



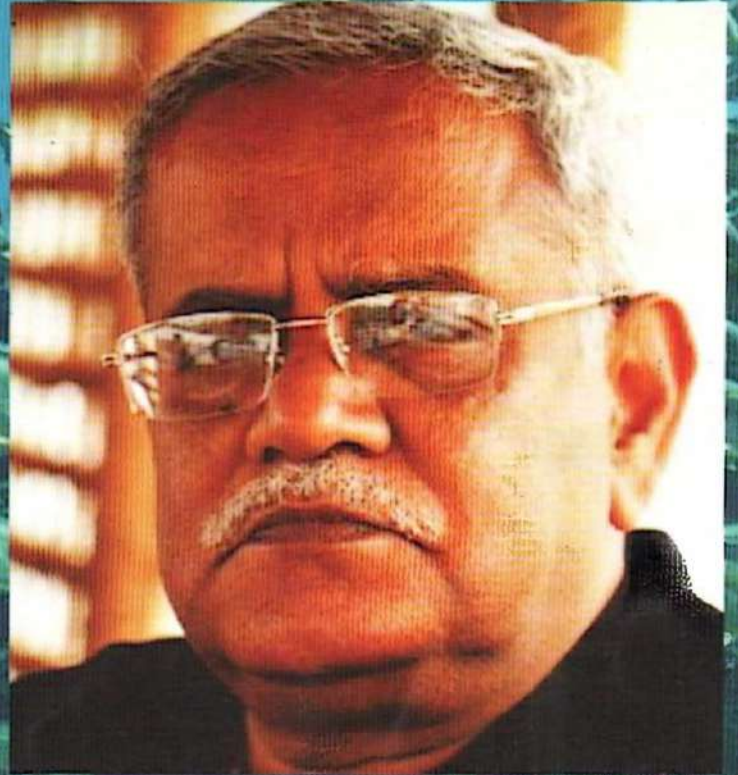
Global Spiritual Master

■ Vol. 8 No. 2 ■ Price Rs. 70 ■ May 2017

Kerala in Mumbai

The Only English / Malayalam Monthly Magazine linking Mumbai Malayalees

**SCIENTIST
WRITER
OF MUMBAI**



**Upcoming
Singer**



**Award
Winning
Actress**



■ POSITIVE LOVING

■ KERALA'S BREATHTAKING BEACHES

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I am a Malayali!

After so many years, we can proudly declare that we are Malayalees. We were Madrasies for North Indians all these years. Thanks to the Pinarayi Vijayan's government, we can hold our heads in pride though the Kerala skies are cloudy these days.

When Potti Sriramulu died during his 'fast unto death' demanding the Andhra State for Telugu people, Jawaharlal Nehru government appointed a high level committee to study the feasibility of reorganizing Indian states. The report was accepted by the government and the states were reorganized on linguistic basis in 1956. In this process Kerala was also born though it lost Gokarnam and Kanyakumari to the neighbouring states. We were all part of the celebrations and Onam became a state festival, with public holiday lasting a week, for some time. The Act that Malayalam would be the state language slept on the statutes. After several decades, we even formed a University for the renaissance of Malayalam, passed law that all government transactions would be held in Malayalam, but English got an upper hand everywhere. A situation was there that your application would be considered favourably if drafted in English and you speak in English language. More and more English medium schools came into existence and strength of students in Malayalam medium schools diminished. State Board assumed the status of a secondary nature after ICSE and CBSC. Some parents even got admission for their children in neighbouring states so that their children even by mistake would not learn Malayalam.

Now the government of Kerala has promulgated an ordinance that with the start of next academic year, all schools in Kerala irrespective of their affiliations to other boards would compulsorily teach Malayalam till Std X unless the children are from other states. (We are not underestimating the calibre of Malayalees to become aliens by sending their wives to other states to deliver their children so that they get a certificate that the children are not Malayalees.) Haven't we sent our children to neighbouring Karnataka, Tamilnadu and even abroad to learn computer technology while we were opposing it in our own state?.

Those schools not teaching Malayalam would not be recognised here or they have to leave the state, we are told. Good!

What are we going to do with the Malayalam channels that use English words while telecasting Malayalam programmes? Most of our presenters are depending on English words in most of the programmes while the programmes telecast by other language channel adhere to their own languages. Are we going to ask them to shift their bases to out of Kerala? Will the government contemplate action against them? In effect, they are the real culprits to spread English language here, by spreading the false notion that speaking English among Malayalees is the 'in thing' while simply talking Malayalam would result in being labelled as 'illiterate'.

Further, will the government take action against those who abuse Malayalam by using wrong grammar on public notices and banners? We have come across several such boards with words written in black with yellow in the background at government offices. Some penalty should be fixed for those responsible for such errors. Those who commit errors on the Malayalam characters should also be similarly penalised. The ordinance should not remain only on paper but spread the right Malayalam education all over the state.

We shall only bless the government now for their initiative, "VIJAYEE BHAVA!"

Fight over Music Rights

This is in response to Ashwati's article with the above caption. She has rightly stated that the success of a song depends upon the combined efforts of the lyricist, music director, singer and all those associated with orchestration. If a reputed singer sings a particular song composed by a famous music director and the audience applauds it, the credit goes to the music director as well. Preventing SPB and Chitra from singing the songs composed by him, Ilayaraja has lost a golden opportunity to let the world enjoy his lovely compositions. If KJY has done the same to his co singers, that is also not in good taste notwithstanding his greatness as a singer. Nobody should forget his past when he was a "nobody". It is the people who make you a superstar or super singer and if they are denied the right to enjoy this privilege, it can backfire.

In this regard, I remember the alleged tussle between the great Mohammad Rafi and Lataji over royalty. While Lata wanted royalty, Rafi refused to agree with her and he was proud that somebody is inspired by his songs. Gangai Amaran, the brother of Ilayaraja was right when he said that his brother should have refrained from refraining SPB and his troupe from singing his compositions.

There are so many tunes lifted from other languages and they are all lovely. One that comes to my mind is a Malayalam song from gazal. "Isai

thenkanam" based on the famous Hindi melodious duet "Muje pyar ke zindagee denewale" from the movie "Pyar ka sagar". Can the so called music director or singer prevent the reality show "participants" from singing their songs? Then why single out SPB and Chitra who are embodiments of humility. Bhagavat Gita, Ramayana, Koran, Bible, Bhagavatam, Narayaneeyam and Thirukkural were created so that the world will learn through somebody.

Imagine the original authors claim royalty!

Kudos to Ashwati for calling a spade a spade!

Damodaran Unny
Mulund

P J Antony

The article on veteran actor P J Antony did not do justice to that great actor. He was an actor totally dedicated to his chosen art with total disregard for the money that brought in. He never bowed before the money bags for bagging roles in their films. It is heard that he refused to write songs for a Tamil producer who wanted to make a Malayalam film when he learnt that the real object was not production of film but indulge in immorality with the Malayalam female actors who were poor financially. The number of plays written by Antony is mind blowing. His films *Rosy* and *Nadi* were also notable for his contributions like story, screenplay and dialogues besides acting. Both of them were path breaking in treatment. The first produced by Thikkurissi and directed by

P N Menon was instrumental in bringing K J Yesudas into the forefront, thanks to his "Alliyambal..." while *Nadi* was a beautiful colour film shot and directed by ace cinematographer and film director A Vincent and known for its melodious songs penned by Vayalar and composed by Devarajan.

Two songs for which he synchronised his lips would never be forgotten by old Malayalam film fans. In his very first film *Rantitangazhi*, he lipped for "Naleyaanu Kalyanam" sung by Kamukara Purushothaman and in *Ambalapravu*, 'Dukhangalkkinnu njan avadhi kotuthu..' written by Bhaskaran and sung by Yesudas. Both are note worthy in a sense that they were written for characters in a drunken state. Actor Thilakan was a worthy disciple to Antony. Hats off to the author for bringing P J Antony to our memory after a long time!

Rajendran P
Malad

Seaonal pickle recipes

Thank you for the chakkavaratty recipe in your April Issue. Request you to include a recipe column in all your magazine issues so that we who are Mumbai residents can make these typical Kerala pickles and other dishes.

You may include vegetarian and non vegetarian dishes. Can you give some mango pickle recipes?

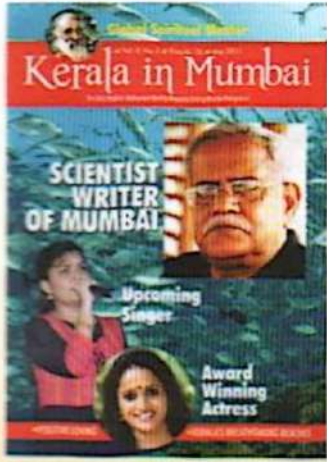
Nalini Nair
Borivli.

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

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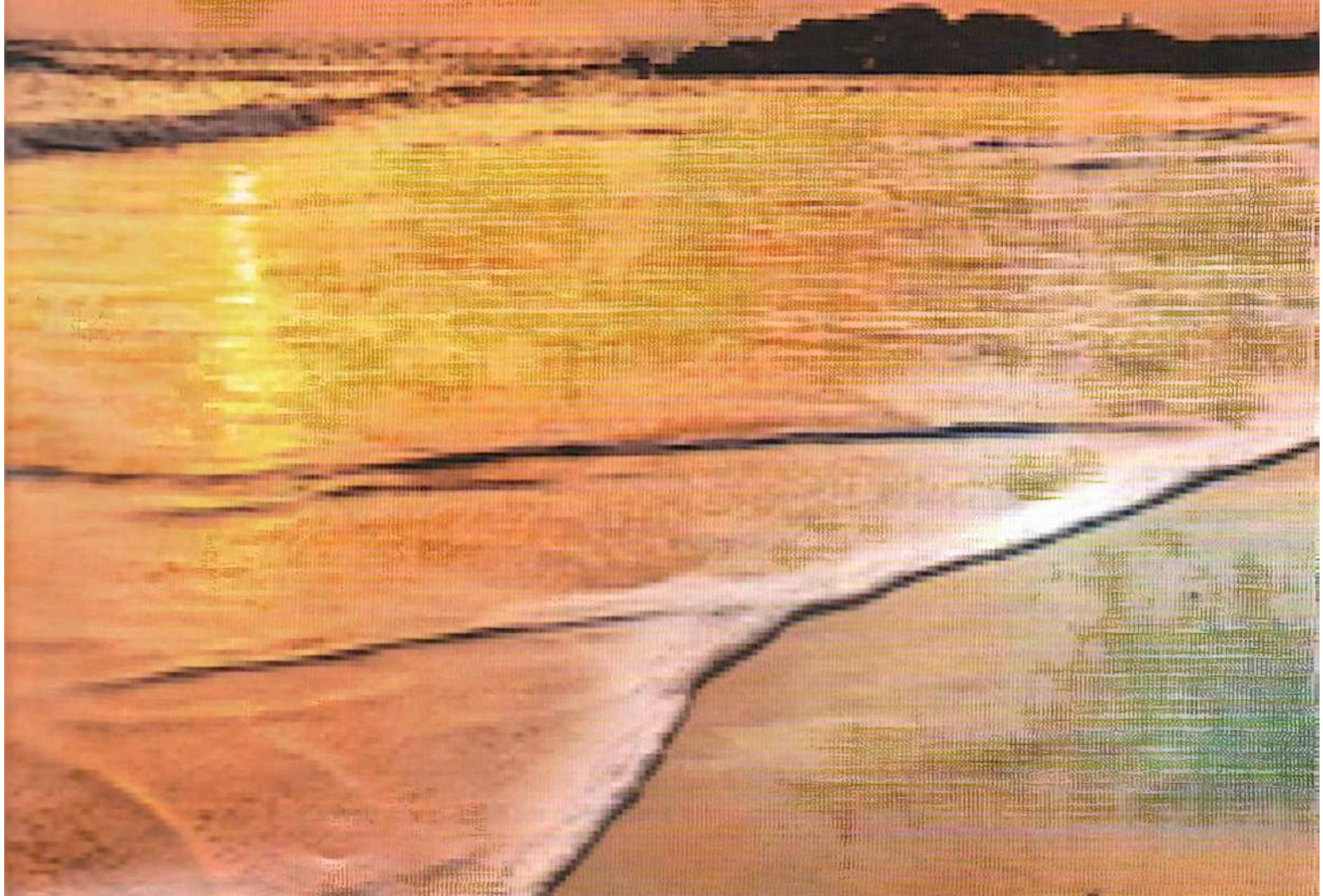
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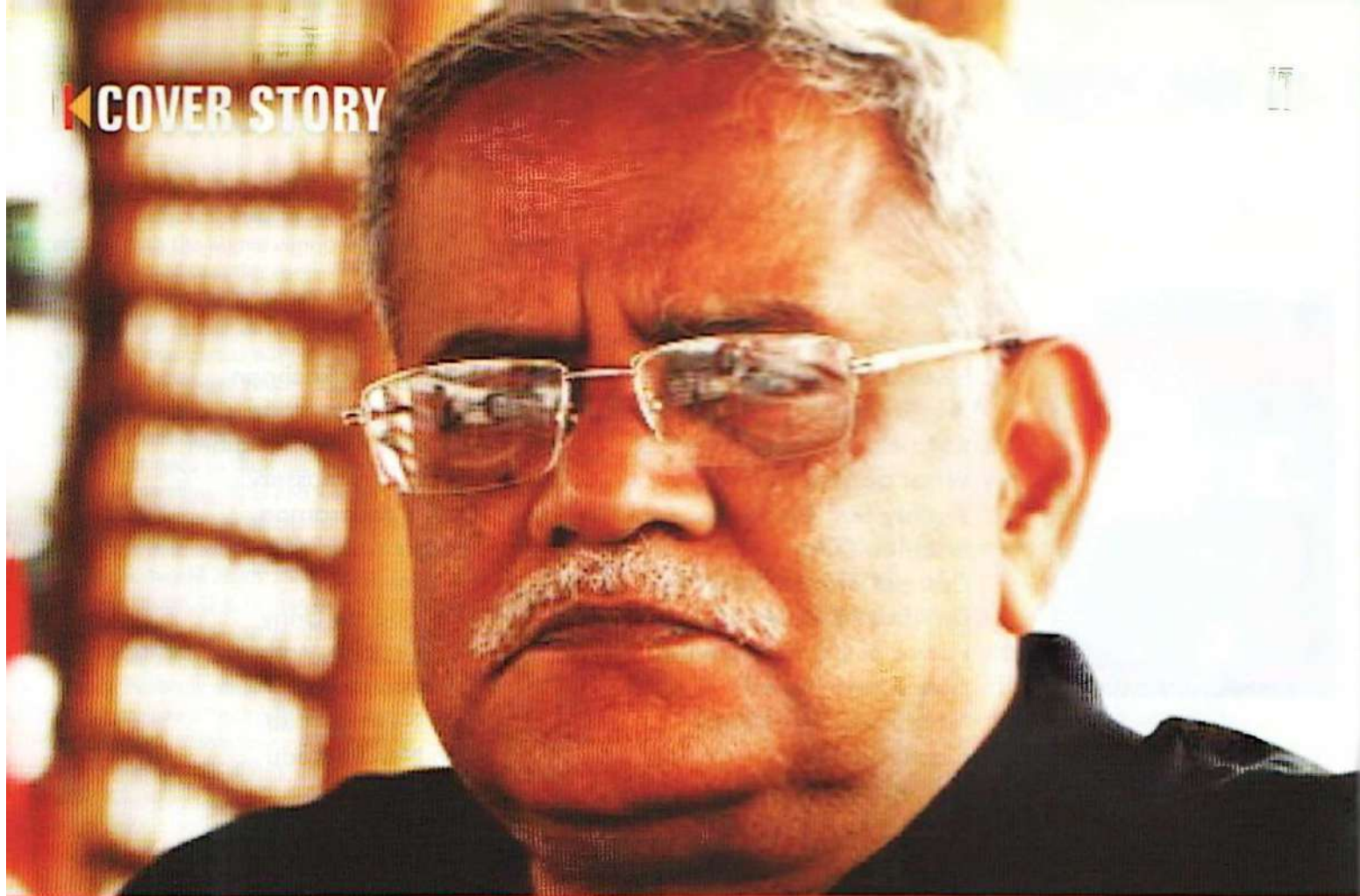
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- 03** Editorial - I am Malayali!
- 06** Cover story - K R Narayanan
- 11** Swami Chinmayananda
- 14** North Mumbai Election 1962
- 18** Kerala's splendid beaches
- 21** What do you think?
- 22** Twenty first Century Competencies
- 24** Radhika Pillai
- 27** Course/Choices after XII
- 28** Dr Abdul Kalam
- 30** Power of positive Loving
- 33** Greed over Need
- 36** Mumbai News Digest
- 44** Kerala News
- 46** Changing Mumbai
- 48** Poem - Varalcha
- 49** Beauty & Health
- 52** How to talk to...
- 54** Entertainment Zone

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V N Gopalakrishnan
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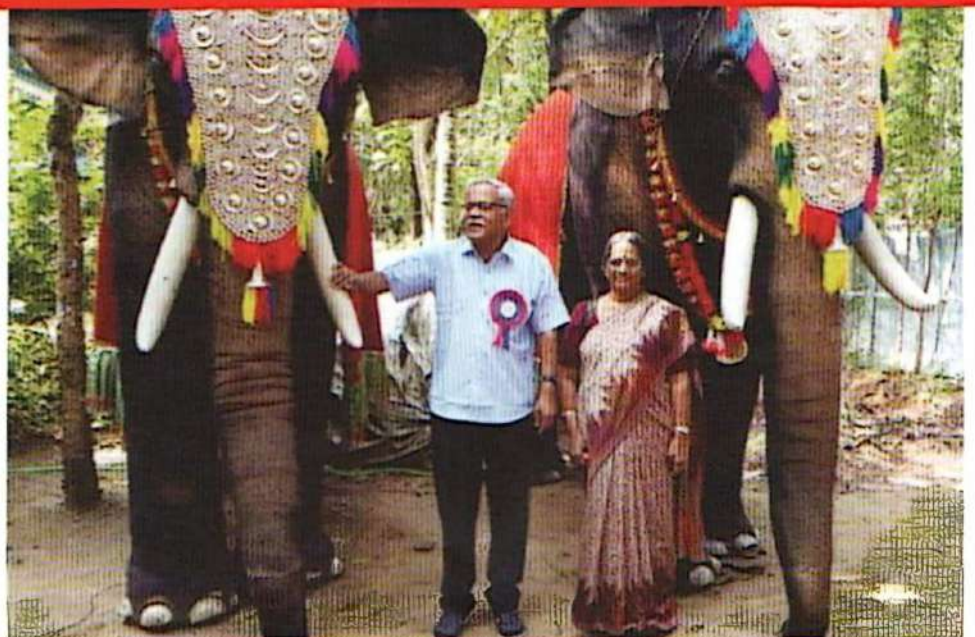
A Scientist - Writer Of Mumbai

Former Deputy Fisheries Director and a Fishery Environment Consultant for the Gujarat Government, K R Narayanan is also a well known and prolific writer Who has published several English and Malayalam short stories and articles of varied interests, including marine life.

Satyanath

It is very unusual that an unknown person from the distant town of Jamnagar in the Saurashtra region of Gujarat sends his maiden article in Malayalam to the then Editor of the prestigious *Mathrubhumi Weekly* of Calicut (Kozhikode) and the reputed writer -Editor quickly responds to him through a brief letter saying: "Received your article; liked it; will publish it in the magazine very shortly".

The Editor was none but the Jnanpith Award winner and the giant among the contemporary novelists in Malayalam, M T Vasudevan Nair. The article was on the pearls and the pearl oysters of the world, titled *Muthu*. To



K R Narayanan and wife Sita with Davinchi's sculptures

add to the surprise of the author, *Muthu* was rated as one of the best fifteen scientific articles in Malayalam published in 1969 and was republished in the “*Science-1969*” by the Institute of Languages, Trivandrum, edited by N V Krishna Warriar. The novice writer was a young marine biologist engaged in the studies on the Pearl Oysters of the Gulf of Kachchh, by name K R Narayanan. Later, when he met M T, as he is lovingly referred to, in Kozhikode, the latter asked him to continue writing science in Malayalam, as Malayalam had very limited science books and write-ups those days. Narayanan hesitated and feared that he did not have much command in Malayalam. M T encouraged him saying, “*You do write good Malayalam. However, if there is any difficulty, we are here to help you*”. But the Editor did not forget to caution him: “*To be a good writer, one has to be a good reader as well*”. The novice-writer followed these guidelines very religiously and, thereafter, *Mathrubhumi* carried many of his



Wedding photo

His interactions with the literary personnel and activities of Mumbai enabled him to rebuild his writing skills, which he had put on the back burner somewhere in the eighties on account of increased professional pressures.

articles on the seas and the marine animals till about 1980.

After about three and odd decades, (on the 26th of June, 2015), when “*Amchi Mumbai*”, (a regular weekly programme of Kairali TV), interviewed Narayanan, he very gratefully remembered the kindness of the then editor of *Mathrubhumi* and these events of his early life. “*Those were the days*”, recalled he, “*When very few people wrote science in the vernacular, excepting a few like Induchoodan (The birds of Kerala) and Prof K G Adiyodi*

(The Snakes of Kerala) and some teachers /professors/civil engineers, like Prof Achuthan, Vincent Paul and the like. Even Shasthra Sahithya Parishad itself was established only around 1963”.

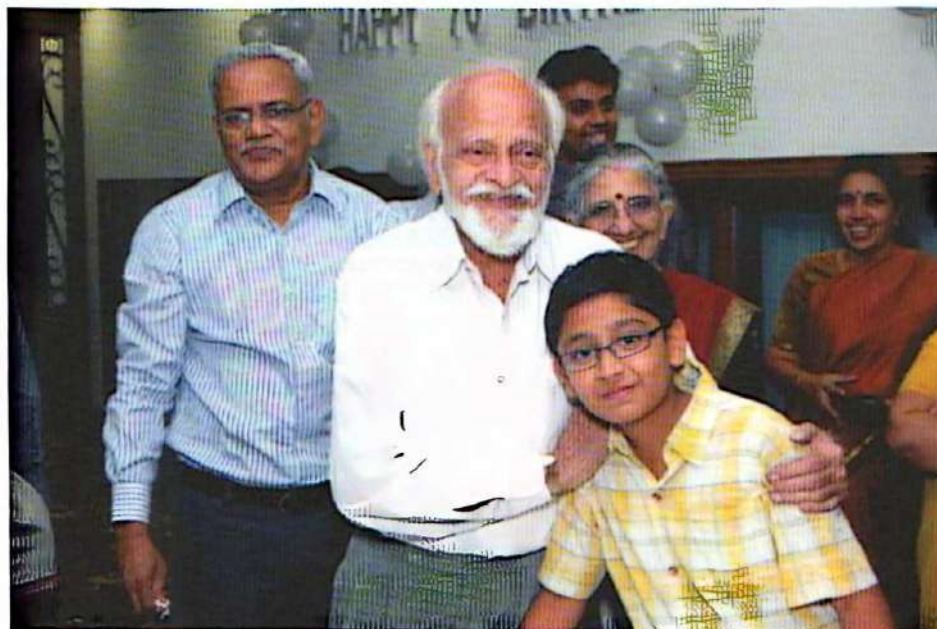
K R Narayanan, who had metamorphosed into a writer, both in English and Malayalam, was the former Deputy Fisheries Director and a Fishery Environment Consultant for the Gujarat Government. It was the reputed journalist and the founder-Chief Editor of *Kerala-in-Mumbai*, late Prof P.K. Ravindranath who discovered him through a chance meeting in a drama hall in Mumbai’s Matunga and brought



K R Narayanan with his Family



K R Narayanan felicitating his teacher Rev. Fr. Gabriel



K R Narayanan with late P K Ravindranath, Tara Ravindranath and his grandson



K R Narayanan with Principal Fr Jose Thekkan in Christ College

him to the KIM fold. And, since then, he has been with Kerala-in-Mumbai.

A Crush for the Seas

Though a native of Irinjalakuda, Thrissur District, Kerala, Narayanan had spent some of his early life in South Calcutta, as his parents were then living there. They returned to their home town, where he completed his school and college studies. Narayanan had the privilege of learning Marine Zoology under Padmabhushan Rev Fr Gabriel CMI, who was a doyen in this field. It was this Reverend Teacher who moulded him into a lover of the seas and marine life.

Again, he was destined to join the Fisheries Service of the then newly formed Gujarat State in 1960 and undergo many intensive trainings in marine fisheries, Navigation, Seamanship and research and development. He also learned designing and managing projects for the development of Agriculture and allied sectors from the prestigious Indian Institute of Management, Ahmedabad.

