Dr Reni receiving the Acharya Devo Bhava Award from Prof, T Papl Reddy, Chairman Telangana State Council of Higher Education and Chief Editor Brahmag K V.



Receiving the most Promising Alumnus of K J Somaiyya College of Education from Mr Adarsh Nayyar.

Development', both print and online edition. She authored Teacher Resources for Nine Hat's Series on English language (Grade 1 to 8) with lesson plans based on the theory of Multiple Intelligence and also worksheets for the same Nine Hats Series Grade 1- 8. Other articles include 'iLearn A pathway to progress' 'Celebrating Learning Achievement through Student Support and Progression,' etc. She is Editor of an International Journal of Education Transacademia, Associate Editor for the 'B.Ed CET Question Set 2013' published for Pillai College of Education & Research, Chembur,

authored a handbook for teachers known as 'Constructing Creative Minds,' contributed an article on the topic 'Education System in India' for the Book of Knowledge- Empowerment of Politicians, a project by Dr D Y Patil International Academy, published a paper 'Online Course - A Learning Hub' and several other books. Dr Reni recently authored a book for teachers known as 'Blooming with Multiple Intelligence', additional copies of which was requested by the Academic unit of CBSE (Delhi) and duly acknowledged by Narendra Modi, then Chief Minister of Gujarat State Government.

Achievements

Dr Reni was nationally honoured in 2016 with the 'Acharya Devo Bhava Award' presented by the Brainfeed group in Hyderabad and the Senior Scholar and Educator award (2017) presented by the National Foundation for Entrepreneurship Development in Coimbatore. She is also acting as a mentor for Youngin' International Preschool & Childcare (One of India's Preschool based on the theory of Multiple Intelligences), and School Leaders Network, a professional body of school leaders in the country. As a part of her service to the community she is linked to the Soroptimist International Bombay Chembur (SIBC), is the Immediate Past President of the club, a women organization catering to the underprivileged women and girl child. SIBC is associated to Soroptimist International Great Britain and Ireland and has done several projects such as the Adult Literacy Drive, Jumble Sale and many more fundraising projects.

She was one of the top 500 rank holders in the CENTA Teaching Professionals' Olympiad TPO 2015 from all over the country teachers from about 300 cities/towns across 25 States/UTs. She was the recipient of Women Achievement Award 2012 from Diocese of Kalyan- Kerala Catholic Association, Mumbai. Dr Reni is Advisory Board Member of several International Research Journals like 'Innovative Thoughts,' 'Conflux Journal of Education' 'Cognitive Discourses' etc.

Dr Reni Francis has represented Pillai College of Education & Research, and was awarded Third Prize during the Inter-collegiate English Elocution Extempore conducted by Bombay Teachers Training College, Mumbai, Certificate of Honour during the Inter-

Multiple intelligence and coach development

I successfully completed my Ph.D. in Education from the Mumbai University and the topic was on Multiple Intelligence approach to teaching. Prof. Dr. Howard Gardner from the Harvard Graduate School of Education (1983) in his Multiple Intelligence theory propagates that individual differs in their abilities, learning styles and interests and these differences need to be acknowledged and nurtured in schools. An action towards this would necessitate the need of a different scenario for learning. Gardner's pluralistic view of intelligence suggests that all people possess at least eight different intelligences that operate in varying degrees depending upon each individual. Students come to the

class with different sets of intelligences comprising of intellectual strengths and weaknesses. My study was to find out the extent to which multiple intelligences is fostered by the teachers in their daily classroom practices across the four Boards of Education (SSC, ICSE, CBSE, and CIE).

I have completed my course on "Using Multiple Intelligences as a tool to help students learn" from Harvard University Graduate School of Education (USA). Considering my efforts in education, I was selected to pursue "coach development" with WIDE World Harvard Graduate School of Education, which nurtured me to coach other educators on various pedagogies, teaching & leadership strategies





Dr Reni with the Founder President of SIBC Dr Daphne Pillai, guests and SIBC Members at a Womens Day Celebration Programme.

collegiate Pratyush competition conducted by K.J. Somaiya Comprehensive College of Education, Training and Research, Mumbai. She won the Certificate of Merit for Teaching Aids in English and Economics method from Pillai College of Education & Research and Certificate of Appreciation from Navjeevan Centre for participating in the Community work project for the under-privileged children at Murbad, Maharashtra.

Dr Reni is Member of Learning organizations such as the Indian Association of Teacher Educators (IATE) and English Language Teachers Association of India. She was awarded the Achievers Award 2012 from K.J. Somaiya Comprehensive College of Education, Training and Research.

Family Roots

Reni was born and brought up in Mumbai but her roots are grounded in Kerala. She hails from Thumpamon, Chengannoor. Her parents Mathew and Achamma completed their education from Chenganoor and like any aspiring young couple moved to Mumbai. She has two sisters. Her father worked for Central Railways and her mother was employed at Food Corporation of India. Her sisters are settled with their families in the United States of America and Canada.

Reni is married to Francis Joseph who was also born and brought up in

Mumbai. He hails from Kottapadi, Thrissur District. His father is the late C C Joseph, ex-Voltas employee and he was instrumental towards the Kerala Catholic Association and Syro Malabar rite being formed in Mumbai. His mother, Annie and all his siblings with their families are well settled in Mumbai.

Francis is the co-founder of School

associated with the Management of Mahatma Education Society Dr K M Vasudevan Pillai and Dr Daphne Pillai who have believed in my efforts and motivated me to scale greater heights. I owe my gratitude towards my Principal Dr Sunita Wadikar who has supported me in my initiatives."

Dr Reni adds, "All credits to my success I owe to our Almighty God who has always guided me on my path. My husband and my parents have been my biggest support."

Regarding the role of the teacher to bring out the best in a student, Reni says, "A School is all about people and relationship. It's not about the infrastructure. The teacher plays the most important role as a facilitator, guide, mentor and role model. The relationship between a teacher and his/her student is very vital in education. A teacher has to work closely in understanding the learner/student, his/her needs, his/her interests and style of learning. This enables him/her to customize the instruction accordingly. The theory of

Multiple Intelligences founded by Prof. Dr. Howard Gardner, stresses on building a pathway to a child's understanding, through various intelligences. It's all about listening and working together with the student on building an understanding of the subject. A teacher needs to observe and capture all possible evidences about the students, which allows them to develop their knowledge, skills, talents and attitudes." ■



Reni with the team of teachers of Youngin International Pre-School, Vikhroli.

Leaders Network, Managing Trustee of KV International School (Tamil Nadu) and Vice President of Early Childhood Association India. He is one of the most respected school operational expert in the country.

The couple's eldest son Reuben is doing his first year Mechanical engineering, second son Ryan is in grade 9 and daughter Rhea is in grade 2.

Regarding her success in her field, Reni says, "I am highly blessed to be

TWO BOOKS ON SATHYAN THE ACTOR

- Satyanath

The difference between an actor and a star was that the former is capable of bringing out any character on his or her persona in a realistic way while the latter is capable of drawing spectators to the matinee shows in the theatre irrespective of his or her inability to project the character in true colours. He left this world forty seven years ago.

Thikkurissi Sukumaran Nair was the first star of Malayalam screen after his *Sthree*, *Jeevithanouka* and *Visappinte Vili*. Besides writing the story, screenplay, dialogues and lyrics, he also acted and directed plays and films. Above all, he was the first actor in Kerala to own a motor car to move around with his favourite leading lady. Sathyan did not have any of these qualities. Unlike Thikkurissi, he was from a lower middle class Nadar Christian family, had to give up education after matriculation, worked as a teacher in a tutorial college, then as a clerk in a government office, served army and later joined police as a Sub Inspector.

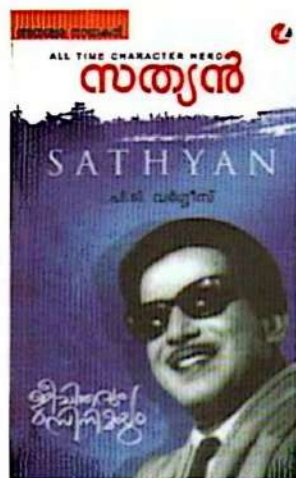
The book before me 'Sathyan: Arangilum Aniyarayilum' is written by Ullanukutty J Kunnappally does not tell me anything about the growth of Sathyan before he joined police force. In fact the narration starts from the time Sathyan was serving the police department while acting in stage plays when he was free from duty.

The book has a complex presentation. It is not written as a biography by a third person or as an autobiography (in which the narrator is normally in first person) and hence it is weak as a book. The author could have written in proper third person narrative. Often the narration is as if Sathyan is talking to us, often using words like താൻ, തന്റെ etc., used to refer to second person during a conversation. For a person familiar with the history of Malayalam movies, it would be easy to point out several inaccuracies. Though the book is throwing light to his screen persona,



reading an article written by Kaumudi Balakrishnan about movies and expressing his surprise at the former's vast experience. Balakrishnan was his neighbour but was not well acquainted. Soon they became friends. When a news report about the proposed movie 'Thyagaseema' to be produced by K N K Menon based on the story of Balakrishnan appeared in the press, Sathyan went and expressed his desire to be an actor in it. Soon the project started with Sathyan, Abdulkhader (later he was called Prem Nazir), Sree Narayana Pillai, C I Parameswaran Pillai, G Vivekanandan, Indirabai Thakachi, Indira et al as actors, P Bhaskaran as lyricist, P S Divakar as Music Composer and there was no director. When the film was shot about 4000 feet, the government under CM C Kesavan (father of Balakrishnan) fell, taking away all the protections and privileges the producer enjoyed. On the basis of encouragement given by Balakrishnan, C N Sreekantan Nair, N Ramachandran et al, Sathyan submitted his resignation and it was accepted after a few months. The shooting was resumed at Madras. By then, Menon became bankrupt and the film was dropped.

When Sathyan was moving from crisis to crisis, an advertisement by P Subramanyam, who was in the process of establishing a studio in Thiruvananthapuram, inviting applications from actors and actresses appeared. The movie was to be made in Malayalam and Tamil. He watched the rushes sent by Balakrishnan and liked the scene in which Sathyan was riding a horse. Though



in his attempt to make it interesting, the author uses several exaggerations while hiding certain facts.

The narration starts with Sub Inspector Sathyanesan (real name)



Mutiyanaya Puthran

the actor was dark, short, of disproportionate body structure, Subramanyam liked his personality on the screen and he was chosen as the hero of 'Atmasakhi' and 'Priyasakhi.' Subramanyam also gave him a new screen name Sathyan. While 'Atmasakhi' was being shot, he was also signed for another film 'Thiramala' in which Sathyan had the role of villain while Thomas Burley was the hero. (This fact is not mentioned in the book). Kumari Thankam was the heroine. While Atmasakhi became successful, Thiramala failed at box office. Soon he was also signed for 'Lokaneethi' opposite B S Saroja. It was followed by 'Kalam Marunnu' (Time changes). He then acted with Padmini, B S Saroja, T S Balaih, Gemini Ganesh et al in *Aasaadeepam* which also turned to be a good movie. Sathyan had no work for the next six months. Then came *Neelakuyil* before him. This was the first Malayalam film whose major portion was shot outdoors. It was released in 1954 and won the first silver medal for Malayalam. It was followed by 'Snehaseema' with Padmini. It was based on an English story adapted to suit Kerala conditions. This was also a

hit. Since only a few films were made in Malayalam and Sathyan's attitude of not approaching producers for work, he did not have any work for a couple of years. He was forced to sell some of his properties at native place to meet his expenses in Madras. Once his calibre was undoubtedly established, he was busy till his last day. He was not particular about his status in the film but he wanted only such roles where there were opportunities to display his talents. Yet often he was compelled to take certain films out of personal equations with the producers. Laila Majnu, Sakuntala, Chettathi, Aranazhika Neram, Anarkali, Krishna Kuchela etc were some of them. He had no hesitation to accept villainous roles also. In Thiramala, Devasundari, Manaswini etc he had negative roles and in many other films he had supporting roles.

Sathyan and

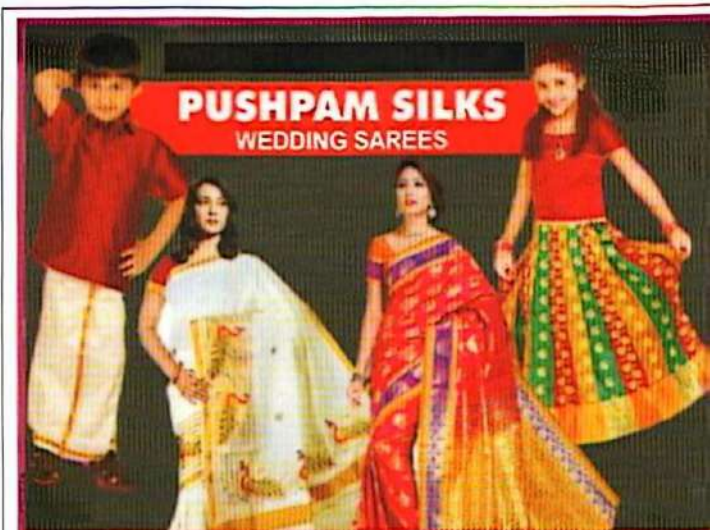


Sathyan in *Odayil Ninnu* -1965

Prem Nazir were stars of their times and they did not have any professional rivalry. However when his close friend Shobhana Parameswaran Nair turned producer, Sathyan was not offered any role in his first film. Though Sathyan did not make it an issue between them, he never accepted any offer when made later. There are numerous films in which Sathyan stole the show from others who were presumed to be the heroes. *Puthiya Akasavum Puthiya Bhoomiyum*, *Doctor*, *Adimakal* etc were such films. When speaking on the occasion of felicitating Nazir on his 300th film, Sathyan made a



Sathyan and Prem Nazir in *Anubhavangal Palichakal* -1971



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

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

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

മാമരജ് റോത്തി, മൂണ്ടുകൾ, റെഡിമെയ്ഡ് ഷർട്ടുകൾ
"ഓട്ടിമച്ചം കെട്ടിക്കൊ വെൽക്രാ റോത്തി 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

point that it was not the number of films that mattered but the number of good movies.

Sathyan as a Sub Inspector had often used physical force on people while doing his duty, as was a practice those days, especially on Communist workers but he had to work with some of them later on during his movie days.

Sarangapani, the regular dialogue writer of Udaya's north Malabar ballads, was one among them. When Sarangapani casually pointed out this matter to the actor, he felt sad for his misadventure and compensated by giving him financial assistance often. Thoppil Bhasi, Ponkunnam Varkey et al knew his background but never held them against him but insisted on his inclusion in the films as an actor.

The book under review gives a day to day account of the last years in the life of this great actor, especially his last days. If any attempt was made to capture the life of Sathyan as a movie actor, this book would be of enormous value.

While the shooting of 'Kalpana' (Story by K T Mohammed) in which Sheela had a double role, Sathyan had the first taste of his illness. Though his friendly doctors asked him to relax in his work, they did not disclose the diagnosis. It was his friend of many

years G Vivekanandan who revealed the name of disease much later, as 'multiple myeloma'. There were several movies in which Sathyan was associated during those days. 'Sthree', 'Vazhve Mayam', 'Cross Belt' etc were among them. When Sathyan fainted during a shooting, there were talks in hushed voices that he was suffering from



With Ambika cancer. Even Sathyan had a similar feeling and he often secretly met Dr Jagadeesan and Dr Pai. He had a lot of work to complete before retirement. He started signing films left, right and centre. He signed 21 films and completed 19 of them before departing the scene. Four of them were released after his death. When the last scene was to be shot for 'Anubhavgal Palichaka' (Experiences and Shortcomings) Sathyan himself drove to

K G Hospital in the evening and the doctors asked him to remain there till next day. His condition was becoming worse and Dr Jagadeesan informed second son Satheesh Sathyan about his father's condition. When Satheesh and mother Jessie reached Madras, Sathyan was somewhat better and had a small talk with son and wife. Then he asked them to leave to his recently purchased flat 'Surabhi' in Madras. But before dawn, that great actor left this world leaving every remaining work to others. It was June 15, 1971.

The second book 'Sathyan: Jeevithavum cinimayum' by P T Varghese is a collection of essays on various aspects of the Actor's life and work and the depiction is not in a chronological order.

In all, Sathyan acted in more than 140 films out of which 32 were released in the last two years. Barring a few, his acting was well appreciated by film lovers. His films received gold medal and silver medal at national level while he received several medals from the state government, various akademies and fans associations.

This great actor left the silver screen forty seven years ago and his seat is still remaining unoccupied. ■

It happened with G

The year was 1928. The poet G Sankara Kurup was staying in a lodge in Chembukkavu in Trichur. Though his *Sahityakouthukam* Part III was already out in book form, he was not getting any income from his books though the publisher earned a lot. Kurup was relaxing on a reclining chair and reading something. His two co-residents had gone out.

An old man with a knapsack entered the compound along with a boy of around eleven years. Kurup presumed them to be beggars. He threw an half an anna coin towards them when they were surveying the surroundings.

"I want to tell you something," the old man told him in a low respectful voice. Kurup called them near. The old man handed some grains over to him and asked them to swallow them. They were sweet. Though Kurup's mind advised him not to do what was told to him, he swallowed it. The old man was intently looking into his eyes and Kurup came under his spell. He was given a small stone and asked to invoke all his sins into the stone and then return it. Kurup was by then

completely under the spell of the old man and did as he was told, against the advice of his conscience.

The old man raised his voice and told him, "Twelve Brahmins are to be fed at Rameswaram and you should give Rs.12 towards it." Kurup said he did not have any money but was ordered to open his trunk. Trunk was opened and it had only two new shirts and three dhoties. The old man agreed to Kurup but put the contents to his knapsack and also long shawl he had on his shoulder. They walked away while Kurup watched them helplessly. He could do nothing to prevent the looting.

When his co-residents returned, they saw Kurup curled up on the reclining chair incapable of doing anything. Slowly he regained his form. The three of them then went in search of the old man and the boy all over the city but could not locate them.

Kurup could not forget the incident for a long time. He often wondered why the old man did not use his skill in mesmerism for good deeds.



Subhas Chandran along with Smt. Indira Gandhi, Dr. Narayana Menon and others.

SUBHAS CHANDRAN

Government Servant who became
a Votary of the Arts

Subhas Chandran is a retired Government Officer who has the proud privilege to be the Private Secretary of Pandit Jawaharlal Nehru and Indira Gandhi. But his passion for arts made him resign from Government service and join the NCPA when it was established and was instrumental in making the centre a Hallmark of excellence in the cultural field of Mumbai.



■ K Subhas Chandran has been actively associated with the world of arts and culture for over six decades. He began his career in the Government of India briefly in Mumbai and later in New Delhi where he worked after being selected by the Union Public Service Commission in the Ministry of Information and Broadcasting and the Ministry of External Affairs. During this period he had the privilege of serving as Private Secretary to two Prime Ministers, Pandit Jawaharlal Nehru and Smt Indira Gandhi. He also worked at the headquarters of All India Radio and Doordarshan.

Association With NCPA

In the year 1968, when the National Centre for Performing Arts (NCPA) was established in Mumbai, he resigned from Government Service and joined the new Centre. For the next over three decades, he was one of the Centre's core group and was closely involved in every aspect of its multifarious activities in areas of

performing visual and plastic arts and crafts, as well as recordings, archiving etc from its very inception. Widely recognized as an able administrator and knowledgeable scholar, he made substantial contribution to the Centre's growth and development. During his tenure in NCPA, Subhas Chandran discovered and encouraged a large number of young talents and gave them a platform at NCPA to perform and showcase their artistic skills.