He carried out intensive research on the ecology and the peculiarities of tidal coral and mangrove islands of the Gulf of Kachchh and the biology of the commercially important marine animals like the pearl oysters, shrimps and the like. He participated in the Ocean over Expeditions of the Hydrographer Surveyor India, UNDP Programmes for Small-scale Fisheries Promotion in South-Asia of the Food & Agriculture Organization (FAO) of the United Nations, and the like.

Back to Writing

Narayanan retired on superannuation, from the Government of Gujarat in 1999, but was continued as a Consultant, for fisheries and environment protection programmes in the Sardar Sarovar Narmada Project, the Kalpasar Project in the Gulf of Khambat and the like. After completing these assignments, he returned to Mumbai to settle down only in 2007.

His interactions with the literary personnel and activities of Mumbai enabled him to rebuild his writing skills, which he had put on the back burner somewhere in the eighties on account of increased professional pressures.

His earliest literary work in his second innings was a biography of his teacher, Rev Fr Gabriel CMI, titled "*The Preceptor*", who received great



K R Narayanan being felicitated by Kerala in Mumbai.

decipher, how could an orthodox Brahmin like Narayanan could grow to become a lover of the seas and the marine animals...even more than a fisherman or a seaman" wondered a literary personnel of Mumbai, when the *Kadal Vismayangal* was launched in Mumbai. And he expected a clarification of his doubts in the future works of Narayanan. Only my long association with the Indian seas and marine life thereof, can help me to answer this, said the author at that time. The answer came about two years later in the form of yet another user- friendly book in Malayalam, titled "*Kadal Anubhavangal*", which is

getting ready to be launched shortly in Mumbai.

Owing to his sound knowledge of the subject and issues he handles, Narayanan's fictional and scientific writings are not only authentic and informative, but also very easy to read and grasp. Some of his short stories in Malayalam take the reader to a world of intricate historical or mythical realms. And the language whether English or Malayalam -that he uses to narrate his stories or dwell on the scientific issues is very simple and can be understood and relished by the readers, without the help of a dictionary.

Narayanan is married to Smt. Sita, a native of Calicut and an alumnus of the Malabar Christian College, Calicut. The couple has two married sons (Sriram and Sridhar) and three grand children. It is worth remembering that his grandchildren Nishant and Jia too have a flair for English poetry and their poems have appeared in Kerala-in-Mumbai. The Narayanans live with their younger son in Worli and spend about five-six months in Singapore, with the elder son.

Even at seventy six, Narayanan is a curious student of marine sciences, history and literature. Language is no barrier to him, as he can read and understand English, Malayalam, Tamil and Gujarati. Whatever he reads or learns, he is ready to share with his readers in a very simple Malayalam or English. ■

appreciation in the academic field in Kerala. This was followed by a series of short stories and articles, based on the legends, mythology and history of his hometown and its people, in Malayalam. These write-ups were compiled and published under the title "*Kudayoor Kathakal*".

Kudayoor Kathakal received the attention of many established writers of Kerala and it had the privilege of being reviewed by the well-known novelist Sethu (A Sethumadhavan), who compared it with R K Narayan's *Malgudi Days*. The then stalwart Malayalam poet of Mumbai, late Krishnan Parappilly, described it as "Pazhamayilekku Puthumayude Yaathra".

Kudayoor Kathakal was followed by a vernacular book on the Indian seas and the sea animals titled "*Kadal Vismayangal*", written at the instance of his publishers The Green Books Publishers, Thrissur who had published all his early works. "We are at loss to



(L) Published works of K R Narayanan



Child K R Narayanan with his parents

SWAMI CHINMAYANANDA

RENOWNED SPIRITUAL MASTER WHO REVITALIZED SPIRITUALITY AND CULTURAL VALUES IN INDIA



V N Gopalakrishnan

■ Swami Chinmayananda was one of the most renowned and revered exponents of Vedanta, the foundation of Hindu religion and culture.

Swamiji is popular worldwide as a spiritual master and was considered an authority on the ancient Hindu scriptures, especially the *Bhagwad Gita* and the *Upanishads*. He was one of the foremost preachers of spiritual knowledge in recent times and was the author of over 30 books dedicated to the philosophical belief behind religion. He is credited with the revitalization of spirituality and cultural values in India. Swamiji also worked ceaselessly for spreading the philosophy of *Advaita Vedanta* expounded by Adi Shankaracharya all over the world and made *Vedanta* accessible to everyone regardless of age, nationality or religion.

Swami Chinmayananda was born in a devout Nair family called 'Poothampalli' in Ernakulam, Kerala on May 8, 1916 as the son of Parukutty and Kuttan Menon. He was given the name Balakrishnan (Balan) by Chattambi Swami known for his yogic powers and predicted a great spiritual future for the boy. Swamiji lost his mother at the age of 5 and was introduced to formal education in a nearby school where he learnt Malayalam and Sanskrit. Right from young age, he had the inquisitive mind which critically questioned everything. He was equally brilliant in his studies and graduated in English Literature and Law from Lucknow University.

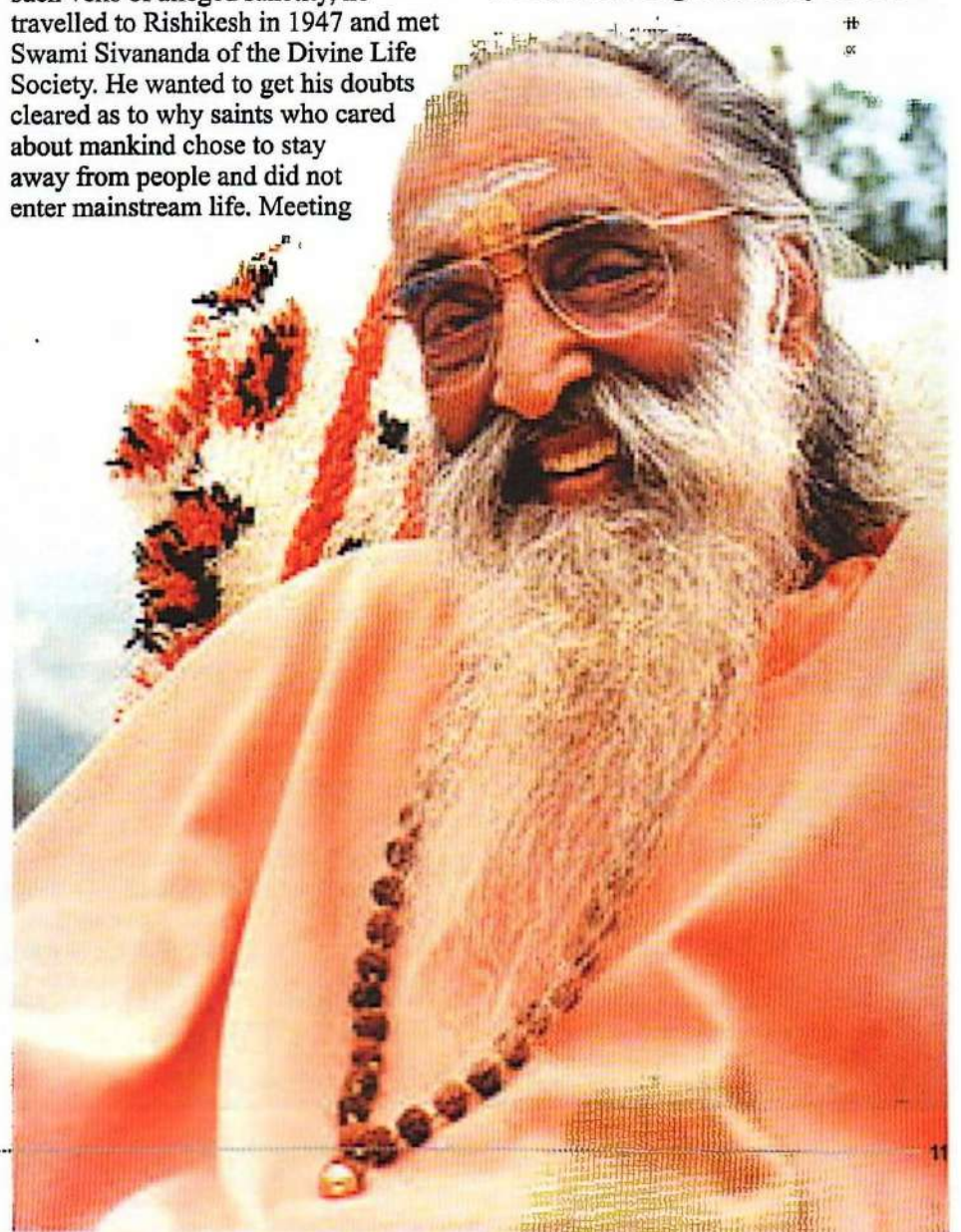
Like many of the highly learned youths who find themselves in a dilemma as to what to do with life when they come out of the universities, young Balakrishnan too was assailed by doubts with conflicting ideologies. After graduation, his nationalistic activities led to his imprisonment by the British government. He also served as Personal Assistant to a military officer.

After he was released, he entered the journalism profession and joined *The National Herald* in Delhi as a Reporter and contributed articles under the name P.B.K. Menon. His writings during those days displayed his inherent compassion for the poor.

Providence guided him properly and he studied the great works of Swami Vivekananda, Dayananda Saraswati, Swami Rama Thirtha, Swami Sivananda, Aurobindo and others. While working for *The National Herald*, Balakrishnan decided to write an expose on what he believed to be the bluff of the swamis in the Himalayan regions. To investigate and uncover such veils of alleged sanctity, he travelled to Rishikesh in 1947 and met Swami Sivananda of the Divine Life Society. He wanted to get his doubts cleared as to why saints who cared about mankind chose to stay away from people and did not enter mainstream life. Meeting

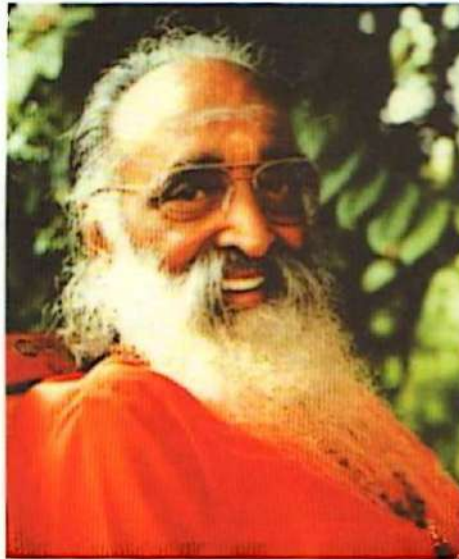
Swami Sivananda and interacting with him proved to be a turning point in his life. His divinity, love and Vedanta teachings overwhelmed the young skeptic. As per the advice of Swami Sivananda, he wrote a letter to his father seeking permission to take up sanyas. Balakrishnan's journey to expose others ended up in exposing himself to his own spiritual revolution and evolution. He pursued spiritual studies for nine years under the guidance of Swami Sivananda.

A striking inner transformation unfolded within Balakrishnan, and he began questioning and reflecting upon the purpose of life and the secret of permanent happiness. In the company of saints, and through the clarity of their



teachings, the highly intellectual seeker soon chose to become a renunciate himself. On the holy day of Mahashivaratri on February 25, 1949, Balakrishnan was initiated into sanyasa by Swami Sivananda, who blessed him with the name 'Swami Chinmayananda Saraswati'. Chinmayananda means 'filled with the bliss of pure Consciousness'.

Swami Sivananda then guided the new ascetic to Swami Tapovan Maharaj, the most renowned Vedanta master of the time and an authority on Indian scriptures who lived in Uttarkashi. Swami Tapovan Maharaj was known as the 'Vibhuti of the Himalayas'. He rarely took disciples but in the case of the new aspiring disciple, he put forth strict conditions which were readily accepted. Swami Chinmayananda led an austere life and underwent an intense study of Vedantic texts. Spiritually awakened through Tapovan Maharaj's tutelage and grace, Swami Chinmayananda sought and received his guru's blessings to spread Vedantic knowledge to the masses. Having seen widespread spiritual and social degradation in India, he felt the urge to share with others the knowledge that had brought fulfillment in his own



life.

Swami Chinmayananda conducted his first *Jnana Yajna* (a series of spiritual discourses) in December 1951, at a small Ganapati temple in Pune, Maharashtra. The discourses based on *Upanishads* continued for 100 days. Subsequently, he conducted *Jnana Yagnas* all over the country and abroad. *Jnana Yajna*, a term he coined from Lord Krishna's teachings in the *Bhagavad Gita*, refers to the student who through scriptural studies performs the ritual of worship (*Yajna*) at the altar

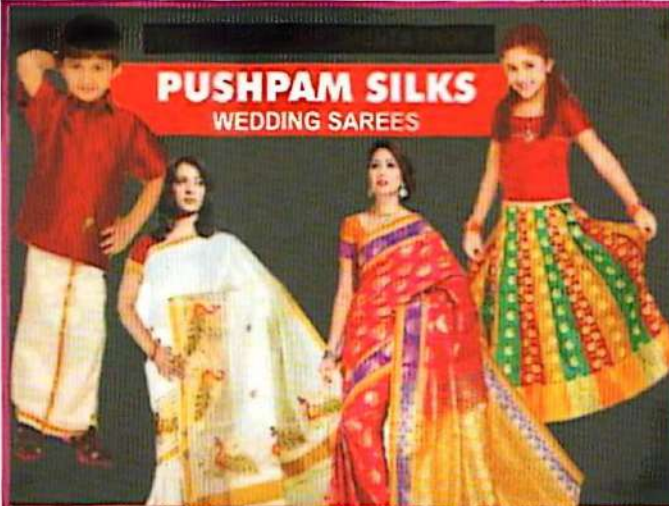
of wisdom (*Jnana*). Through *Jnana Yoga* (*Vedantic* path of spiritual knowledge), he emphasized the balance of head and heart, pointing out selfless work, study and meditation as the cornerstones of spiritual practice. Swamiji's teachings were based on the authority of the *Vedas* and his direct experience. They were highly appreciated, and the number of devotees eager to learn from Swamiji's dynamic, logical, and witty discourses increased rapidly. Swamiji worked tirelessly to spread the eternal message of Hindu Dharma to the masses.

An inspired

band of devotees including Kani Iyer (Santhananda Swami), Natarajan (Dayananda Swami) and others formed 'Chinmaya Mission'. The first Centre was started on August 8, 1953 in Madras. Under Tara Cultural Trust, Sandeepany Sadhanalaya was started in Mumbai in 1961 and under Chinmaya Tapovan Trust, Sandeepany was started in Sidhabari in the Himalayas. In California, USA Sandeepany West was started and in Bangalore Deenabandhu Devasthan was started. All these centres started functioning under Chinmaya Mission. The Mission functioning under the Central Chinmaya Mission Trust in Mumbai is rendering valuable service in inculcating spiritual, cultural and social values among children and adults through 250 Chinmaya Mission centres in India and almost 50 overseas centres. It undertakes a wide range of spiritual, educational, and charitable activities including *Jnana Yagnas* (*Vedanta* lecture series, seminars and workshops); *Bala Vihar* (*Vedanta* forum for children and youth); *Youva Kendra* (*Vedanta* forum for university students and young professionals); Study Group (*Vedanta* forum for adults) and Devi Group (*Vedanta* study and discussion forum for housewives); Spiritual Retreats and Camps; Intensive *Vedanta* Courses (training for monks, swamis/swaminis and brahmacharis/brahmcharinis); Temples and Shrines; Educational Institutions; Medical Services; Rural Village Development Projects; *Pitamaha Sadans* (homes for senior citizens); and Research in Sanskrit and Indology. Swamiji dedicated four decades of his life for the service of humanity by establishing *ashrams*, schools, hospitals, nursing homes and clinics. Chinmaya Mission sponsors 62 schools and 12 colleges in India where *Vedic* heritage is included in the curriculum.

The Ministry of Human Resource Development, Government of India has accorded official approval for the Chinmaya Vishwavidyapeeth with Deemed University status. It will be a University for Sanskrit and Indian Knowledge Traditions, including Performing Arts, in the *de novo* category for preservation of cultural heritage. The main campus is at Chinmaya International Foundation, Veliyanad, Kerala at the birth-home of Adi Sankaracharya and the constituent campus at Chinmaya Naada Bindu, Chinmaya Vibhuti, Kolwan, Maharashtra at the Vision Centre for Swami Chinmayamanda. The official Website of

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the University was inaugurated on June 14, 2016.

Chinmaya Ashrams are established in Mumbai, Siddhabari in India and in Piercy, San Jose, Washington, Chicago, Flint, New York, Florida and other places in the U.S. Chinmaya Mission imparts the wisdom of *Vedanta* in the *Vedic* tradition of *guru-shishya parampara* (teacher-taught tradition). "To give maximum happiness to the maximum number for the maximum time" is the tenet that drives the Mission workers and each person has gained personal growth, heightened efficiency, contentment, and the ability to live with others in peace and harmony.

Swami Chinmayananda was appointed as a President of Hindu religion for the Centennial Conference of the Parliament of World Religions in Chicago, where Swami Vivekananda had addressed over hundred years ago. From platforms throughout India and around the world, Swamiji taught millions who came to listen and learn. The teachings of Swamiji record his presence eternally reaching out to all those aspiring for the higher ideals in life. Chinmaya Prakashan brings out several publications. His legacy

remains in the form of publications, audios and videos; social service projects; *Vedanta* teachers whom he taught and inspired; and Chinmaya Mission centres worldwide, serving the spiritual and cultural legacy.

On August 3, 1993, he left his physical form and attained Mahasamadhi in a hospital in San Diego, USA and his body was buried in the Siddhabari Ashram in the Himalayas. Gurudev, as Swamiji came to be known among his followers, had conducted 576 *Jnana Yajnas* as well as countless family spiritual camps, traversing hundreds of thousands of miles, criss-crossing the globe, and transforming millions of lives directly and indirectly. For decades, he traversed the globe teaching, inspiring and liberating the masses by taking recourse to the Indian scriptural wisdom. Even today, this lamp of knowledge lit by him shines forth through the activities of the Chinmaya Mission.

Chinmayananda Jayanti is being celebrated on May 8 every year. Chinmaya Birth Centenary Celebrations were launched on May 6-8, 2015 with a 3-day Global Launch Ceremony at Ernakulam, Kerala, his birthplace. Series of events and programmes were

organised during the Centenary Year (2015-16) throughout India and across the globe. Swami Tejomayananda, former Head of Chinmaya Mission Worldwide inaugurated the year-long celebrations. Chanting the entire *Bhagavad Gita* by over 30,000 people; Flagging off the Chinmaya Sandesha Vahini by Swami Tejomayananda; Discourses by eminent speakers and Acharyas from within and outside the Mission; Acharya Sangamam; Cultural programmes by renowned artistes etc. were organized during the centenary year.

Chinmaya Pradeep, the first-of-its-kind Outdoor Vedantic Vision Park reflecting the knowledge of the *Bhagavad Geeta*, *Upanishads* and Hindu culture through the life and work of Swami Chinmayananda was inaugurated at Sandeepany Sadhanalaya, Powai on June 12, 2016 by Swami Tejomayananda and Swami Brahmananda in presence of Acharyas and devotees. Chinmaya Pradeep is a tribute to Swami Chinmayananda by Chinmaya Mission Mumbai. Swami Sampooranada is the current Head of Chinmaya Mission Worldwide. ■



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NORTH MUMBAI ELECTION 1962

A PEEP INTO THE PAST



Adv. A. Viswanathan

■ The general election to the Lok Sabha held in the year 1962 was a milestone in the annals of India's electoral history as well as Mumbai Malayalees' history.

The election in one constituency that is North Mumbai captured the attention of the whole of India, nay the whole world. This may sound as hyperbole but it is a fact that it captivated the psephologists, the political pundits and the public alike. The postscripts to this electoral narrative in the form of two studies, one by Dr (Miss) Aloo Dastur of Mumbai University and another by Norman D Palmer respectively are an earnest of the national and international attention this election received. The memories of this election are indelibly etched and firmly archived in my mind and those of many other Malayalees who lived in Mumbai in the sixties. I was a resident of Versova then Aram Nagar aka Machlimar, to be exact. The North Mumbai Constituency in 1962 extended upto Borivli. The Late VK Krishna Menon was the sitting member of the Lok Sabha having won the election in 1957.

The nomination of Menon as the candidate of the Congress Party became a matter of heated discussion and debate in the Congress party as well as political circles. Not surprisingly, a section of his own party vehemently opposed his candidature for different reasons. Menon was suspected of his leftist persuasion, so the right wing in the party opposed their own fellow party man with leftist leanings.

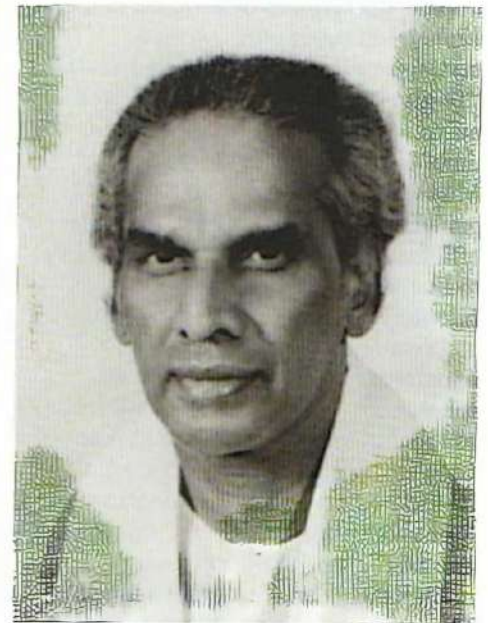
Another reason was that the Right wing harboured an unfounded fear of Menon succeeding Nehru. Such fears were fuelled and fomented by foreign journalists some of whom termed Menon as the heir apparent of Nehru. Those days, the BPCC was the most powerful and influential organization controlling the Congress Party's affairs in Mumbai. Their decisions were decisive in the matter of nomination of candidates for the election. The BPCC was opposed to Menon's candidature. They proposed name of another prominent politician



Acharya J B Kripalani

who happened to hail from Mumbai proper. In endorsing his candidature, the seed of local man theory was sown. Another factor weighed against Menon was his leftist views which were actually of a democratic socialist. Menon never defended himself by denying such accusations, coming as it did from the BPCC that was dominated by business community then. But Nehru stonewalled such oppositions. Nehru's opinion in all matters reigned supreme. And finally his writ ran Menon was declared as the official candidate of the Congress party from North Mumbai, much to chagrin of the local body.

When all doubts, rumours and speculations regarding the choice of the candidate of the Congress party died down, opposition camp became more active. They displayed unparalleled unity in the selection of the candidate to defeat Menon. Menon was not their real target but Nehru was. They saw in Menon's defeat the failure of Nehru's policies and programmes. The opposition united to select a worthy opponent was in sharp contrast to the disarray and disagreement in the ranks of the Congress as regards Menon's candidature. The opposition wanted a candidate of national standing if not of international stature. The great Gandhian Acharya Kripalani was approached by the opposition as they considered him to fit the bill. Kripalani



V K Krishna Menon

emerged as the consensus candidate to oppose Menon.

With the selection of the candidates the election entered the campaign stage. Profiles of both Menon and Kripalani offered a study in contrast in many aspects. Kripalani was in the forefront of Indian freedom movement. He was a close associate of Gandhiji, Vallabhbhai Patel and Maulana Azad. Great parliamentarian which he was, he often crossed swords with Nehru and Krishna Menon in the Lok Sabha on many issues especially India's foreign policy. He could speak Hindi fluently. He could keep his audience spell bound with his oratorical skill. He was not controversial and he was a highly respected figure in political circles. In comparison, Menon was a lesser known leader in Indian politics. The key role he played in India's freedom struggle carried out on the very soil of Great Britain was not well known to the Indian public. He studied economics, political science and history at the London school of Economics. He studied law to become a barrister at law. In fact he was a polymath. The arguments (often referred to as speech) in the U N on the Kashmir issue not only earned him a well deserved niche in the pantheon of great orators but the speech lasting 8 hours consecutively also remains as an earnest of his grasp of the issues involving national and international law, constitutional law, military operation,

ethnic issues etc. He was one of the Indian leaders who were profiled by the New Statesman, the British newspaper which had considerable influence on public opinion a rare honour for any Indian. But in spite of such rich and glorious background Menon was at a distinct disadvantage. Menon did not speak the common man's language Hindi. Even English speaking public did not understand Menon's English as he used phrases like social mathematics as pointed by an American journalist. The average Indian did not understand his Shavian sarcasm. The lackadaisical support of his own party put him at a considerable disadvantage as the campaign was not well organized and so failed to put up fight to counter any adverse propaganda. When the campaign heated up with battle lines drawn, the chinks in the armour became more and more apparent. Menon had drawn the wrath of the Press which was described by Menon as 'the jute press' meaning thereby it was controlled by jute barons. Two most popular dailies cast in their lot with Kripalani. They unleashed a campaign, sometimes subtle, sometimes vicious and virulent, warning the electorate of disastrous consequences if Menon were elected and this seemed to influence the gullible electorate. Dispatches from Indian correspondents posted abroad warned of the American backlash that might follow the inclusion of a 'Communist' in the cabinet. Foreign press was not far behind. The opposition's campaign consisted of meetings in every nook and corner of the constituency, door to door contact, print media both Indian and foreign vying with one another to turn the public opinion against Menon, support of people of eminence like Jayaprakash Narayan, Rajaji et al and resignation of party men from the Congress which became a daily feature till Nehru arrived in Mumbai and stopped such strategic exits with his "go to hell" speech.

When his own party was not extending the expected support his supporters went the whole hog to fill the void. Barrister Rajni Patel, Dr A V Baliga, Dr Gopalan and almost all leading figures of the Bollywood espoused Menon's cause. One good Samaritan made available his bungalow in Khar to the Menon Support Committee which became the headquarters for coordinating and controlling Menon's campaign. Malayalees provided the foot soldiers. They were entrusted with the distribution of leaflets and other campaign materials. Sometimes support came from Kerala in Mumbai May 2017

unexpected quarters. The popular slogan on the display material of a very popular soft drink appeared at all outlets along with the slogan 'Vote Menon' on it, thanks to generosity of an industrialist. Area Committees were formed. My immediate neighbor Sethi was the chairman of the area committee in Versova. My brother, whom I was staying with, played host to Rajni Patel and Dr Baliga when they came down to Versova to monitor the progress of the campaign. When Menon came to Versova to address a gathering, Hegde, an ardent admirer of Menon, had the good fortune to serve him tea and biscuits while Haskote, a bank employee was watching quietly along with other supporters like us, our icon in flesh and blood, savouring tea. Balraj Sahni was the main speaker when meetings were arranged at different places. He turned out to be both a great speaker and a good entertainer. Prem Dhawan, the illustrious lyricist, penned songs which were played at the meetings. Menon's campaign was rounded off by no less a person than Nehru himself. His meeting held at the Shivaji Park blunted the opposition's attack. Menon was seated on the dais.

While addressing the large gathering, Nehru referred to his long association with 'Menonji' spanning more than three decades and his service to the nation. If anybody was not happy with Menonji's candidature and were ready to leave the Congress 'I would tell them go to hell', he thundered. Such massive and solid support from a great leader had a salutary effect on the party's rank and file. Then it was the turn of the media. Mainstream newspapers dismissed Nehru's speech in quarter of a column while in normal course PM's speech was always given good coverage on the front page. Matters did not end there. The following day, Opposition leaders severely criticized Nehru's 'go to hell' speech and their critical remarks got wide coverage which in turn prompted another newspaper to editorially retort saying that its sympathy was with readers of those newspapers who got an 'overdose' of the criticism of the speech. Nehru's speech was a wakeup call for his party men. The opposition which concentrated on Menon's leftist leanings, often resorted to innuendos and insinuations. In sharp contrast, Menon never indulged in personal attack, and he always referred to



Face to face: Kripalani and V K Krishna Menon

the 5 year plans and foreign policy in his speeches. When his supporters were shouting 'vote for Menon' he exhorted the public 'vote you must'. This exhortatory remark was most revealing of the statesman which he was. He was more concerned with the future of democracy than his own political future. Those days Air India's hoarding at Nariman Point was famous for crispy copy. One hoarding depicted Menon wearing *angavastram* with a red border. Menon's supporters in no time reacted. Demonstrations were held to protest as the supporters felt that it was an indirect reference to Menon's alleged leftist leanings. But Menon was unfazed. When he happened to meet the publicity chief responsible for the hoarding, Menon remarked "Don't worry Mr Kooka. They lack sense of humour, you know". Election Day was coming nearer and nearer while the campaign became more and more fierce. A newspaper published the result of an opinion poll purported to have been conducted by it. In the light of the result it concluded that Kripalani would win with a thumping majority. Its conclusion was based on the following facts which favoured Kripalani (a) Kripalani was held in high esteem cutting across party lines, (b) congressmen were not happy with Menon's leftist leanings, (c) Muslims turned against Menon because of his fulmination against Pakistan (d) Maharashtrians would not vote for him because of Menon's stand on the Hungary issue. According to the survey only South Indians were likely to vote for Menon. The adverse effect of such propaganda

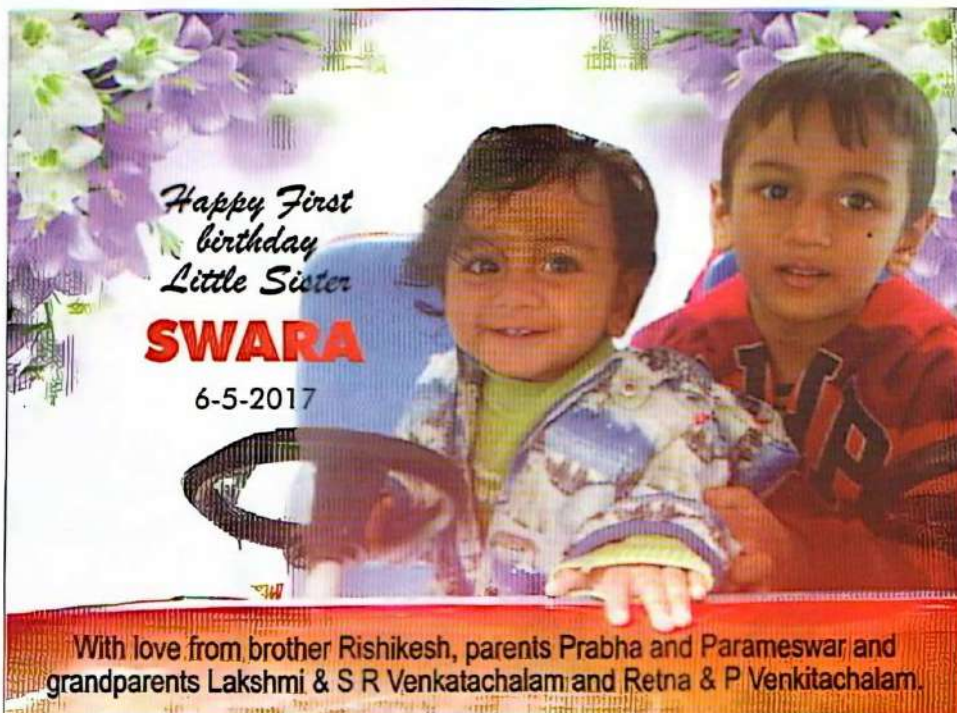


During electioneering

was nullified by YB Chavan, the then Chief Minister, who issued an appeal to the electorate on the previous day of the election to vote for Menon. The evening of another newspaper which supported Menon carried this appeal and we distributed the copies to all households free of charge on the previous night of election day. And finally the hectic campaigning by the parties ended on a note of optimism on the part of both sides.

As I had election duty, I started from Versova catching the earliest bus to Andheri and later took a bus to Kurla to report for duty. Voters started queuing and as the day wore on the crowd swelled. Kripalani visited our booth and thus I got a glimpse of this stalwart of

Indian politics. Menon visited, among other places, Versova and gave instructions to his supporters. Though voting was over before sunset, I was relieved of my duties only after the ballot boxes were sealed and transported to the counting centre. After a few days of anxious waiting, came the day when the counting began. As expected, there was initial flip-flop sometimes Menon leading and sometimes Kripalani. By afternoon the picture became clearer there was clear lead for Menon in all the segments of the constituency as the margin of lead moved from hundreds to thousands and then to a lakh. When the last ballot was counted Menon's lead was more than one and half lakhs a fitting reply to doubting Thomases and political pundits. Menon's supporters, who had gathered at the counting centre to know the result, became almost hysterical as their joy knew no bounds. Throughout the election campaign, Menon maintained extreme dignity and displayed his statesman like qualities. The acrimony and the animosity attendant on an election was absent in his campaign. His firm faith in democratic values came into sharp relief when, after emerging victorious in the election he called upon Kripalani next day morning and exchanged pleasantries with him. For Menon's supporters, it was time for celebrations. The Support Committee, which spearheaded the campaign was in the forefront again for organizing a mammoth meeting at Shivaji Park as a fitting finale. Bollywood which extended their unflagging support to Menon was only too willing to make a gala event of the celebration. The victory marches were arranged in such a way that the all prominent stars would lead the motorcade from their respective residence or studio. Thus for instance, Raj Kapoor led the cavalcade from Chembur, Dilip Kumar from Bandra, Balraj Sahni from Juhu. They congregated at Shivaji Park and the jubilant crowd roared when each one of them took their seat on the dais. And finally when Menon arrived the crowd greeted their hero with thunderous applause. His speech was as usual about democracy, secularism and socialism. For him there was no victor or the vanquished in an election as for him all were participants or it was an event in which all people ought to participate. When the curtain came down it was past 9 pm. That day, Shivaji Park which witnessed many events, meetings in its history, was witness to the epilogue of a narrative in the electoral history of India. ■



'Chinmaya Pradeep' opened

- VNG

Chinmaya Pradeep, a 'vision park' at Sandeepany Sadhanalaya, Powai was opened for the general public on Mahashivaratri Day on February 24, 2017. Over one lakh people including children visited. Chinmaya Pradeep is the first-of-its kind permanent outdoor multi-media and multi-medium park in India reflecting the knowledge of Vedanta, *Bhagavad Gita*, and Hindu culture through the life, work and teachings of Swami Chinmayananda, the founder of Chinmaya Mission in his birth centenary year.

Chinmaya Pradeep is to illuminate the ideals and the vision that inspired Swami Chinmayananda to dedicate himself to the higher way of life and raise the standard of life in the society through individual transformation. The 'vision park' is both a biographical journey as well as a showcase for the ideals and vision that inspired Swamiji. Conceptually, it is organised around 11 verses of *Kritajnataa* (gratitude) written by Swami Tejomayananda, former Global Head, Chinmaya Mission Worldwide. It depicts five facets of Chinmayananda as a visionary and missionary, as a sanyasi, as a teacher, and as a Knower of Self. The goal of Chinmaya Pradeep is to empower the



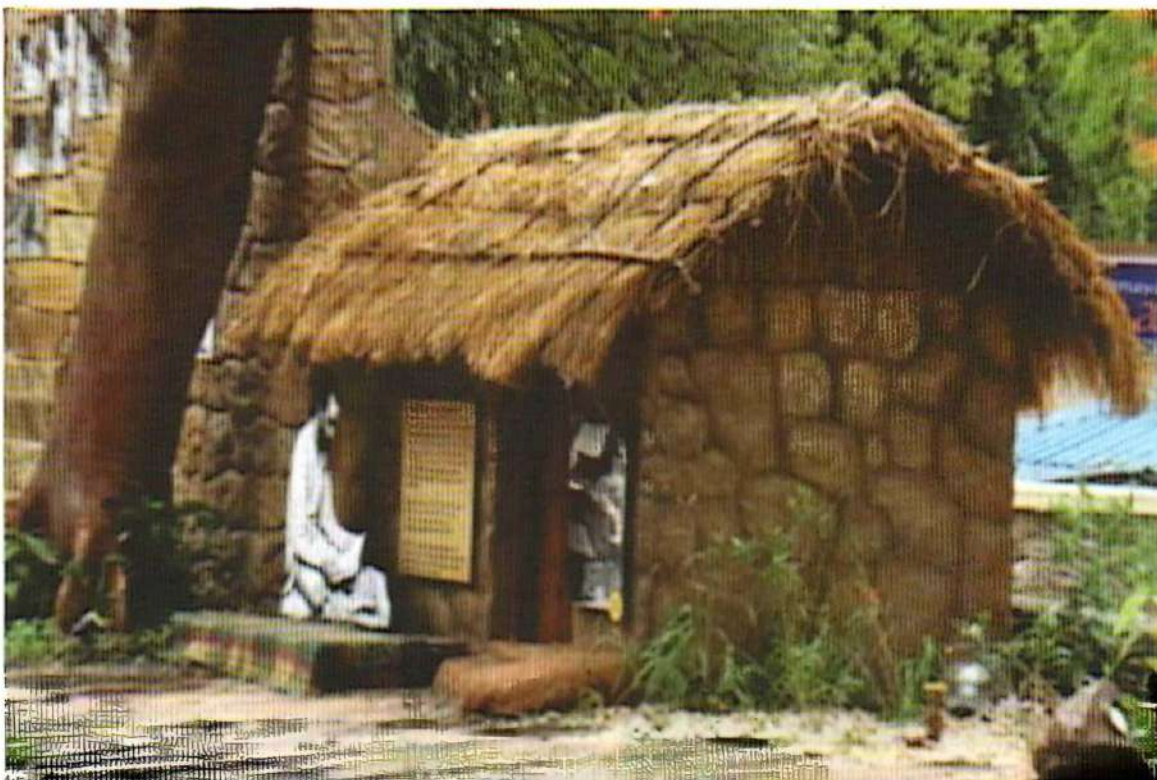
lives of Individuals with clarity, courage and confidence to face the challenges of life.

Chinmaya Pradeep is a journey of a skeptic who transformed to become a seeker and who ultimately dedicated himself to self-knowledge and service of the society. It has logical/time-tested points that can explain the logic of spirituality. It has the essence of the *Sthitaprajna* portion of *Bhagavad Geeta*, 4 *Mahavakyas* of the Upanishads and BMI Chart, the essence of Vedanta. Anyone coming to Chinmaya Pradeep can listen, reflect, meditate and be by

themselves in solitude.

The values of compassion, selfless service, uncompromising commitment, detached engagement, devotion, integrity etc. are communicated through the anecdotes of Swami Chinmayananda's life and his works. Chinmaya Pradeep is to empower the individual and if individuals become stronger and empowered, the society, state, country and the world will be a better place to live in.

Swami Chinmayananda dedicated his life to ignite millions of minds with this vision of Vedanta. He served humanity across the world selflessly, loving, caring and sharing knowledge with everyone for over 42 years. Chinmaya Pradeep was formally inaugurated by Swami Tejomayananda and Swami Brahmananda on June 12, 2016. It is made around Swami Chinmayananda's *Kutiya* and is the culminating point to express the gratitude to Swamiji. Chinmaya Pradeep is open to visitors on all days except Wednesdays from 7.00 a.m. to 11.00 a.m. and 4.00 p.m. to 8.00p.m.



KERALA'S SPLENDID BEACHES



Lakshmi Venkatachalam

■ Located on the western coast, Kerala has a number of splendid beaches with blue waters washing the shores and laced with coconut palms a tourist paradise in the real sense of the word. Many of these beaches are still in their pristine beauty with blue waters and clean sands, where the tourist can immerse himself / herself in the luxury of nature's glory and unwind oneself. Almost all beaches have ayurvedic centres that would rejuvenate the stressed- out tourists and provide a feeling of wellness.

There are good beach resorts catering to high end as well as middle level tourists and several tourist guest houses and bungalows. They offer all

facilities apart from providing delicious and mouthwatering seafood. Some beaches are blessed with breathtaking sunrise and sunset views and others offer water activities for the more adventurous tourists. Different kinds of sand are seen in the different beaches.

Here are some spectacular beaches of Kerala:

Alappuzha Beach

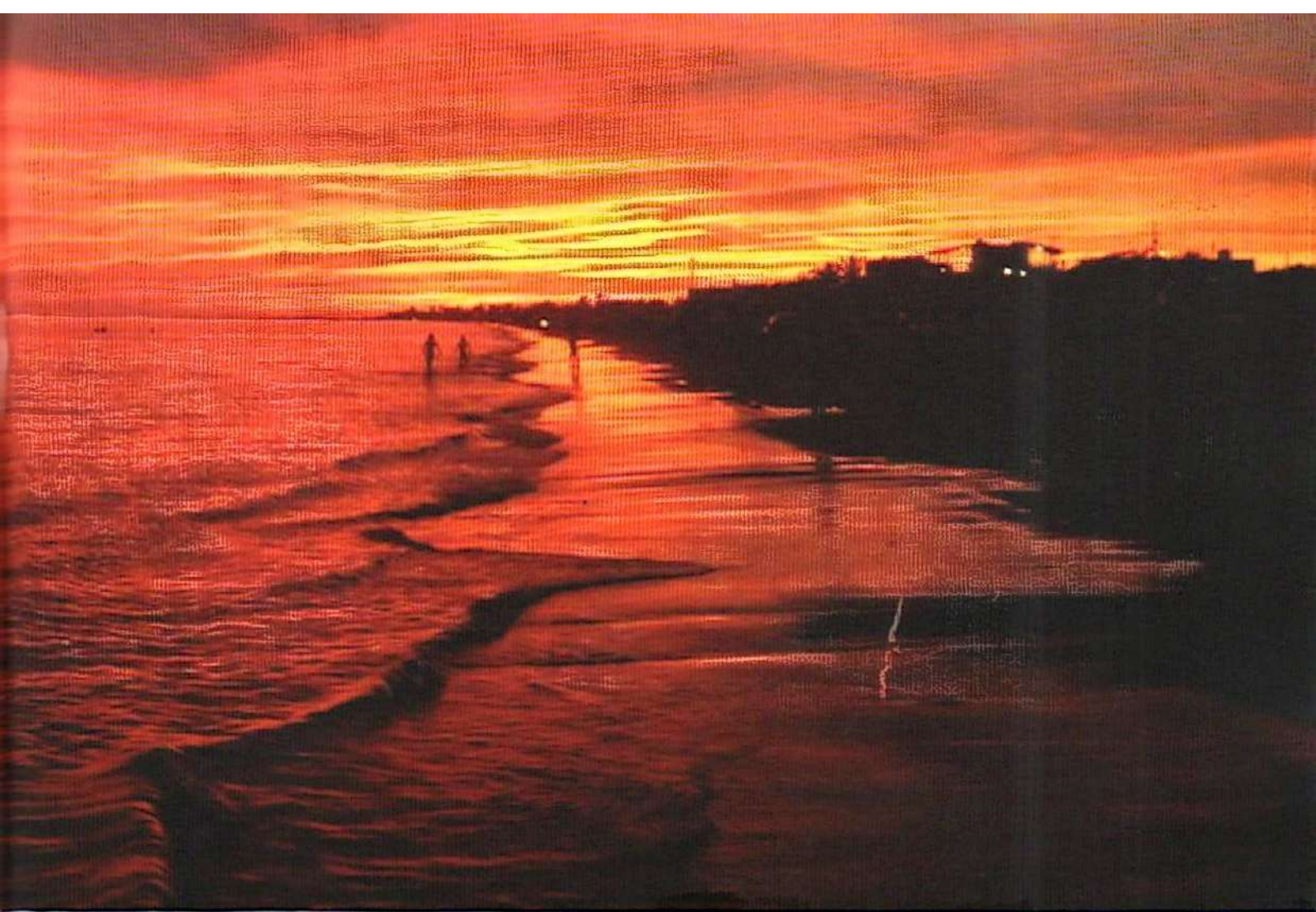
This beach is situated in the town and is a major tourist attraction. Known as the Venice of the East, Alappuzha has a long maritime history. The beach has a popular amusement beach park, an ancient pier that is almost 140 years old and extends into the sea. There is a picturesque lighthouse and many water sports activities like surfing, swimming, parasailing etc are offered in the beach. There are numerous lagoons, backwaters and fresh water lakes in Alappuzha and they are close to the beach.

Cherai Beach

Cherai Beach, located on the north-end of Vypeen Island in Ernakulam, is a sandy beach lined with coconut groves and paddy fields. A combination of sea and backwaters and Chinese fishing nets can be seen here. Multi coloured seashells can be found in abundance on the seashore. During low tide in the beach, swimming is a favourite leisure activity for tourists who come to this beach. Dolphins are occasionally spotted here.



Cherai Beach



Chavakkad Beach

Chavakkad beach in Thrissur district, 5 km from Guruvayur, is another with astounding natural beauty. The mouth of the river that meets the sea here is known as estuary.

Snehatheeram Beach

Snehatheeram Beach in Thalikulam in Thrissur district is well maintained and clean and attracts many tourists.

Padinjarekkara Beach

This beach is 17 kms from Tirur in Malappuram district and offers a breathtaking view of the confluence of Bharathapuzha, Tirur Puzha and the Arabian Sea. This beach is a popular tourist attraction with an Amenity Centre, amphitheatre, eco shops. There is floating coffee shop for tasty snacks while enjoying rides on water scooters or speed boats in the waters. Bird watching is an added advantage for migratory birds are spotted here annually.

Vakkad Beach

It is at Vakkad Beach that the river starting from Aanamala flowing through the estuary in Ponnani joins the sea. Tourists can enjoy a boat cruise down the Anamala river gliding through the backwaters on its way to the estuary.

Vallikkunnu Beach

Vallikkunnu Beach in Malappuram is serene and

secluded and a beach resort set in the middle of a coconut grove is a major attraction here. The Kadalundi Bird Sanctuary is close to the beach. The beach is sandy and soft and makes it perfect for playing beach volley ball or soccer or just sit and relax.

Kappad Beach

Kappad Beach 16 km from and 7 km from Beypore Fort Kozhikode has an important place in Kerala history. It is here that Vasco Da Gama landed on May 27, 1498 with 170 men in three ships that changed the course of the History of India. Known locally as Kappakadavu, there is monument on the beach that commemorates this historic event. Another significant landmark on this beach is a rocky



Padinjarekkara Beach

WHAT DO YOU THINK?



As A Man Thinketh In His Heart, So Is He. (Proverbs 23.7). Learning to memorize randomly or think creatively to be original and productive is the question now confronting the students as well as their guardians. The art of thinking discreetly is the innate gift of human beings. Despite the advanced computer technology available in education and learning, thinking is the basic element of human existence.



Jose Chemmassery

■ Think you must; you are what you think; you become as you think. Thus goes the pristine and valuable sayings of erudite and elite writers, authors, philosophers etc.

Even psychologists prescribe changes or alterations in attitudes and thoughts which can make variations in life perceptions enabling a dent in personality and style leading to a different view about life. Small changes can help bring out big differences in approach and attitude; small changes can fetch rich rewards in life. A person may not be accustomed to read the Holy Bible but when he begins to read it, may be influenced by the wisdom contained in the holy book helping him to be humane, considerate and amiable. A prayer is a great means to transform the ways of life. Doctors consider and recommend prayer in critical cases of sufferings to invoke the divine blessings for the cure. In the final analysis a prayer is a deliberate alteration in the thinking process.

Feelings, thoughts, words and actions are the due processes in which human activity and existence inhabit. Congruence of these factors can converge to ideal pursuits and desirable results if they are followed in the right directions. Definitely the thoughts which are negative, arrogant and selfish can

harm others as well as the one who nourishes them in ignorance and darkness. Suppose you have practised and continue to cultivate baser emotions or vices like hatred, extreme anger, violence against someone who has hurt your feelings physically, mentally or financially. Your negative thought process can snowball and culminate in actions beyond your control which may become questionable under law. From a law abiding citizen you may transform to a criminal under the spell of your negative thoughts. Your conviction before the law and the ensuing incarceration may open your eyes while you are behind the bars.

You may after foreboding, convict yourself by your conscience indicating a change of your heart. That is a change in your attitude after having experienced the bitter and unsavory

A prayer is a great means to transform the ways of life. Doctors consider and recommend prayer in critical cases of sufferings to invoke the divine blessings for the cure. In the final analysis a prayer is a deliberate alteration in the thinking process.

effects of your actions. That what you call a change of heart occurs after repentance, meditation and contemplation of the results of your actions. A sin emerges from your corrupt actions and thoughts which need to be curbed and avoided. A genuinely religious or spiritually inclined person tries to avoid paths of sin which is a pernicious route to hell and abomination.

Wise men, sages and seers who have exposed, experienced and examined their lives say, "You have to be a master of your actions and not a slave of your passions". How can you be a master of your actions and marker of your destiny:

Watch your thoughts
For they become words
Watch your words
For they become actions
Watch your actions
For they become habits
Watch your habits
For they become character
Watch your character
For they become your destiny. (Author Unknown)

Nourish and nurture your thoughts in such a way that they can lead you to a sublime life where peace and harmony prevails. Your noble thoughts should transform to good deeds genuinely serving the humanity at large while satisfying your person in a spiritual bliss. Finally self-realization is the ultimate goal in life which can be achieved by cultivating your thoughts. ■

Twenty First Century Competencies



Dr A P Jayaraman

■ You have advanced a decade and a half into the twenty first century. Those of you who are in High School are getting college-ready with your hearts throbbing for the academic leap.