After his retirement as the Centre's Programme Director, Subhas Chandran continues to be a strong presence in the cultural and academic scene in Mumbai and outside. He has written extensively on subjects relating to the arts in professional publications and has participated and presented papers in conferences and seminars in India and abroad. His travels have taken him not only to every part of India, but also to many other countries. As a Senior Scholar of the British Council, he visited the United Kingdom twice in 1987 and 1991 to make an indepth study of the cultural scene in England and to explore greater Indo- British co-operation through art and culture.

Dedicated to the Arts

Subhas Chandran has travelled through almost all countries in Europe and South East Asia and parts of Africa, visiting cultural centres, meeting and interacting with artistes and art administrators, attending seminars and conferences and delivering lectures. He has been associated with a number of



Subhas Chandran along with V K Krishna Menon and Mahakavi G Sankara Kurup



With Bhupen Hazarika and Satriya dancers from Assam

Subhas Chandran with his family





As Programme Director at NCPA



Lighting the lamp at Vasundhara Doraiswamy Institute in Mysore



Subhas Chandran with Painter Akkitham Narayanan and his Japanese wife who is a pianist.

cultural bodies, both national and international, Music Council of UNESCO, the Ramon Magsaysay Awards Foundation etc. He is one of the founders and a life-member of the Association of British Council Scholars of Western India and was for many years, a Member of its Executive Committee.

Presently Subhas Chandran is a Member of the Board of Studies (Dance) of the University of Mumbai. He is also the President of the Governing Council of the Nalanda Dance Research Centre and Nalanda Nritya Kala Mahavidyalaya affiliated to the University of Mumbai. He has been a Trustee of the Kochi Biennale Foundation from its inception. He is the art Director of *KELI*, a Mumbai based cultural body since its inception 25 years ago, President of Padam an organization promoting music and dances in Mumbai and so on.

Awards and Accolades

Subhas Chandran is the recipient of a number of Awards and honours including the Trans- Asian Chamber of Commerce and Industry 2009 Award, 'the Pillar of Hindustani Society,' for dedicated work in research and Promotion of Performing Arts,' Lifetime Achievement Award of the Rotary Club of Mumbai Salt City, 'for outstanding and distinguished contribution in Art and culture', Life time Achievement Award instituted by Whiteline Vartha etc.

Family Bonds

Subhas Chandran is a native of Thrissur. His parents the late CK Nair and late Lakshmi were teachers, Father was also a freedom fighter and member of the First Legislative Council in Kochi under the British rule.

Subhas Chandran's wife Ammu hails from Anakkara Village in Palakkad district. She is the daughter of the late KG Kurup and late Kunjukutty Amma.

They have a daughter Thulasi married to Sunil Krishnankutty and both daughter and son in law are staying in Mumbai. While Thulasi works as senior HR executive in TCS, Sunil is General Manager in a Multinational Logistics Company. The couple has a daughter Ananya and a son Aditya both studying at Thakur International School in Malad. ■

Rev. Benjamin Bailey

ORIGINATOR OF PRINTING AND BOOK PUBLISHING IN MALAYALAM



V N Gopalakrishnan

■ Rev. Benjamin Bailey was a remarkable personality in the cultural history of Kerala. He was the founder of English education in the state besides the originator

of printing and book publishing in Malayalam. He was an author, translator and the first lexicographer in Malayalam. He established the first printing press named CMS Press in Kottayam in 1821. He translated the Bible into Malayalam and published the first *English-Malayalam Dictionary* in 1846.

Benjamin Bailey was a missionary of the British Church of England who lived in Kerala for 34 years. He was ordained in 1815 and he reached Kottayam on May 4, 1816 where he founded a mission station. Taking into consideration, his contribution in varied fields, Benjamin Bailey could be considered as the architect of modern Kottayam.

Benjamin Bailey was born on November 3, 1791 in Dewsbury, Yorkshire in England to Joseph Bailey and Martha. He had undergone two years of missionary training under Rev. T. Scott and another year under J. Buckworth, Vicar of Dewsbury. In 1816, he married Elizabeth Ella.



Benjamin Bailey

On his arrival in Kottayam, he was appointed as the Superintendent (Principal) of the 'Kottayam College' at the behest of John Munroe, the Dewan and British Resident. The College was established and run by the Church Missionary Society (CMS) for the education of the Syrian Christians and the native people under the package of the 'Mission of Help'. During his tenure as Principal from 1817 to 1819, he laid the foundation for modern education based on the western system. For this purpose, he formulated curricula and syllabi incorporating various languages, modern science, arithmetic, history and geography besides teaching English in the College.

On May 14, 1831 Benjamin Bailey

went to England on furlough and returned on July 15, 1834. He finally left Kerala in 1850 and retired from service owing to ill health. During his stay in England, along with his son, he worked on the types, fonts, etc suitable to Malayalam.

Kottayam became the centre of the Society's work in Kerala. He established the printing press and brought out complete editions of the Malayalam Bible, Prayer Book and Dictionaries under his supervision. He constructed a wooden printing press with the help of local silversmiths and cut the types. He moulded the sleek Malayalam types making use of indigenous know-how and hence he could be considered the first Malayalam typographer. The moulded types were legible and economical. He also supervised the making of two beautiful fonts of Malayalam types and printed the Malayalam Gospels in England using them. He and his eldest son improvised compositors of the same and brought them back to Kottayam. The moulds cut in England were used for a long time in the CMS Press. Benjamin Bailey's Bible translation provided the base for a new Malayalam prose style. He combined the 'high Malayalam' and the 'colloquial Malayalam' to produce a new 'middle-path Malayalam prose'.

The development and evolution of the 'middle-path Malayalam prose' style is seen in '*Cheru Paithangalkku Upakarartham Paribhashappeduthiya Kathakal*', '*Bailey Bible*' and '*Sathya Vedathilulla Kathakal*'. Benjamin Bailey translated, printed and published these books. As the first lexicographer in Malayalam, he compiled and printed '*A Dictionary of High and Colloquial Malayalam (Malayalam) and English in 1846*' and '*A Dictionary of English and Malayalam (Malayalam) in 1849*'.

The Maharajas of Travancore appreciated Benjamin Bailey and extended assistance for the publication of these dictionaries. The linguistic basis of the new prose style was defined and declared in these dictionaries. They were



in use for reference for a long time. Dr. Hermann Gundert's Malayalam-English Dictionary was published 26 years after Bailey's Dictionary was published!

Benjamin Bailey was not only an architect of 'letters' but also an original architect in Gothic style. During 1839-42, he built the Christ Church, an Anglican Church in Kottayam. Bishop Wilson called the Christ Church "the glory of Travancore". The Church is now named as the Cathedral Church of the CSI Madhya Kerala Diocese.

The CMS Press established in 1821 was not only the first polyglot printing office in Kerala, but also the first book publishing house. It undertook printing works in Malayalam, English, Tamil, Sanskrit, Latin and Syriac followed by publishing of books and periodicals. Printing introduced by Bailey led to development of means of communication and dissemination of knowledge. This in turn culminated in social reforms, enlightenment and development of culture. Publication of books and periodicals along with universal education paved the way for the development of Malayalam prose and its standardization.

No wonder, Kottayam became the first place in India which acquired 100% per cent literacy. In the beginning of the 19th century Kottayam was a very small village comprising of only 300 inhabitants. But Alleppey, the nearest place was a cosmopolitan city



Statue of Benjamin Bailey

with a population of around 13,000. However, within a few decades, Kottayam became the cultural and print media capital of Kerala. Through the printing press, Benjamin Bailey

popularized the reading habits among the locals. Certainly, the contributions of Bailey worked as a strong stimulant behind the social changes.

In 1871, he was made Hon. Life Governor of CMS and the same year he passed away on April 3 at Sheinton, Salop at the age of 80. In recognition of the master builder of Kottayam and his contributions, a life-size bronze statue of Rev. Benjamin Bailey has been installed at the Municipal Park at Nagampadam in Kottayam district on September 30, 1996. It is a public commemoration to an English Missionary who tirelessly worked hard till his stay in Kottayam and helped in developing a town into a city. It may be noted that Benjamin Bailey along with Joseph Peter liberated the slaves of Munroe Island and probably it was the first instance of the liberation of slaves in Kerala. Benjamin Bailey was a remarkable personality and his contributions were substantive and will be remembered by generations to come.

Since 2008, *Malayalam Research Journal* is being published by Benjamin Bailey Foundation. It is an international bi-lingual Journal dedicated to language, literature and culture. Articles both in Malayalam and English are being published in this quarterly publication. All Universities in Kerala have accorded recognition to *Malayalam Research Journal* as 'Referred Journal'. ■

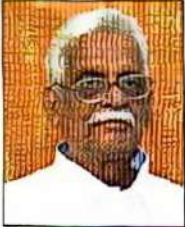
Wedding

Jishnu son of Smt Remadevi and Raghunandan and grandson of PV Raghava Pisharody and Thankam R Pisharody, Pazhayannur and grandson of Late Panditharajan Damodara Pisharody and Late Smt Sarada Pisharasiar, Mavelikkara got married to Sasha, daughter of Smt Sumia Sunil, Peringode Warriam and Shri Sunil DAG Kutty, Venganelur Warriam, staying at Kharghar, Navi Mumbai, on May 7, 2017 in Kerala.



N V KRISHNA WARRIER IN MY MEMORY

The centenary year of N V Krishna Warriar was just over. Prof M R Chandrasekharan just remembers his acquaintance with him.



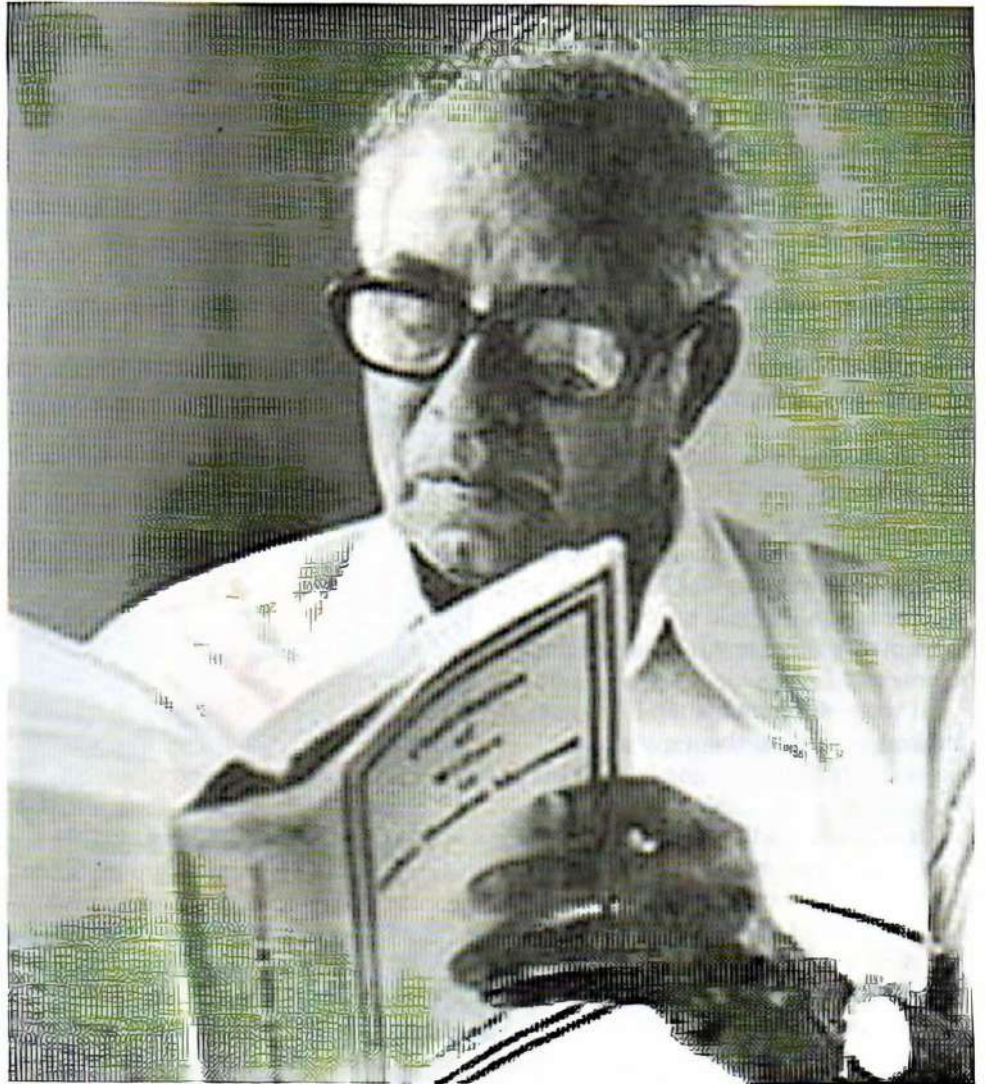
■ Kanippayyur Sankaran Namboothiripad in his Sanskrit Malayalam dictionary explains the meaning of

'Sthithaprajna' as one who won over his mind, man with a detached mind etc. Whom we can describe as *Sthithaprajna*? Marar and Mundasseri are not qualified to be called so. What about Kuttippuzha? No. M P Paul and A Balakrishna Pillai deserve that adjective. Another person coming to my mind is N V Krishna Warriar. He always maintained a balance in his writing, speech and discussions. He did so without much preparation while talking and public speaking.

I came into contact with him since 1946. When Panambilli Govinda Menon was the minister for education in erstwhile Cochin State during Prajamandalam administration, a school text book committee was appointed with Krishna Warriar as its Secretary.

When I was standing in front of People's Book Stall along the western side of Trichur Round, a friend pointed to me a person with a big moustache and commented on him as the most educated person in the city. Since then I remember Krishna Warriar as person with an original Stalin moustache.

Later when I was a student of Intermediate class in Trichur Kerala Varma College, Krishna Warriar was invited to our college at the behest of our HOD of Malayalam department Prof E K Narayanan Potti. Warriar spoke on that day about 'Yogiyum Commissarum' (Yogi and commissar) and explained how a Yogi and commissar saw the worldly affairs with altogether different perspectives. He was talking about the book by Arthur Koestler. Two routes of thoughts and approaches to the same subject! He did not side with any of those thoughts nor



N V Krishna Warriar

hinted about his own leanings.

During the vote of thanks, the organiser requested him to come again to talk to the students. I was aghast when he instantly responded positively with a condition that he be given a cup of coffee and then laughed very loudly. I thought he was being silly. It was later that I realised he had the habit of bursting off artificial seriousness with laughter. Early next academic year, he was appointed in Kerala Varma College as lecturer.

I sat in his class for one year. I vividly remember an incidence of that year. One day he came to the class

without his moustache. The place where he had his famous moustache seemed like a floor with cement not fully dried. We became breathless while controlling our laughter. The class was with five students who opted for Malayalam as optional subject.

I failed that year and when I rejoined the college after a long gap of three years, I missed him. He had left the college. After my studies, I joined the editorial board of Navajeevan newspaper under Mundasseri as its editor. After a short stint there, I gathered courage to write to Krishna Warriar in Mathrubhumi seeking a position there. I could not

believe myself when I was appointed there. My political background and policies of paper were divergent and so it was tough to find equilibrium. After a short tenure of three months, I was evicted from Mathrubhumi.

Whatever it was, my employment with Mathrubhumi made me a native of Kozhikode. After my stint, I became a school teacher in a school in Backel near Kasargod. After one year, I joined as a lecturer in Malabar Christian College, Kozhikode. It was in 1956. I was with Malabar Christian College till 1965. When I think of it, though I was in Christian College, for all practical purposes, I was in Mathrubhumi. It was because of my relation with Krishna Warriar. When I was leaving Mathrubhumi, Warriar told me, "I shall send books, you should write reviews." Not much later, I received a big bundle of books at home. It was the beginning of my fixture in the book review section of the weekly.

On a second thought, I realise that my proximity with Mathrubhumi and city of Kozhikode did not benefit me in any way. I had opportunities for job in Trichur but I was hesitant. Had I accepted them, I would have developed roots in my native town. Today I belong to nowhere.

It was a different matter. I was thinking of writing about my experiences while working with Krishna Warriar in various fields.

It was in 1961 that the litterateurs held a massive conference at Kozhikode after receiving a circular signed by N V Krishna Warriar and S K Pottekkat. This conference resulted in the formation of 'Kerala Sahitya Samiti'.

The Samiti was constituted in September 1961. Kuttippuzha Krishna Pillai was elected President. Warriar became its General Secretary. There were two secretaries; Vayalar Rama Varma and me. The reason for accepting the responsibility was that I was directed by people whom I considered my Guru. My contribution to literature was my reviews of books published in Mathrubhumi. When Warriar directed me to do it, I did as my duty and my submission to him.

Meanwhile Krishna Warriar visited United States. When he returned, he had a good collection of manuals and books used by training institutes in USA to provide training to upcoming literary aspirants. Based on these 'literature', a seven day seminar on short story was conducted in Thiruvannur, near

Kozhikode, in April 1962 under the aegis of Sahitya Samiti. Incidentally, the camp was a huge success. It brought fame to it. It was different from highly expensive Parishad conferences. It provided the best training to the aspiring youth and helped moulding them into future short story writers.

Following this success, as a sequel, a camp was held for poetry in Shoranur in 1963. It was held in a school owned by Sri Raman Nair for five days. Kuttippuzha, Mundasseri, G, Vailoppilli, Olappamanna et al were present there. The young poets attended the camp with vigour and enthusiasm. Nevertheless it only gave one bitter experience to N V Krishna Warriar.

The directors of Shoranur Camp were Olappamanna and Vailoppilli. From the very beginning, the Samiti

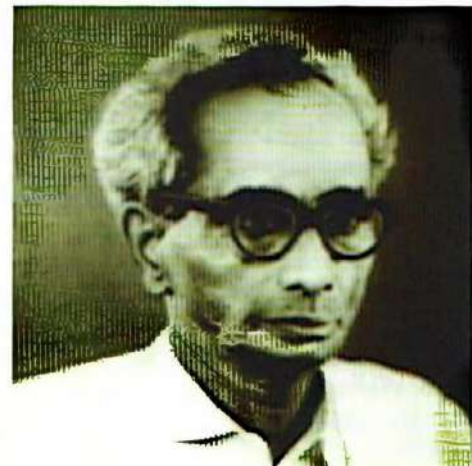


Vailoppilli Sreedhara Menon was a target of an inimical group. Some people called it a trap by Communists. M Govindan named it a 'kheddha' (used to entrap wild elephants). Many people believed them. Some kept some distance from it. Olappamanna and Vailoppilli did not show any animosity to the Samiti while did not show much enthusiasm also.

In 1963, Olappamanna and Vailoppilli were not great poets as we knew them later. They were known among young poets, to say the least. N V thought that their involvement would help bring youngsters to the camp. When the work of the camp was progressing, it was known that Vailoppilli was not enthusiastic about it. It was feared that this move would prove costly. It was also feared that Vailoppilli had become a prey to the adverse propaganda. Those days the word 'Communist' had a connotation of all that was bad. The animosity of Vailoppilli could be interpreted as a stimulus to the propaganda that Samiti

was a feeder set up for Communist Party. Though Vailoppilli was wearing the coat of a co-traveller and worked for Purogamana Kala Sahitya Sangham (Progressive Arts and Literature Group) in later years, in the 1960s he kept distance from the Party. In 'Kutiyozhikkal', he dismissed the bloody revolution of Communist Party. In a meeting to reinvigorate the sleeping Purogamana Sahitya Sanghatana (Progressive Literary Movement) held in Edappalli, Vailoppilli had attacked the very basis of Communist philosophy, drawing wide attention from all corners. In such circumstances, his absence would adversely affect the fame of the Samiti.