You will hear a set of different sounding but same meaning words such as twenty first century skills, global competencies, deeper learning, student-centered learning, higher-order thinking, next-generation learning, new basic skills, and college and career readiness. These labels include knowledge, attitudes and skills both cognitive and non-cognitive. You are also readying yourselves to launch your lives' boats into an uncharted sea, some with robust rudders and sensitive compasses and others without.

String of Questions

This is the time to ask a few deep philosophical questions. Do you exist? How do you know you exist? What is the meaning of life? Why are you here? Why should you exist? Your life may be felt important to you, but does it have a meaning? Is college education vital, essential or desirable for life? These are big questions and they have many answers. You can wander through life meeting a string of situations which do not need any exceptional scholastic strength. You can also design your dream and build your ideal citadel and stay there enjoying pure joy undismayed by the vagaries of the educational outside world. There is freedom of choice.

Do you exist? 'Cogito ergo sum' said philosopher René Descartes. "I think, therefore I am". The answer to the first

question is fairly easy. You do exist. Your mother wakes you up in the morning. She gives you breakfast and sends you to school. There is a you. Block your breath by squeezing your nostrils tightly with your fingers. Quickly, reflexively you will pull out your fingers and let in air. There is the you. All knowledge begins with a tiny doubt.

Physics deals with two questions. What exists? What does it do? If you answer both those questions, you have answered in science. What is reality? That is a perspective in science.

Your personal importance and impersonal insignificance need scrutiny. When ego is launched, vanity soars. You become the centre of the Universe which has no such knowledge. When you exit, a few people will remember you for a while, your near and dear ones. Then they too will exit. Even if you make your way to the history books, your contribution will soon be forgotten. Humans will go extinct; Earth and the sun will perish. Entropy will relentlessly pursue its implacable path of increase. Against this backdrop, personal importance pales into insignificance, but the pure joy of a designed dream remains invincible.

Waves to Mind

Quantum fluctuations make elementary particles. Their co-locations make atoms. Atoms make molecules. Complex organic molecules make up cells. Cells operating in unison make tissues. Tissues in tandem make organs. Organs in harmony make organism. Quantum fluctuations inexorably lead to consciousness. There you are! That is the dot connecting narratology from the domains of atom smashers, primordial

soup and Darwinian evolution.

As a species we are at the back end of evolution. We have mastery over nature. With science and technology and as knowledge workers we are the masters of our destiny and captains of our fate. We design our lives weaving dreams and unweaving nightmares.

Character and 5 Cs

Character is Destiny. My grandfather, late K P Kuttirama Menon, who was an English professor turned jurist used to repeat this advice to me. If character is lost everything is lost. You need to build a good character and zealously preserve the qualities vital for being personally effective in a complex globalized world. Grit, honesty, perseverance, reliability, resilience and tenacity are the components of good character which defines your destiny. Are they abstract words full of sound and fury??

Critical thinking is to be assiduously built up and seamlessly applied not only in academics but also in day to day affairs. You have to evaluate information and assess the quality of your arguments. Recognition of patterns and discovery of connections are part of critical thinking. Aided by them you have to construct knowledge, find meaning and attribute significance. Thinking makes the human but critical thinking makes the full human. Evidence, evidence, evidence...

Communicative competence enables you to exchange information, ideas and thoughts with others without distortion. Errors in communication can be fatal. You need to master three fluencies: digital, writing, and speaking tailored for a broad spectrum of audiences.

Collaboration is the capacity to work interdependently. Most of you may like



Rene Descartes - Cogito ergo Sum



K P Kuttirama Menon - Character is destiny



Kekule



Richard Dawkins



Einstein - Photo electric effect



Dag Hammerskejl - Aggressive Neutrality



Russell - Charity



Michael Sandel - Ethics



Amrita Pritam - Daily wages

to be excellent solo players. Individual excellence is less valued than the ability to get along with team members. You must develop and deploy team-related skills. You have to learn from and teach others.

Creativity like love defies definition. Emerging neuroscience is engaged in understanding technically what this complex phenomenon is. Creativity is your genetic signature. It makes you who you are both as humans and individuals. Creativity is primarily an attribute of mental processes. It enters the process as the recombination of old ideas or the transformation of conceptual space. Kekule's structure of benzene, Mendeleev's periodic table and Einstein's theory of photoelectric effect are pinnacles of creativity.

Citizenship should be expansive and global. To make your mark while acting locally, you must think globally beyond your geography. Global issues should engage your attention. If a butterfly flutters in China you must be able to feel it. Great challenges like global warming, sustainable development and economic inequality should be part of your agenda. You should not distance yourself from such issues and dismiss them as of no immediate impact on you. You need to develop strategic patience to be respectful to minority and contrarian views. Second Secretary General of UN Dag Hammerskejl is a good model. Embedded in citizenship is the virtue of ethics. An ethical mindset is a must to constantly check if unethical practices are intruding into your decision making process. Reading Russell and Michael Sandel will be good guidance. Multiple mindsets have to be assiduously developed and demonstrably deployed in the enlightened twenty first century. It is impossible to traverse the terrains of twenty first century with the

monogamous straight jacket of singular mindset. We must actively develop no fewer than five mindsets.

Forty Years Ahead

Think of forty years from now. In a class of one hundred, one or two would have scaled glorious heights, two or three would have become millionaires. There may be some fifteen professionals and a good sixty average middle class commoners. An abominable ten may be hovering around the poverty line. Five or Six will be at the mercy of cruel charity. One or two may be like the character in *Daily Wages* written by Amrita Pritam, "I eat what I earn, not yesterday's leftovers, and leave no grain for tomorrow." Two or three would have had their exit despite seventy odd years of life expectancy. That is what sterile statistics will show.

Thanks to advances in medical sciences and advancement of health care sector life expectancy has increased. It is still increasing. Humans have the longest infancy. They have the largest number of school years. This will also increase. This is a crucial time for you to make decisions about your career. These jobs have not yet been labeled in the market. Think of the skillset you should have. Sharpen a basic survival tool kit. You have to be a lifelong learner. Education does not end at the acquisition of degrees and diplomas though great they are.

Charity

'With Malice toward none, with charity for all.' I work for a charitable organization as one of its trustees. I do so because I have trust in charity. As a professional scientist I made a search of what sober science has to say on the soft subject of charity.

First I looked up to a towering

intellectual of the twentieth century, Bertrand Russell. He appeared on the BBC program Face-to-Face in 1959 and answered a closing question: What would you tell a generation living thousand years from now about the life you have lived and the lessons you have learned. He promptly replied "...if we are to live together and not die together we must learn a kind of charity and a kind of tolerance which is absolutely vital to the continuation of human life on this planet."

He wrote in his autobiography:

*Love and knowledge led upwards to the heavens,
But always pity brought me back to earth;
Cries of pain reverberated in my heart
Of children in famine, of victims tortured
And of old people left helpless.
I long to alleviate the evil, but I cannot,
And I too suffer.*

The kindness paradox

Why should we be generous? Why should we be charitable? In biological and evolutionary terms, it makes no sense to give something and get nothing in return. Richard Dawkins in his book *'The Selfish Gene'* argues that the base unit of evolution is the individual gene. Since evolutionary fitness is measured in terms of passing on genes to the next generation, he theorized that each gene acted in a way that would allow it the best opportunity to be replicated and passed on to the next generation. Altruism is rare in the jungle of zoology, yet you can be kind, merciful, generous and charitable.

*The quality of mercy is not strain'd,
It droppeth as the gentle rain from heaven*

*-The Merchant of Venice; Act IV,
Scene 1.*

RADHIKA PILLAI

UPCOMING SINGER

RADHIKA PILLAI is one of Mumbai's talented, confident, young rising stars.



Vidhya Vasudevan

■ With the current boom in music industry it is not surprising to see several young and upcoming musicians coming out in

Mumbai. Radhika Pillai is one such young star.

She lives in Kalyan where there are many Malayalees and hence had a chance to participate in local programmes during her early childhood days. From a young age she was passionate and aspired for a career in music. According to Radhika's mother, she used to listen to songs on TV and radio at the age of two and sing them. Later, their family friend suggested that she be trained in classical music and she started learning music from the early age of six under the guidance of Smt Jayshree Sivakumar and later from the age of 11 under Smt. Lakshmi Krishnamoorthy.

Awards and Honours

Radhika was appreciated for her singing abilities. She has participated in many singing competitions and won prizes.

She has performed at Nair Welfare Association, Kalyan and stood first in cinematic and light music competitions in 2004. She performed at Samanwaya Charitable Trust, Kalyan and stood first in classical music and second in light music competitions in 2006. She



also performed at Ayyappa Temple in Kalyan, organised by Harishree Bhajan Samaj, Kalyan. She has performed at Krishnapriya Music Circle, Dombivli (stood first in film song, second in classical and in patriotic song groups) in 2016.

Yuwa - Swara

With her hard work and love for music within a short time, she became a hardcore member of a band *Yuwaswara*.

Yuwaswara was the result of five independent musicians who got together because they shared a common love for Malayalam songs and needed for a platform to exhibit their talents. The mastermind behind this orchestra team was Gopalakrishnan whom they call GK

uncle. The band was formed after organizing a bhajan at an Annual function of Amritjyoti Divine Society performed by the children of women participating in Bhagawad Gita and Sahasranamam programmes. Things were tough when they started, but they overcame every hurdle one after the other. Now the team size has increased.

Family

Radhika Pillai's parents are Muralidharan Pillai and Jayalakshmi, both were born in Kerala but settled now in Mumbai. Muralidharan is a retired Sub Divisional Engineer at MTNL and hails from Alappuzha. Jayalakshmi is a homemaker and hails from Mavelikara. Her elder brother Rathish Pillai is married to Divya. They have two sons Sourish and Dakshesh. They live in London.

Radhika attended Model English School, Kalyan. She did her graduation in B Sc (IT) from Birla College, Kalyan and went on to pursue her Master's degree in IT from MCC College, Mulund.



With partners in Yuvaswara



She is currently working as a Software Engineer with Caps Gemini India. She allocates time to music during weekends.

Success Mantra

When asked Radhika about her Success mantra, she said "Follow your passion... no matter what and always strive for the best. Great things never come from comfort zone. Get out of it and explore."

It happened with The late actor Sathyan

Actors Premji, Alumoodan and Sathyan were returning from Thekkady to Thiruvananthapuram. After a couple of accidents, Sathyan had stopped driving (He did it again when he drove to King George Hospital for a medical check-up but never returned alive), but was sitting in the rear seat along with Premji. It was quite dark and the car was moving along a curvy road. On one side there was a hill and on the other side a deep valley.

Suddenly the driver cried and applied brakes. A lone fully grown tusker was menacingly facing the car. When the driver switched off the lights, Sathyan loudly shouted to him to switch on



the lights but not to take car ahead. He ordered the driver to run the engine in full throttle and got out. Bringing out his army days into memory, Sathyan started issuing commands to the tusker while the driver was turning off and on the lights while the engine was making roaring sounds. The tusker became hesitant and then slowly turned backwards and started walking. Sathyan and his car followed slowly and soon the tusker cleared the way.

Premji and Alumoodan sighed with relief. Then Sathyan explained to driver, "With strong lights and strong commanding voice of man, not only elephants but other animals too will not dare to confront; remember." He got into the car and the journey resumed.

KADUMANGA PICKLE



K S Narayanaswamy

This is the most favourite, popular pickles among the Palakkad Iyers. This is a seasonal crop pickle.

A large variety of Kadumanga is readily available in plenty during the months of March - April. The preparation of this pickle is very simple. Unlike other pickles Kadumanga pickle is a bit watery. It is a good appetizer and gives awesome taste with curd rice. Traditionally this pickle is prepared in bulk and stored for a whole year.

Choose fresh even sized tiny, baby mangoes of your required quantity. While choosing the mango be careful to buy it with stem. Wash properly in plain water 2/3 times. Separate the mangoes into those having stem and without stem. Since mangoes without stem will get rotten soon, keep aside these mangoes.

Wipe the mangoes with a towel and let it dry completely for an hour or two before you start the processing. Cut the excess stem gently using scissors or kitchen knife.

Measure the mango with a convenient cup or jar. After the measuring keep aside the measured cup/jar. Transfer the mango on an open vessel/Jar. Then add Table salt (Kalluppu) to the mango vessel at the ratio of 6 portion of mango to 1 portion of salt. Depending upon sourness of mango it can raise to 5:1. In Mumbai the sourness of mango is comparatively lesser. Hence 6:1 would be adequate. Keep the measuring cup separately as it would be required at a later process to measure red chilli powder.

Mix thoroughly the mangoes and salt. Cover the vessel

Ingredients:

1. Baby Mangoes (Kadumanga) 2 kgs.
 2. Table Salt ½ kgs. (kalluppu)
 3. Mustard Seeds Powder 50 gms
 4. Turmeric Powder 1 spoon
- Quantity marked varies little according to actual measurement

with a tight lid and keep aside. Shake the Jar/Vessel well 2 or 3 times a day, so that the salt and mangoes mix well and to ensure the salt does not settle at the bottom of the jar. Continue the process of shaking 2/3 days till the mangoes have fully shrunk oozing out lot of water.

Then add red chilli powder of the same quantity of salt with the same measured cup that have been measured earlier for the salt to the oozed sour liquid

water. Add a baby spoon of turmeric powder and about 50 gms of mustard seed powder to it and mix well. For the next 4 to 5 days stir to mix the paste well once in a day. Now the Kadumanga is ready to be stored.

This pickle can be stored for a whole year, till next season. While taking the pickle from the container always use clean and dry

spoon and close the container tightly. Never put your finger or wet spoon.

Kadumanga without stem that are kept aside can be used for ready Preparation:

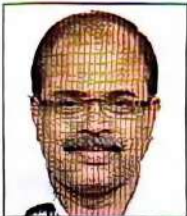
Cut the mango to 2 or 3 pieces. Add Table salt, Chilly powder depending upon your personal preference and a pinch of asafetida (Hing) powder and mix thoroughly well. This is ready to be used as a tempting and mouth watering pickle.

Recipes Courtesy Mani's Lunch Home





Courses/Choices after XII



Dr. Suresh Nair

■ In olden days, there were only three options that is Medical, Engineering and Graduation available after standard XII and hence it is not a

problem for anyone to choose one. But today, there are several options available for the students to choose after standard XII. Hence it is really a big confusion for the students to choose one amongst them. The ultimate idea to be kept in mind when one chooses the courses is the interest of the student and the inclination towards it. Before selecting the choice of their interest, one has to see the career opportunities available after doing such a course. Thus it is very important to first know the employability after doing a particular course of his or her interest.

The main need of the hour is the good teacher in a School or a College. Comparing with earlier years, there is very high demand of Mathematics teachers in our country. According to known information, Mumbai

University has a few number of M.Sc Mathematics students at present. At the same time, there is a vast demand of Mathematics teachers in Schools and Junior Colleges. For those who are inclined to become a teacher, the best option available is to do B.Sc . M.Sc and B.Ed.

Those who are from Science stream, have a lot of choices nowadays. They can think of institutes like Indian

and Associate Member of Institution of Engineers (AMIE), Maritime Engineering and Architechure for Engineering courses, Medical courses, Dental Science, Veterinery Science, Physiotherapy, Pharmacy, Allied Health Science Courses, Fisheries Science courses, Agricultural courses, etc for Medical courses. Apart from these one can opt of Polytechnic Diploma in Engineering courses also. Also National

Defence Academy and Naval Academy for Defence services.

Those who are from Commerce stream, apart from graduation in Commerce in different specialization like Banking and Insurance, Accounting and Finance, Financial Management, Chartered Accountancy, Cost Management Accountancy (ICWA), Company Secretary etc are available.

Those who are from Arts stream, apart from Graduation in Arts, Law courses, Animation

courses, Mass Communication and Journalism , Fine Arts courses, Hotel Management courses are available.

Dr. Suresh Nair, Principal, Vivek Vidyalaya and Junior College, Goregaon West.



Institute of Technology, National Institute of Technology, Birla Institute of Technology and Science, Indian Institute of Space Science and Technology, Indian Institute of Information Technology,, International Institute of Information Technology,

DR ABDUL KALAM THE UNTOLD STORY



Damodaran Unny

■ I was pleasantly surprised to read an Untold Story (rather facts) about our highly respected President late Dr A P J Abdul Kalam. The information stated

therein should be widely shared on social media as 'mainstream media will not show this because it does not carry the so called TRP value,' a colleague who has shared this with me feels and I do agree with her. I reproduce hereunder extracts from her findings the contents of which are self explicit and worth sharing with our readers of *Kerala in Mumbai* as well so that at least some of them will emulate the discipline, integrity and principles followed by the President.

A former Secretary to the late President Dr Abdul Kalam says about him in an interview with a DD Channel. These facts are also reflected in his book 'Kalam Effect'.

1. Dr Kalam used to receive costly gifts whenever he went abroad as it is a customary practice. He did not refuse the gifts for it would be an insult to the giver. Instead he asked the gifts to be photographed, catalogued and handed over to the archives. He did not take even a pencil from the gifts he received at Rashtrapathi Bhavan, when he called it a day.

2. In 2002, during his tenure as the President, Ramzan month came. It was a regular practice for the President of India to host an Iftar party. However Dr Kalam asked his secretary why he should host a party at all and that too for people who are already well fed and asked him to find out the cost of the proposed party. The Secretary said that the cost would be around Rs.22 lacs. Dr Kalam instructed him to donate the amount to selected orphanages in the form of food, dress and blankets. The task of selection of orphanages



was handed over to a team at Rashtrapati Bhavan and the President had no role in that. After the selection he asked the secretary to come to his personal room and handed over a cheque for Rs.1,00,000/- as his personal contribution. The Secretary was dumbfounded. Nevertheless Dr Kalam warned him that nobody should know about his personal contribution. Even though a Muslim, he did not have any Iftar parties during his tenure as President.

3. Dr Kalam did not like *Yes Sir* type of people.

Once he invited 50 of his relatives to Delhi and they all stayed in Rashtrapati Bhavan. He organized a bus for them to go around the city the cost of which was paid by him. No official vehicle was used. All the expenses for accommodation and food etc. were calculated and around Rs.2 lacs were paid from his pocket. This was unprecedented in the history of India.

4. Now the climax. His elder brother had stayed with him in his om for one week and he insisted n o paying the rent for it. However is

was not agreed by the Staff who ought honesty was becoming too much to handle.

When Dr Kalam was to leave Rashtrapati Bhavan at the end of his tenure, every member of the staff personally met him and paid respects. The Secretary came alone without his wife who could not come following an accident. Next day the Secretary was surprised to find a lot of policemen around his house. The President was visiting his ailing wife. He had tears in his eyes. No President would visit a civil servant's house and that too on such a simple pretext. But Kalam Sahib changed the tradition.

Dr Kalam was invited as Chief Guest for a College event. At that time he was not the President of India, but was holding an important post associated with the Government of India. He made a surprise visit to the College one day prior to the event to inter - act with the students who had toiled to make the event successful as he was very enthusiastic and always liked really hard working people.

Nowadays majority of the people take credit when something good happens and blame the subordinates when things go wrong. Dr Kalam was a different personality and he took upon the responsibility when things did not go well and declared himself accountable and appreciated the efforts of his subordinates especially his fellow scientists and gave them credit for their sincere efforts. No wonder he was known as the 'People's President' and a role model for many, especially to students and even politicians.

Dr Kalam reminds us of Mahatma Gandhi about whom the great playwright Bernard Shaw made the following remarks when somebody asked him, "What do you think of Gandhi as a man?"

"Man? He is a Phenomenon!" Shaw replied. ■

Suhr-ra-C XB

Theatree, Mumbai's maiden drama 'Suhr-ra-C XB' was premiered at Mysore Association Auditorium, Matunga at 7.30 p.m. on Tuesday, the 25th April, 2017. The one and half hour play pertains to the pathos, trials of a School Girl who witnesses the complexities of helplessness in her desperate desire to help her friend to get out of a forced marriage by her parents while she is studying in the Std X. The drama throws light on the rotten system prevailing in our society - the system of getting the girl child married at a very young age even when she has not fully realised the meaning of marriage and that too at the cost of her education. This is a bold theme. The friend gets depressed being unable to help her come out of this situation. However, she is bold enough not to divulge the details of the prospective bride's whereabouts who is missing from her house, inspite of threats by the girl's father and a self styled exorcist who attempts to force her to reveal the details of the missing girl. In

a dream sequence the friend comes to know that the marriage was finally cancelled as the so called Exorcist told the girl's father that since he had not

in Allah the Almighty.

However, next day morning, she is shocked to find that the marriage has actually taken place and what she saw was a mere dream. The audience gets an idea that the marriage is actually taking place when they hear the sounds of the festivities. The friend is shattered once again expressing her helplessness in her living room refusing to attend the marriage and the drama ends. The drama, more or less an experimental one, is a bold attempt pointing out the unfortunate condition of the woman child in almost every community and that too when women empowerment is the topic of the day.

Ayalur R Unny, Suma Mukundan, Manju Sushant, Subhash Rajkumar, Reshmi Venugopal, Bindu Prasad, Remya and Dhanya Rameshan and Ravi Kalamboli were on stage. The drama has been conceptualised by Rafeeq Mangalasseri and well directed by Muraleekrishnan.

-Damodaran Unny



taken the consent of his daughter before finalising the alliance, he does not want to be a party to this 'sin' as he believes



The Power of Positive Loving

A thought transfixed me: for the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth that love is the ultimate and the highest goal to which man can aspire transcended on me. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: The salvation of man is through love and in love. - Viktor Frankl



Prof Dr John Mathews Vazhappilly

■ A forgotten opal lay in a wooden case, cold, dust-covered and lusterless. One day a beautiful, young lady took it out of the case, cleared it and held it in her warm hands for a few moments and then it gleamed and glowed with all the beauty of the rainbow. All about us are thousands of human lives, which seem cold and unbeautiful, without inner radiance or gleams of indwelling divine light. What such souls need is the touch of a warm human hand, the comforting grip of love, to bring out in them, the sparkle of the inner beauty that is concealed in them. True, authentic love is the common fiber of life, the flame that warms our soul, that energizes our spirit that enthuses our heart and supplies passion to our lives. It is our connection to God and to each other.

The Meaning of True Love

What sanctifies time most is a life of authentic love. Love is the radium that lights up the dark chambers of our life. Where genuine love is present a person desires but to give, and not sell. No devotion, no sacrifice is too great for

love. Next to bread or rice, this is the food all mortals hunger for; it is the one essential vitamin of the soul. The Eskimos has 50 names for snow because it is important to them, there ought to be as many for love.

Love is the health of the soul, its beauty and well-being. Love is like rain on parched desert land, like the warmth of a blazing flame on frozen feet in a winter night. Love is the lubricant that makes life a lot easier. Love is like a fragrant rose. You can smell it or pass it by. You can take in its sweet fragrance and look at it with delight.

The jeweled pivot on which our lives must turn is the profound perception that every person we meet in the course of a day is a dignified human soul worthy of our love. What the law of gravitation is to the stars and the sun, the law of love is to men and women. The moment we indulge our affections, the earth is transformed: there is no winter and no night: all tragedies, all ennui vanish. Love exhilarates and ennobles. Love uplifts the heart and enriches the soul. With love the burden of life is eased and more lightly and joyfully borne.

Love in its various dimensions is the oxygen of a rich and full life. Our lives are shaped by those who love us - by

those who refuse to love us. All the wise poets, all the mighty preachers, all great men who set this world on fire with great and sublime thoughts would tell us gladly if they could that there is nothing more powerful and effective than true love in this world. It is love; it is love that makes the world go round. George Chapman called Love Nature's second Sun :

*I tell thee love is Nature's second sun,
Causing a spring of virtues where he shines.*

Love gives comfort, solace and strength through a word or a smile. The touch of a compassionate hand often illuminates our paths in life like a lightning flash in the darkness. The treasures of love and compassion locked up in human hearts must be utilized for improving and bettering the condition of man in this vale of tears.

The great Shakespeare wrote, "The course of true love never did run smooth." This is very true of real love. In the course of a genuine love relationship, we will have to go through periodic winter of emotional setbacks to find a newness of our love in the spring time. The tinsel of our young and tender love is burnished by the hand of time into the solid gold of mature love. There will be

certain times when negative feelings will cloud the skies of our world, but true love dispels the gray clouds of negative feelings and emerges stronger and brighter. It would be fatal to identify love with mere feelings. However it would be equally lethal to a relationship of love if there were no warm and loving feelings to take care of the tender buds of young love.