What was to be done? Vailoppilli was then head master of Government High School, Manalur and was staying



Kuttikrishna Marar there. To meet him and discuss the matter, N V, as General Secretary, was compelled to go there and I accompanied him. When the train reached Shoranur, we saw MRB standing on the platform. He was from Trichur. When N V explained the matter, MRB was willing to join us. We reached the house of Vailoppilli. It was a holiday and he was at home.

The discussion with him was prolonged and I am not going into the details. The poet was hesitant. Somehow N V and MRB made him agree to come to Shoranur. He would not be a hurdle but he would not be present every day. It was somewhat a relief and we returned.

At Trichur, MRB went his way and we reached Shoranur. We were sitting on the platform for a connecting train. It was then I observed a distraught and angry NV telling me thus: "We can manage all these. There is no need to submit to these people. Just because we are responsible to these.... we have to

submit to them..."

Rousseau once famously said that man was born free but always in chains. We can correct him. Man is bound by chains when he is in an organisation. When you form and run an organisation, you are giving permission to others to climb over your shoulders and hold your head.

A second incidence occurred in 1962 when China attacked India. Soon N V prepared a communiqué and handed it over to the press. He did stop by simply saying, "We protest" but went beyond. He also told the people what was to be done in such circumstances. Marar, a persistent pessimist, found fault with that communiqué. Those days G was continuously being criticised. In a meeting held in Town Hall, Marar vehemently criticised G Sankara Kurup (for a poem written in 1946) and some other writers also joined Marar in the tirade.

Criticism of G did not end there. It went on to spread through 'Sankara Kurup Vimarshikkappetunnu' (Sankara Kurup being criticised) and also to an essay 'Pratirodha Sahityam' (Defensive Literature) by Marar. This animosity towards Sankara Kurup resulted in compilation of essays into book form for the use of future generation. In Marar's criticism, not only G but NV was also criticised. His criticism cannot be ignored as a temporary phenomenon. That 'Pratirodha Sahityam' was included

in Marar's book 'Inguninnangolam' (From here to there) showed that it was a calculated move.

In his article, the criticism of NV was a continuation of that of G. The poem 'Bharata Sandesham' of G written in 1946 was something to invite China to attack India, Marar alleged. He said the same thing in his Town Hall speech also. Marar wrote, "Like adulteration in food articles, our poets show their expertise in using words with double meanings in their poems. It is doubtful if the poets of other countries would excel ours in this art. Is *Nindastuti* (sarcasm) not a figure of speech in our poetry?"

What is quoted above is an explanation of certain part of Bharatasandesham of G by Marar. What is written about G would suit to N V also, he said. He continued, "... something similar to this I have seen but I do not want to quote and explain here. However I cannot be indifferent to a defensive statement issued by the Secretary of a new organisation namely Sahitya Samiti. Chinese attack started in October. When the whole nation is getting together with vigour and vitality, he called upon them on November 4th, thus, "Two great contemporary litterateurs are ruling our country and guiding our destiny. There cannot be a better job that our litterateurs to do but is to spread their inspiring message among the people..."

He continued, "Think it over! Are

Radhakrishnan and Jawaharlal Nehru the greatest among the contemporary writers? Even if it is so, did their messages become inspiring because of it? Is it not because of the reality that our motherland is attacked? If these leaders were mediocre, if their messages were not so inspiring, will there be any concession to the divine duties of our litterateurs?" After these illogical and misinterpreted explanation, comes another misplaced hint!

"Probably this off target communiqué was resulted by an error. Otherwise it could have been aimed with some other purpose. It is however certain that it was written not with the intention of defending India."

When this article was published in some other periodical, I discussed the matter with N V. His response was thus: "When it was needed, he did not do anything needed to be done. Now he is displaying his patriotism when not needed. Do not matter."

N V had participated in freedom struggle. Marar did not. When the time is over, he shows his false vigour. NV spent his entire youth fighting the foreign power and issued a statement with a heavy heart when his country was facing a threat while the other is tearing it off pretending that he was the real defender.

Krishna Warriar was more sad than angry. He must have thought that the price of sincerity was contempt. He was indeed affected. ■



Wedding

Sneha

(Daughter of Late. Shri C.M.Sashidharan & Sheeja Sashidharan) got married to

Sajith

(Son of G.Somarajan & Asha Soman)

on May 7th, 2017

At Santhwanam -
Kaliyil, Thalassery.



Nuclear Masala Dosa



Dr A P Jayaraman

■ I like dosa as a fair product of culinary art. Its non-finite variety is a baffling marvel. Despite its numerous accomplished forms of perfection, scientific curiosity

still drives it to innovation in design and content. There is I think a vast amount of information and knowledge available to consolidate into a new branch of study to be named 'Dosology.' Dosology is used in science as the study of determining the dose of drugs and dosiology is also used for that purpose. In view of the ubiquity of dosa, dosology may be assigned to the study of dosa.

My scientist-friend Dr Venkatavaradan, a distinguished astrophysicist, whose creative production rate of poems has touched and crossed the one a day ideal limit sent me this product of creative afflatus. My delight knew no bounds. I committed it to memory as I am a non-poet. I start my scistory telling with his cute poem on the glory of Masala Dosa.

*Golden delicious - Masala Dosa!
Rice, Potatoes and Onions
Carrots, Cashew nuts and Curry
leaves*

*Individually, they are something.
In right combination with other
assorted things,*

*It blossoms into a delightful
delicious dish*

*A thing of beauty Masala Dosa!
Who invented the Masala Dosa
She must be a genius like Einstein,
if not more.*

*Her name is lost in the grinding
stone of Time.*

*Plain dosa, it is beautiful no doubt
but Masala Dosa is adorable!*

*Hot from the thava the aroma
flowing all over*

*Take the Masala dosa in plantain
leaf*

*Top it with a splash of butter or
ghee*

*Enjoy every bite of its taste
Breathe the aroma and capture the
colour*

*Share it with someone you love
A thing of beauty, golden delicious!*

Sciences in Dosology

How to make Dosa? How to make Masala Dosa (MD)? How to make Nuclear Masala Dosa (NMD)? Answering these questions is a good introduction to Dosology. It is a complex composite of many disciplines. Here is a spread of text book sciences associated with dosology.

Physics - Physical chemistry-Chemical physics-Biophysics, Chemistry-Biochemistry-Food chemistry, Botany-Plant genetics-Radiation biology-Nuclear agriculture, Enzyme engineering-Toxicology-Nutrition, Nuclear physics-Irradiation technology, Fluid mechanics- Food technology, Thermochemistry-Pyrotechnology, Mathematical differential equations and some more.

Water reaction

The knowhow of dosa making has been standardized and documented by many sources. The ingredients and the proportions are variables and are zealously guarded secrets of dosa makers. The generic model can be described with respect to process. First soak 500g of rice of choice in 1500 mL water for 10 hr. Separately soak 150g split, coat removed blackgram in 750 mL water for the same time. Decant supernatant water and strain to remove loosely held water. Grind hydrated rice for 15 minutes at 1440 rpm mixer. Transfer to a 5 litre capacity stainless steel container. Similarly strain and grind hydrated black gram separately in a mixer for 10 minutes. Mix well by hand and keep for 12 hours for fermenting. Dough is ready.

Rice Chemistry

Rice is a carbohydrate with the chemical formula $C_{12}H_{22}O_{11}$. It takes up water by the process of sorption and swells. Swelling is the combined effect of adsorption, absorption and chemisorption. It is fascinating and fertile field of surface chemistry beckoning Ph D students. I had asked an IB student in a SOBO school to do a science project on the diffusion of water into rice and fit into Fick's formula. The experimental results and theoretical fit were good. Fick's formula $W=W_0(1-e^{-kt})$. Further investigations were conducted with black gram and equally encouraging results were reported.

Dosa

The name dosa is intriguing. It probably got its name from the noise it makes while it is being made. When the dough is ladled out and spread on the hot *Thava* it makes a noise. When it is overturned in the *thava* it makes one more noise. *Do* means two and *osa* means noise. So it means twin noise maker.

Global Dosa

I have eaten dosas true, fake and lookalikes.

Moreover I did and do make dosas from the front end of materials. Once I had occasion to have breakfast with the visiting Sarabhai family and I served masala dosa made from Japanese ingredients. I also remember their complimentary comment that I have a secure second profession as a culinary scientist.

I enjoyed eating an exotic variant of MD in a down market food street of Hebei province in China. A batter of rice was spread to a uniform thickness of a centimeter on a hot plate, two eggs were poured on top of it and spread evenly. To this pancake of rice upon egg was added a few chunks of pork cooked in Chinese sauce. Lo and behold a massive MD was ready for me at a cost of two yuans about Rs 20.

As a Palakkadan, I used to admire Coimbatore dosas. Bengaluru dosas are also admirable. Komalavilas in Singapore is a delight to dosaphiles. Long ago in 1970 I remember my

walking through the streets of Tokyo to Nairsan's restaurant to eat his brand of dosa. Strange are the avatars of Dosa.

Thermochemistry

The texture, colour and the holefulness of dosa are dependent on temperature and the flash point of the frying medium. A short list of fats and oils with their flash points is given in Table 4. Coconut oil is the mean with high range to Rice bran and low range to ultrarefined sun flower oil is available.

Masala



Masala without meat is a metaphor. Spices are great and necessary condition but not sufficient. Masala + Dosa do not make MD. A liberal sprinkling of freshly ground masala fried in the aromatic ghee does not make MD. Masala needs a medium and the medium is boiled potato and fried onion complex sometimes with carrot and shallot. Major carbo component is potato which imparts the feeling of fullness.

Masalih is an Arabic word that migrated to many Indian languages. The magic mix of masala has a number of ingredients such as pepper, green chillies, coriander, cinnamon, fennel and even poppy seeds.

Although called MD, it is only half dosa making only one noise. It is not overturned and roasted on both sides. When one side is pleasantly roasted, a ladleful of precooked potato onion is spread and dosa is rolled and taken out.

Golden Yellow Masala

The stuff inside MD has its tempting golden yellow colour made by turmeric spread over boiled potato. Turmeric especially its essential curcumin is enigmatic. Touted for its medicinal properties and investigated lavishly by hopeful researchers, 2016 found it in dim and pale academic light. Nature, the revered research journal published the most comprehensive critical review yet of curcumin and concluded that there was no evidence for its specific therapeutic benefits, despite thousands of research papers and more than 120 clinical trials.

Nuclear MD

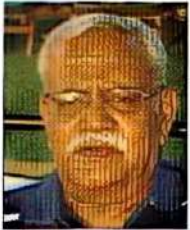
Nuclear energy has touched every component of MD. Disinfestation of rice by low energy gamma rays is done so that rice is free from pathogens. High yield variety of back gram with greater protein content is produced by nuclear agriculturists bringing about mutation in the plant. Potato and onion sprout and sprouting is stopped by treatment with controlled gamma radiation. In India chillies, turmeric, pepper, coriander etc are sun dried and in a land of open defecation these products are contaminated with bacteria. Radiation treatment of masala ingredients makes them sterile. Such is the impact of nuclear radiation on MD.

The taste of the MD is in the eating and I have enjoyed eating NMD.

Science storytelling on this subject for schools is available.

Drap.jayaraman@gmail.com

THE POLICE-PHOBIA



K R Narayanan

■ The very word Police- brings in some fear and apprehension among the average Indians. Whenever a policeman enquires about somebody or enters a house in the

neighborhood, the people become curious and start suspecting some wrong doings somewhere in the neighborhood.

My childhood memories of the cops too were not much different. I still remember the frightening reprimands of our grand mother, "I will call the Police, if you don't sleep". She would call the police if we didn't sleep, if we didn't eat, if we didn't take bath, if we didn't study.... for that matter whenever we disobeyed her orders. In view of this, the presence of the policemen somewhere around used to make us feel uncomfortable, as we always believed that they have been summoned by the Grandma to punish the disobedient ones among us.

This fear of the Police continued



among us, till a very handsome and newly married Sub-Inspector came to stay in our neighborhood. He belonged to a well-known family, who were very close to us. The family members especially the grandparents used to talk about his parents and grand parents and felt happy when they moved to our neighborhood. (The Grandma's over enthusiasm at times made us fear that

she managed to get the Police officer in the neighborhood to control us!!).

The young officer and his wife entered our house, one evening. The entire family came out to greet them. The couple who appeared like some lost and found family members- too enthusiastically wished all the elders with a smile and patted us, the children, on the cheeks.

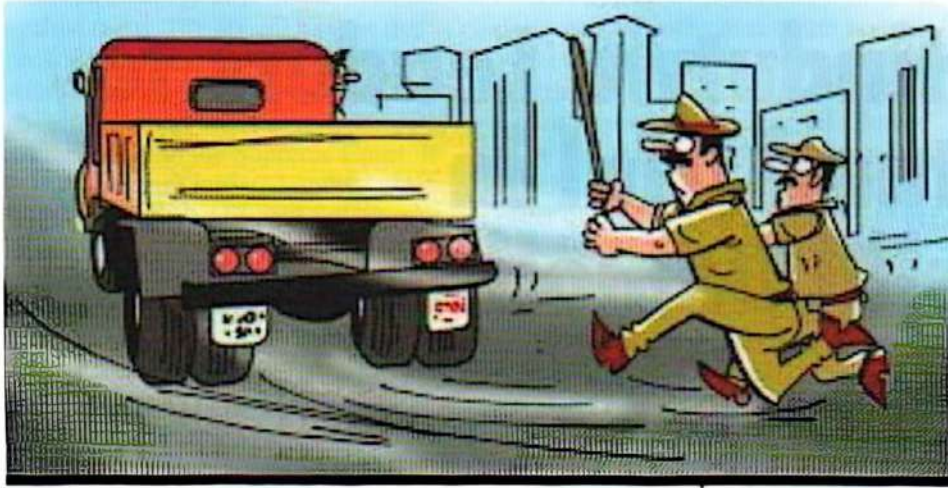
"We were expecting you" said all the elderly men and women in a chorus.

"I wanted to come earlier, but there were a lot of things to be tied up at home and office in a transfer", said the young man apologetically.

By this time, Grandpa too appeared in the portico and exclaimed in a commanding voice, "Is it not our Ramunni? Oh God!! I last saw you as a High School boy. I heard that you were posted as the Sub-Inspector, here. Good!! We have an old family friend as a neighbor".

As the young man and his wife bowed in front of the grand old man, some sort of fear started gripping us. At the same time, we could not believe this handsome man to be a Police Inspector, as the cop in our imagination had a huge





body, Walrus-like whiskers and a pot belly. This handsome youngster resembled a movie star rather than the unruly police of Grandma's stories".

"Can there be a smiling police man? They are supposed to have frightening looks", blurted out my cousin a bit loudly. "I am only the son of your old family friend and not a policeman for you" said our new neighbor in a soft voice.

We liked this smiling policeman. He did not belong to Grandma's lot of policemen, we consoled ourselves. If at all Grandma's policemen come to punish us, we too had a good policeman to protect us.

Very often, he used to call the children of the family to his house and ask us to give company to his wife, as she was new to the place and felt lonely, when he roamed around on official duty. We became the companions of his wife. The affectionate lady used to entertain us with very interesting stories and feed us with different types of Malayalee snacks like the ripe banana *Bajjis*, *Ilayada* made of Jack-fruits, *Vadas* made from different grams, and the like.

It was this neighbor and his wife that convinced us that the policemen were not always bad. (I am sure the Grandma would have been very much

disappointed as this police officer was much different from the policemen of her concocted stories).

As I grew up and was in the College, I had some more opportunities to interact with the Police again. Most of the students went on strike and picketed the schools and the colleges and I too was one among them. The striking students were arrested, taken to the Subj-Jail and were asked to sit on a bench there. It was then an elderly Circle Inspector came to me and asked if I was not the grandson of the former Jail Superintendent. When I nodded my head, he took me inside the office and asked me if I had had any food since morning. I told him that my college-mates and I did not have anything from the morning.

He seemed upset and ordered a Constable to arrange for our food immediately. Not only that he arranged a transport for us to go back home.

(Very recently, an old class mate of mine and a reputed Orthopedic Surgeon - Dr. Sunny- vividly remembered and recalled this incidence when we met in Thrissur).

I owe a lot to this kind police officer to making me absolutely free from my "Police-phobia".

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Stalwart Hindutwa Leaders to stand trial in Babri Masjid Demolition Case



P.R. Krishnan

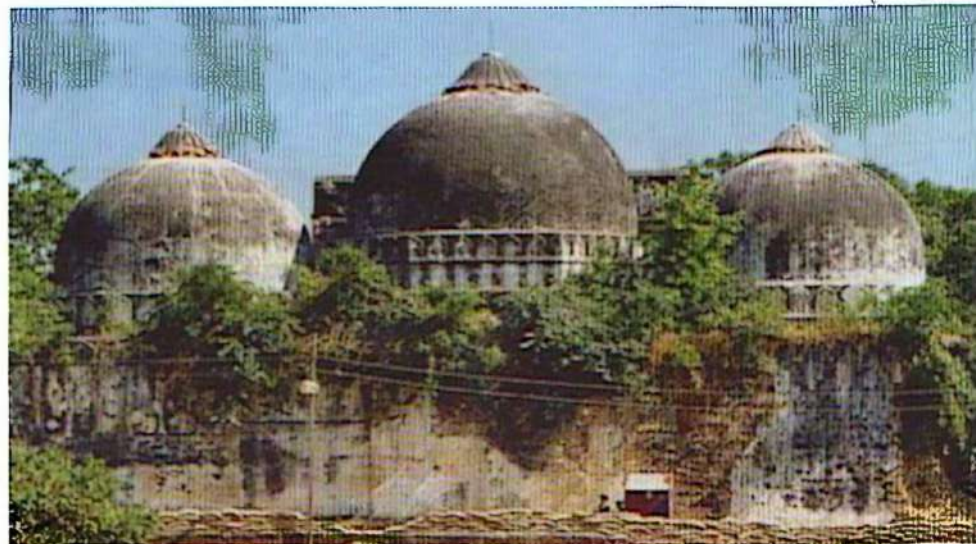
■ In a landmark judgment, the Supreme Court on 19th April has ordered that Bharatiya Janata Party stalwarts like L.K. Adwani, Murli Manohar Joshi, Uma Bharati, top ministers

in Atal Behari Vajpai cabinet and other saffron leaders including the then UP Chief Minister Kalyan Singh involved in the demolition of the Babri Masjid be brought on trial and prosecuted. Their prosecution is for grave offences of criminal plots in the demolition of the 500 years old Masjid by mobilizing Kar Sevaks at Ayodhya on 6th December 1992. The destruction of the masjid took place despite the assurances of no damage to the mosque given by leaders of Ram Bhakt movement to the Supreme Court, Parliament and the National Integration Council (NIC). This resulted in massive communal clashes and riots in several parts of India including the city of Mumbai. The consequences were loss of lives to thousands of people, destruction of property, uprooting of shelters, livelihood and forced migration. The Supreme Court verdict in the 25 year old case is of the division bench comprising of Justice P.C. Ghose and Justice R. F. Nariman. In the judgment the Apex court has dubbed the demolition of the medieval era Muslim monument as a "crime" which shook the "secular fabric of the country's constitution". The court has accordingly allowed the plea of Central Bureau of Investigation (CBI) for restoration of criminal conspiracy charges against the BJP leaders accused in the case.