*Love is Mostly a Matter of the Heart
It is only with the heart that one can see rightly: what is essential is invisible to the eye.*

*Antoine De Saint Exupery.
The Little Prince*

The measure of a man is the measure of his heart. The heart produces its sweetest melody when it loves, when it bleeds for others. On this earth no poetry, no song is more beautiful than those tears that come from the depth of the heart in a moment of love. Love is the most innocent quality of life. It cannot be contrived. It is the spontaneous overflow of a rich heart. A lack of love denotes a lack of life. The show of love without the substance of true love is a shame and a sham.

A loving heart embraces the whole universe: every grain of sand, every blade of grass, everywhere ray of light, each and every species of animals. Those who are restricted in their ability to love, those whose love flows only in restricted channels of isolated objects or individuals, those who can only like this or that, those who have no awareness of universal consciousness in their hearts, are like small ponds where the love can flow only as ripples and not as waves of the sea. To enjoy the ocean of love, we have to improve the magnitude of our hearts and gain the depth of an ocean, unfathomable and full.

Our daily lives should be filled with the spirit of love and gratitude. We cannot afford to forget that the superb charter of kindness include salespersons, our own domestic help, the garage mechanic, and the tailor who stitches our clothes. "I call no man charitable," said Thoreau, "who forgets that his barber, cook and hosier are made of the same human clay as himself."

A loving heart blossoms with tenderness and fine sentiments. Fine sentiments are the most beautiful flowers in the garden of life. Let us recognize the beauty, the splendour and love of true sentiments. Let us be on guard against checking or chilling a single fine sentiment. It is the delicate and tender feelings of affection and

friendship that drive us to our friends and acquaintances with outstretched arms so that we steadily expand the circle of friends we know and, care about. Trying to get along without fine sentiments is like trying to live in the Gobi desert, is like trying to live in a world without roses or music or sunshine.

We tend to confuse coldness and indifference with maturity. It is neither wisdom nor virtue to choke down these natural sentiments of love and affection, tenderness and care. In our indifferent and impersonal world, what fools we are if we don't keep shining the little candles of tender feelings, the soft, splendid light of sentiments.

In the last years of his life, Robert Louis Stevenson lived on the island of Samoa. When his friend Matafa, the Samoan chieftain, was put in prison by the European authorities, Stevenson, though he was then ill and tired, went again and again to visit him. Always he brought some little gift. Deeply moved by this kindness, the Samoans labored long hours to build a road for Stevenson. And when he died they buried him high on a hilltop and made a rule that no firearms should ever be used on the hill, because they wanted him to sleep in peace.

Back of many scientific discoveries is somebody's sentimental motivation. For instance, the discovery of insulin! When Frederick Banting was a young boy in Canada, he had a playmate called Janie. She used to play hockey and baseball with him. She skated and climbed hills and mountains with him. Then one summer day, Janie suddenly died, died of sugar in the blood. This painful memory haunted Banting for a long time. It was this sentimental love that motivated and inspired him to discover insulin.

Love is Proactive

A bell is no bell
'till you ring it,
A song is no song
Till you sing it,
And love in your heart
Wasn't put there to stay
Love isn't love
Till you give it away.
Oscar Hammerstein, Sound of Music

In the great literature of all enlightened societies, love is a proactive response and not an instinctual, reflexive reaction. Love is a verb and not just an abstract noun. Reactive people make love just a feeling. We seem to equate

love with some perfumed, scented, sophisticated Hollywood concept. Actually love means to treat people with common decency, with the respect due to every man as a child of God or for that matter as a fellow human being. Hollywood has generally scripted us to believe that we are not responsible, that we are a product of our feelings. But the Hollywood script does not describe the reality. If our feelings control our actions, it is because we have abdicated our responsibility and empowered them to do so.

Proactive people make love a verb. Love is something you do; the precious sacrifices you make, the spending of your time and energy. Love is a value that is actualized through a series of loving actions. Proactive people subordinate feelings to values and deeds. Feelings are precipitated through the chemistry of self-less actions.

For without love, we lose the will to live. Our mental and physical vitality is impaired, our resistance is lowered, and we succumb to illness that often proves fatal. We may escape actual death, but what remains is a meager and barren existence, emotionally so impoverished that we can only be called half alive.

The following incident illustrates the proactive nature of genuine love. Composer Johannes Brahms' father refused steadfastly to take any money from his son, and it required all of Brahms' tact and delicacy to support him. Once, when the two parted, Johannes said, "Believe me, Father, music in every situation is the greatest comforter. Whenever you are discouraged and feel you need something to lift you up, just take my old score of Handel's Saul and read it over. I'm sure you'll find there whatever you need." Sometime later the old man had occasion to remember Johannes' words and looked through the old score. What he found was indeed the one thing he needed: his son had carefully put a bank note between each page.

The Sweet Wine of Romantic Love :

*Love is short, forgetting so long,
I want to do with you what spring
does with cherry trees.
In one kiss, you'll know all I haven't
said.*

Pablo Neruda

Love, like a lonely mountain stream, will trace a new path, down the slope of impediments, till it meets the river of its passions. Many great men have been passionate lovers. These men and women whose names belong to the ages loved-

mind, heart, body and soul. And they carried their love proudly, as an army carries its banners.

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

True romantic love is a feature of the integrated being. It has little to do with the shapes of your beloved's nose, eyebrows or the tilt in her steps. It goes directly to the person and looks in to the soul. Soren Kierkegaard understood the ecstasy of human love: No time of life is so beautiful as the early days of love, when with every meeting, every glance, one fetches something new home to rejoice over. Romantic love is just the icing on the cake. Every romantic love should ripen in to mature, mellowed, true love. The German Poet Rainer Mari Rilke understood the depth of romantic love and wrote: Love consists in this that two solitudes protect and touch and greet each other.

A romantic relationship is one of self-understanding and finding one's soul mate and oneself. Your partner should help you to bring out the best in you. True love leads to reciprocal growth. Self-less love does not mean you become a doormat, nor does it mean diluting your values. It is a fine balance of maintaining your self-image and inner space while being there for your loved ones. There is an essential sanctity about romantic love as observed by William Lyon Phelps : Two persons who love each other are in a place more holy than the interior of a church.

I recall being extremely moved watching an interview on public television between interviewer John Callaway and actress Helen Hayes. At age 82, Ms. Hayes looked radiant in the garden of her New York home. She sat proudly in her chair, her face full of the strength which comes from living life

fully and with dignity. Mr. Callaway repeatedly asked her very personal questions. None caused her to lose her composure until, alluding to her stormy marriage to writer Charles. MacArthur, He suggested that she had never known a totally happy day. She looked him directly in the eyes and with great dignity responded something to the effect of, "Perhaps not a completely happy day... but I knew moments of great ecstasy."

Altruistic Love

There is a light in this world, a healing spirit more powerful than any darkness we may encounter. We sometime lose sight of this force when there is suffering, and too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.

Mother Teresa

A flock of wild geese had settled to rest on a pond. One of the flock had been captured by a gardener, who had clipped its wings before releasing it. When the geese started to resume their flight, this one tried frantically, but vainly, to lift itself into the air. The others, observing his struggles, flew about in obvious efforts to encourage him; but it was no use. Thereupon, the entire flock settled back on the pond and waited even though the urge to go on was strong within them. For several days they waited until the damaged feather had grown sufficiently to permit the goose to fly. Meanwhile, the unethical gardener, having been converted by the ethical geese, gladly watched them as they finally rose together and all resumed their long flight. If a flock of geese has such amazing sense of altruism can we humans lag behind in altruistic love?

Altruistic love is like the morning sunshine. It warms and heals every one of us. A life of altruistic love is full, and rich and incessantly expanding in goodness, grace, beauty and authentic power. Altruism can be achieved only by self-discipline, self-mastery, self-abnegation, and, if the need arises, self-sacrifice. The cure for the evils of life is to be found in overcoming self-centeredness.

Open your eyes and look for some man, or some work for the sake of men, which needs a little time, a little friendship, a little sympathy, a little sociability, a little human toil. It may be an old man or it may be a child. Or some good work is in want of volunteers who will devote a free evening to it or will

run on errands for it. He is needed in every nook and corner. Therefore search and see if there is not some place where you may invest your humanity.

This age in which we live could hardly be described as conducive to a sensitiveness of the needs of others. We have developed a veneer of sophistication and hardness. Abraham Lincoln once said, characteristically, "I am sorry for the man who can't feel the whip when it is laid on the other man's back." Much of the world is calloused and indifferent toward mankind's poverty and distress. There are opportunities for love everywhere. Existence is full of amazing things give love to them. Whenever you get any opportunity to love, don't let it pass, use it. For example, you are walking along the road and there is a stone on the road move it aside.

Let us begin to open ourselves up like flowers soaking up the rays of the sun. Then our entire being will blossom with self-effacing love. Egoism and individual interests will make way for pure and selfless love. The beautiful words of William Wordsworth come to my mind: The best portion of a good man's life, His little, nameless, unremembered acts of kindness and of love.

An Amazing Instance of Altruistic Love

The members of a family were entertaining friends in their beautiful garden one night, Sunday, when someone at the gate asked to see the lady of the house. It was a man who looked like a tramp shabbily dressed, dirty and unshaven. The members of the family were horrified to see him, but the lady of the house said to him, "How nice to see you, Frank. Please come in."

She took him into the house, saying she was sure he would like to freshen up before dinner. After equipping him with a towel and razor and running a bath, she gave him some clothes of her husband's, matter-of-factly stating that travelling made one rather grubby. She asked him to join them on the lawn when he was ready. She explained briefly that he had once been a good friend, but he had lost his money and his wife and child when he took to drink.

When Frank appeared, clean-shaven and nicely dressed, she introduced him as an old friend. He spent the night, and when he left the next morning his eyes were full of tears of gratitude. The memory of that day perfumed Frank's entire life for the rest of his life. ■

Greed Over Need



P V Ramanathan

Once upon a time a king was on a journey with his entourage. On the way, he made a halt for rest and sleep. As the king was taking a walk after a while, he happened to stand under the shadow of a tree. Then a poor man for all appearances, happened to pass by. As he neared the king, a thought occurred to him why not seek some favour from the king?

There upon, he prostrated before the King respectfully and with all the humility becoming of a commoner submitted his wish to the King 'why not the king part with his footwear and umbrella as the king was already under the shade of a tree and also a horse nearby for his use, the reason being that the poor man had to go a long way under a scorching sun, whereas the king was well protected from the harshness of the elements.'

The King was obviously amused at the man's request and appreciated his ready wit and wisdom and courage to approach him thus. Without a second thought, the king agreed to the request made with so much earnestness and simplicity - without any trace of guile and importantly with disarming innocence writ large on his transparent countenance.

Nature could have hardly improved this part of its creation for the intended purpose.

The request having readily granted, the footwear and umbrella changing hands, the man left after proper obeisance to the king.

No sooner than the man left the presence of the king and hardly taken a few steps when the doors of his mind opened and a new thought entered.

Human Beings have an insatiable appetite for happiness. Our man was no exception to this well-known concept which has stood the test of time for ages.

The man thought, if the King was so magnanimous to part with what was asked so readily, he would not hesitate to give more, if approached again.

The man retraced his steps and stood before the king who was not very much surprised at what had now become, slightly an invasion into his privacy.

All the same with no such visible sign of annoyance, the king gave him an

approving glance and agreeably enquired the purpose of his visit.

With all the weakness and politeness and a beseeching smile to boot, he wondered whether he would be guilty of excess or would be crossing the Lakshman Rekha if he could ask the king to part with his horse as well as his Majesty had several of them and would not feel the loss of a single one.

The King was jostled a bit at the gravity of his request. He felt for a moment that he was hoisted on his own petard.

Perhaps the occasion was not propitious enough for the man. No doubt, the King was good now and then. But for the man's time which was favourable then was no more so and the king politely declined the man's wish.

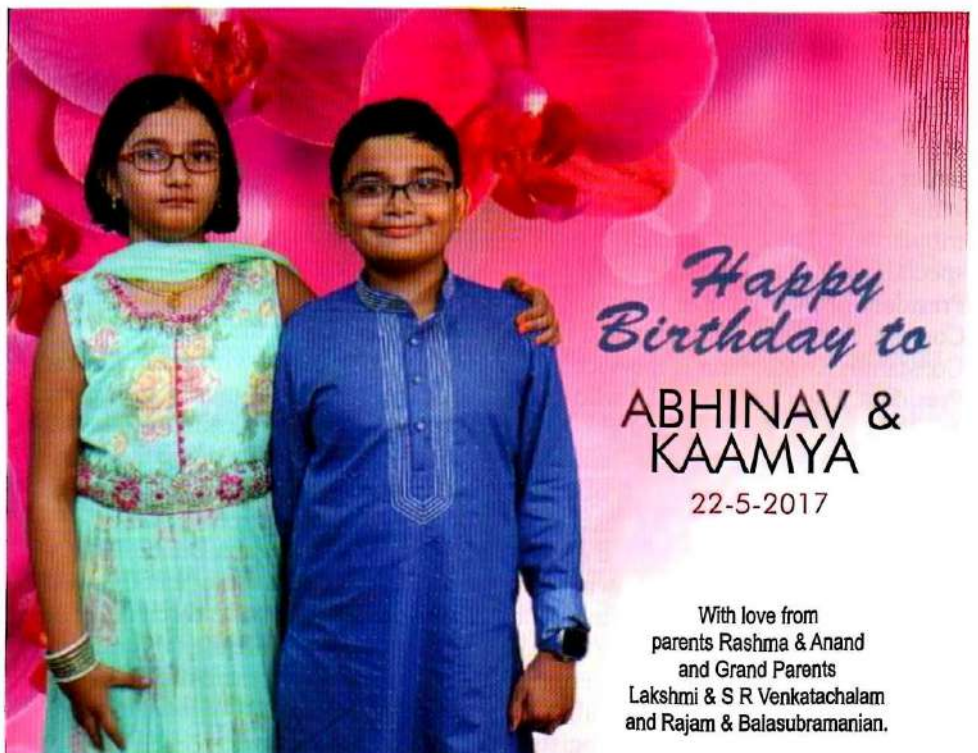
Thereupon, the man revealed the inner most workings of his mind and the reason why he approached the king a second occasion.

He told the King that if he had not come to him a second time, the rest of his life, he would be spending in gnawing doubt that the King would have conceded his request for a mere asking and that unsolved predicament would have remained a lifelong burden to the last breath of his life. It was therefore better to have asked and lost than not to have asked at all, as a mind that is set at rest without the murmurings of an

unforgotten past is like regaining a lost paradise.

Analogies of this kind of incidents are galore.

A mother asked her brother who was a judge to give a favourable judgment in her son's case in the forthcoming hearing. The brother answered that he would be on the side of justice. The mother knew only too well that her brother would not swerve from the path of justice, but her concern for her son, as a mother, overrode every other consideration and made her decide to plead to him for her son so that in the event the verdict punishes her son, she should not feel that had she spoken to her brother her son would have been saved. The underlying moral is that hope springs eternal in the human breast. The above is an incidental illustration of how budding sprouts of human aspirations cannot be exited out or banished to the margins of our consciousness. It is a thin line that divides greed and need. Doubt is an essential component of an investigative mind. Instead of, therefore dragging our lives through lurking melancholies and filling our emotional landscape with needless and possibly unmaterialising anxieties and fears it is better to give vent to our thoughts bad feelings when occasion demands rather than live with them till our last breath. ■



INDIA HOSTS 49TH WORLD CONGRESS OF DANCE

- Sandip Soparrkar

As a dancer and a performer I get calls from different people and organisations to put up a show or a dance act that suits their theme or motto. There are times in an artist life when there are some shows we await to perform for and then there are some we have to perform with no choice left. My performance, talk and a workshop at the prestigious 49th World Congress of Dance was one to remember forever.

Recently the world of dance got linked together and Mumbai dance lovers witnessed a cultural extravaganza co-ordinated by noted dancer Kalashri Lata Surendra.

Actress Aishwarya Rai Bachchan lighted the inaugural lamp and Mrs. Amruta Fadnavis, wife of Maharashtra Chief Minister Honourable Mr. Devendra Fadnavis made the closing speech.

It was the first time that the International Dance Council (CID) was organising its world famous congress in India. The congress endorses the harmony, peace and good-will linking worlds through the didactic potency of Dance and is open to all forms of dance: Classical, Ballet, Modern, Folk, Ballroom, Oriental, Tango, Therapeutical, Recreational, Revival etc.

Like all Congresses it engenders a sense of reaching out to belong to a larger dance fraternity, 'The CID family' - that shares every one's trials and tribulations! The event was even more special because of the presence of the President of International Dance Council, Prof Dr Alkis Raftis and Dr Constantin Kontogiann is the Vice President, Paris Section CID, who handed over the International Certification participation to students and dancers. Other senior CID officials were also present at this congress.

CID congress reached out to each dancer of India, who in their own way are transforming the space around them with the kinesthetics of the Arts to make of the world - a parenthesis in eternity- be it as specialists in cultural studies, art historians, psychologists, sociologists,



Mrs. Amruta Fadnavis at closing ceremony of the world congress of dance

anthropologists, philosophers, theologians, choreographers, dance teachers, dance therapists, dance film directors and professionals representing all forms of dance from all over the world.

This 5 days dance congress also invited performers who would truly highlight the significance of 'dancing into meaningful moments' ! I performed the opening act of the 49th World Congress of Dance with my gorgeous dance partner Super model Alesia Raut depicting the ever - lasting love between a man and his women using the Cuban dance of Love Rumba. Apart from us there was performance by Ashley Lobo's Navdhara India Dance Theatre. So I can very clearly say that the World Congress on Dance Research is the best opportunity for professionals and amateurs to interact and highlight the cycle of 'growing as we learn and learning as we grow'.

After the hectic 5 days of dance, Lataji, who is also the section president of CID, said, "The launch of the first section of International Dance Council 'Linking Worlds Through Dance' can only happen when a persona whose beauty gathers the world, whose name gathers the dance and whose commitment to the cause of under privileged highlights the tenets of the umbrella of the council of international dance- the official dance partner of UNESCO. We were honoured to have Aishwarya Rai Bachchan, inaugurate our festival and glad we have her support to promote the art of dance."

She further added, 'I am also overwhelmed that Mrs. Amruta Fadnavis came for the closing ceremony and spoke about development of dance and art along with encouraging the importance and need of seminars and workshops of various dance styles which we had throughout the 5 days of the



During the inauguration of world congress of dance

World Congress of Dance, which actually marked a cultural trade fair of dance with Dance Maestros from all over the world," she said.

There were several lectures, workshops and performances that took place during this 5 days of CID meet.

The first lectures began with the dynamic Principal of Nalanda Nritya Kala Mahavidyala Dr Uma Rele (The Three 'E's in Performing Arts) followed by kathak dancer Paullomi Mukherjee and Lavni expert Charushila Golam (Kathak & Lavani a meeting point), Ms Savvy Raj Radhakrishnan (Why Dance Matters? The Relevance of Dance in the context of Education and Community at large) Alberto L. Dimarucut from Philippines (The Creation of a centre for Dance at the University of Philippines and its policy advocacy plan) Padmashri Darshana Jhaveri (Temple to the stage through the folds of Manipuri), Sandip Soparrkar (The colors of Ballroom Style Dances from then to now) Ms.Sanjukta Wagh (The vital need of an interdisciplinary and context based understanding and approach in the Indian classical and contemporary dance), Dr Sailaja Desai (The Relevance of Dance within the Context of Education & Community at Large), followed by many more presentations

by dancers both from India and abroad.

I came out of 49th World Congress of Dance feeling more educated towards my love for dance and now I leave to you to decide how you feel just reading about it.

actively promoting professional development, research and international exchange in dance since 1973, providing official support, peer-to-peer exchange and the upgrading of dance in all countries through its members and local sections.

- CID is the official umbrella organization for all forms of dance in all countries of the world. It is the only international non-profit organization (INGO) representing all forms of dance that is recognized by the United Nations Educational Scientific and Cultural Organization.

- CID Headquarters is in Paris and the current administrative office of the President, Dr. Professor Alkis Raftis is in Athens, Greece.

- CID Congresses are the largest gatherings of dance specialists worldwide, the best opportunity to showcase one's work to a wide audience of practitioners, dance teachers, choreographers, researchers, journalists, organizers and suppliers. Approximately 400 conferees from 40 countries of 5 continents attend each congress.

- The next World Congress in India is happening in 2018 December. To know more details please contact Lata Surendra -www.lataSurendra.com /dadarmumbaicid.org

Sandip Soparrkar is a well known Ballroom dancer and a Bollywood choreographer who has been honoured with National Achievement and National Excellence Award by the Govt of India. ■



Sandip Soparrkar, Lata Surendra, Aishwarya Rai Bachchan, Alesia Raut

About CID Organisation

- CID Congresses provide an official platform where individuals, groups and organizations with a shared aspiration and commitment to dance come together. Being primarily intended for professionals, the congresses are open for everyone who would like to learn more and to get involved in dance without any discrimination. As the United Nations of Dance, CID has been

VGN Group ventures into Financial Services Consultancy

■ Thirty year old VGN Jewellers Group, an established and reliable business group, founded by V G Nair, has expanded and ventured into financial services and consultancy areas and started a company, GMV Consultancy Pvt Ltd. VG Nair's son Govindan and daughter Meera will head this new company along with eight qualified youngsters who are also the company's Directors. Govindan has done his graduation in Management Services while Meera is a CA. The core management team has a harmonious blend of young ambitious professionals and experienced business stalwarts, specialising in the field of financial services, management and technology.

GNV Consultancy Pvt Ltd's major areas of activities comprises of stock broking, mutual fund, loans, personal loans, housing loans, insurance, company registration, tax consultancy, HR Services and information technology. The company is also the authorized sub brokers for one of the



Kumaran Nair, Govindan, CKK Poduval, Meera, Mrs and Mr V G Nair

leading financial services giant, M/s Motilal Oswal Securities Ltd. for Equity, Commodity, Currency Trading, Mutual Fund etc. The existing business

ventures also will be under the new corporate body.

GMV - Management & Technology Services empowers organisations with end to end solutions and services ranging from initial consulting and analysis to turnkey implementation of software for its clients.

Group Chairman VG Nair, his wife and his son and daughter Govindan and Meera inaugurated the Company. Lion Kumaran Nair, Adv Padma Divakaran, Actress Parvathy Omanakuttan, Rajan Nair, Sreekumar Pillai, Hari Kumar Menon, Rajan V Nair, Shrikant Nair, Jayant Nair, C P Babu and several other eminent personalities attended the event.

The force behind GMV Consultancy



New special trains

■ The newly announced special trains connecting Mumbai and Kerala started their journey on April 18. Malayalees under the leadership of Sasikumar, Chairman of Yatra Samiti gave a warm reception to the train. A pamphlet detailing the precautions to be taken for security and other important aspects during the journey was distributed to the passengers. The tremendous pressure applied on Central Railway by Yatra Samiti along with Western India Passengers (WIPA), Konkan Malayalai Federation, RAC yielded these special trains during summer vacations. This train will continue to run till June 7. It has stops at Dadar, Thane, Panvel, Roha, Khed, Chiplun and Ratnagiri in Maharashtra and in Kasaragod, Kannur, Kozhikode, Shoranur and Thrissur before reaching Ernakulam. It has five 3-tier AC coaches and eight sleeper coaches.

Paattukoottam

■ 'Paadaam, Paattilaliyaam' (Let's sing and get dissolved in songs) is the message *Paattukoottam* spreads. It is the initiative of Tru Indian Creative Wing for the singing talents from Badlapur to Dombivli. It will have music sessions on every third Sunday at 4 pm and all styles of music will be promoted. There is no age bar for the participants. Venue also will change. Training facilities for new talents also will be provided. The first session will be held at A S Academy and Money Commerce Class Hall. For details, contact 98217 88171, 93209 86322 or 84220 07013.

Raagalaya's Musical shows of Old Malayalam film songs

■ As part of recreating the magic of old Malayalam film songs and familiarising the younger generation of Malayalees to the charm of the melodious hits of yesteryears, Raagalaya Academy of Music and Arts in association with Kerala in Mumbai has embarked on a journey of organising musical evenings of old Malayalam film songs. The first such programme of a musical evening 'Raagamalika' (Vayalar Nite) comprising the golden songs of popular Malayalam lyricist Vayalar Rama Varma took place on 9th April 2017 at Aishwarya Hall, Marol Education Academy, Bhavani Nagar, Marol, Andheri (E) from 6.30 pm onwards. P V Vijaykumar President of Raagalaya, along with veteran singers Madhu Nambiar, Baburaj, Sebastian and Saumya rendered film songs and it was well appreciated by the music loving audience. Ashish Abraham anchored the programme and the accompanying artistes were Vichoo Iyer on the guitar, Abhilash on the keyboard, Kumar on the tabla, and Hari and



Rendering of Vayalar songs by Raagalaya singers



Ashish Abraham

during the Book release function of Retd Dy Municipal Commissioner V Balachandran's new book '

Ravishanker on the octopad.

The second performance of 'Raagamalika' Vayalar Nite will be staged

Recollections & Reflections of A Malayalee in Mumbai' on May 20 at Ayyappa Temple Bangur Nagar.

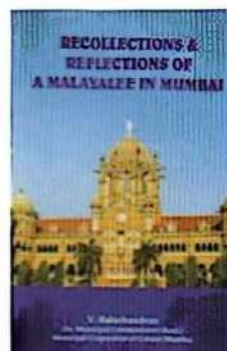
Raagalaya aims to stage more such musical evenings of melodious songs for musical lovers. Those wishing to host musical programmes in their locality or associations/ samajams can contact Raagalaya on 022 29209959 /919820110509 .



Section of audience

Book Release

■ 'Recollections & Reflections of A Malayalee in Mumbai,' a compilation of articles and serials appeared in various periodicals of Mumbai in the past, written by V Balachandran, former Dy Municipal Commissioner of Mumbai (MCGM) will be released on May 20 at the first floor auditorium of Shree Ayyappa Temple, Bangur Nagar,



Goregaon, at 6 pm. Several cultural czars and social activists are expected to throng the venue. This will be followed by a Music Sandhya comprising golden hits of Vayalar Rama Varma, presented by Raagalaya of Mumbai.

The book is compiled and published by Unni Menon. The event is organised by Kerala In Mumbai.

Kodungallur Kudumba Koottayma

■ The annual meeting of the Mumbai residents from Kodungallur, Kodungallur Kudumba Koottayma, was recently held and Kerala Minister for Agriculture V S Sunilkumar was the Chief Guest. During the meeting financial assistance to the poor families and cancer patients was handed over.

The meeting was held at Marathi Sahitya Kala Mandal in Sector VI of Vashi, Navi Mumbai. The financial assistance of Rs. One Lakh for the cancer patients was handed over to Tyson Master MLA.

Addressing the meeting, Minister Sunilkumar expressed his view that Kodungallur is a place of international importance. He also lauded the efforts of the Kodungallur Koottayma to mitigate the sufferings of cancer patients of Kerala, a state where the killer disease is on the rise. The life style and food habits had a great role in this issue.

Kaipamangalam MLA Tyson Master also praised the people of Kodungallur. There is total religious amity in Kodungallur and where ever people from this place go, they always maintained harmony, he said.

Office bearers of the Koottayma namely Anandan, Sunilkumar, M K Nawaz, Pradeepkumar, E P Vasu, and E P S Vasudevan felicitated the guests who came from Kerala. Municipal Council Chairman Vipinchandran, Block Panchayat President Abid Ali, Cheraman Masjid Chairman Dr Syed Mohamed were among them.



Minister V S Sunilkumar lighting the lamp during the inauguration



Handing over of cheque for Rs One Lakh to Tyson Master MLA for poor cancer patients



The audience

Well known personalities from the city Abdul Karim, Sachin Menon, Prince Vaidyan, Adv Sreejit, Gokuldas, Goodwin Sunilkumar, K R Gopi, Premlal, J P Thakazhi, Girijavallabhan et al were also felicitated.

During the cultural programmes, Amchi Mumbai Golden Voice Singers presented a music concert and Ashish Abraham mimicry. There were items by Venugopal, Nisha Rajan, Sruti Sunilkumar, Surjit Devadas and Shweta Varier.

There was a short documentary film about Girish Unnikrishnan, well known journalist from Kodungallur.



Minister K T Jaleel addressing the gathering . Guests Aji Vasudevan, KPAC Lalitha and SNMS office bearers on stage.

SNMS 53rd Anniversary

■ Sree Narayana Mandira Samiti celebrated its fifty third annual day in Chembur. Kerala Minister K T Jaleel was the Chief Guest on the occasion. Chairperson of Kerala Sangeeta Nataka Akademi KPAC Lalitha and Shipping Corporation of India Senior Dy Manager Aji Vasudevan were Guests of Honour.

President of Samiti N Sasidharan presided. Chairman M I Damodaran,

Vice Chairman N Mohandas and General Secretary N S Salimkumar addressed the gathering during the event.

The wick of change should be lighted from the heart. Sree Narayana Guru taught us this vital lesson and thus paved the path of secularism, remarked K T Jaleel. Religious animosity started only when politicians saw religion as a tool to sustain power, he said.

The Marathi and Hindi translations of the biography of Sree Narayana Guru

written by Swami Dharmatheerthar, titled Prophet of Peace were released. The translation of Life and Teachings of Sri Narayana Guru titled Sree Narayana Guru Ki Jeevan Aur Shiksha was also released by the Chief Guest.

Gurudharma Pracharak V N Pavithran was felicitated. Durga Viswanath, Jins Gopinath and Shruti Sudhir presented a musical evening and Pramod Mala and team provided the comedy tracks.



Kumaran Nair inaugurating Vishupooram organized by SNMS Mira Road Youth Wing. SNMS General Secretary N S Salim Kumar and A K Vasudevan also in the picture.

New units in Vartak Nagar and Panvel

■ Sree Narayana Mandira Samiti has started its units in Thane Vartak Nagar and Panvel. G Girishkumar is the unit secretary at Vartak Nagar. B Haridas, T Srinivasan, Akshay Ashokan, K Balan, A S Bhaskaran, Sukumaran V V are the council members. Phone: 98673 09348.

Sobin Surendran is the Panvel Unit Secretary. Salim C Damodaran, Ajitkumar K B, P N Sasindran, Santhesh Gopalakrishnan, Thankamani Gopalakrishnan and Vijaykumar K are the council members.



G Girishkumar



Sobin Surendran

B Venugopal MD of LIC



■ B Venugopal has been appointed as Managing Director of Life Insurance Corporation of India. Till now he was Executive Director in charge of West Zone. Another Executive Director promoted to post of Managing Director is Sunita Sharma.

Venugopal is a native of Haripad, Alapuzha district and started his career with State Bank of Travancore. He joined LIC as Assistant Administrative Officer in Kasargod. In 1983 he became computer operating officer in EDP department in Mumbai. He was Senior Division Manager in Madurai. From 2008 to 2015 he was in Information Technology division. Then he moved to become zonal incharge of West Zone.

He is born to Puthiyil Veetil Bhaskaran Nair and Kamaladevi couple of Haripad. His wife Nalini is Chief Manager of New India Assurance, Mumbai.



Government of Maharashtra has appointed BJP Vasai President Utham Kumar as Member of Anti - Corruption Samiti.

K S Menon Awards

■ In a competition for poets, instituted in memory of the late K S Menon (Sreeman) by Trombay Samskariika Samiti, Anita Varma's *Nissabayar* (The Helpless) won the first prize while *Kolangal* of Madhu Nambiar and *Sadacharam* of Ashish Abraham won second and third places respectively.

The winners received their prizes at a function held at Banquet Hall, Chembur Colony on April 23. Keraleeya Kendra Sanghatana President Gopalan Nair, Adv Padma Divakaran, novelist C P Krishnakumar attended the event and spoke on the occasion.

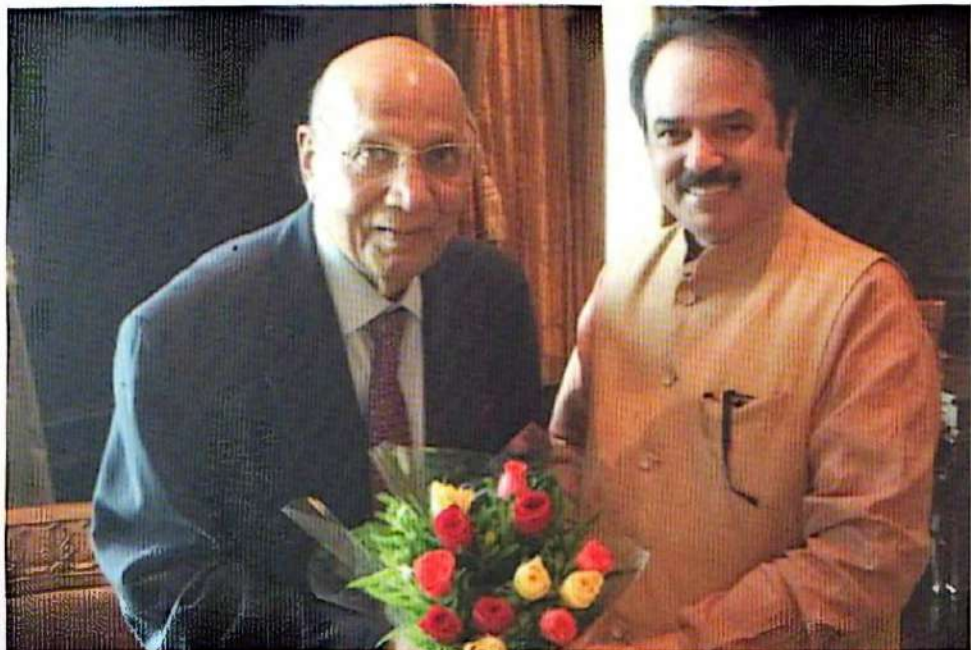


Madhu Nambiar receives his Award

Sreeman Literary Award to Balakrishnan

■ The literary Award instituted by Pravasi Sabdam magazine, published from Pune, in memory of writer and social activist the late K S Menon (Sreeman) was awarded to Novelist Balakrishnan. The function was held at New Bombay Keraleeya Samajam Hall, Nerul. Well known writer Leela Sarkar presented the citation and the award

amount of Rs.25,000 to Balakrishnan. Pravasi Sabdam Chief Editor K Harinarayanan presided. K Rajan, E I S Thilakan, Mohan Kakkanadan, Leela Sarkar, Balakrishnan and U N Poduval addressed the audience. Wife of Sreeman, Rugmini was present. Rajendran Kuttoor recited some poems of Sreeman.



U.K Business Magnate Lord Swraj Paul honouring K & K President Alexander Prince Vaidyan in New Delhi during a recent visit to India.



Kaikottikkali performance

Mega Kaikottikkali at Goregaon

■ Goregaon Malayali Samajam celebrated this year Vishu on April 14 with thiruvadirkkali (Kaikottikkali) presented by about hundred ladies under the leadership of Mrs Meera and Sulochana from 7pm onwards at Bangur Nagar Ayyappa Temple. This is the first time so many ladies participating in the programme. The event was organized by Goregaon Malayali Samajam Ladies Wing under Vice President Dr Janaki Hariharan.

Keralotsavam was celebrated on April 16 at the nearby grounds as part of Vishu - Easter celebrations. Entertainments, lucky draw and food fair etc were held. There was a Nadanpattu programme by Sreepadam orchestra led by Sudheesh Nair.



Inaugural ceremony

Poetry camp

■ Vagdevata Magazine of Pune invites poems from those who wish to join the camp for future poets to be held in Pune in July. The poems should be based on nature, global warming, rain, love or social justice and it should not exceed six lines. The last day to receive the poem is May 31. For details, contact 96040 14773 or email to vagdevata@gmail.com.



Adv Padma Divakaran lighting the lamp at the inauguration of Wokhardt Medical Camp organised under the aegis of SNMS Kurar Unit and Bombay Keraleeya Samithi, Malad West.

VN Gopalakrishnan Felicitated

■ VN Gopalakrishnan, a Powai-based Freelance Journalist and Social Activist has been felicitated by the Powai Senior Citizen's Association on April 24, at the Forest Club, Hiranandani Gardens, Powai. The Association also conferred on him the Honorary Life Membership on the occasion. He has been honoured for his journalistic accomplishments and community service.

Gopalakrishnan has over 45 years of experience in journalism. Commencing his journalistic career as a Sub-editor with Free Press Journal in the early 70s, he has edited several industry and trade publications both in India and abroad. He has to his credit over 450 articles published in various journals. He is a regular contributor for *Kerala in Mumbai*, writing a series on 'Makers of Modern Kerala.' He served as Chief Executive Officer of Priyadarshni Academy till 2009.

He currently contributes articles in Bhavan's Journal, Organiser Weekly, Sunny News, Planet Powai etc. He has also initiated the formation of VicharaVedi, a socio-literary group in Powai. He has contributed a Chapter titled "Synoptic History of India" being

Samadaram

■ Tru Indian Information and Guidance Charitable Society is celebrating its annual day as well as the presentation ceremony of their awards on June 10 at Savitribai Phule Natyagruha Auditorium, Dombivli East. The event is christened Samadaram 2017. Awards will be presented to those working in Social Service (Samaj Sevak), music (Nadaprabha), journalism, dance and literature, besides an award instituted in memory of danseuse and actress Sukumari. Personalities working in these fields from Mumbai, Pune and Gujarat can participate. Tru Indian Creative Wing will present cultural programmes. The entry to the event is free. For details contact 9320986322.

The co-ordination committee for this event is constituted with Adv Padma Divakaran, Rajan Varier Puthiyedam, Sasi Nair Sanpada, Rajan V Nair, Madhu T Pillai, Adv A Sukumaran, S Haridas, Michael Jacob, Uma S Nair, I G ManojPisharodi et al.



Prem Vacchani, President, Powai Senior Citizen's Association and Smt. Kokilaben felicitating VNGopalakrishnan. Krishna Sali, Treasurer of the Association is also seen in the picture.

published in the Book of Knowledge for Politicians by Dr. D.Y. Patil International Academy, Pune.

V N Gopalakrishnan is also associated with Chinmaya Mission,

Bharatiya Vidhya Bhavan, Nair Welfare Society, Kendriya Nair Samskarika Sangh and several socio-cultural organisations in Mumbai.

BMC Award to Malayali Teacher

■ Municipal Corporation of Brihat Mumbai bestowed an award for the best teacher of Mumbai on Shirley Paul, the Principal of M M Seth High School, Andheri West. Teachers around Mumbai cherished this award as an indication of the independence of teachers from the school management and also of courage and bravery. Shirley Paul accepted the award from the Mayor of Mumbai Vishwanath Mahateshwar.

Shirley hails from Alappatt Palathinkal family of Thrissur. She was dismissed from service by the school management for taking action against a teacher who sexually exploited girl students in the school. The management accused her of defaming the name of the school by lodging a complaint with the police against the guilty teacher. Gathering courage from family and friends, she fought the case alone in the tribunal,



Shirley Paul

HC and finally SC and won accolades from all corners. She was re-instated in service on March 24. A spinster, Shirley Paul stays with her mother in Mumbai.

M G Radhakrishnan Passes Away



MG Radhakrishnan, popularly known as MGR, a veteran media professional, language translator, and

dubbing artiste passed away. He has compered many programmes of Raagalaya Academy of Music and Arts for the past several years. He was also well-known for anchoring programs for other cultural organizations of Mumbai.

Radhakrishnan was a genuine lover of Malayalam language. He had a passion for it and wanted to do something associated with it. His dream was realized when he started dubbing his voice in Malayalam Documentaries of films Division from 1977 to 2005. He started copywriting and dubbing TV and Radio commercials from other languages into Malayalam. A keen lover of the arts, he created and conceived mega events like Keralolsavam – a three day festival of Kerala Folk Arts for Bombay Kerala Samaj in 1997. In 2000 he presented Mamankam 2000: A

History of Kerala in various art forms performed at the Andheri Sports Complex . In 2003 he conceived and presented Mumbai Pooram for Raaga Sudha Dombivili.

Radhakrishnan came to Mumbai from Kerala in 1969 when he got a job in India Cotton Mills Federation.

He was staying in Chembur for more than 30 years. He is survived by his wife, son and daughter in-law.



MGR with Shobana



MGR during a Raagalaya event

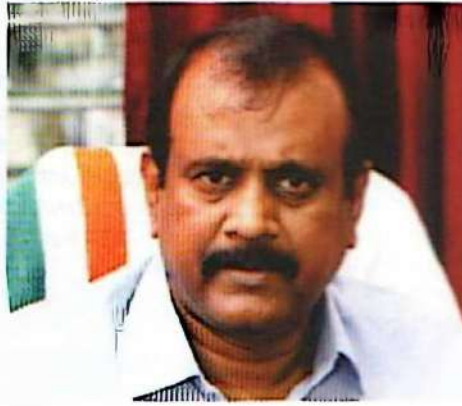
LDF Government faces setback while Senkumar gets justice

Supreme Court orders reinstatement of DGP; Action could be politically motivated

Supreme Court of India in a significant judgement ordered reinstatement of T P Senkumar as State Police Chief. The action against Senkumar was unilateral and unjustified, the order said. The sudden action within days of assuming power could be politically motivated, the division bench of SC comprising Justice Madan B Lokur and Deepak Gupta observed.

On a petition filed by T P Senkumar that his removal from the post of DGP in charge of law and order within five days of assuming power by the LDF was politically motivated, the Bench annulled the judgements of the Central Administrative Tribunal, Kerala High Court and ordered re-instatement. The tenure of Senkumar as DGP in charge of law and order will be over on May 21 while his service will end on June 30. The state government took the stand that there was tremendous dissatisfaction among the people in his continuation and as such he was removed under section 97(2) (E) of the state's Police Act. On this basis alone, the government cannot take action, the Bench observed as this section could be misused by the government. There is clear guidelines regarding the change of head of police department from earlier Supreme Court ruling and the state rule does not take that into account while forming the rules, the court remarked.

Even if there was dissatisfaction about the Puttingal Fireworks tragedy and the Jisha murder case, action against Senkumar was taken after more than a month. That the subject cropped up soon after the assumption of the new government could be due to political motivation. The people also could be misled. In the notings prepared by Additional Chief Secretary Nalini Netto submitted on April 13, 2016 did not have any mention of the name of Senkumar though there were recommendations for action against three other police personnel. Therefore it would be misleading to say that only Senkumar failed to take action in these events. The non-action by the Chief



T P Senkumar

Minister, Chief Secretary and Additional Chief Secretary are also liable for action as they failed for more than one and a half months. There was no evidence to show that someone reminded the Chief Minister to take

action. Further the noting was given to the chief Minister and not to Senkumar, the Bench pointed out.

The Supreme Court did not accept the argument that Senkumar was removed from the post after clear cut considerations. The action on the part of the government should be on the basis of clear-cut evidence and not on the basis of opinions. The Police Chief cannot be changed like changing the Chief Secretary. The very next day of the assumption of the new government, in a note prepared by Nalini Netto, Senkumar was blamed for the inaction and the action was said to have taken on the basis of this note. If at all benefit of doubt is to be given to any party, the Court will give it to the citizen and not the government, the 54-page judgement clarified.

Twist in appointment of Raman Srivastava on Chief Secretary Rank

The appointment of former DGP Raman Srivastava as special advisor to the Chief Minister appears to be a pre-emptive card played by the incumbent government. The government had also fielded expensive lawyers like P P Rao and Harish Salve to argue its case.

In hindsight, the government seems to have pre-empted a positive judgement for Senkumar from the observations made by the court during the hearing. Raman Srivastava, who has been appointed as the special advisor on security matters, has been given a chief secretary rank, one rank above the DGP. Moreover, officers like Senkumar and Loknath Behra had worked under Sreevastava when he

was the state police chief.

The coming back of Senkumar may create two power centres in the police structure with conflicts emerging between the political and bureaucratic headmen. Srivastava also sat in as the second-in-command after the CM in the recent police top brass meeting. He also attended the meeting for the officers in the northern zone.

The additional charge given to Behra as the vigilance head, who will have to step aside even if for two months till June 30, when Senkumar retires, was also pre-emptive of a restoration order in favour of Senkumar. The reason for the convention of giving the charge to an ADGP was overruled when the former vigilance director Jacob Thomas was removed from his post.



Raman Srivastava

HINDI PRACHAR SABHA IN THIRUVANTHAPURAM

It is matter of great pride for Kerala and Keralites that the national language of India - Hindi , is promoted and propogated to a great extent in Kerala and Kerala is possibly the only southern state of India to have established the Kerala Hindi Prachar Sabha in Thiruvanthapuram.

Hindi Prachar Sabha is affiliated to the Akhil Bharatiya Hindi Sanstha Sangh, New Delhi and is set up the Human Resource Department, Government of India. Inspired by the call of Mahatma Gandhi, the late Sahityaratnam K Vasudevan Pillai, a devoted social worker and a Hindi scholar established the Hindi Prachar Sabha way back in 1934. Today the Sabha is functioning in its own building in Vazhathacaud in Thiruvanthapuram and has five regional offices in Aleppey, Trichur, Palakkad, Kozhikode and Payyanur and a Kendriya Vidyalaya is attached to each of the regional offices.

Secretary of the Kerala Hindi Prachar Sabha, Prof Madhavan Kutty Nair says "Vasudevan Nair was a Hindi scholar and a visionary and started the Hindi Prachar Sabha in a very small way with no office of its own and with few students in 1934 and today the Sabha has become the premier centre to

propagate and promote the national language of India - Hindi and Kerala is the only southern state of India to have contributed immensely towards the promotion of Hindi through examinations at various levels, the school, college and University level, driving away the misconception that South Indians are poor in Hindi. Besides honouring scholars in Hindi, a monthly publication known as 'Kerala Jyoti' is published by the Sabha and edited by the veteran Prof D T Nair. Over the years the Sabha has conducted several workshops and conferences involving the participation of Hindi scholars and dignitaries who have lauded the efforts of the Sabha in promoting Hindi. I am happy to be elected as the secretary and serving this organisation to the best of my ability."

The students appearing for the examinations are on the increase every year which proves the popularity of the Sabha. More than five lakh students

appear for the examinations every year. Many of them get employment due to their Hindi qualification and some others have opened their own Hindi Vidyalaya for self-employment and to propagate and promote Hindi to a larger section. At the moment more than twenty thousand Hindi Pracharaks and teachers are involved in the propagation of the Hindi language under the guidance of the Sabha. The Sabha has a well-equipped library with 15,000 books and is recognised by the Kerala University as a reference library for its research students. The library is extremely useful for students and Government officials who would like improve their knowledge of Hindi for better and brighter careers.

Hindi Sahitya Acharya Mahavidyalaya, Kendriya Hindi Mahavidyalaya, Hindi Teachers Training College, Adarsh Vidyalaya and Hindi Typewriting and Shorthand Institute are all functioning in the campus of the Sabha. The Sabha is also conducting the examination known as 'Sugama Hindi' in which students from fifth to twelfth standard are qualified to apply, supported by the department of education. The best students are given scholarships and prizes according to the marks obtained.

Dr S Rajappan Nair is the president of the Sabha and the vice-presidents are P Rajendran and Omana Amma and Prof Madhavan Kutty is the secretary. Several dignitaries like Dr Rajendra Prasad, Jawaharlal Nehru, Indira Gandhi, Dr Shankar Dayal Sharma, Amrita Pritam, Prof Vasant Sathe, Prof Nurul Hasan, K Karunakaran, A K Anthony Balram Jakhar, Justice Sukhdev Singh Kang, Justice Krishna Iyer, Justice Janaki Amma and several prominent personalities have participated in the conferences organised by the Sabha over the years.

- Guru Vijay Shanker

HEALTH TIPS

1. Dissolve half tsp baking soda in a glass of water and drink it at the first signs of Urinary tract infection.
2. Painful ingrown nails? Soak them in warm water solution to ease the pain and swelling.
3. Drinking hot water regularly strengthens the digestive system and reduces metabolic wastes.
4. Switch to red rice from white rice as it is a natural remedy for lowering total cholesterol LDC levels and triglyceride levels.
5. For healthy joints and muscles include raisins and citrus fruits like oranges in your diet.
6. For immediate relief from acidity suck in a piece of clove.
7. To get rid of a nagging head ache, tie ajwain powder in a piece of thin cloth and smell it frequently.
8. Methi leaves are good to fight anaemia. Mix them frequently in your diet.
9. Massage your hands and legs every week with warm coconut oil and wash them after some time. It will smoothen your arms and legs.
10. Dates are good to fight fatigue. Soak four or five dates in water overnight and grind it with the same water and drink it the next morning.