The other top ranking Sangh Pariwar leaders against whom conspiracy charges would now be invoked are Shiva Sena chief Bal Thakaray, Ashok Singar, Mahant Adhwaithnath, Paramhans Ram Chandradas, Moreshwar Saave. Acharya Giri Raj, Vinay Katiar, Vishnu

Hari Dalmiya, Satish Pradhan, C.R. Bansal, Swadhi Hritambara, R.V. Vedant, Jagdish Muni Maharaj, B.L. Sharma, Nritya Gopaldas and Satish Naagar. The first five of this list are no more living and are hence relieved of the trial. Amongst the accused Advani, Joshi and Bharti were on the dais at Ram Katha Kunj in Ayodhya on 6th December 1992 when the Masjid was being demolished by Kar Sevaks. One of the plotters of crime Kalyan Singh, then chief minister of Uttar Pradesh, is

court was a follow up of what took place before the same bench on 7th April. On that day, the additional solicitor general of India Niraj Kishan Kaul (ASG) appearing on behalf of the CBI had stated before the court that the leaders who were being tried in a Rae Bareli court for offences under various sections of Indian Penal Code should also be brought into the ambit of section 120(B) dealing with conspiracy. The proceedings in regard to these leaders in the pending case at Rae Bareli court



presently governor of Rajasthan. That position gives him constitutional immunity under article 361 of the constitution from prosecution. He has therefore been exempted from trial till he holds that position. But once he is out of that position, the law will take its own course and he will have to face trial like others. Kalyan Singh's action in the Babri Masjid case was far more dubious and shocking. That is because, he as UP chief minister then, had tendered on affidavit in the Supreme Court in January 1992 promising no alteration in the status quo of the mosque. The apex court however found that he flouted this assurance by allowing erection of a structure in the disputed site in the name of pilgrimage facilities.

The 19th April verdict of the apex

were confined to section 153 A (promoting enmity between classes) and section 153 B (imputations and assertions prejudicial to national integration) and section 505 (false statements, rumours etc. circulated with intent to cause mutiny or disturbance of peace). The Rae Bareli court had refused to include the abovementioned leaders into the ambit of section 120B dealing with conspiracy while in fact they are active partners in the execution of that heinous crime. The ASG therefore urged that the CBI be allowed to frame charges against them for plotting conspiracy. The ASG further pointed out on that day that though the accused VIPs are in fact involved in plotting conspiracy, they are not facing proceedings, because, the courts below dropped those charges

against them. The appeal against that decision was also turned down by the Allahabad High Court. The UPA government had then advised the CBI to file appeal in the Supreme Court. It was in that case initiated under UPA regime that the Additional Solicitor General Kaul made the arguments for trial of the accused. The ASG for CBI strongly stood the ground and pointed out that these leaders are equally responsible in the implementation of conspiracy in the demolition of the Ayodhya Masjid. He therefore wanted that the proceedings against them be revived and they should be allowed to be brought into the ambit of section 120 B dealing with conspiracy.

Senior advocate K.K. Venugopal who appeared for L.K. Advani, M.M. Joshi and Uma Bharti refuted the CBI allegations and pointed out that there is no substance in the arguments of ASG Niraj Kishan Kaul. Venugopal had further contented that there was no evidence to substantiate conspiracy charges against the saffron leaders. But the bench found no merit in his arguments and came to the firm conclusion that the contentions of the CBI that the VIPs named in the charge sheets for plotting conspiracy in razing the mosque in Ayodhya needs to be probed. The court accordingly allowed the plea put forward by additional solicitor general and directed that the 2 trial courts at Rae Bareli and Lucknow which dropped the conspiracy charges from the charge sheets earlier, be restored and all the accused persons be prosecuted. To do so, the apex court suo moto invoked jurisdiction vested in article 142 of the constitution. The Supreme Court direction further is that the two cases against Sangh Pariwar leaders now pending at Rae Bareli magistrate court and against Kar Sevaks at Lucknow CBI court shall be clubbed together and stand transferred to an additional session court at Lucknow.

The direction mandates that the court of sessions after framing additional charges within four weeks will take up the matters on a day today basis from the stage at which the trial proceedings both at Rae Bareli and Lucknow were continuing until conclusion of the trial. There shall be no de-novo (fresh) trial. And there shall be no transfer of the judge conducting the case until the entire trial is concluded. At the same time the bench came down heavily on the CBI for the inordinate

delay caused in the trial of the accused. What happened earlier in the case was that the conspiracy charges framed against these leaders were not allowed to be included by the trial court at Rae Bareli. The CBI's appeal against that order of the trial court also came to be turned down by the Allahabad High Court. It was against those rejections by the trial court and Allahabad High Court that the CBI had petitioned to Supreme Court in the present case. It should specially be noted here that the bench did not mince words when it made it clear that the technical grounds and defects cited by the CBI for the delay could have very well been solved by itself and by the state government. The Rae Bareli court is concerned with trial of VVIPs while the prosecutions of the Kar Sevaks involved in the case are being conducted in the CBI court at Lucknow. Consequently the **court of sessions** will now frame additional charges under section 120B (conspiracy) and other provisions of Criminal Penal Code against them. P.V. Narasimha Rao was the Prime Minister, Sharad Pawar, the defence minister, BJP leader Kalyan Singh the chief minister of Uttar Pradesh and Sudhakar Naik, the chief minister in Maharashtra when the demolition of the mosque was being carried out at Ayodhya.

Thus, the present verdict of the apex court is a big blow to the Hindutwa forces and the BJP government both at the centre and in Uttar Pradesh. It is particularly so when Lal Krishna Advani was being proposed as the presidential candidate on behalf the ruling National Democratic Alliance (NDA). His aspiration of becoming the prime minister earlier in 2014 also remained unfulfilled and got shattered due to RSS having made the choice for Narendra Modi. What is surprising however is that despite the order of the apex court to face trial, Kalyan Singh, the Rajasthan governor and Uma Bharati, a minister in Narendra Modi cabinet have not resigned from their official positions. Ethics and democratic traditions demand that both these leaders should quit their offices. But democracy for BJP is different when it is in power and in opposition.

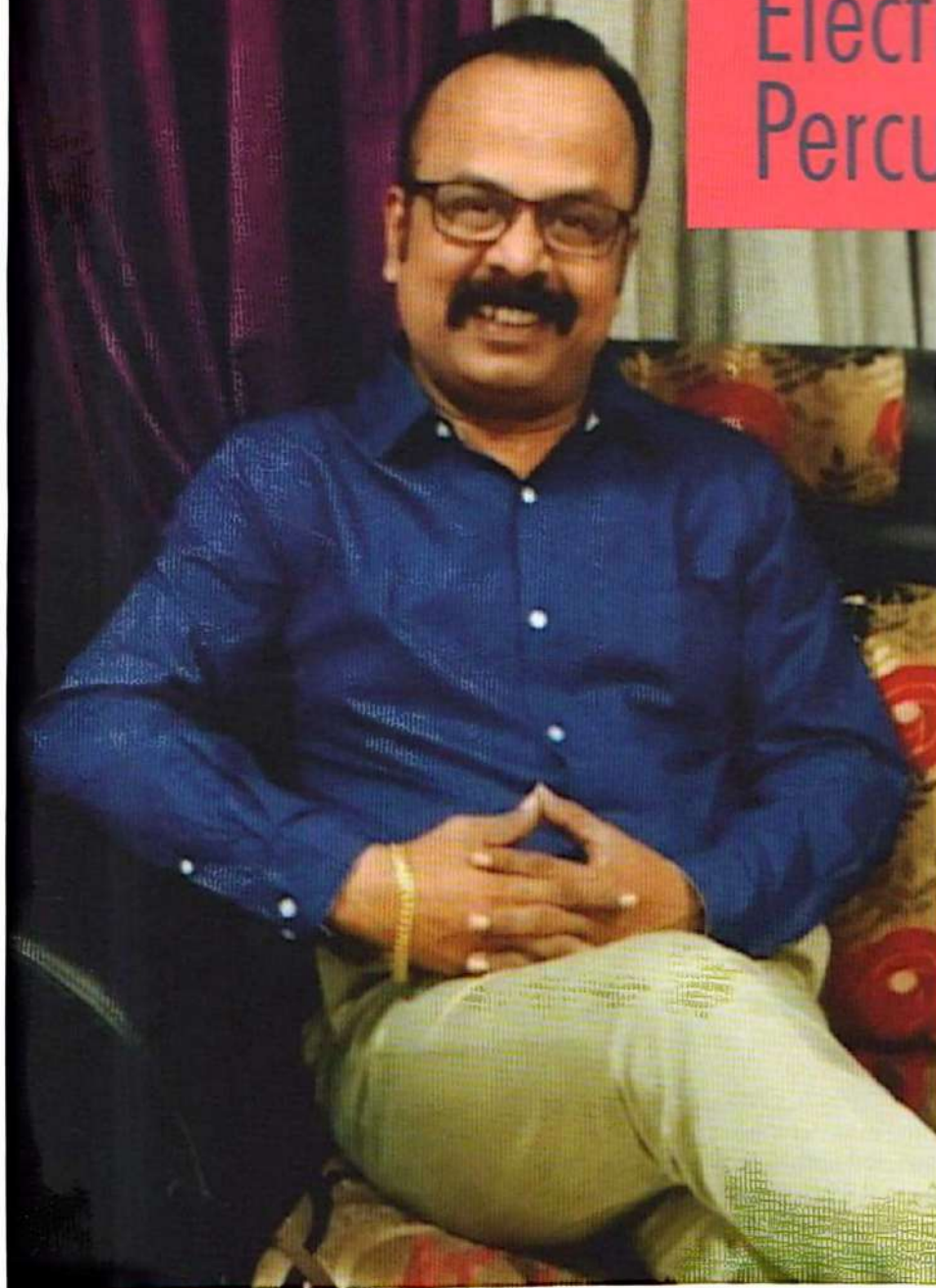
That apart, this 25 years old politically sensitive case had many twists and turns. History Sheets of the case reveals that in 2002 and 2007 the Supreme Court had upheld an Allahabad High Court order for separate

trials in Rae Bareli and Lucknow courts. In that, the Supreme Court bench presided over by chief justice G.B. Patnaik had on November 29, 2002 dismissed a petition moved by Mohamad Asham aka Bhure for quashing the notification of the UP government dated 8th October 1993 for separate trial of the case at Rae Bareli and Lucknow. Thus, his plea for joint trial was turned down in 2002. It was on technical grounds. Therefore Bhure filed another petition and sought review of that order. But the bench comprising of chief justice K.G. Balakrishnan, justice G.P. Mathur and Justice K.V. Ravindran by their order dt. March 22, 2007 however dismissed that petition also. It is in this background that the bench of Justice P.C. Ghose and Justice R.F. Nariman in its inherent power under article 142 of the constitution has given the verdict for inclusion of conspiracy charges against Sangh Pariwar leaders. This order is on CBI's petition filed on 9th February 2011. By this petition the CBI had challenged the order of the Allahabad High Court which upheld Rae Bareli court order of May 20, 2010 absolving L.K. Advani and other BJP leaders of conspiracy charges in the demolition of the Babri Masjid. It should specially be noted here that in this very case an earlier bench of Justice V.S. Sirpurkar and Justice T.S. Thakur had issued notice to the accused leaders and sought their reply. The case records further reveal that since March 4, 2011, this matter came to be listed 31 times before different benches which together comprised 14 judges. The 14 judges who heard the case on different occasions on one point or the other are Justices H.L. Dattu, R.M. Lodha, J.S. Khehar, Dipak Mishra, Ranjan Gogoi, Arun Mishra, Amitava Roy, Chandramauli Kumar Prasad, Sudhansu J. Mukhopadhyaya, M.Y. Iqbal, V. Gopalgaunda and G.S. Singhvi. The final judgment as narrated above is by Justice P.C. Ghose and Justice R.F. Nariman.

The Supreme Court verdict for trial and prosecution of the stalwarts Hindutwa leaders who are the main culprits involved in the dastardly demolition of the mosque thus far briefly stated is a victory for secularism, rule of law and for those who stand for communal harmony in the country. What would be the final outcome in view of the BJP being the ruling party at the centre and in Uttar Pradesh is beyond predictions. ■

HARIDAS NAIR

Electronic Percussion Artiste



The success of a musical programme depends to a large extent on the accompanying artistes who lend support to the singers on stage. Haridas Nair is one such artiste who is popular in Mumbai's musical stages as an Octopad and Handsonic electronic drum player.

prizes and awards during school days.

He learned Carnatic vocal for three years under Parameswara Bhagawathar, Ayaloor, who helped him learn the intricacies of classical music.

During his college days he had opportunities to sing with Praveen Orchestra, Koduvayoor. It was the encouragement and training by Bhanu Prakash and Ramachandran of Pravin Orchestra, that developed in him the skills required for singing and performing well in the orchestra.

During his college days Haridas took to clay modelling, painting and photography as a passion. He started to build a career on it.

Career and Music

Haridas moved to Mumbai in 1991. His first job was with Elder Pharmaceuticals, later he joined Flyjac Forwarders. Haridas says he is grateful to Hari Warriar who was instrumental in getting the job. He started to build career in logistics with the blessings of Flyjac's

Lakshmi V

Haridas Nair is active with many music troupes in Mumbai as an Octopad and Handsonic electronic drum artiste. He plays regularly for Raagalaya's musical shows. He has also performed with several well known playback singers like P Jayachandran, Unni Menon, Venugopal, Madhu Balakrishnan, Vidhu Pratap and all the Idea Star Singer winners and other participants.

Native roots

Haridas Nair, born in Nemmara in Palakkad District, is the youngest son among eight children of late Unnikrishnan Nair and late Kamalakshi Amma. He did his schooling and college studies in Nemmara. Haridas says that even as a child he had an inclination towards singing and was fond of listening to film and folk songs. He started singing for stage shows from the age of eight and has won several

Owner A S Madhavan.

Hari Warrier recognized the music talent within Haridas and introduced him to the then active music scene in Mumbai. He joined Premkumar's group as a percussion player especially playing the Congo and Bongo drums.

Although singing is his passion, Haridas loved to play percussion instruments as well.

Haridas never had the opportunity to learn the percussion instruments from teachers. He learned to play with self-practice and support from the troupe members.

Later he joined the popular orchestra led by Sandeep and Santhosh, both of whom helped in grooming up as a professional stage performer. Haridas says that Venugopal (keyboard player) also extended his support and inspired him to grow up further.

Another turning point in Haridas' life was Vichoo Iyer (guitar player and teacher) who played a very important role, both in the music and personal life. All the musicians in the group were given a new direction in the world of music by Iyer.

Apart from Octopad (Rythm Pad), Haridas plays the flute also, though not professionally.

Family

Haridas is married to Sunitha, who is an inspiration and motivator in his

Even as a child he had an inclination towards singing and was fond of listening to film and Folk songs.



Haridas on stage

musical journey. They have a daughter, Haritha who has just completed her Second Year BMM. She likes to sing Hindi and Malayalam film songs and is inclined towards painting and dancing also.

Haridas is currently employed as Sr. General Manager with Star India Container Line Pvt Ltd, Belapur, heading the vertical of USA trade line and all India Business Development. ■



Haridas with family



Haridas with Vijaykumar of Raagalaya



'Face Of The City'

A Discovery Through Short Film



Sriprakash Menon

■ Some people would like to be away from the limelight yet their achievements cannot be overlooked. In the field of Malayalam literature there exists amidst us a stalwart

writer, novelist and poet who has been a senior scientist with BARC in Mumbai. Though he has made Mumbai his home for over three decades, his heart is in Kerala and he is steeped in Malayalam literature. Mumbai and its life has been an intense study for this writer for decades. Who is this evasive writer who does not seek popularity and is observing this metropolis so intensely?

Mathrubhumi's senior journalist and bureau chief N Sreejith was always fascinated by V Balakrishnan Menon who quietly etched a name for himself in the field of Malayalam literature being a Mumbaikar, all along. Balakrishnan, with his passion for Malayalam, wrote over 10 novels and some of them turned award-winning books. His love for the language, his study and research about life in a

megapolis and revelling his literary knowledge in solitude while leading a normal family life are some of the high points of Sreejith's short film 'Face of the City'.

This 37 minutes film documents the writer's journey working in a scientific

establishment. He has been part of the epic Pokhran explosion team during former Prime Minister Atal Bihari Vajpayee's regime. Thrissur-rooted Balakrishnan shifted his base to Maharashtra; initially he worked in Latur (1950) and then settled down in



Face of the city team - N Sreejith, Mohan Kakkanadan, Ima Babu and Balakrishnan

Mumbai with a job in BARC. Writing was his first love in his free time but what made him instantly noticeable in far off places by readers of Malayalam was his unique and defining experiences of life in a big city - Mumbai.

Balakrishnan was "a noted writer and used to write for *Mathrubhumi*, *Kala Kaumudi* and *Jayakeralam*. He was well known for his short stories as well. I was surprised by his humility though he was a great writer who was not only recognised and appreciated by well known literary figures in Kerala but outside as well. It was this urge to showcase a great literary icon, I directed and planned this documentary. You know making a documentary is not at all easy especially if it is not a glamorous topic," says Sreejith.

Mohan Kakkanadan, a well known Malayalee writer and editor among Mumbaikars was supportive and was also keen to chronicle Balakrishnan's literary life, "that's how the 'Face of the City' was born. His novel *Kuthira* (Horse) looked at the Mahalaxshmi



Balakrishnan with Kamala Surayya

Race Course and horse racing community, was an interesting perspective. Known for his writing style, his novels could influence and inspire several poets and writers in Kerala."

Sreejith's film is an eye opener for Malayalees about this Mumbai novelist. Yet as a viewer, one does not get to know about the writer's personal life or his family's viewpoints about his literary pursuits. Many warm moments, struggles of a literary person and his association with well wishers are sadly missing. His US based son, Dubai based daughter, especially his teacher wife

could have thrown fresh insights about Balakrishnan - an enigma wrapped in words, stories and literature. As we get familiar with the writer/scientist through literary figures C Radhakrishnan, Madhupal, Kalpetta Narayanan, N Prabhakaran, Chandramati and Sethu former chairman of NBT, Sreejith decides to end the film creating more in us a temptation to know more about Balakrishnan.

Balakrishnan appears to be a reserved introvert writer but he is also known for his cultural and social activities. He is the chairperson of the much fancied Malayalam Mission and his commitment to the language is unquestionable. With all honest intentions and limited resources, Sreejith's 'Face of the City' is a worthy cause, especially for the viewers or present generation readers who have not even read this famous Mumbai author till now. We should know about his sterling contribution to our shrinking literary world due to the onslaught of digital era movies and TV episodes on mobile, FB and of course endless infotainments on whatsapp! ■



Want fat paychecks after Class 12?

Check out these options.....

Once you are done with your Class 12 board exams, the next battle you have to fight is choosing between your passion and your parents' advice. It's true that your elders are more experienced, and hence would encourage you to choose a career path which would provide you with a good salary, job security, growth prospect and other benefits.



Vidhya Vasudevan

■ Aided courses parents keep suggesting kids are...

Arts stream: arts, humanities, teaching, law etc.

Science (PCB): medical, pharmacy,

science, research, etc.

Science (PCM): engineering & technology, architecture, etc.

Commerce stream: management, accounts, finance, banking sector, etc.

But if your heart lies in something which you are passionate about, then do not settle for a profession you were never interested in, just because of the benefits.

Stiff competition and plenty of options can often leave students confused and discouraged. To weed out the thorns of confusion, you first need to analyze your area of interests, inclination and potentiality, nature of work, opportunities and financial aid. It is often said that if you choose your career based on your interest and hobby, the success rate as well as satisfaction level will be very high.

How many of us actually fantasies about getting into a 9 to 5 routine job? Hardly any, right? Every student aspires to get that dream job, which is not only highly paying but also equally cool at the same time.

Here is the list of few coolest jobs with handsome salary package, which you can set your eyes on:

Arts and Social Sciences

a) Gemology: Gemology is a science and art rolled into one. To take up gemology as a lucrative career you need to have interest in the study of various precious and semi-precious stones.

Qualification: Schooling or 10+2 or equivalent

Job Prospects: Gemologist, Jewellery Designer



b) Archaeology: Archaeology is a career for those who have an acute interest and training in culture and history.

Qualification: Schooling or 10+2 or equivalent

Job Prospects: Archivist, Archaeologist

Fashion

a) Fashion Designing: Fashion Designing is one of the most lucrative, appealing, glamorous and exciting career options in today's world. If you have a penchant for creativity, style and originality, this is the one tailor made for you.

Qualification: 10+2 or equivalent in any discipline .

Job Prospects: Costume designer, Fashion consultant, Graphic designer

b) Acting & Modeling: These job profiles bring vivid images of glitz, glamour & fame. If you think you have it in you, join a course in performing arts, like acting, music or dance.

Qualification: no definite qualification or age limit or any type of course required to take up modeling as a profession.

Job Prospects: Video Jockeying (VJ), Radio Jockeying (RJ), Anchoring, Actor in TV serials/reality shows/films,

Brand ambassador of products & services.

C) Photography: If you have sense of colors, appreciate technology and see beauty in simple things around you, join a photography course after 12th. The best part about most photography courses is that usually there are no academic requirements for them.

Health/ Hospitality

a) Fitness Instructor: Fitness has emerged both as a lucrative business opportunity and a sustainable career option. This is an ideal job for people who always want to be literally on their toes. This demands a career long rigorous dedication both from the body as well as psyche.

Qualification: No specific qualification required

Courses offered: Physical fitness training program, certification courses dealing with different aspect of fitness.

Job Prospects: Gym Trainer, Fitness Instructor, Personal trainer

b) Hotel Management / Nutrition & Dietetics: If you have an inborn interest in cooking & exploring various cuisines, nutrition & dietetics is the one you can explore.

Courses offered: After passing your 12th class, opt for a degree in home



Career in KPO & BPO

To get into a BPO, you need not be a very qualified or overtly experienced professional. If you have good communication skills, clear voice and diction, willingness to learn, basic computer proficiency then you can get into a customer service. KPO is the best option if you are technically qualified & possess domain knowledge like Technical support, Network management, Research & Development, Advanced Web Applications, etc.

There are numerous options available to pursue a career after 12th. Making the right career choice at the right time will bear fruitful results for the future. Every option has its pluses & minuses but promises good rewards, if you are passionate and is willing to work hard for it. Whatever field you choose, excel in it. What you discover may be your ticket to a great job and a great career.

science or hotel management or a course in nutrition and dietetics.

Media and Communication

a) Mass Communication: If you have creativity a way with words and excellent communication skills, confidence, investigative skills, patience then this is a profession where you can make change to the society in a direct and significant way.

Courses offered: After passing your 12th class, opt for a degree in BMM for Journalism & Advertising.

Job Prospects: Journalist, TV Correspondent, Editor, Client Servicing

b) Event Management: Major constituents of this profile include creativity, meticulous planning, relationship management, advertising and marketing, all rolled into one seamlessly choreographed process.

Qualification: After passing your 12th class, opt for degree or a diploma in Public Relations, Tourism, Hospitality Management, Sales or Marketing.

Job Prospects: Public Relations, Administration, Brand Development, Promotions & Marketing.

c) Animation/ web design: You are computer savvy and creativity is your thing, join an animation course, or join a web designing course and get yourself enrolled for a correspondence course to pursue your graduation. The scope in animation industry is immense. You can also pursue your graduation in fine arts.

Aviation Careers

This is one such job that we all used to dream about while we were kids.

Courses Offered: After 12th, Courses like "Airport Management", "Airfare and Ticketing management" can be pursued. For meritorious students, there are handsome

scholarships available, which reduces financial burden.

Job Prospects: Air Hostess/Steward, Airport Manager, Cabin crew etc

കുറുങ്ങു കുറുക്കുക

ജീവിതം
അവളുടെ ചെമ്മുണ്ടിൽനിന്ന്
ആദ്യം അനുരാഗഗാനങ്ങൾ കേട്ടു,
പിന്നെ താരാട്ടുപാട്ടുകൾ!
അതിനുശേഷം ഈശ്വരസങ്കീർത്തനങ്ങളും!

തെറ്റും ശരിയും
തെറ്റു പറയാത്ത ഒരാളും പെറ്റു വീണിട്ടില്ല
തെറ്റു തിരുത്തുന്നവനാരോ അവനത്രെ ബുദ്ധിമാൻ!
ചിലപ്പോൾ ദുർഭാഗ്യവാനും!
കാരണം തെറ്റെന്ന് ധരിച്ചതായിരിക്കും
ചിലപ്പോൾ ശരി!

അനുരാഗം
വയസ്സായിട്ടും വയസ്സായി എന്നു തോന്നാത്ത
വല്ലതും ഇവിടെയുണ്ടോ?
ആലോചിച്ചു നോക്കൂ, ഉവ്വ്: അനുരാഗം,
ലോകത്തോളം പ്രായമുണ്ടു അവൾക്കു
എന്നിട്ടും അവളുടെ വാർകുന്തളം
നരയ്ക്കുകയാവട്ടെ
വദനത്തിൽ ചുളിവു വീഴുകയാവട്ടെ
ഉണ്ടായിട്ടില്ല, അവൾ ഇന്നും
കൊതി തോന്നിക്കുന്ന ചെന്താർക്കുടം തന്നെ.

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The Sweetness and Solace of Loving Friendship



Prof Dr John Mathews Vazhappilly

■ *Friendship*
mysterious cement of
the soul
Sweetener of life
and solder of Society
Robert Blair

In the alienated and fragmented world we live in today, the lonely human heart cries out for friendship and companionship. We all feel the need for a comforting, empathetic presence in our lives. Our companions complement us, to some extent define us and function as chisels that shape and form our lives. Friendship mitigates our sorrows and multiplies our joys, it brings in a ray of hope in times of confusion and doubt; it is a soothing balm to the broken hearted.

Even the most primitive societies treasure, cherish and promote friendship. When Columbus interacted with the Red Indians of America he was highly impressed with the high degree of intimacy and friendship they displayed. He wrote to queen Isabella; These people (the Indians of Hispaniola) love their neighbours as themselves; their discourse is ever sweet and gentle, and accompanied by a smile. I swear to your majesties, there is not in the world a better nation or a better land.

The Essence of Friendship

Friendship is the flight of birds of the same feather in all conditions of weather: in fine weather or foul weather. A true friendship is the human relationship that Martin Buber calls the "I-Thou" encounter. A true and meaningful human friendship supposes more than mere association with another. It supposes that we are able to share ourselves, to reveal ourselves to another who is our friend. It supposes that we can entrust him with our secrets and accept his confidences.

Friendship is the sweet fruit of an open and outgoing nature. An egoistic nature and an arrogant attitude are inimical to the spirit of human friendship. A word, a smile and the stranger at your elbow may become an

interesting friend, All through life we deny ourselves stimulating fellowship because we are too proud or too afraid to unbend. One is reminded of the beautiful lines of OW Holmes:

Fame is the scentless sunflower.
With gaudy crown of gold;
But friendship is the breathing rose
With sweets in every fold;

The test of friendship is assistance in adversity, and that, too, unconditional assistance. Cooperation which needs consideration is a commercial contract and not friendship. Conditional cooperation is like adulterated cement which does not bind.

The Need for Friendship

All of us need the healing balm of sweet friendship. We are a psychological network of complex needs and impulses which need to be ventilated. Too often the problems that we keep submerged within us remain, in the darkness of our own interior, undefined and therefore destructive. Inside of us they remain as nebulous as smoke, but when we confide ourselves to another we acquire some sense of dimension and density and grow in self-identity and the capacity to accept ourselves as we are.

It is so much wiser to take all the risks of confiding in another than to live alone behind walls and masks, blindly acting out the things that we refuse to talk about. And we must remember, if we want to love others truly, that these repressed and suppressed problems are very definitely impediments to love. They are our toothaches which keep us converged on ourselves, keep us from being ourselves, and keep us from forgetting ourselves.

Friendship is the purest love. It is the highest form of love where nothing is asked for, with no conditions, where one simply enjoys giving. True friendship is unconditional magnanimity and selfless giving. The following words of George Eliot affirm and articulate the true spirit of human friendship:

Oh, the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts, not

measure words, but to pour them all out, just as they are, chaff and grain together, knowing that a faithful hand will take and sift them, keep what is worth keeping, and then, with the breath of kindness, blow the rest away.

Good Friends are God's Angels

When in disgrace with fortune and men's eyes,

I all alone bewep my outcast state.

Haply I think on thee and then my state

Like to the lark at break of day arising
From sullen earth) sings hymns at
heaven's gate:

For thy sweet love remember'd such
wealth brings

That then I scorn to change my state
with kings'.

William Shakespeare, Sonnet 29

We need the sunshine of friendship for the blossoming of our personality. Good friends are like shock absorbers they help us take the lumps and bumps on the pathways of life. They cushion the hard impact of a harsh life. A friend is one who sees through your frailties, fragilities and flaws and still enjoys the view.

Johns Adams and Thomas Jefferson were political enemies, but they became fast friends. And when they passed away on the same day, the last words of one of them was, "The country is safe. Jefferson still lives." And the last words of the other was, "John Adams will see that things go forward."

When Socrates was building himself a house at Athens, being asked by one that observed the littleness of the design why a man so eminent would not have an abode more suitable to his dignity, he replied that he should think himself sufficiently accommodated if he could see that narrow habitation filled with real friends.

Dr. Samuel Johnson, the celebrated English scholar and author was also known for his friendship with writers like Goldsmith and Boswell. He loved his acquaintance with young people. He

treasured the company of intelligent and talented ladies. He made a humorous observation about his fondness for the company of ladies: I am very fond of the company of ladies. I like their beauty, I like their delicacy, I like their vivacity, and I like their silence.

An Amazing Instance of Friendship

During the First World War a soldier in the trenches saw his friend out in no-man's land the ground between our trenches and those of the enemy stumble and fall in a hail of bullets. He said to his officer; 'May I go, sir, and bring him in? But the officer refused. 'No one can live out there,' he said. 'I should only lose you as well.' Disobeying the order the man went to try and save his friend, for they had been like David and Jonathan throughout the whole war. Somehow he got his friend on his shoulder and staggered back to the trenches, but he himself lay mortally wounded and his friend was dead. The officer was angry. 'I told you not to go' he said. 'Now I have lost both of you. It was not worth it.' With his dying breath the man said, 'But it was worth it, Sir. Worth it! Said the officer. 'How could it be? Your friend is dead and you are mortally wounded.' The boy shrank from the reproach but looking up into his officer's face he said 'It was worth it Sir, because when I got to him he said "Jim, I knew you'd come.'

Soul Mates

So we grew together,

Like to a double cherry, seeming parted,

But yet a union in partition;

Two lovely berries moulded on one stem:

So, with two seeming bodies, but one heart;

Two of the first, like coats in heraldry,

Due but to one, and crowned with one crest.

Shakespeare,

Midsummer Night's Dream 3:2

Your soul mate is the one who makes your terrestrial life a celestial one. A soul mate reveals the divine self in you and helps you grow in the fullness of that divine self. Soul mates are like seraphic messengers from heavens who render unflinching and timely assistance. They come to us just in time and when we are in dire need.

A true soul mate is mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can

change your life. The most beautiful discovery true soul mates make is that they can grow separately without growing apart. Richard Bach gives a beautiful description of soul mates through the metaphors of lock and key:

A soul mate is someone who has locks that fit our keys and keys to fit our locks. When we feel safe enough to open the locks, our truest selves step out and we can be completely and honestly who we are; we can be loved for who we are and not for who we're pretending to be. Each unveils the best part of the other. No matter what else goes wrong around us, with that one person we're safe in our own paradise.... When we're two balloons, and together our direction is up, chances are we've found the right person. Our soul mate is the one who makes life come to life.

The Art of Winning Friends

A closed mind and heart cannot receive the sunshine of friendship. To get through to people, to win their affection or their loyalty, a person must be willing to risk rejection and consequent hurt. He must be willing to abandon the armor of indifference that so many of us wear. But when the risk is taken, when we reach out across the silence to touch another person, when we try to melt the icy cellophane that most human beings come wrapped in, the rewards can be great. Friendship are frail and fragile things and require great care, tenderness, sensitivity and delicacy in handling them.

■ Be A True Friend

The way to make a true friend is to be one. Friendship implies loyalty, esteem, cordiality, sympathy, affection, readiness to aid, to help, to stick, to fight for, if need be. The real friend is he or she who can share all our sorrows and double our joys. Radiate friendship and it will return sevenfold.

Be friends with everybody. When you have friends you will know there is somebody who will stand by you. You know the old saying, that if you have a single enemy you will find him everywhere. It doesn't pay to make enemies. Lead the life that will make you kindly and friendly to every one about you, and you will be surprised what a happy life you will live.

■ Let there be space in your Friendship

Maintaining space in your love relationships is a kind of science. We all know people who trust their loved ones

and boast of the space they accord their spouses. These people are no less possessive or loving than others. They are probably more possessive, mature and understanding. A close hug is warm, a very tight one burns. A close hug is supportive and reassuring, a tight one is choking and suffocation. Time spent together is magical and invigorating, but there comes a stage when you need privacy, your own space without the shadow of any one's presence.

Mothers who are prepared for the empty nest syndrome in advance suffer less pain of separation; spouses who nurture and treasure their own space take a softer hit when distance starts creeping into a relationship.

Maintain the space between two persons. Keeping a zone of silence often helps build depth and a solid foundation in a relationship. It is important to realize that we are all genetically and socially wired differently and so need to give space and time to each other to respond in our own peculiar ways. We cannot force reconciliation, though we can cajole it through sympathetic understanding. In a turbulent relationship it is advisable to sit quiet and buckle up as you wait out in any turbulence. It is beneficial to cool off before the reconciliatory talk. In this way your irritability subsides. Never hesitate to apologize or be the first one to initiate a rapprochement. It is an expression of maturity and magnanimity of heart and spirit. All these things are possible only if you enjoy a certain degree of inner quietness and tranquility. An agitated mind and heart is not conducive to reconciliation.

■ Abraham Lincoln's secret of winning Friends

If you would win a man to your cause, first convince him that you are his true friend. Therein is a drop of honey that catches his heart, which say what he will, is the greatest highroad to his reason and which when once gained, you will find but little trouble in convincing his judgment, or to command his action, or to make him as one to be shunned or despised, and he will retract within himself, close all the avenues to his head and heart; and though your cause be naked truth itself, transformed to the heaviest lance, harder than steel and sharper than steel can be made, and though you throw it with more than Herculean force and precision, you shall be no more able to pierce him than to penetrate the hard shell of a tortoise with a rye straw. ■

Malayalee Mentor in Manhattan

Anjali Menon mentors young artists in New York and loves it.



Anita Sarkar

Anjali Menon came to New York from Singapore with a Diploma in Communication Design from La Salle College of Arts. Graphic Arts was where her passion lay. Anjali got a BFA in Communication Design from the School of Visual Arts, New York City. Those three years were unforgettable. Anjali revelled in the new-found environment and was lucky enough to have professors who were a great source of learning and guidance. Degree in hand, she found herself in the same boat as many other graduates job hunting. Looking around online for something to fill her time between interviews, Anjali stumbled upon the AIGA (American Institute of Graphic Arts) Mentoring Program. Says Anjali: "It seemed like the perfect fit a way for me to give back to the design community by helping students and a chance to meet like-minded design professionals. As luck would have it, they were just about to stop accepting applications when I reached out, and after a quick interview, I was in!" Anjali came on board as a volunteer-coordinator. "I was drawn to the fact that the program focused solely on design. I recalled how beneficial it was to have professors to guide me through my three years of art school and wanted to play it forward," she says.

Identifying with the city's ambitious and talented young artists, Anjali realized that what they needed most was someone who could guide and inspire them to fulfill their potential. The most challenging aspect of the job is finding the right match. "Something like matching horoscopes for a marriage,"

There may not be a word in Malayalam that quite translates to 'mentor' but there is a young Malayalee in Manhattan who embodies it.

laughs Anjali, not forgetting her Indian roots. "The mentor and mentee must be truly made for each other." A lot of time and effort goes into studying profiles and making informed decisions about who would be best paired with whom.

AIGA works with the New York City High School of Art and Design to enroll driven and talented students to its mentoring program. Students are nominated by their teachers and join the program in their sophomore year, continuing until graduating from high school. Mentors are industry professionals who can commit to putting in the time and have the ability to

connect with their mentees, motivating them to maximize their potential and achieve their goals. They also provide guidance on portfolios, class projects and college applications.

Mentee and mentor meet at least four hours a month over three years. Along the way, the relationship becomes closer. The students, who are in their teens, arguably a vulnerable time, often find in their mentors someone they can confide in even about personal matters. The mentor provides impartial advice and support. What's in it for the mentor? Mentors end up learning a lot. Along the way they discover who they are. They



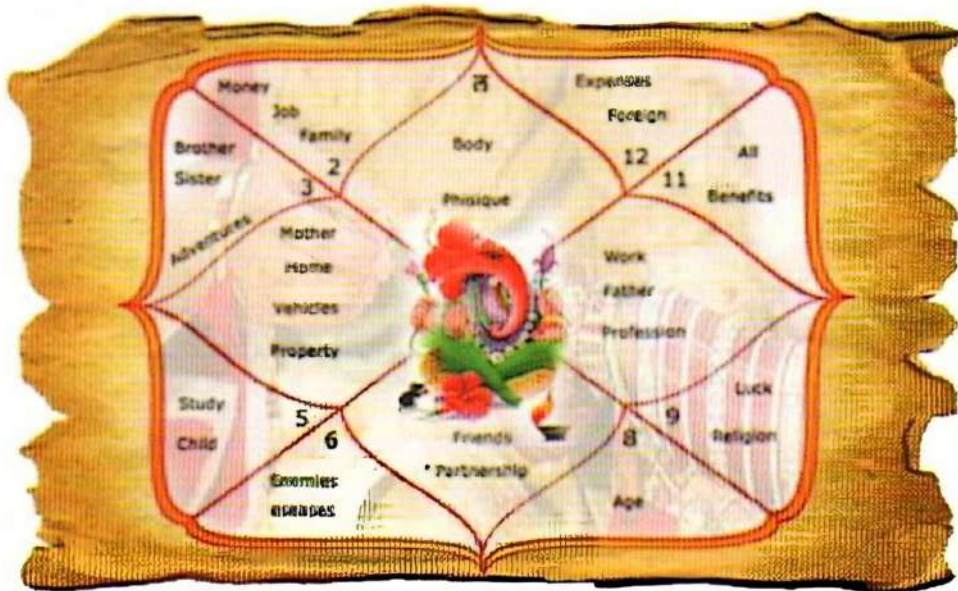
Anjali with a student

hone their interpersonal skills. The experience helps them develop their leadership skills. Mentors develop an appreciation of other cultures. They have the satisfaction of making their experience available to a young person. Perhaps they see in their mentee a younger version of themselves and remember a time when they wished someone had

stopped by with a word of appreciation of their tentative offerings at the temple of art. What if Picasso's mother had taken one look at his sketches and scoffed, "What's with the three eyes, Pablo? Get back to your schoolwork." Anjali laughs and hastens to correct the impression that parents aren't always supportive of the program. In fact, parents and teachers are integral to its success, often making adjustments in schedules to accommodate meetings and excursions.