കാത്തിരിക്കണമോ ഇനിയും? രൂപഭാവങ്ങൾ മാറുന്ന മുംബൈ

എൻ തമ്പാൻ

ഇലതരംഗങ്ങളാൽ വലയം ചെയ്യപ്പെട്ട ഒരു കൊച്ചുദീപാണ് മുംബൈ എന്ന ഈ നഗരസുന്ദരി. ഭാരതത്തിന്റെ സംസ്ഥാനങ്ങളുടെ കൂട്ടായ്മയ്ക്ക് ദൽഹിയാണ് തലസ്ഥാനമെങ്കിൽ, മുംബൈ സാമ്പത്തിക സ്രോതസ്സുകളുടെ തലസ്ഥാനമാണ്. ഭാരതത്തിനു മാത്രമല്ല, ലോകരാഷ്ട്രങ്ങൾക്കുതന്നെ പ്രിയങ്കരിയാണ് ഇവൾ. ആശ്രയിച്ചു വരുന്നവർക്കെല്ലാം ആശ്വാസം നൽകുമിവൾ. അനുനിമിഷം നഗരമധ്യത്തിലൂടെ അതിവേഗത്തിൽ കൂതിച്ചു പായുന്ന വൈദ്യുതിവണ്ടികൾ യാത്രക്കാരുടെ സേവനാർത്ഥം രാപകൽ പ്രവർത്തിച്ചുകൊണ്ടിരിക്കുന്ന കാഴ്ച ജനകോടികൾക്ക് ആവേശവും ആശ്വാസവും നൽകുന്നില്ലേ?

മഹാരാഷ്ട്രയുടെ തലസ്ഥാനമായ മുംബൈ നഗരത്തിലെ അനുസ്മരണാർത്ഥം മുൻകാലങ്ങളിൽ ഒരു അപരിചിതൻ എത്തിപ്പെടുന്നത് വിക്ടോറിയ ടെർമിനസ് എന്നും ഇന്ന് ചരത്രപതി ശിവജി ടെർമിനസ് എന്നും അറിയപ്പെടുന്ന ഇടത്താണ്. ആരെയിടവെസ്റ്റേഷനും മുംബൈ മുനിസിപ്പൽ കോർപ്പറേഷന്റെ മന്ദിരവും ജനറൽ പോസ്റ്റ് ഓഫീസ്, ടെലിസ് ഓഫീസ് ഇന്ത്യയുടെ ആസ്ഥാനവും എല്ലാം ആകാശം മുട്ടി നിൽക്കുന്ന കാഴ്ച മനോഹരംതന്നെ.

ബോംബെ ഹൈകോർട്ട്, മുംബൈ സർവ്വകലാശാല, ഗേറ്റ് വേ ഓഫ് ഇന്ത്യ തുടങ്ങിയവയുടെ വൻ കെട്ടിടസമുച്ചയം ബ്രിട്ടീഷ് സാമ്രാജ്യതന്ത്രത്തിന്റെ സാധ്യത വിളിച്ചോടുന്നു. ഇവയുടെ നിർമ്മാണ രീതിയും ദാർശ്യതയും ആകർഷണീയതയും കാണുമ്പോൾ ബ്രിട്ടീഷുകാരുടെ കഴിവിലെ അഭിനന്ദനങ്ങൾ ആരും മടിക്കയില്ല.

ഭാരതത്തിന് ആവശ്യമായ തുണിത്തരങ്ങൾ മാഞ്ചസ്റ്ററിൽനിന്നും ഇറക്കുമതി ചെയ്തുകൊണ്ടിരിക്കുന്നതിനു പകരം ബോംബെ നഗരത്തിൽ തുണിനിർമ്മാണശാലകൾ പണിതു ഭാരതത്തിന് ആവശ്യമായ തുണിത്തരങ്ങൾ നിർമ്മിക്കാൻ, വേണ്ടത്ര ആളുകൾക്ക് ജോലി പ്രദാനം ചെയ്തു. നിർമ്മാണശാലകൾക്കു ചുറ്റും വാസസ്ഥലങ്ങളും ചുരുങ്ങിയ ചിലവിൽ ഒരുക്കി. ഇവ ബ്രിട്ടീഷുകാരിൽ നിന്ന് ഭാരതത്തിനു ലഭിച്ച എണ്ണപ്പെട്ട നേട്ടങ്ങളിൽ ചിലതാണ്.

ബ്രിട്ടീഷുഭരണത്തിന്റെ പരിശ്രമഫലമായി ഭാരതീയർക്കു ധരിക്കുന്നതിനുള്ള വസ്ത്രങ്ങൾ മാത്രമല്ല വിദേശങ്ങളിലേക്ക് കയറ്റുമതി ചെയ്യാനുള്ള പലതരം തുണിത്തരങ്ങൾ നെയ്തെടുക്കാനുള്ള അറുപത്തഞ്ചോളം മില്ലുകളും മുംബൈ നഗരത്തിൽ സ്ഥാപിക്കപ്പെട്ടു. ദിനരാത്രഭേദമെന്യേ ഈ മില്ലുകളിൽ അഞ്ചുലക്ഷത്തോളം തൊഴിലാളികൾ ഒന്നിലധികം ഷിഫ്റ്റുകളിലായി ജോലി ചെയ്യുന്ന കാഴ്ച അത്ഭുതം തന്നെ. വിവിധതരത്തിലുള്ള തൊഴിലാളികൾ കുറിയായനം ചെയ്തതിനാൽ നമ്മുടെ ആവശ്യത്തിൽ കൂടുതൽ തുണികൾ നെയ്തെടുക്കാൻ സാധിച്ചിരുന്നു.

മിൽത്തൊഴിലാളികൾക്ക് പകൽ മാത്രമല്ല രാത്രിയിലും ജോലിസ്ഥലത്ത് എത്തിച്ചേരാനുള്ള വാഹനസൗകര്യങ്ങൾ ഈ നഗരത്തിൽ യഥേഷ്ടം ലഭ്യമാണ്. ആയതിനാൽ ഇന്ത്യയിലെ

മറ്റു നഗരങ്ങളിൽനിന്നു വ്യത്യസ്തമായി ഇവിടെ ജനസഞ്ചാരം നിശ്ചലമാകുന്നില്ല. പൂർണ്ണവിശ്രമമില്ലാതെ ദിനരാത്രങ്ങൾ മുഴുവനായുള്ള ഈ സഞ്ചാരം മുംബൈ നഗരത്തിന്റെ വിശിഷ്ടതയാണ്. ഈ രാത്രിസഞ്ചാരികളിൽ ചില കുപഥസഞ്ചാരികളും ഉൾപ്പെടുന്നുണ്ടെന്നുമാത്രം.

ലക്ഷക്കണക്കിനുളള മിൽത്തൊഴിലാളികൾക്ക് വാസസ്ഥലങ്ങൾ മില്ലുമകൾതന്നെ മില്ലിനു സമീപത്ത് പണിതു കൊടുത്തിരുന്നു. എന്നാൽ മിൽസമരം സംഘടിതതൊഴിലാളികളുടെ ഇടയിൽ രൂക്ഷമായതൊഴിലാളികൾ അടച്ചുപൂട്ടി. നെയ്ത്തുമാത്രം തൊഴിലാക്കിയ അനേകലക്ഷം തൊഴിലാളികൾ തൊഴിൽരഹിതരായി. താമസിക്കാൻ ആശ്രയസ്ഥലമില്ലാതെ വളരെയധികം കഷ്ടപ്പെടേണ്ടിവന്ന കാഴ്ച പരിതാപകരംതന്നെ. അന്യതൊഴിൽ പരിശീലിക്കാത്തതിനാൽ ധനസഹായം ലഭിക്കാത്ത തൊഴിലാളികളും അവരുടെ കുടുംബങ്ങളും അക്ഷരാർത്ഥത്തിൽ പട്ടിണിയിലായി. സ്വന്തം കുട്ടികൾക്ക് ഒരു നേരത്തെ ആഹാരമില്ലാതെ കഷ്ടപ്പെടുന്ന കാഴ്ച കാണാനുള്ള മനോബലം



അവർക്കു നഷ്ടപ്പെട്ടു പോയതിനാൽ വളരെയധികംപേർക്ക് അന്യനഗരങ്ങളിലേക്കും ഗ്രാമങ്ങളിലേക്കും ജീവിതമാർഗ്ഗം തേടി പ്രിയപ്പെട്ട മുംബൈ നഗരം വിട്ട് പോകേണ്ടിവന്നു. പിടിച്ചു നിന്നവർ ഉചിതമായ ഉത്തരം കിട്ടാതെ ചെറിയ ചെറിയ താൽക്കാലിക ജോലികൾ ചെയ്തു കഷ്ടപ്പെട്ടു കൊണ്ടിരിക്കുകയാണ്. ഈ പാവങ്ങളുടെ പട്ടിണിയെ ദുരീകരിക്കാൻ ഇതേവരെ ഒരു നടപടിയും നമ്മുടെ ജനകീയ ഭരണാധികാരികൾ സ്വീകരിച്ചു കാണുന്നില്ല. ലാൽബാഗ് മുതൽ പരേൽ വരെയുള്ള സ്ഥലങ്ങളിൽ വ്യാപിച്ചു കിടക്കുന്ന തൊഴിലാളികളുടെ ദുരവസ്ഥ ദയാശീലരായ നാഗരീകരെ വളരെയധികം വേദനിപ്പിക്കുമെന്നതിൽ സംശയമില്ല.

മില്ലുമകൾ മിൽകെട്ടിടങ്ങളും അവയ്ക്കു ചുറ്റുമുള്ള വിശാലമായ സ്ഥലങ്ങളും കെട്ടിടനിർമ്മിതാക്കൾക്ക് കൈമാറി

വളരെയധികം ധനം സമ്പാദിച്ചുകഴിഞ്ഞു. കെട്ടിടനിർമ്മിതമാക്കി ഈ പ്രദേശങ്ങളിൽ അംബരചുംബികളായ അനേകം മാളികകൾ നിർമ്മിച്ചുകൊണ്ടിരിക്കുകയും തന്മൂലം കണക്കില്ലാതെ ലാഭം കൊള്ളുകയും ചെയ്തുവരികയാണ്. അന്ന് മുൻപെ നഗരത്തിൽ ഉയർന്നു നിന്നിരുന്ന പുകക്കുഴലുകൾക്കു പകരം ഇന്ന് ഉയർന്നുവരുന്ന സൗധങ്ങളാണ് കാണാനുള്ളത്. ഇതും മനോഹരംതന്നെ!

മിൻതൊഴിലാളികൾക്ക് ബോണസ്സായി അധികവേതനം കിട്ടിയിരുന്നു. ദീപാവലി വരുമ്പോൾ എല്ലാ വീടുകളിലും ദീപശില കെട്ടിയിരുന്നത് കണ്ടാൽ എത്ര ഭംഗിയായിരുന്നു.

ഇന്ന് ഈ ഉത്സവകാലത്ത് മുൻബൈനിവാസികൾ ആർഭാടപൂർവ്വം വിശേഷദിവസങ്ങളെ ആഘോഷിക്കുമ്പോൾ പാവപ്പെട്ട തൊഴിലാളികൾ സുഖസമ്പന്നമായ ഭൂതകാലത്തിലെ ആഘോഷപൂർണ്ണമായ ദസറയും ദീപാവലിയും നിമിഷമുതലൊന്നും സ്മരിച്ചുപോകുന്നതിൽ ആശ്ചര്യമില്ല. ദീപങ്ങളാൽ അലംകൃതമായ അന്നത്തെ മുൻബൈനഗരത്തെ സ്വപ്നം കാണുമ്പോൾ പാവപ്പെട്ട തൊഴിലാളികളുടെ നേത്രങ്ങൾ അല്പനേരമെങ്കിലും നന്യാതിരിക്കുമോ?

ഉത്സവകാലത്തും അല്ലാതെയും മുൻബൈനഗരത്തിന്റെ നിശാസൗന്ദര്യം അവർ എങ്ങനെ മറക്കും? നമിമാൻ പോയൻറ് മുതൽ ചൗപാട്ടി കടലോരംവരെ സമുദ്രത്തിൽ പ്രതിബിംബിച്ചു കാണുന്ന ദീപശീഖകൾ മാനവഹൃദയത്തെ എത്ര ആഹ്ലാദഭരിതമാക്കുന്നു! തെക്കുവടക്കു സ്ഥിതിചെയ്യുന്ന മലബാർഹിൽ സായാഹ്നസന്ധ്യയുടെ മങ്ങിയ വെളിച്ചത്തിൽ ജനഹൃദയത്തെ ആകർഷിച്ചുകൊണ്ടിരിക്കുന്നതും പട്ടിണിയാൽ അവശരായ

തൊഴിലാളികളുടെ മാതസദർപ്പണത്തിൽ ഒരു നിമിഷമെങ്കിലും പ്രതിബിംബിക്കുകയില്ലേ? എന്നാൽ ഈ അസാധാരണ സൗന്ദര്യത്തെ ആസ്വദിക്കുവാനുള്ള മാതസികാവസ്ഥ ചിലപ്പോൾ അവരിൽനിന്നും എന്നേ തന്മൂലപ്പെട്ടിരിക്കാം.

യാതന അനുഭവിക്കുന്ന തൊഴിലാളികളുടെ ഈ ദയനീയ സ്ഥിതി ദുരീകരിക്കാൻ പ്രമുഖവിപ്ലവത്തെ പോലെയുള്ള അല്ലെങ്കിൽ അതിലും വിപുലമായ ഒരു വിപ്ലവം ഇവിടെയും പ്രതീക്ഷിക്കാവുന്നതല്ലേ?

ഇതിനൊക്കെ പ്രതികാരം ചെയ്യാതെങ്ങുമോ പതിതരേ, നിങ്ങൾതൻ പിൻമുറക്കാർ? എന്നു ചങ്ങമ്പുഴപാടിയാൽ എത്ര അർത്ഥവത്താണ്?

അസഹ്യമായ വിശപ്പുമായി പാവപ്പെട്ട തൊഴിലാളികളുടെ സന്താനങ്ങൾ പ്രതികാരമേൽക്കുകയോടുകൂടി വളരെയധികം കാത്തിരുന്നെന്നു വരില്ല. ഇവരെ സമാശ്വസിപ്പിക്കാൻ നമ്മുടെ ഭരണാധികാരികൾ മുന്നോട്ടു വരുമോ? മധുരപ്രതീക്ഷയോടെ അവർ അർഹിക്കുന്ന പ്രതിഫലമേൽക്കുമോ ഇനിയും ഈ തൊഴിലാളി വർഗ്ഗം കാത്തിരിക്കണമോ?

ഈ പാവങ്ങൾ എല്ലാവിധ സന്തോഷങ്ങളിൽനിന്നും അകലയാണ്. അവർക്ക് ഹോളിയുമില്ല, ദസറയുമില്ല, ദീപാവലി ആഘോഷിക്കാനുള്ള ധനസ്ഥിതിയുമില്ല, ആടാനും പാടാനും ഉള്ള ചുറ്റുപാടുമില്ല. ഇതിനെല്ലാം ഒരു പോംവഴി കണ്ടെത്തീരു.

മാറുവിൻ ചട്ടങ്ങളേ, സന്ധ്യമല്ലെങ്കിൽ മാറുമതുകൾ നിങ്ങളേത്താൻ!

Aksharaslokam - IV

-Gurugi

The first published poem, in the format of a quatrain, by G Sankara Kurup was published in *Atmaposhini* edited and published by Poet Vallathol Narayana Menon. G's inspiration came from a rainbow. It appeared on the first page of the magazine as Vallathol liked it much. This opened the path of poetry for Sankara Kurup.

നീരന്ധനീലജലദൃശ്യകുപ്പുറത്തു
 വാരമ്പിടുന്ന വളർവില്ലു വരച്ചുമാച്ചും
 നേരററ കൈവളകളാൽ ചില മിനൽചേർത്തും
 പാരം ലസിക്കുമലപ്രകൃതിക്കു കുപ്പാം.

There was a time when poets exchanged pleasantries in poetic form instantaneously. When Kerala Varma Valiya Koyi Thampuran met Naduvath Acchan Namboothiri, he asked, rather presumed the following two lines.

ഹേ, വിപ്രവര്യ, ഭവദാഗമനം വിശേഷാ-
 ലാവിപ്രയോഗശകം വഴിയായിരിക്കാം?

Namboothiri's reply was also in poetic form, filling the reminder of the quatrain. ആവിപ്രയോഗശകം means a train with steam engine.

തീവണ്ടിക്കേറിയൊന്നൊക്കുമെത്തി, പിന്നെ-
 കേവലിയാണവിടെനിന്നിവിടംവരേക്കും.

The four lines together constitute one quatrain.

A common game among poets of early twentieth century was completion of *Samasya*. In this, someone provides the forth line of a quatrain and others are required to complete the other three lines. When several poets join the game, it becomes an interesting contest, each displaying his or her skills.

Once Thoranathu Parameswara Menon provided the fourth line thus: ചോരണം രസമതെന്നു നിനച്ചു.

His friend Sankunni Menon filled in as following.

തോരണത്തു പരമേശ്വരമനോൻ
 കാരണം കവിത നന്നെ വലഞ്ഞു;
 ചോരണം രസമതെന്നു നിനച്ചോ
 ചോരണം രസമതെന്നു നിനച്ചു.

ചോരണം in third line means stealing and ചോരണം in fourth line is dripping, രസം in third line means pastime while that in fourth line means the beauty of poetry.

വരൾച്ച



ഉണ്ണി ചക്കത്ത്

ഉലയുന്ന വേനലിൽ വറ്റുവരണ്ടൊരു കിണറിന്റെ വക്കത്തു ഞാനിരുന്നു അരികത്തു നിൽക്കുന്ന ചെമ്പകപ്പുമരം വിളരിയ മട്ടിലോ വാടിനിന്നു.

ഉരുക്കുന്ന വിശ്വാസമുതിരുന്നു ഞാനേവം കരയുന്ന കരളിന്റെ പാട്ടുപോലെ ഒരു കിളി ചെമ്പകക്കൊമ്പിലിരുന്നിട്ടു കുറുകുന്നു തന്നുടെ നൊമ്പരങ്ങൾ.

ഒരുവേള ഞാനുമെന്നോർമ്മകൾ തന്നിലോ തരളമായ മുഴുകുന്നതീനിമിഷം വരിനെല്ലിൻ തുമണം കുളിർകാറ്റിലെത്തുന്ന പെരുമതൻ ബാലുത്തെയോർത്തുപോകേ.

ഹരിതാഭ പേരുന്ന വയലേലതോറുമാ സ്വരഗീതകങ്ങളെ കേട്ട കാലം പുലർമഞ്ഞു തുവിയകാശം കനക്കവേ കളിയായ് തണുപ്പേറി നിന്നകാലം.

ഒരുകൊച്ചു കനവിന്റെ ചില്ലയിൽ പൂവിടാൻ ജ്വരമേത്തി വിളിച്ചിരുന്നു. അതിലൂടെയെത്തിയ വരിവണ്ടിൻ മുളലിൽ ഒരു നാദബ്രഹ്മത്തിൻ ജതിയുണർന്നു.

തുളസിക്കെതിരുകൾ തിരിച്ചാലുവേളയ്ക്കായ് തല നീട്ടിയുല്ലാസമോടെ നിന്നു, കതിരുകൾ കുന്നുകുന്നെ വിഴ്ത്തിയ വിത്തുക- ഉവിടെങ്ങും മണ്ണിൽ കലർന്നിരുന്നു.

കുളിരുള്ള ദാഹനിർ കോരിയ കുമ്പിളിൽ പ്രകൃതി നിൻ വാത്സല്യദുഗ്ദ്ധമായ് അരുമകൾ മക്കൾക്കു ശമനമായ് തീർന്നതും സുകൃതിയായ് കണ്ടതും സ്നേഹമോടെ.

വിഷുവാണിഭം പുത്തനുണർവിന്റെ നാളുകൾ വിരഹത്താലെത്തും വിഷുക്കിളിയും വളരുന്ന ഘോഷങ്ങൾ, കണിവെച്ച കാഴ്ചകൾ വിതരിയ വിത്തിന്റെ വനസംഹനവും.

ഒരുമ താനെന്നൊരു പാഠവും, പാടത്തിൽ കളകൾ പഠിച്ചതും പാട്ടിണവും പുതയുന്ന ചെളിവിണ്ടു ഭൂമിക്കു വിങ്ങലും കദനം കരിഞ്ഞൊരു കതിർക്കറ്റയും ഉലകിന്നുമാറിടും വഴിയേതുമില്ലാതെ- യുഴുന്നുവെന്നിലെ കാമനയും ഒരു കിനാപ്പാലാഴി തെളിമയായേകിയ മനമെന്ന ശ്രോതസ്സും വറ്റിടുന്നു.





ENJOYING SUMMER



Dr. (Major) Nalini Janardhanan

■ Sunny days are here again, with its share of hot and dry winds, suntan, sunstroke, sweating..... But we can love and enjoy summer by paying attention to a few tips of lifestyle.

■ Avoid going out of your house or work place during the worst part of heat is between 10am to 4pm.

■ Draw your curtains together during the heat of the day to keep away glare and heat. Draw them apart at night to let in cool night breeze.

■ If you are working. Try to get out of the house well in advance to avoid summer heat and heavy traffic.

■ Take a daily walk either early in the morning or evening.

■ keep physical activity to the minimum. Do away with jogging, skipping, running and other hard exercises

■ Swimming is refreshing and also a good exercise in summer.

■ Plan your day and organise your daily activities.

■ Enjoy reading, writing, Painting, listening to music, watching TV

programs, going out for movies, planning picnics to hill stations or beach etc.

■ Water is lost from body by sweating. So drink at least 6-8 glasses of water daily. Take plenty of fluids like fruit juices, lime juice, buttermilk, coconut water etc.

■ Remember to use sunglasses, umbrella, scarf or wide brimmed hat to protect your eyes and head from harsh

or cream on your hands, face and neck half an hour before stepping out of the house.

■ If working in air conditioned environment, make sure that you wear moisturiser to counteract its drying effects.

■ Soak pads of cotton wool in cold rose water and place them on your eye lid and lie still for 10 minutes.

■ Use pair of sunglasses to keep out glare and prevent the formation of crow feet (wrinkles) around eyes.

■ Immerse your legs up to knees in a bucket of warm water to which a few drops of cologne added.

■ Take bath every day (cool Refreshing Showers) and change undergarments daily.

■ Use cotton type of undergarments. Avoid tight and synthetic type of undergarments.

■ Use talcum powder on your body after bath.

■ If there is excessive sweating, use a deodorant or antiperspirant once a day after bath on dry skin.

■ Keep nails short and clean. Get done a weekly manicure and pedicure.

■ Shampoo your hair at least twice a week to remove dirt, dust and sweat from your scalp. Apply a mild conditioning shampoo.

■ If you have long hair, keep it well tied on your head.



sunlight.

■ Play soft music in kitchen while cooking.

■ Take a soft siesta (nap) after lunch during afternoon.

Beauty care

■ Always apply a sunscreen lotion

■ If you have short hair, give a seasonal trim to keep it above shoulder length.

■ Use pretty clips and bands to keep your tresses cool and tidy.

■ You may wear fresh flowers on your hair.

Make Up

■ Keep make up to minimum. Omit foundation base and loose face powder. Wear a light moisturiser as make up base.

■ Apply moisturiser on a damp skin after washing or taking bath.

■ A light coloured powder blusher is preferable to a cream or liquid one.

■ Use an oil based lip gloss or lipstick.

■ Restrict eye make up to softly applied kohl and light colours of eye shadow (eg. Pearl gray, Soft brown, pale blue)

■ Summer shades in nail polish are

light and cool (eg. Pearly pink, natural shades of peach) Avoid flamingo reds, orange, maroon or brown.

■ Try to use soap, talc and cologne in a coordinating combination to avoid

■ Accessories should be small and pretty. Chunky jewellery and wrist ornaments do not go well with a cool and poised appearance in summer.

Use tiny ear studs or a single string



an overpowering perfume.

■ keep your heavy strong musk based perfume for night time wear or formal occasions.

■ Carry a pack of moist perfumed, soft napkins in your bag to dab on your face for an instant freshen up.

of pearls.

Lastly think coolly and practically to enjoy this summer. Don't allow yourself to lose your temper or to despair over trifles which may adversely affect your mood. ■

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SUNGLASSES FOR PROTECTION and STYLE

Dr (Major) Nalini Janardhanan

Sunglasses is a part of your life. It is not a mere fashion or style accessory to give a cool look to the person wearing it. There is something more to these 'cooling glasses' Sunglasses helps to protect your eyes from the harmful effects on sunlight.

Sunrays contain UV radiation. In small doses it boosts the production of vitamin D in our body. But too much and prolonged exposed to sunlight can cause various problems of eyes. Short term exposure can lead to sunburn of eyes with symptoms like irritation, redness, swelling or hypersensitivity to light. Long term exposure can cause cataract, macular degeneration abnormal growths on eye, cancer of eye and surroundings skin etc. There are three types of UV Rays - UVA, UVB & UVC. UVC Gets absorbed by earth's atmosphere. UVB is only partially blocked and can cause damage to eyes. UVA rays are not flattered and cause the most damaged to eyes. So if you could block UV radiation, the damage will be less. You must wear 99% and higher UV absorbent sunglasses and use umbrella or brimmed hat or scarf for protection whenever you are out doors exposed to sun. Proper sunglasses protect your eyes.