Apart from the individual mentee-mentor interactions, there are group activities, visits to museums and workshops. Recently Anjali coordinated successful courses in website designing and screen printing, something for the artist's 'toolbox'.

At the end of the year, there's a showcasing of projects and a party. "We have budget limitations," admits Anjali, "but there's always a way out. We get sponsors wherever we can for food, drinks, extras. The space is kindly donated by an 'angel'. It all works out and everyone has a good time." Some of Manhattan's leading designers and design companies attend and



Anjali Menon is a matchmaker of a different kind. "Pairing mentors and mentees is like matching horoscopes," she laughs

give mentees their perspectives. Recently, Debbie Millman, a well-known designer, writer and educator, guided students into creating very personal pieces as part of her visual storytelling project.

The task of keeping it all together belongs to the coordinators, who are constantly on their cellphones or shooting off emails. The rewards are well worth the effort, agrees Anjali. The



Anjali with a mentee. A special relationship develops along the way

Manhattan spirit helps.

"The relationship comes before mentorship," says Anjali. "Everything depends on the rapport between mentor and mentee."

"12 years and five students later, I feel very grateful to have been a small part of each of these students' lives and careers,"

says Anjali. "As a mentor, even though you sign up to be involved in a student's high school career you inevitably become a bigger part of their lives through the course of three years. The last student I had before switching duties from mentoring to chairing graduated in July 2015. I still keep in touch with her and my other four students, who are all on their own unique path to success."

"Along the way," continues Anjali, "my experiences (both personal and professional) have helped me become a better mentor. Currently, my role as Creative Director at COTY, a leading fragrance and cosmetics company, sees me designing fragrance packaging for many celebrity and lifestyle brands. I show my students the behind-the-scenes development that goes into the fragrance pack they see on a store shelf. It's an eye-opener."

It wasn't all that long ago that Anjali Menon herself was a wide-eyed student. She is happy that she has been able to put students on the right career paths. "I've received much more than I have given," she says about her participation in AIGA's mentorship program."



Dr Geetha Madhavan

DAHI WADA

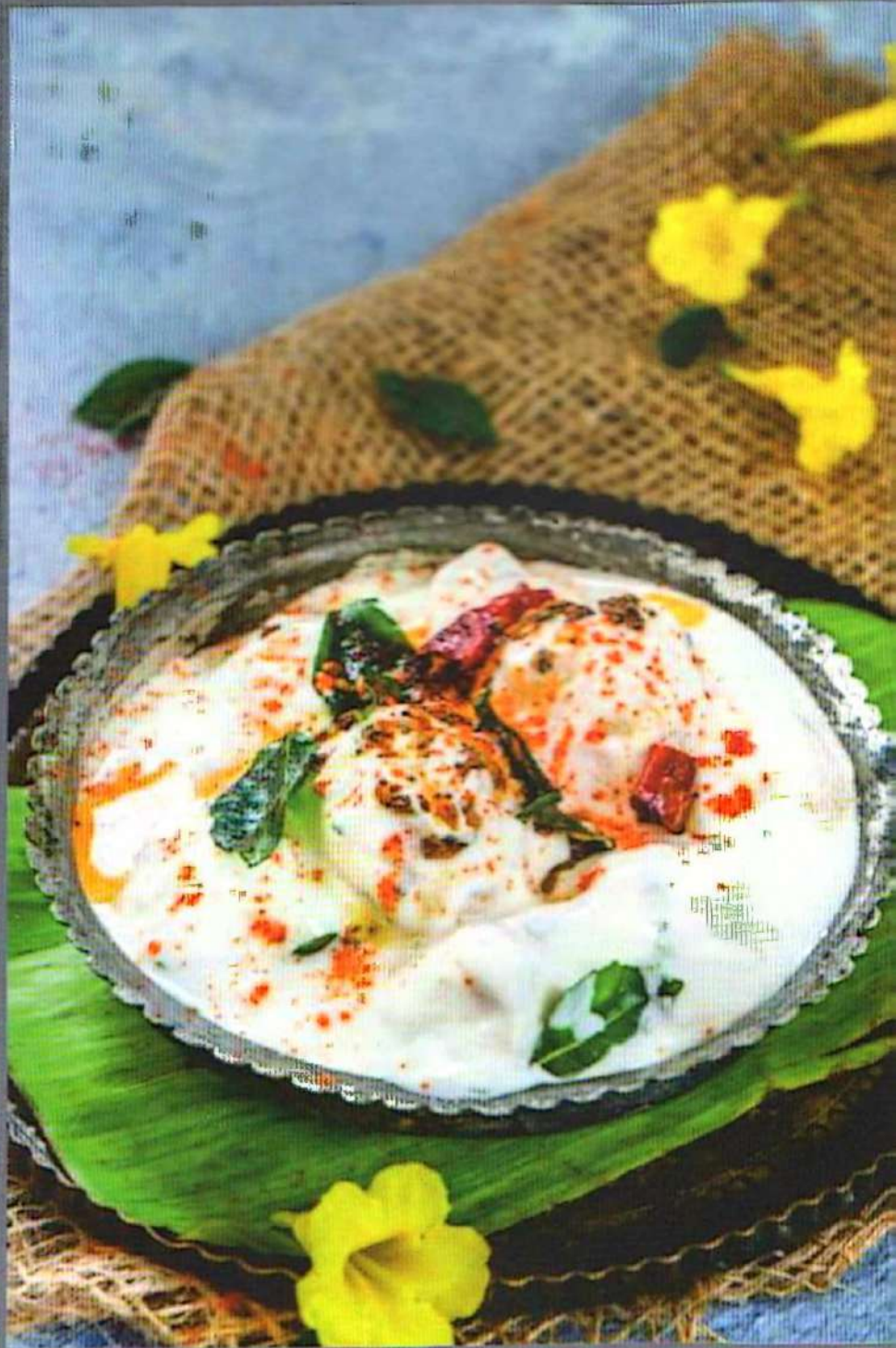
Large balls of urad dal soaked in sweet, spicy curd

INGREDIENTS

Urad Dal 1 Cup
Thick Curd 4 Cups
Curry Leaves 2 4
Salt to taste
Sugar to taste

FOR SEASONING

Mustard Seeds 1 Teaspoon
Cumin Seeds ½ Teaspoon
Asafoetida A Pinch
Red Chilli 2
Cumin Powder 1 reaspoon
Red Chilli Powder 1 Teaspoon
Chart Masala
Sweet Chutney
Green Chutney
Coriander 2 Table spoon (Finely Chopped)



Recipe Photo Courtesy: Southern Twist

METHOD

1. Soak the urad dal for half an hour and grind with salt into a smooth paste with minimum water.
2. Make small rounded wadas and fry till lightly brown.
3. Take water in a large bowl. Put the hot wadas in cold water.
4. After soaking for 5 minutes, Squeeze out the water and put them in the diluted beaten curd.
5. After 1 hour, put them in thick beaten curd with a dash of sugar.

SEASONING

1. In a frying pan add oil, ustad seeds, red chillies, cumin, asafoetida and curry leaves
2. Pour it over the curd.
3. Top with red chilli powder, chaat masala, green chutney, sweet chutney and coriander leaves.
4. Serve it cold.





Chief Guest Subhas Chandran, Guest of Honour Sachin Menon, the author of the book Balachandran, Publisher Unni Menon and others during the book release.

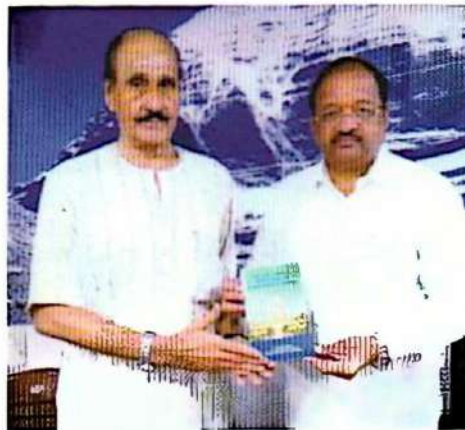
Book release

■ A book compiled from various articles written by former Dy Municipal Commissioner V Balachandran and titled 'Recollections and Reflections of a Malayalee in Mumbai' was released on Saturday the 20th May 2017 at Bangur Nagar Ayyappa Temple Auditorium in Goregaon West.

Former Programme Director of NCPA K Subhas Chandran was the Chief Guest and he handed over the first copy to KPMG COO Sachin Menon, the Guest of Honour. Unni Menon, N R Panicker, Satyanath, Sachin Menon & Subshash Chandran spoke on the occasion and Mr. Balachandran gave the vote of thanks. Unni Menon is the publisher of the book. The event was also attended by Dr.

Gopakumar Nair, K D Chandran, P R Krishnan, Upendra Menon, Subhash Menon, Rajendran Padiyur, C P Krishnakumar, Rakhee Sunil, Dr. Suresh Nair (Principal, Vivek

Vidyalaya) et al. The event was organised by Kerala In Mumbai. A musical evening comprising the old classics of Vayalar Rama Varma was presented by Raagalaya.



Presenting the book to Hon. M P (North Mumbai) Gopal Shetty.



Wife Valsala, (Retd teacher Vivek Vidyalaya) receiving a bouquet from Vijay Kumar, Kerala in Mumbai.



Subhas Chandran, Upendra Menon, K D Chandra and others.



K Vijayan Nair (President of Nair Samaj Dadar) is seen along with Sachin Menon the Guest of Honor



Section of the audience at the book release function

Samadharam 2017

■ Tru Indian Information and Guidance Charitable Society is celebrating 'Samadharam 2017', its annual day as well as presentation ceremony of their awards on June 10 at Savitribhai Phule Natyagriha Auditorium, Dombivili East.

It has announced the names of this year's winners for their Pravasi Bhushan and Leading Light Awards. While M Ramachandran and P V Vasudevan will receive the Pravasi Bhushan awards, Dr Oommen David will receive the Leading Light Award. M Ramachandran, a native of Kottayam district, is the Chairman of Andheri Malayali Samajam, member of Sree Narayana Mandira Samiti Board, Vice President of AIMA Chamber of Commerce Mumbai Province, patron of Bombay Keraleeya Samajam and Chief Patron of Billawar Association. P V Vasudevan is the Secretary of Dombivli Patrakar Sangh. Dr Oommen David is the Director of Holy Angels Educational Institutions

The recipients of the Samaj Sevak Awards are Theruvoram Murugan, C P Sajeevan and S Sundaresan. Murugan, a native of Peerumade and living in Ernakulam is the founder President of *Theruvoram* an organisation that takes care of about 3000 street children giving them shelter and education opportunities. He has won awards and recognitions from international bodies, the Prime Minister and Chief Minister of Kerala. Murugan is an auto driver by profession.



M Ramachandran



P V Vasudevan



Dr Oommen David



N Shreejith



S Sundaresan



C P Sajeevan



Theruvoram Murugan



Swetha Warriar

C P Sajeevan has played an active role in fund raising for about 300 heart operations organized by World Malayali Council (WMC) of which he is the Treasurer of Mumbai Province. He is also Managing Trustee of CPSA Charitable Trust that has conducted marriages of poor girls and offered educational assistance to children of poor children in Kerala.

S Sundaresan is President of Sivagiri Mutt's Guru Dharma Pracharana Sabha Mumbai Branch and

former Convener of Sree Ramadaasa Ashram's Cultural wing and has served in many humanitarian and social activities. The awards will be distributed on June 10 in Savitribai Phule Auditorium of Dombivli during their Samadharam 2017 programme.

The Madhyama Puraskaram will be bestowed on N Shreejith well known senior journalist of Mumbai. Naadaprabha award will be bestowed on Singer Premkumar

Sukumari Memorial Award will be bestowed to Director Hariharan and young dancer Ananya Kurup.

Swetha Warriar, the gifted 17 year old dancer and daughter of Tru Indian Society's Creative Wing Director and dance teacher Ambika Warasiar will be performing her 1111th dance recital during the function.

Further details on 9320986322.



Hariharan



Ananya Kurup



Premkumar

KKS into agitation against Govt of Kerala

■ Keraleeya Kendra Sanghatana is moving towards agitation against the indifferent attitude of the government of Kerala on the list of demands put forward by KKS in the past. In the past the representatives of KKS had gone to Kerala to meet the CM, ministers, heads of various departments on several occasions, drawing to the needs of the pravasi Malayalees settled in Mumbai. Though no favourable steps were taken, many benefits enjoyed in the past were withdrawn too. This is what irritates the activists. This information was given by Prof Mathew Thomas, General Secretary of KKS.

A dharna will be organised in front

of Kerala House on June 11 at 10 am onwards. KKS represents about 64 Malayalee organisations in Mumbai.

The main demands of KKS are to get the medical subsidies, available till two years ago, reintroduced and to get immediate financial assistance to the people who have already applied for the same, re-establish the western zone of Kerala Sangeeta Nataka Akademi, honour the assurance given that Malayalam Mission would have its office in Kerala House, the programmes of various departments of Kerala be brought under NORKA, simplify the formalities for membership registration of NORKA, etc.

Free Note books to school children

■ Namasankeertana, a registered charitable organization based in Dombivili will be distributing free note books and ceiling fans to about 250 under-privileged children of Adivasi School under Mulgaon Zilla Parishad, Badlapur in the third week of June. Donations are welcome for this cause specifically earmarked towards this particular corpus fund. Cheque /DD may be sent in favour of Namasankeerthana (Regd)' and is entitled for exemption under 80 G of the Income Tax Act 1961

BMS Vishu Easter Celebrations

■ The Borivli Malayali Samajam, setup in the social secular fabric for nearly 6 decades has been doing service to the Malayalee community and society at large. Every year various traditional festivals are celebrated.

This year Vishu-Easter Celebrations were held at the Samajam's V K Krishna Menon Academy And Junior College. Based on the Vishu Easter theme a musical programme exhibiting the inhouse musical talents of the members was organised. Songs related to both the festivals were sung by the very talented artists. This was followed by traditional Kerala food. Major activities of the Samajam were highlighted, namely the commencement of the free legal consultancy.



Office bearers of BMS at the celebrations



Programme in progress

UNARV Nagarotsavam 2017

■ Keraleeya Kendra Sanghatana (KKS) conducted Unarv Nagarotsavam 2017 - a series of contests in the age group of 15-30 on May 7 at Mysore Hall Auditorium Matunga from 10 am to 10 pm. The programme was a huge success with many Mumbai Malayali youth participating in it.

The competitions were organized and held in different zones of Mumbai and its suburbs West, North, Kurla, Thane, Navi Mumbai and the various Samajams participated in the competitions. The first and second prize winners were selected and they took part in the Finals held on April 30. 103 participants from 29 Samajams participated in the Final contests.

There were contests in Digital, photography, short film, music video, selfie contest, spoof a movie, theatre, Solo act, play reading, improvisational play, Mime play, Music including Band, Naadan Pattu, kavitha rap, painting, Mohiniattam, Nruthya aavishkar, visual parody, dumb charades, debate and Treasure Hunt. A separate contest for seniors, 'premalekhanam', was also one of the competitions. Though it was the first time that contests in some categories were being held, much to the joy of senior members of Samajams, the youth wing took an active interest and participated in them. It showed their interests, awareness and enthusiasm for their mother tongue Malayalam and its culture for the contest were basically in Malayalam. Above all it affirmed the future of Malayalee Samajams in safe hands with the youth.

KKS congratulated the Youth for their active participation in this venture.





All India Malayalee Association (AIMA, Maharashtra Unit) held a silent protest at Powai Hiranandani, Mumbai on May 24 to condemn and seek justice for the honour killing of Amit Nair at Jaipur. Members of HKA and various other Associations also joined in solidarity.

Tatvamasi Award to C P Krishnakumar

■ Former Chief Minister VS Achuthanandan presented the Dr Sukumar Azhikode Memorial Tatvamasi Award of Tatvamasi Cultural Collective, to C P Krishnakumar, Mumbai based novelist. His novel 'Janitakangalil,' that earned the award, tells the story of a man who migrated to England during pre-independent era and of his



C P Krishnakumar
Madhavikutty Award and V T Gopalakrishnan Award.

next generation. Krishnakumar, an aviation inflight consultant staying in Versova, belongs to Thalavadi Cherusseri Matham of Alappuzha. His earlier novel Uyarangalilekku had won S K Pottekkat Award and Kottarakkara Thamburan Award. His short stories won



Achievement award and Prasastipatram of Kerala state UpabhokthruVedi given to Upendra Menon at the hands of Mathrubhumi Director PV Chandran in a function at Nalanda Auditorium Kozhikode.



Thane Guru Centre honouring Guru Gopinatha Pillai who received Ambika Yoga Kutir Award for best yoga trainer.



Film star Suresh Gopi lighting the inaugural lamp during the election campaigning for Panvel Nagar palika corporation elections led by BJP Vasai President Utham Kumar.



Participants of the second Paattukootam - Paadampattililiyam, programme organised by Tru Indian Society, that was held at Guru Dharma Pracharana Sabha office Hall in Ulhas Nagar.

Vayalar Nite at ATMA's Annual Day Celebrations

■ ATMA (All Thane Malayali Association) will be celebrating its Annual day on Saturday 24th June from 6.00 pm onwards at RJ Banquet hall, RJ Thakur college Campus, Sawarkar Nagar, Thane west. There will be a musical evening Vayalar Nite (Golden hits of Vayalar Rama Varma) presented by Raagalaya Academy of Music, Mumbai during the event.

Approximately 20 meritorious students, (Members Children of Affiliated Associations) who have scored 85% and above marks in the SSC Examinations will also be felicitated with cash award, Certificate & Memento during this event.

ATMA is the umbrella organization

of the Malayali Associations of the Thane Region. It is in the forefront of charitable and welfare activities and with the funds collected from members / well-wishers it has arranged drinking water for the people of Latur who were severely affected by drought for years together. It has also undertaken the project of repairing 2.5 km pipe line of Borfel village and installation of four storage water tanks of 2000 ltrs capacity.

The present Executive Committee includes G S Pillai of Kairali Samajam, Kalwa as President, Sashikumar Nair of Lake City Malayali Welfare Association as the General Secretary, Jayadevan Pillai of Ghodbunder Road Area

Obituary



Anandavalli Amma (79)

■ Anadavalli Amma, wife of Kattusseri Vellattumele Veettil Krishnankutty Menon, Palakkad, passed away on May 19, 2017 in Mumbai. Deeply mourned by husband, daughters Ashapriya, Maya, and sons- in- law Rajesh V Nair, K Padmakumar.

Obituary



Shri K. Vasudevan Pillai (Ex- Western Railway)

K Vasudevan Pillai residing at Laurel, NaharAmrit Shakti, Chandivali passed away on May 5, 2017. Remembered by children Rajalakshmi, Hemalata & Sureshkumar, Sons-in-law Ramesh & Suresh, Daughter-in-law Indulaxmi, Grandchildren Ashwamedh, Avighnan, Nandita & Govind.

Malayali Association as Treasurer. George Pappen of Progressive Malayali Samajam and A B Mohandas of Azad Nagar Malayali Samajam are the Vice Presidents. Adv. Prema Menon of Malanad Education and Welfare Association and Mohandas A P of Kairali Cultural Association are the Join. Secretaries. Jayant Nair of Wagle Estate Malayali Association is the Joint Treasurer.

VIDUSHI KALYANI SHARMA HONOURED

Eminent Carnatic musician, Sangeeta Kala Acharya, Kalyani Sharma, was recently felicitated by her disciples and others, to mark the two milestones in her life - 80 years of life's journey and 60 years of musical journey. The event 'Guru Vandanam' organised by her disciples in Mumbai, was inaugurated by four leading ladies in Carnatic music, Bhagavathi Mani, Alamelu Mani, Radha Namboodiri from Mumbai and R. Subbalakshmi from Thiruvananthapuram. It was a mixed fare with felicitations followed by a documentary on her life and group performances by her vocal, veena and violin disciples.

"Vidushi Kalyani Sharma is an accomplished vocalist, veena player and a guru par excellence. The felicitation by her students, various cultural organizations and several musicians was the highlight of the evening. The scintillating music programme by her disciples was a befitting tribute to the Guru" states Dr. G. Ramakrishnan, Founder President, Powai Fine Arts, who attended the function.

In the six decades of her musical journey, Vidushi Kalyani Sharma, an A-grade artiste of All India Radio in both vocal and veena, has made immense contribution to Carnatic music both as a guru and as an artiste. Though based in Mumbai now, her roots go back to Thiruvananthapuram, where she was



Kalyani Sharma

born, brought up and trained in Carnatic music. Initiated into Carnatic music at the age of eight by her mother, she had her formal schooling at the renowned Swati Tirunal Academy of Music, Thiruvananthapuram under two illustrious masters Sri Semmangudi Srinivasa Iyer for vocal and Sri K.S. Narayanaswamy for veena. Later she underwent specialised training in Padam and Javali under Smt. T Brinda.

Conscientiously carrying forward the rich pristine music she has imbibed from her three legendary gurus, her much acclaimed concerts have always

been imbued with deep traditionalism and purity. "In 1960 when she came to Mumbai I got the opportunity to attend her concert. I was mesmerized by her performance that was steeped in traditional Carnatic music. Later I had the privilege of recording her vocal and veena programmes for All India Radio Mumbai and learnt a lot from her performances" recalls Vidushi Radha Namboodiri.

Guru Kalyani Sharma has imparted training in both vocal and veena at reputed institutions including her alma mater Swati Tirunal Music Academy Thiruvananthapuram and Shanmukhananda Sangeeta Vidyalaya, Mumbai from where she retired as Joint Director in 1999. Since then she has been training senior students privately from her residence. She has created a large family of musicians, spanning across three generations, many of whom are artistes and teachers today residing in India and abroad.

She has published three books "101 Keerthana Mani Malai", "A compilation of Padams" and "Sri Kanchimamuni Pancharatna Haaram", the last two also released in CD and cassette format respectively. The much acclaimed Pancharatna Haaram, set to tune by her, is a musical tribute to Jagadguru Chandrasekarendra Saraswathi Swamigal, composed on the lines of Saint Tyagaraja's Pancharatna Krithis.

Many awards have come her way, including the 'Sangeetha Kala Acharya' and 'Bodhaka' from Music Academy Chennai, 'Sri Mahaswamy Puraskar' from Kanchi Kamakoti Peetham and 'K.S. Narayanaswamy Veena Sangeetha Ratna Puraskar' from Veena Sangeetha Sangh, Thiruvananthapuram. She was also honoured by Sri Semmangudi Golden Jubilee Trust Chennai for her contribution to Carnatic music in 2013.

Even today at 81, her life revolves around sapta swaras, as she devotes much of her time to teaching and disseminating the rich music she has imbibed in their purest form. "I was very lucky to have had such great gurus and it is their blessing that has enabled me to achieve whatever little I have accomplished today. Of course, I want to continue teaching and also learn more. There is no end to what one can do in music" she avers.

-Janaki Krishnamoorthi



Kalyani Sharma with Disciples

Battle Fields and Slaughter Houses



P V Ramanathan

■ Tolstoy once observed that there will be battlefields as long as there are slaughter-houses. The observation made by the greatest novelist of that time has

profound significance and has an eternal message for humanity as a whole and ordinary human Nature may not be able to fathom the depths of this observation and comprehend the far reaching consequences of its actions.

When animals are queued up at the abattoir and wait for their turn for their head and body to be severed or when criminals are decapitated as in olden times, has anyone given a thought to the depth of agony the victims undergo, leave alone the mental anguish and the immense pain that shivers through their body before they become numb for ever after the final act.

In fact a mood of stunned trauma pervades their brief span of time in the queue before their life is ebbd out with jaw-dropping ferocity. This is brutish reality at its worst.

Our actions are savage and suicidal and retributions do lurk somewhere and find physical manifestation at the appropriate time in the form of natural calamities like floods and earthquakes and assume even human forms who rise from the debris of their slaughtered life because there is a natural law that disastrous consequences follow every action like a shadow. The heavy heaving of the animals' troubled breath and attendant breathlessness and blood curdling feeling they undergo when they are inches away from the most painful death on earth fill the earth's atmosphere and their vibrations and reverberations though inaudible to our limited perception, hang heavily over the earth.

John Morley had observed that Nature in her most dazzling aspects or stupendous parts is but the background

and theatre for the tragedy of man.

It is high time that humanity gives a deep thought to this agonising chapter in our lives which also acts as a malignant parasite in human existence through its long journey on this earth over the Millenium. Few realise that this is a notoriously slippery world and the hidden hand of Fate oversees everything in this world and Astrology as a science underpins this argument.

I may quote William Blake's lines here:

*A dog starved to death at the
master's gate predicts ruin of the State,
A horse misused upon the road
Calls to Heaven for human blood,
Each outcry of the hunted hare, a
fibre from the brain does tear.
A skylark wounded on the wing, a*



cherubin does cease to sing.

It is a clarion call. Let us all wake up from our deep slumber and half-awake consciousness to feel for our fellow creatures living as we do at the height of civilisation, and culture.

I often wonder if only animals could speak, would we slaughter them as we do now and we should learn to feel ourselves in their bodies primarily in those of animals.

It is said that if the whole world is one big mansion, India is its pooja room. And furthermore, India is the Land of the Vedas and the Upanishads. But what do we have and where are we in the scheme of things? We kill these hapless animals, illustratively the cow and the buffalo with whose milk our day begins and we summarily and mercilessly dispose them of like used containers.

It is high time therefore that we desist from this dastardly act which undoubtedly is a virtual sin against God and humanity.

Contentiously controversial viewpoints may be projected but ultimately Truth will prevail.

A Malayalam poet once heart-rendingly poured forth his sensibilities in a different context but which is tantalisingly close to our subject matter:

*Why this devilsh or demonic
appetite for*

the human throat!

All said and done, it is a harsh reality that stares us squarely in our faces and pierces our hearts.

For a world that is impervious to the horrors described above, it pays least heed to such incidents because it does

not interfere with their daily needs and it fails to understand that by these actions of ours we are subjecting ourselves to a fundamental curse. The ill-effects they would bring in their wake would be a recurrent phenomenon and the parting pain the animals undergo during their last few moments will overhang on the heads of offending humanity.

Lastly, it raises a fundamental question -

which sanction of the law - whether a human law or a divine dispensation permits us to perpetrate and perpetuate this heinous crime?

The following hymn from Hitopadesa and Sri Aurobindo's soul-stirring observation cannot be more relevant:

US and THEM

What is religion?

It is compassion for all things which have life.

- Hitopadesa

Life is life- whether in a cat or dog or Man. There is no difference there between a cat and man. The idea of difference is human conception for man's own advantage.

-Sri Aurobindo

The Mango

(This story happened in a remote village of Kerala at a time when feudalism was at its peak, when the social set up was layered in such a way those in the lowest rung were bonded labourers permanently attached to large wealthy families owning practically the whole village).

Kadampat Gopalan Nair

Neeli, a six year old, shy and dark-skinned girl with exceptionally sparkling eyes was the only daughter of Kalyani and grand-daughter of the ailing Parvati, residing in a small hut built on the estate of *Kadampat House*, a prominent agrarian family whose grand mansion, *Nalukettu* (a four-chambered mansion built around a small courtyard) was on the adjoining estate, a short run from Neeli's hut. Neeli's family was in perpetual bondage to the landlords for generations and toiled for them without daily wages. Instead, they were fed twice a day. On the festival occasions like *Onam*, they would be provided with paddy, clothes and other essentials. To be fair to the landlords, they were well looked after. They seemed happy and content and lived their lives without rancour. Neeli would regularly go to the *Nalukettu* and would be at their beck and call throughout the day.

Occasionally, she would run to her hut and enquire about her grandma's health. She was so fond of the ailing grandma.

Lakshmikutty Amma, the matriarch of *Kadampat House*, was a kind lady, though some were overawed by her unpredictable ways. She was in full control of the all-female household. She would take a leisurely walk daily around the vast family estate and take stock of every tree, plantain, coconut tree and fallen coconuts. Nothing escaped her sharp eyes.

It was mango season, and the estate surrounding the *Nalukettu* had numerous mango trees that would bloom in abundance spreading that pleasant aroma of the mango flowers around. Soon the flowers would give way to tiny "unnimangas" (tender mangoes) that would gradually grow into many sizes and shapes, eventually to be transformed into adult mangoes, so to say. The branches would start bending progressively with the

increasing weight of the mangoes and soon the mangoes would start changing colours. Ripening!

A Muslim contractor would make his annual visit to *Nalukettu* as the mango trees show signs of flowering, and after a brief bargaining would grab the contract for the mangoes. Except for one mango tree known as the "*Kurukkanmoochi*" (literally "fox mango tree"). This tree would be spared the contractors "*thotti*" (a long bamboo pole used for plucking the mangoes). The tree was huge, the like

tiny one to be reached after you savoured the rich, sweet flesh surrounding it. And how would you eat it? Remove the tiny remnant of the *petiole* on top of the mango, roll it between your palms to make it loosen a bit, put it into your mouth, suck out and gulp down the sweeter-than-honey pulp and in a swift motion spit out the tiny seed first and the collapsed skin after. So simple was the "art" of eating this mango. In season, one could see scores of seeds scattered everywhere, even in the neighbouring villages, for mangoes



of which was not seen anywhere in the village, why, not even in the nearby villages, holding its head high above the tallest coconut trees. The massive lower trunk had a hollow in the middle large enough to hold two or three adults within it.

Mangoes of this tree had a reputation to be the sweetest. Not bigger than a large lemon, the slightly oval-shaped mangoes, growing in bunches, had more flesh than seed which was a

from this tree were offered as gifts to the close and distant relatives of *Nalukettu*! Awesome reputation for a mango!

Come school vacation that coincided with the mango season, and the children of *Nalukettu* and neighbouring houses, and adults too, would camp under the cool shade of the sprawling canopy of this tree, waiting for the ripe mangoes to fall. Fall they did in quick succession. Squirrels, birds or a slight breeze would send dozens of mangoes hurtling down.

The eager collectors would run to pick them, and the lucky ones would gather their precious catch under little "huts" fashioned out of plantain leaves. (*One would wonder whether the mangoes falling from a height would not be damaged hitting the ground, but the children had taken care of that. The ground was lined with dry leaves of every kind and dry grass so that the mangoes would have a soft landing!*) When sufficient mangoes are collected they would carry them to their homes to be relished with lunch, dinner, and in between, raw, steamed. Not an insignificant number of the mangoes would find their way to the *Nalukettu*. No meal (in season) was complete without this tiny delicacy!

Neeli was admiring the many flowering plants around her hut, when grandma Parvati called her out. Neeli went inside. Parvati wished to eat a mango from the *Kurukkanmoochi*. Neeli was to go and get one. Neeli could hardly refuse this wish of her dear grandma. She stepped out of her hut and onto the small yard, crossed the narrow gate and then entered the grand gate-house of *Nalukettu*. From the gate-house, she has to circumnavigate the vast pond in front of the mansion to reach the mango tree. As she approached the periphery of the tree's vast canopy, some children sneered at her indicating she was not welcome into their territory. One boy came and told her to stand away from them, in a corner, not to mingle with them, the upper caste gentries. She obeyed and stood a good distance away from the chattering children who were busy collecting the falling mangoes. She looked up the huge tree tantalizingly laid with innumerable bunches of mangoes with eager expectation. She could see mangoes rushing down and fall away from where she stood. She could not run and get them as the children would not allow her to enter their territory. She stood there, with her gaze fixed on the tree waiting for a mango coming her way. A long wait! None came her way.

It was past lunch time. Grandma would be impatient. She started to turn away disappointed. Suddenly a mango fell right in front of her and started rolling, not away but towards her. She feared one of the children would suddenly pick the mango before she could. She grabbed the mango with both hands and briefly looked at it,



സംഗീതസാഹസ്യം



മധു നമ്പ്യാർ

ആഞ്ഞുറ്റിയൊന്നിൽ
ഹരിഹരയ്യർ
ദീക്ഷിതർകൃതി
ഷൺമുഖപ്രിയയിൽ
രാഗവിസ്താരം നടത്തുന്നു.

നാന്നുറ്റിനാലിൽ
സിദ്ധാർത്ഥൻ
ഉച്ഛരസ്ഥായിയിൽ
ജോൺ ബോൺ ജോവിയുടെ
ഒരു റോക്ക് പാടുന്നു.

മുന്നുറ്റിരണ്ടിൽ
പുതുതായി വന്ന
പേരിയാത്ത പെൺകുട്ടി
ശ്രുതി മധുരമായി
ആജാരം പരദേശി മുളുന്നു.

ഇരുന്നുറ്റിമുനിൽ
ഞാൻ ദാസേട്ടന്റെ
പഴയ ഇന്ദ്രവല്ലരിയുടെ
ഭാവലയങ്ങൾ തേടുന്നു.

നഗരത്തിലെ
ഫ്ളാറ്റുകളിലെ കുളിമുറികൾ
അതിരാവിലെത്തന്നെ
സംഗീതസാഹസ്യമാവുന്നു.

smelt it. A golden, fully ripe mango! Divinely sweet-smelling! She looked around for signs of aggression from the children, but none seemed to bother about that mango. She briskly walked towards the gate-house, and a short run would take her to her hut and into the hands of her grandma would go the juicy mango and then to her eager mouth with the thin "*kanji*" (*gruel*) that grandma usually has for lunch.

"Neeli", someone called out from

behind. A smiling Lakshmikutty Amma stood before her. She held the precious mango hidden behind her and looked at her "*thambratti*" ("*ladyship*" ... *a slave addressing her mistress*). "What have you got?" Neeli extended her slightly trembling hand with the mango precariously sitting in her palm. Lakshmikutty Amma picked it up like a hawk plucking its prey. "This one will go well with my lunch!" ■

MAINTAIN YOUR POSTURE



Dr. (Major) Nalini Janardhanan

■ You might have noticed how models do ramp walking during fashion show. The way you carry yourself, your posture is very important, whether it is you, a model or an actor. Bad posture is aesthetically not good

to look at. Many health problems are also related to bad postures like backache, aching feet, headache, pain in the neck etc. Spine is a very important part of our body and it helps to keep our body straight. Exceptions are individuals with congenital (by birth), physical defects and other disabilities like 'Scoliosis'. Remember our elders telling us to stand straight and sit straight whenever we as children tended to slump, sag or tilt? Since childhood we may tend to get bad postures due to sedentary habits, laziness, bad working conditions etc.

How to maintain a good posture ?

Standing and walking: We must keep our body straight while standing and walking. Young girls tend to stoop to hide their developing breasts. Young boys may stoop thinking that it may help to look 'cool'. We must discourage these habits in the children.

High heeled shoes throw your spine out of alignment leading to backache, pain along the heels and feet etc. So wear them only for special occasions, for a short duration only. Daily footwear should be comfortable and flat heeled.

Tall women tend to stoop. But they should stand tall and walk straight. If you are short, pull up your body and walk straight. (adding apparently a few inches to your height !)

While walking both dragging feet and stepping high steps equally look bad. So avoid both. Place your steps heel first, one after the other, on an imaginary straight line. While walking we must look relaxed.

Our undergarments should



be properly supporting and comfortable. Well fitting bras are necessary. Old bras with loose and stretched elastic should be discarded. Clothing that restrict your movement or which is very tight should not be used.

Sitting: Posture is important while sitting also. Avoid chairs where you may have to stoop or keep your spine curved. While sitting, try to lift up your upper body and rest your buttocks way back in the seat. Rest your back on the back rest (not your head and keep your spine curved). Slumping in chairs look bad and also cause strain to your spine. If you sit properly, you can sit longer in comfort.

If your work demands long hours of sitting or bending over the desk, adjust your chair to a comfortable height with minimum bending or stooping. Sit back often or get up in between to straighten

your back.

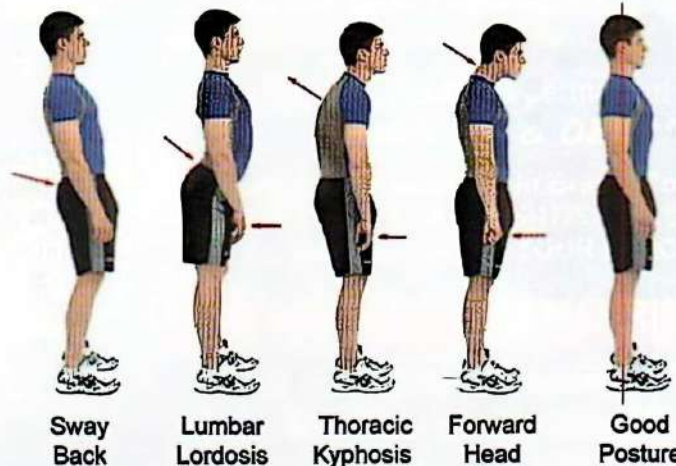
Exercises: Exercises are good to keep our body fit.

The book balancing walk is an ideal exercise to maintain good posture. Use a heavy book while practising. Later try to walk with a straight back without a book on your head. While walking remember not to swing your hips. Your arms must swing naturally in rhythm with your walk. Don't tilt your shoulder, stoop or hang your head down. Your head and gaze should be up and straight.

There are so many exercises for neck, stomach and back, Exercise helps to keep the muscles in our body (thigh, stomach, buttocks and along the spine) strong and in shape. Yoga like 'shavasana' helps to relax the body. If practised everyday these will improve your posture and correct small defect. Once your posture improves, everything will come naturally to you.

Then you need not suffer the pain and discomfort of flexing your muscle to fall into shape.