May is also observed as "Healthy Vision Month" So Let us known in detail about sunglasses.

One must wear sunglasses

1. During summer when the level of UVA & UVB radiation is 3 times higher than during winter.

2. When you are at beach or in water (lakes, swimming pools etc)
3. When participating in winter sports especially at high altitudes.
4. When using medication that can cause photo sensitivity (Sensitivity to light)

Choosing Sunglasses

1. UV protection is the most important factor to consider while choosing sunglasses. The best sunglasses offer 100 % UV absorption best optional quality and impact resistant. We should choose sunglasses that provide maximum protection from UV light. So try to choose lenses that block 99-100 % UVA & UVB rays.
2. Choose sunglasses that are dark enough to reduce glare (light that bounces off smooth surface like pavement, water, sand and snow) but not so dark.
3. Just because a lens is black does not mean that it blocks UV Rays. UV protection has nothing to do with darkness or colour of the lens.

Things to remember:-

Remember the following thing about sunglasses.

- UV exposure to eyes is highest between 2-4 PM. So avoid going out during this time in summer or use sunglasses.
- UV rays cannot be seen but there long term efforts are harmful to eyes.
- Sunrays reflected form surfaces like water, snow, sand concrete roads, grass and buildings increases exposure levels and double the UV risk to eyes.
- UV rays are just as dangerous on cloudy days as on clear days. So you

need sunglasses on cloudy days also.

- In winter snow reflects UR rays. So cold days also carry UV risk.
- Contact lenses may not protect you from UR rays. If you don't have contact lenses with UV protection, you need to wear sunglasses also. Now a days contact lenses with UV protection are available.

■ Sunglasses are available in all shapes and sizes. They help to improve your performance during sports and exercise.

■ People who regularly wear prescription glasses should wear prescription sunglass when they are out door or they may purchase photo chromate lenses that change into sunglasses when exposed to UV light.

■ Make sure that your sunglasses have 100 % UV protection to filter both UVA and UVB rays.

■ Your sunglasses should fit your face well. It should not be so loose to let UV rays seep into your eyes and skin around the eyes. It should line up with your brow and wrap around your eyes to block UV light. You can protect your eyes with oversized wrap around frames that offer more coverage to protect the soft tissue around eyes and help to prevent wrinkles.

- If you choose polarised lenses, it is easier to see in very bright light reducing eyestrain.

- Sunglasses can also keep out sand and allergens.

So grab those shades before going out doors whether it is bright or cloudy. Buy sunglasses for your children also. Wear sunglasses for protection to eyes and a cool look !

HOW TO TALK TO YOUR CHILD ABOUT A PARENT'S ADDICTION



Dr Sujatha Nair

■ Growing up in a family in which a member is addicted to alcohol or drugs, can be chaotic and scary to a child.

Witnessing the fights and the tears between the parents

and the displaced anger they are inflicted upon many times makes them believe that they are responsible for the drinking or using of their addicted parent. It is confusing. They can get reactive, aggressive angry. The academic studies are affected. They can become under achievers or over achievers to compensate for the helplessness and anger they feel. Many a time they too begin using addictive substances. They can be more mature for their age.

They are faced with repeated promises of giving up and being lied to and lied about by their addicted loved one. Taking care of ones needs in such situations seems not right to them.

How to speak to your child depends on their age. the primary premise being the child should be told the truth in an age appropriate manner.

The following general guidelines can be followed:

The affection on the child and its impact has to be acknowledged and the child has to be encouraged to express its feelings.

The shame associated is to be addressed. Many times the parent blames the child for their usage causing them to take on responsibility for their using. They need to be explained that

the parent under influence is very different and they are also helpless about their use.

It takes time for a child of an addict to process their emotions to identify and express them without fear. An environment where they can do so should be created

Below 10years- Children can identify with feeling an intense desire to want a toy and want it when they want it and throwing a tantrum when they are unable to get it and many times their mind tells them "no" but they cannot help themselves. It can be explained that their parent behaves in the same manner when they want to drink alcohol or use drugs. And even when they know they are making the wrong choice they still choose it.

Very young children can be told that their parent /loved one is ill from an addiction.

Early teens-They find it difficult to listen to long winding explanations. It is better to ask their understanding of the situation at home and answer their questions honestly.

Older teens : today are already seeing substance use and addiction around them in their friends so identifying the same in their parents is not difficult. Hence , trying to minimize their loved ones usage is not right. An opening to the conversation can be that " you had seen your dad trip down the stairs and I had to help him get to bed. " they will share similar experience and from there it can be explained that the parent is afflicted by addiction , what it is, and how the effort is to motivate them to go for treatment to a

alcohol/drug rehab.

One person of the family preferably a parent or a counselor of the family trained in addiction and co dependency treatment speaks to the child and passes on the facts. This prevents confusion and gossip to the kids.

The National Association for Children of Alcoholics,say , children need to know the "Seven Cs of Addiction":

I didn't Cause it.

I can't Cure it.

I can't Control it.

I can Care for myself

By Communicating my feelings,

Making healthy Choices, and

By Celebrating myself.

Every day a child lives with an addicted parent it is becoming damaged psychologically. Other sources of help need to be also taken- such as AI a Teen the self help group for children of those addicted to substances. Also regular Counseling by an experiential Co dependency counselor or one who has worked in the field for long needs to be done as when they see non judgmental acceptance with love being imparted they feel safe to emote , trust and express and receive help. We provide this facility in AH to all children of our clients and have seen them blossom with self love and care. ■

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: Idanazhiyil Oru Kalocha(1987)
Lyrics: O N V Kurup
Music: V Dakshinamoorthy
Raagam: Hamsanadam

വാതിൽപ്പഴുതിലൂടെൻ മൂന്നിൽ...

വാതിൽപ്പഴുതിലൂടെൻ മൂന്നിൽ കുങ്കുമം
വാരിവിതറും ത്രിസന്ധ്യ പോകെ,
അതിലോലമെൻ ഇടനാഴിയിൽ നിൻ കള-
മധുരമാം കാലൊച്ച കേട്ടു! (2)

(വാതിൽപ്പഴുതിലൂടെൻ)

ഹൃദയത്തിൻ തന്തിയിലാരോ വിരൽ തൊടും
മൃദുലമാം നിസന്ദനം പോലെ,
ഇലകളിൽ ജലകണമിറ്റിറ്റു വീഴുംപോൽ
ഉയിരിൽ അമൃതം തളിച്ചപോലെ,
തരളവിലോലം നിൻ കാലൊച്ച കേട്ടു ഞാൻ
അറിയാതെ കോരിത്തരിച്ചുപോയി! (2)

(വാതിൽപ്പഴുതിലൂടെൻ)

ഹിമബിന്ദു മുഖപടം ചാർത്തിയ പുവിനെ
മധുകരം മുകരാതെയുഴറുംപോലെ
അരിയ നിൻകാലൊച്ച ചൊല്ലിയ മന്ത്രത്തിൻ
പൊരുളറിയാതെ ഞാൻ നിന്നു!
നിഴലുകൾ കളമെഴുതുന്നൊരൻ മൂന്നിൽ
മറ്റൊരു സന്ധ്യയായി നീ വന്നു! (2)

(വാതിൽപ്പഴുതിലൂടെൻ)

Vāthilppazhuthilūten munnil kumkumam
Vārivitharum thrisandhya poke,
Athilolamen itanāzhiyil nin kalha-
madhuramām kāloccha kettū! (2)

(Vathilppazhuthilooten)

Hrudayathin thantriyilāro viral thotum
mrudulamām niswanam pōle,
Ilakalhil jalakanham ittittu vīzhumpōl
Uyiril amrutham thalhicchapōlē
Tharalhavilōlam nin kāloccha kēttu njan
Arhiyāthe kōritharichupoyī (2)

(Vathilppazhuthilooten)

Himabindu mukhapatam charthiya pūvine
Madhukaram mukarathe yuzharhum pōle,
Ariya nin kaloccha cholliya manthrathin
Porulharhiyathe njan ninnū!

Nizhalukal kalhamezhuthunnoren munnil
mattoru sandhyayayi nee vannu! (2)

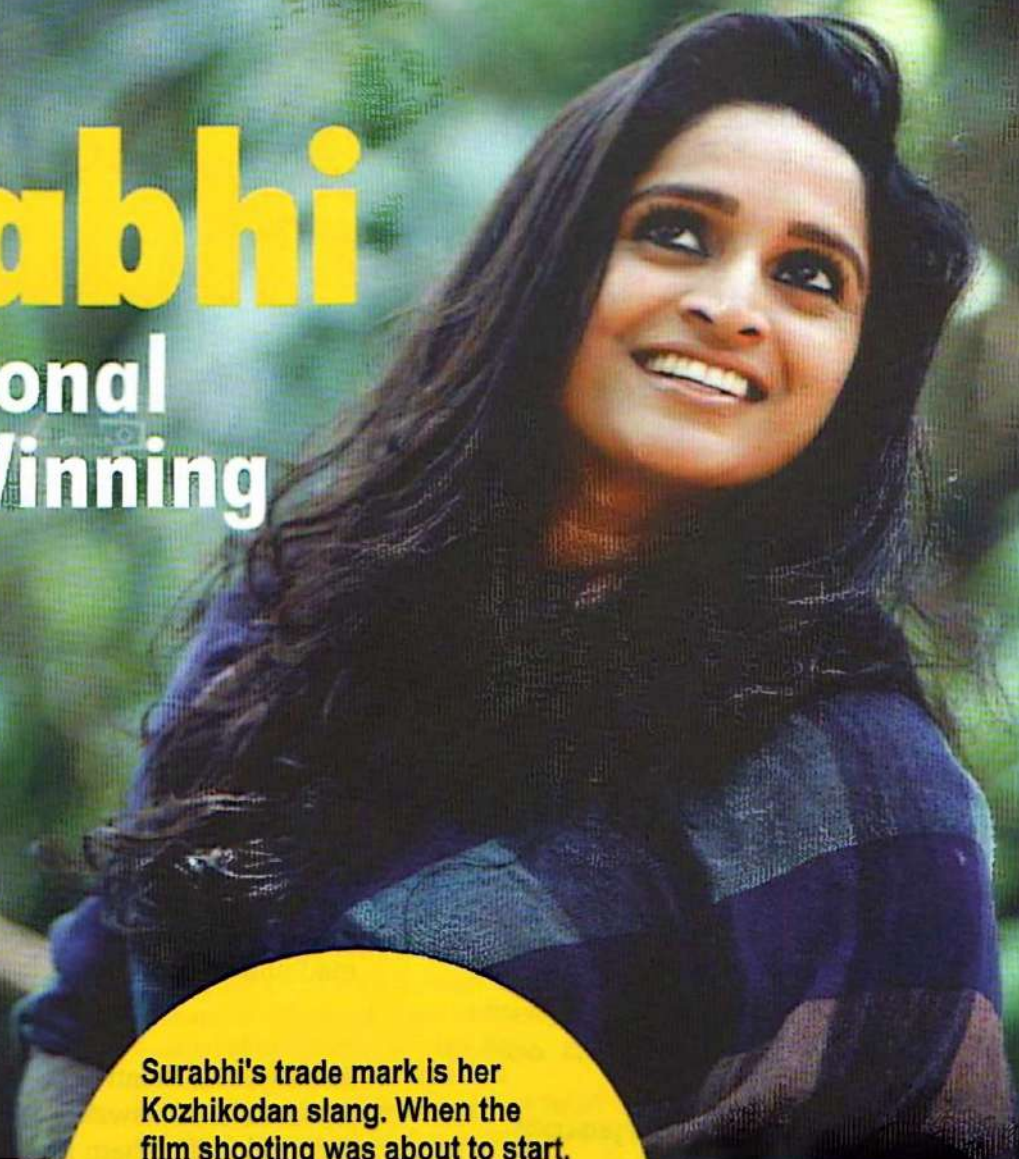
(Vathilppazhuthilooten)

Produced by G P Vijaykumar for Seven Arts Films,
Edanazhiyil Oru Kaloccha has Balachandran
Chullikkad as its story as well as dialogues writer while
the screenplay was credited to Bhadrán, its director.
Vinneth, Thilakan, M G Soman, Sankaradi, Adoor Bhasi,
Karthika, Jayabharathi, Shelly and Shyama are the main

actors. The singers are K J Yesudas, K S Chithra and
Vijay Yesudas.
Both Yesudas and Chitra rendered this song separately.
Other songs are *Aavani ppoovani*, *Devante chevati* and
Theedithediananju.
The film is available on Youtube.

Surabhi

The National Award Winning Actress



Surabhi's trade mark is her Kozhikodan slang. When the film shooting was about to start, it was made clear that that her speaking style wouldn't be there. Thiruvananthapuram slang replaced the Kozhikodan style and it was pass.



Padmakumar

I saw Surabhi for the first time in a film shooting site. She was one of the ten sisters of the church. When we met, I told her about my need that she should act in an advertisement film about water tanks. She instantly burst into laughter and then to a question in her trade mark slang, "Don't they want to sell her product? I'm asking this question because you want me to act in it." MD of the company is a fan of 'M-18 Moosa', a teleserial and also of Surabhi. When I explained, she agreed to shoot for the product, on any closest free day. One day's shooting and the dubbing is also on the same day. When we were to just depart, I told her that she was recommended to the film 'Loveland' by me. Since that happy moment, for quite some time, we were

not in contact. Now that she moved ahead of all actresses and claimed the award for the best actress on the national space, I thought of calling her just to congratulate. Most of the people have not heard of *Minnaminungu* and none knows the name of her character. She also does not know because that

character has not been given any name. She is just a mother. So we can call her Mother. She is just an ordinary maid servant working in one of the flats to eke out a living and also to help her grown up daughter to pursue her studies in the town. The transformations coming to that girl and the breakup of her house form the gist of the story. Its shooting was held in Thiruvananthapuram and around for about 12-13 days. When the shooting was being done, the demonetisation bomb fell. Those who promised financial help withdrew from the scene and somehow the work was completed. Many of the people associated with the film did not accept their remuneration. Some took much less amount than what they demanded earlier. Cameraman

brought his own camera and music director Ouseppachan did not accept any money. It was hard to finish the film in some way. Being an art film, much money cannot be expected from the theatres. The only consolation was the award. It was in consideration till the last minute and it was accommodated in a small reference of the jury. Then Prem Prakash who acted in it and Ouseppachan reacted very strongly and everyone else was praying that it would not end in a controversy. Everyone prayed that it should fetch a national award. God listened to both the prayers. There was no controversy at state level and the award came at the national level. The icing over the cake was the comment from Priyadarsan that there was not much challenge to Surabhi from actresses of other regions.

She was not in town when the announcement came. If there was any hint, she would not have crossed over the sea to attend a foreign event. She was never apprehensive about anything in the past. She is now busy with the shooting of 'Chippy' directed by Pradeep Chikli. There was some scare about this award taking away other opportunities coming on her way.

Surabhi's trade mark is her



Surabhi in *Minnaminungu*

Kozhikodan slang. When the film shooting was about to start, it was made clear that that her speaking style wouldn't be there. Thiruvananthapuram slang replaced the Kozhikodan style and it was pass. The first screenplay she ever read was that of *Minnaminungu*. Initially she did not follow it fully and so had to seek help from a couple of friends. They read it and commented

that it should have been done by Manju Varier. It was a great relief.

When Surabhi was named for this award, the happiest people were residents of Narikkuni of Kozhikode, her own people. She will be remembered as an actress who would not forget her roots, and will be counted amongst the top ranking actresses of the country. ■

Call for entry to 3rd edition of All Lights India International Film Festival (ALIIFF)

■ Submissions to the biggest global film industry platform, All Lights India International Film Festival (ALIIFF), where freshly brewed contents are showcased is now open. The event is scheduled at Ramoji Film City, Hyderabad from 1 4 December, 2017. This year the festival will be joined by veteran filmmaker, ShyamBenegal, as Festival Director to confer further experience and value to the event.

ALIIFF 2017 is inviting entries for short films (eligible min runtime: 60 mins), student short films (eligible max runtime: 30 mins), Debut Directors Movie (eligible min runtime: 60 mins), documentaries (eligible max runtime: 60 mins), feature films (eligible min runtime: 60 mins), Indian movies in the Competition (eligible min runtime: 60 mins) and Children films (eligible max runtime for feature: 60 mins & max runtime for short films : 30 mins), Environment & Sustainability films (eligible max runtime for feature: 60 mins & max runtime for short films : 30 mins), in the non competition categories.

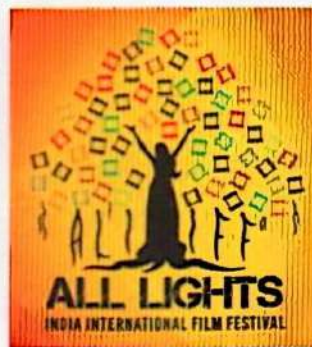
The second edition of Indywood Film carnival turned

out to be a massive success. The carnival was attended by over 2700 national and international delegates from 73 countries. The film festival screened a line up of 135 films from 42 countries in Competition and Non Competition Categories. Highlight of ALIIFF 2017 include showcase Oscar Nominated Films, Short Films and selected feature films of 2017 that were praised, appreciated and awarded for their moving content and theme.

ALIIFF aims to inspire, nurture and integrate, bringing together the different aspects of the Indian Cinema industry facilitating congregation of people and nations.

Entries can be submitted via withoutabox (<https://www.withoutabox.com/>) or FilmFreeway (<https://filmfreeway.com/>). The deadline to avail early bird offer will end on February 28, 2017, regular deadline shall

close by July 15th, 2017 and the Late deadline shall close on August 15, 2017. For more details on eligibility and rules and regulations visit www.aliiff.com. For further Enquiries Contact: Vyshak Prasannakumar. Mob : 9539967373



AAMI

■ The story of Aami is based on yesteryear Malayalam writer Nalapat Kamala alias Madhavikutty. It is produced by Raphael P Thomas and Roban Rompa for Reel and Real Cinema and directed by Kamal who writes its screenplay too. Though Vidya Balan was earlier considered for the pivotal role, now Manju Varier is doing it following Vidya's withdrawal. The earlier parts of Aami are presented by Neelanjana and Angelina. Other actors are Prithviraj, Muraligopi, Anoop Menon, KPAC Lalitha, Valsala Menon, Jyotikrishna, Rasna, Anil Nedumangad, Sasi, Sreedevi Unni and Sethulakshmi. Rafiq Ahmed and Gulzar (Hindi) write the lyrics and M Jayachandran and Tafiq Khureshi (Hindi) score music.



AVARUTE RAAVUKAL

■ Avarute Raavukal is produced by Ajay Entertainments of Ajay Krishna. Shanil Mohamed directs it based on his own screenplay. Asif Ali, Vinay Fort, Honey Rose, Unni Mukundan, Mukesh, Nedumudi Venu, Aju Varghese, Lena, Vilana, Kochupreman, Sudhi Koppa, Prashant Alexander and Ramadevi are the main actors. Sankar Sharma scores music while Harinarayanan, Siby Padiyara and Anu Elizabeth Jose write the lyrics.



Gautami

E

■ E is directed by Kukku Surendran for the banner Amin Sangeet Productions of Amin Surani and Sangeet Sivan. Gautami makes a comeback to Malayalam through this film. New faces Ashiq Amir, Balaji Jayaraman, Sain David, Kalyani, Mira Nair et al have important roles in this film. Sathyajit, Anjali Nair and Kalesh are also acting in it. Sohan Bajaj and K Harikumar write its story and screenplay and the dialogues are written by Anwar Hussain and Dipu Mathew. Songs are written by Vinayak and Nidhish Madhav and music is by Rahul Raj.



LAKSHYAM

■ Based on screenplay written by Jithu Joseph, Anzar Khan directs Lakshyam, produced by J T Films in association with Vintage Films of Jithu Joseph, Joy Thomas Shaktikulangara and Teji Manalel. Biju Menon and Indrajith share pivotal roles while Shivada is in the female lead. Shammi Thilakan, Kishore Sathya, Mahesh Balaji, Sudhi Koppa, Tosh, Koottikkal Jayachandran et al lend support. Santhosh Varma writes the lyrics and M Jayachandran provides music.



ROLE MODELS

■ Role Models is a family entertainer from director Rafi after some interval of time. Fahad Fazil, Namita Pramod, Vinay Fort, Sharaffuddin, Ranji Panicker, Sita et al are in pivotal roles. Shyam Dutt is handling the photography.



CHANDRAGIRI

■ N Suchitra produces Chandragiri under the direction of Mohan Kupleri. Lal, Shone, Harish Peradiyil, Nandu, Sajitha Mathathil, Sunil Sugata, Kochupreman, Jayachandran and Babu Patel along with artistes of Yakshaganam and Theyyam are the actors. Story is written by Vinodkumar Kuttamath and songs are penned by Prashant Krishna and Manoj Koyipra. Srivalsan J Menon provides music.

CAREFUL

■ It is produced by Wide angle Creations of Suresh Balaji and George Pious and is directed by V K Prakash. Main artistes are Vijay Babu, Sandhya Rajendran, Parvathi Nambiar, Asokan, Aju Varghese, Joemol, Saiju Kurup, Mukundan, Vineet Kumar, Sreejith Ravi and Krishnakumar. Sreenplay is by Rajesh Jayaraman. Rajeev Nair writes lyrics and Aravind Sankar provides music.



Indywood Honours Top Talents in Advertising Industry

Indywood Advertising Excellence Awards 2017 Kerala chapter honoured leading advertising agencies and professionals across the state for their brainstorming creatives and innovative integrated marketing campaigns at a function held at IMC Hall, Kochi, on Tuesday.

"India is one of the fastest growing advertising markets. Advertisement through mobile and digital platforms has become need of the hour in order to survive the competition and win the market. Though advertising industry is growing at a rapid pace, often, master brains behind popular TV commercials go unnoticed or neglected. It is high time to change the system and start recognizing the brains behind the wonderful ideas and creatives," said Sohan Roy, Founder Director of Indywood.

Jabbar Kallarackal, cinematographer cum director and Sebastian Antony Parammel, Director of Time Ads were bestowed with Lifetime Achievement Awards for best director and best advertisement entrepreneur respectively. The award ceremony was organized as part of Indywood, a USD 10 billion project, which aims at elevating Indian film industry to a global platform in the next five years. Indywood is promoted by a consortium of 2000 Indian corporate and billionaires.

Film director VK Prakash and R Sreekandan Nair, Managing Director of Insight Media City (India) Private Limited spoke on the occasion. Indywood Talent Hunt Artist of the Month Anil Kumar, a well-known sculptor, was also honoured. Award winners and the respective categories:

Award winners and the respective categories

Anoop of Twenty Four News.com for its advertisement 'OruChayakkentha Vila' (Best Online Campaign), Smartpix Media (Best Online Promoter), Nikhil Joy for the advertisement Kairali TMT advertised on Red FM (Best Radio Advertisement), Maitri Advertising for its Grihalakshmi Womens Day campaign (Best Radio Campaign), Dalu Fashion Factory (Best Modelling/Casting Agency), Accurate



Jabbar Kallarackal receiving Lifetime Achievement award from Sohan Roy



Sebastian Antony Parammel receiving Lifetime Achievement Award from Sohan Roy

Media (Best PR Agency), Green Media (Best Technology Provider), Royal Vision Floor (Best Studio Floor), Romy Mathew for Kerala CAN - MMTV (Best Socially Committed Campaign), Collins Leophil (Best Film Poster Design), JithJoshie for Pulimurugan trailer (Best Theatrical Trailer), Maitri Advertising for its advertisement on nothing can replace Yathra in Mathrubhumi Yathra Magazine (Best Outdoor Design), Valappila Communication Pvt Ltd for its campaign on World Environment Day (Best Outdoor Campaign), Maitri Advertising for its print ad campaign on Mathrubhumi SEED activities (Best Print Advertisement Campaign), Stark Communications for design created for Biennale, Department of Kerala

Tourism (Best Print Design), RenganathRavee for sound created for Samsung India, Manu Ramesan for jingles created for Oralium, Cuticura, Duroflex (Best Advertisement Jingle), Abin Cleatus (Best VFX/Animation) Mamas K Chandran for advertisement campaigns created for Bhoomika award of Eastern Condiments (Best TV Adver Campaign), Mahesh R Nair for advert campaigns created for Chungath Jewellery (Best Popular Commercial), Stark Communications for advertising campaigns created for Kerala Tourism (Best TV Commercial), TVC Factory (Best Commercial Production Agency), Rajan Outdoor Media (Best Outdoor Agency), and Maitri Advertising (Best Advertising Agency).



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