Posture is as good as an 'attitude' or the way how you project yourself to the world. It also shows the way how you hold yourself or what you think of yourself. Now, this in turn decides what others should think of you. So walk tall with your neck straight, chin up, head held high and conquer the world!





BLOOD DONATION

Dr (Major) Nalini Janardhanan

What is blood donation ?

Blood is drawn from the willing individual and given to someone who needs blood transfusion (after crossmatching) due to various diseases or life threatening situation. This is known as blood donation. It is a voluntary and safe procedure. We have 4-6 litres of blood in our body. If you are a healthy adult you can donate blood and save a life.

Conditions when blood transfusion is necessary

Blood transfusion may be required when there is severe bleeding as after an accident, during surgery or after abortion or child birth. Blood or its components are also given for diseases that require blood components like severe anaemia, leukemia, haemophilia, Thalassemia etc. In some situations like poisoning, burns, shock and during reaction blood transfusion may save life of the patient.

Within 24 hours of blood donation your body will replace the lost fluids and after several weeks your body replaces the lost red blood cells. Both men and women can donate blood.

There are different types of blood donation. Whole blood is donated which is then separated into its components like red cells, plasma and platelets. Platelets and plasma may also be collected separately from the donor.

Blood is collected in plastic bags which contain a fluid (anticoagulant) which prevents blood from getting clotted usually blood banks draw 450ml of blood. Outside the hospital (during blood donation camps) 250ml blood is drawn. This along with anticoagulant fluid in the bottle or bag is called as one unit of blood.

Eligibility to be a blood donor

- You must be above 17 years of age (between 18 - 55 Years).
- You must weigh at least 50kg.
- You must be in good health.

Blood groups and compatibility

Your blood type (group) is inherited from your parents. The two main blood group system is blood transfusion are ABO system and Rh (D) system. In ABO system there are four groups - O, A, B & AB. In Rh (D) system there are two types - Rh (D) positive and Rh (D) Negative.

Your group and Rh Factor will be tested before blood transfusion. During

blood transfusion only compatible blood is to be used. In about 5-6 % of transfusion, complications can occur due to transfusion reactions (Both immune and non-immune types) due to incompatibility reactions some of which may be fatal.

A pre transfusion compatibility testing is done as follows:

1. ABO & Rh grouping of patient (recipient).
2. Antibodies screening of the patients serum to detect antibodies.
3. Selecting the blood of same ABO & Rh group.
4. Cross matching of the patients serum against the donor red cells to confirm compatibility.

In blood transfusion the one who gives blood is called donor and the one who receives blood is called recipient. One can receive blood from a donor of the same group.

■ A group can receive blood only from A or O and can donate to A or AB

■ B group can receive from B or O and can donate to B or AB

■ AB group can receive blood from any blood group. So AB is called universal recipient. But AB group cannot donate blood to any group other than AB.

■ O group can give blood to any blood group. So O group is called universal donor. But O group can receive blood only from O group.

■ Rh Negative patients should not receive Rh positive blood (especially in the case of women of child bearing age)

Fit to donate blood:

■ Blood haemoglobin not less than 12gm/dl.

■ No major operations in last 6 months.

■ No blood donation in last 6 months.

■ No blood transfusion within last 1 Year.

■ No pregnancy within last one year.

■ No malaria in last month.

■ Free from severe asthma, hypertension and bleeding disorders .

■ Free from diseases due to various infection like hepatitis.

■ Free from sexually transmitted diseases like Syphilis, AIDS etc.

Unfit to donate blood

■ You cannot donate blood:

a. If you are pregnant or trying to become pregnant.



b. If you had a tattoo or piercing within last one year

c. If you have been to dentist in last 7 days.

d. If you feel unwell at time of donation.

e. If you are on antibiotics.

■ Person who had undergone major

surgery would not give blood for 6 months.

■ Those with history of epilepsy (fits), Psychotic disorders abnormal bleeding tendencies, severe asthma, cardiovascular disorders and malignancy (cancer) are permanently unfit for blood donation. ■

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MEPHEDRONE aka M-CAT aka MEOW-MEOW



Dr Sujatha Nair

■ A drug that has taken the Mumbai streets by storm due to lacunae created by poor quality cocaine and is cheaper than it, is Mephedrone also known as M-CAT/meow-meow/plant food etc.

Mephedrone [4-methyl methcathinone (4-MMC) or 4-methyl ephedrone,] is a synthetic stimulant akin to amphetamines and is a cathinone similar to those found in the psychostimulant plant *Khath* used in Africa. It is sold across the world as plant food and research chemicals online in order to by pass legal bans and routes.

History

It was first discovered in 1929 but went into obscurity till it was re-synthesized by an underground chemist in Israel in about 2003 .

Mode of use- snorting, rectally, orally in tablets, intravenously.

Even today the complete and long term effects of the drug on the brain and body have not been researched . Hence what is known is from short term studies and effects observed in users and shared by them.

Effects

Users have described its effects to

be akin to the effects of MDMA and cocaine.

Its effects set in within 15minutes to half an hour of snorting it and lasts for 3-4 hours.

It creates a sense of euphoria, elation, sleeplessness, a sharpness and mental acuity that makes one feel very productive and able to focus better . It also creates a markedly heightened sexual desire with intercourse lasting for hours. This increases the chance of risky sexual behavior increasing the propensity to sexually transmitted diseases like HIV, Hepatitis B, Hepatitis C etc.

Currently mephedrone is used in many places in the world for what are called as “chemsex” parties .

Body and brain

■ It creates a complete lack of appetite wherein users do not eat at all while in the phase of using and consequently loose weight and fall ill.

■ The pupils are dilated, there is an increase in heart rate of the drug user/person addicted to the drug. Since the effect lasts only for a few hours the frequency of usage and quantity of usage gradually increase thus making abuse of the drug very easy.

■ There is no low feeling or depression following the stoppage of use.

■ Short term memory is grossly affected.

■ Anxiety and paranoia are seen in some.

■ Heightened nervous stimulation is seen in some resulting seizures.

■ It also creates in some a feeling of affection towards people around.

■ Teeth grinding , jaw clenching , cold fingers and toes are some other effects.

Withdrawals

Physical- Body ache, headache, heart palpitations, constipation, increased appetite, excessive sleepiness, lachrymation, watering of the nose.

Mental- irritability, restlessness

Solution

The solution for someone addicted to the drug is a residential treatment program in a voluntary drug rehabilitation facility wherein the treatment program is voluntary, non medical and incorporating counseling , meditation and other therapies are incorporated . We at Anatta offer such a program wherein the individual is treated with understanding and acceptance and his/her confidentiality and anonymity is maintained. ■

For any clarifications contact
Dr Sujatha Nair on 09820330439



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



Film : Dhwani (1988)
Lyrics: Yousufali Kecheri
Music : Naushad
Singer: K J Yesudas

രതിസുഖസാരമായി...

രതിസുഖസാരമായി ദേവി നിന്മേയ്
വാർത്തൊരാ ദൈവം കലാകാരൻ
കലാകാരൻ പ്രിയേ നിൻ പ്രേമമെന്നിൽ
ചേർത്തൊരാ ദൈവം കലാകാരൻ
(രതിസുഖ.....)

തുളുമ്പും മാദകമധുപാനപാത്രം
നിന്റെയീ നേത്രം
സഖിനിൻ വാർമുടിതൻ കാന്തിയേന്തി
നീലമേഘങ്ങൾ
തവായരാ ശോഭയാലീ ഭൂമിയിൽ
പലകോടി പു തീർത്തു കലാകാരൻ
(രതിസുഖ.....)

നിലാവിൻ പൊൻകതിരാൽ നെയ്തെടുത്തു
നിന്റെ ലാവണ്യം
കിനാവിൻ പുമ്പരാഗം ചൂടിനിന്നു
നിന്റെ താരുണ്യം
മുഖാസവലഹരിയാൽ വീഞ്ഞാക്കിയെൻ
ഭാവാരദ്രഗാനങ്ങൾ കലാകാരൻ
(രതിസുഖ.....)

Ratisukhasāramāyi dēvī ninmey
Varṭtorā daivam kalākāran
Kalākāran priyē nin premamennil
Chēṭtorā daivam kalākāran
(Ratisukha....)

Ṭulumbum mādakamadhupānapātram
ninteyī nētram
Sakhinin vārmuṭiṭan kānṭiyēnṭi
nīlamēghangal
Ṭavādharā śōbhayālī bhūmiyil
Palakōti pū ṭirṭtu kalākāran
(Ratisukha....)

Nilāvin ponkaṭirāl neiṭetuttu
ninte lāvanyam
Kināvin pūnparāgam cūti ninnu
ninte ṭāruṇyam
Mukhāsavalahariyāl viṇṇākkiyen
Bhāvādragānangal kalākāran
(Ratisukha....)

Dhwani (meaning sound, melody or music) is a 1988 Malayalam musical romance film directed by A T Abu. It was the last completed film of veteran actor and evergreen hero of Malayalam cinema Prem Nazir who died on 16 January 1989. The film has music composed by legendary Bollywood composer Naushad. It stars Jayaram and Shobhana in the lead roles. Suresh Gopi also makes an appearance in the movie. Noted writer Vaikom Muhammad Basheer makes a special appearance as the visitor at the hospital. The film was a huge

hit due to several factors like the excellent performances by the cast and the rousing music scored by veteran composer Naushad, his first and only score for a Malayalam film. Other songs are Aankuyile Thenkuyile... , Anuraaga Lola.. , Maanasa Nilayil...., Oru Ragamaala Korthu, Jaanaki Jaane..., all of which were rendered by K J Yesudas, barring the last. The last song Jaanaki Jaane was a duet between Yesudas and P Suseela. The movie was a huge hit because of its music and acting.

Thondi Muthalum Druksakshiyum

■ Thondi Muthalum Druksakshiyum is produced by Urvashi Theatres for Sandeep Senan and Anish M Thomas. Main actors are Dileesh Pothan and Fahad Fasil. Nimisha, Suraj Venjaramoodu, Alancier, Vettukkili Prakash, Nimisha Sunny, Srikant Murali, Kalesh Kannatt et al are in the cast. Sajiv Pazhoor writes the screenplay and lyrics are by Rafiq Ahmad. Bijipal scores music.



Vilakkumaram

■ In this Shivani Films production, Vijay Menon directs the film and Jayanath Ambazhath is the producer. Bhavana is in the lead role. Manoj K Jayan, Suraj Venjaramoodu, Nandu, P Sivakumar, Geeta Vijayan, Arun Sitara, Master Shyam Mohan, Vinod Koor share the leading roles. Based on his story, Nikhil Menon jointly with Vijay Menon write the screenplay. Anil Panachooran writes the lyrics and Sajiv Thomas provides music.

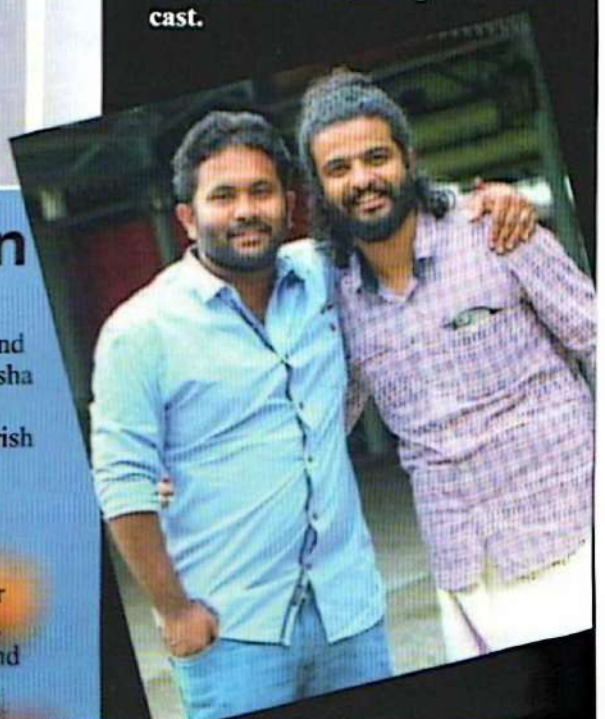
Lavakusha

■ R J Creations in associations with Ashwati Films produces Lavakusha for Jaison Elangalam, Girish Vaikkom. Girish Mano is the director. Shooting has commenced in Chennai. The story is written by Neeraj Madhavan. Gopi Sunder provides music for the lyrics written by Rasi Harinarayanan. Aju Varghese, Neeraj Madhav and Biju Menon present the main characters. Deepti Sati is in the female lead. Manian Pilla Raju, Harish Kanaran, Balaji et al in the cast.



Oru Cinemakkaran

■ Leo Tadevoos directs Oru Cinemakkaran based on his story and screenplay. Vineet Srinivasan, Rajisha Vijayan, Vijay Babu, Lal, Ranji Panicker, Suraj Venjaramoodu, Harish Kanaran, Gregory, Nobby, Sudish, Sohanlal, Srikant Murali, Shambu, Murugan, Tomi Anusri, Jennifer, Rashmi Bobban et al present the various characters. Thoma Panicker produces this film for Oppus Penta. Santhosh Varma writes the lyrics and music composer is Bijilal.



Female version of AMMA

Chief Minister Pinarayi Vijayan assured the women working in movies that he would ensure that a committee would be formed to study the problems faced by women in film industry and suggest remedial measures. Through this step, the sexual assaults and exploitations could be stopped, he assured the women of 'Women Collective in Cinema.'

Beena Paul, Manju Warriar, Reema Kallingal, Parvati, Vidhu Vincent, Sajitha Mathatathil, Anjali Menon, Fousia Fatima, Ramya Nambissan, Sayonora Philip, Asha Aacchi Joseph, Indu Namboothiri et al were among the group that met CM Vijayan.

In a brief with the journalists, Beena Paul explained that they formed the collective to find solutions to the problems faced by women in the industry. Till it is duly registered, they would work as a collective.

Some of the objects of the collective are to ensure security to women to



enhance their participation in film industry, formation of complaints redressal cells in film locations, to get subsidy for films in which has at least 30% participation for women and to

address better sanitary conditions in the locations etc.

It is for the first time in India women professionals of film industry forming their own professional forum.

Aksharaslokam - V

-Guruji

Most of the poets of the bygone era used to recite quatrains in praise of their beloved deities in various ways but they always sought something new in their writings. Sometimes they wrote in a way that the readers would think that they were scolding the god whereas they were indeed praising them. The first quatrain given below is in praise of the deity of Ettumanur Shiva Temple.

ദിവ്യം കിഞ്ചന വെള്ളമുണ്ടൊരു മുറിസ്സോമൻ കറുപ്പു ഗളേ
പാർത്താൽ നല്ലടയാളമുള്ള കരമുണ്ടെട്ടല്ലഹോ! പിന്നെയും
തോലെന്നു തുണിയില്ല തെല്ലുമരയിൽ കേളേറുമാനുരെയും
പോറീ! നിന്റെ ചരിത്രമദ്ഭുതമഹോ! ഭർഗ്ഗായ തുഭ്യം നമഃ

(രവിവർമ്മൻതമ്പി)

It is presumed that the wife has a right to the half of the body of her husband. When Mohini and Parvati had union with Shiva, the entire body of Shiva was taken by them as their share. So what happened to the remaining entities on the body of Shiva, is described by A R Rajaraja Varma in the following quatrain.

മെയ്യിൽ പാർവതി പാതി, പാതി ഹരിയും പങ്കിട്ടെടുത്തീടവേ
പോയല്ലോ ഹരനെന്ന് ഗംഗയുടനേ ചെന്നങ്ങു ചേർന്നാഴിയിൽ
വാനത്തമ്പിളിലേഖ, പാമ്പു കുഴിയിൽ, സർവ്വജ്ഞതാധിശതാ-
സ്ഥാനം രണ്ടു ഭവാങ്കലൈകലുമഹോ! ഭിക്ഷാടനം ഭൂപതേ!

(എ ആർ രാജരാജവർമ്മ)



Guest iin London

(genre Comedy)

■ This Romantic comedy revolves around the character of Kartik Aaryan (known for his role in the movie *Pyaar Ka PUNCHAMA*) and actress Kriti Kharbanda (known for the roles in Telugu and Kannada films, also last seen in Bollywood movie *Raaz Reboot* opposite Emraan Hashmi). This couple is in a live-in relationship, living life to the fullest in London, until the character of Paresh Rawal and Tanvi Azmi (who play husband and wife) land up in their house saying they are their *duur ka rishtedar* and that's when the laugh riot begins! From the producers of the hit comedy *Pyaar Ka PUNCHAMA 1*, *Pyaar Ka PUNCHAMA 2* and from the Director of *Son of Sardaar* (Ashwini Dhir) comes this interesting Romcom, also starring Sanjay Mishra as the neighbour who pulls off comedy very easily. Release Date 16th June 2017



Tubelight

(genre historical war drama)

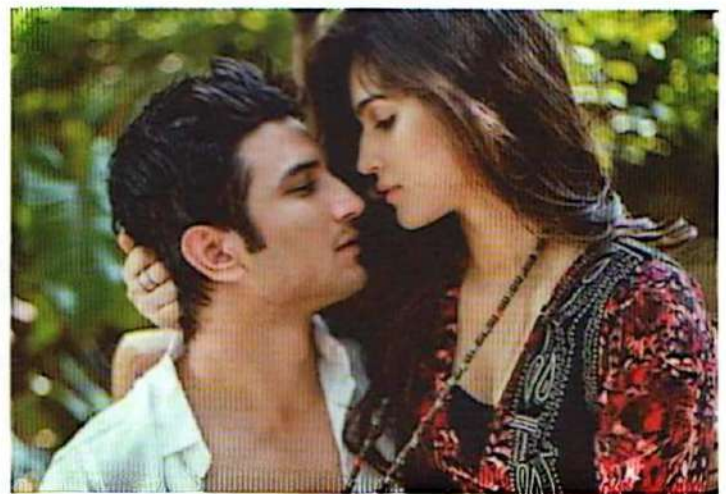
■ Set in the 1962 Sino Indian war, Salman plays a man from India. The movie is based on the English movie titled *Little Boy* directed by Alejandro Monteverde. The film stars Chinese actress Zhu Zhu opposite Salman Khan. From the makers of *Bajrangi Bhaijaan* comes another movie that looks very promising and is all set to make an Eid release. Release Date 25th June 2017



Raabta

(genre mystery/drama)

■ Coming from the makers of *Love Aajkal*, *Cocktail* and *Badlapur*, *Raabta* stars actor Sushant Singh Rajput who plays Shiv and actress Kriti Sanon who plays Saira in lead roles. They cross paths, they fall in love, they feel and sense a strong connection. Their love spans over two different eras. The title track starring Deepika Padukone is already a big rave, also watch out for national film award winning Rajkumar Rao as a cameo in the movie. Release Date 9th June 2017



Bank Chor

(Comedy thriller)

■ The legacy of *Dhoom* franchise is a testimony to the fact that a concept of bank robbery films is considered cool, sexy and dangerous. Yashraj films brings this interesting comedy thriller movie starring the very own Marathi Manoos Riteish Deshmukh as the lead, who picks up the worst day ever to rob a bank, plus he recruits two idiots from Delhi for the same mission, who have never even picked a pocket in their lives. Also stars Vivek Oberoi who looks very promising in this role of a very serious CBI cop Amjad Khan who believes in shooting first and interrogating later. Rhea Chakroborthy plays a fashion journalist turned crime reporter and creates a media circus outside the bank. Release Date -16th June 2017



Watch this space next month for more!



Kerala in Mumbai

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